

E Bulletin – 15 October 2012

CARERS VOICE

CARERS ACT

ACT NEWS

NATIONAL NEWS

Carers Voice

Congratulations! John Tucker wins Carer Contribution to Sector Development Award

On the 9th October at the Mental Health Week Expo, Carers ACT Mental Health Carer Representative, John Tucker received an award from Dr Peggy Brown, Director-General, ACT Health Directorate. John received the Carer Contribution to Sector Development Award. Dr Peggy Brown, who presented John with his award, said at the presentation: "John has been a mental health carer representative with Carers ACT for some years. During this time, John has consistently gone out of his way beyond his representative role to support carers in a voluntary capacity.... Throughout the testimonies for John's nomination the theme of his tremendous willingness to work together with stakeholders in collaborative, consultative, considered and respectful manner to reach solutions to benefit all was evident. Congratulations, and thank you, John, a remarkable contribution."



John Tucker receiving his award from Dr Peggy Brown



Mental Health Week Advocacy Lunch

Carers ACT held an Advocacy lunch as part of this year's Mental Health Week. The lunch was a great success and well attended. A big thanks to all those who came along! Guest speakers included representatives from Advocacy for Inclusion, ACT Disability, Aged and Carers Advocacy Service (ADACAS) and Carers ACT Mental Health carer representative John Tucker. John Tucker's speech is viewable [here](#).

Carer feedback is sought on the draft MHJHADS Standard Operating Procedure Electroconvulsive Therapy (ECT) Guidelines

Carers ACT is seeking carer feedback on the draft MHJHADS standard operating procedure: ECT Guidelines. All comments will be considered. The consultation period for this policy is up to COB, Friday 26 October 2012. Any feedback/comments should be directed to mhcarers@carersact.org.au. You can access the draft guidelines [here](#).

VACANCIES Mental Health Carer Representative Positions

Mental health carers interested in influencing mental health services in the ACT with a view to improving the level of carer satisfaction with those services are

invited to consider nominating for the following vacant positions in the Division of Mental Health, Justice Health, Alcohol & Drug Service (MHJHADS):

- Clinical Effectiveness Committee (overseeing the delivery of adult acute mental health inpatient services)
- Consumer and Carer Feedback and Quality Committee (Adult Mental Health Unit, Woden)
- Smoke Free Environment Working Group – Community Mental Health Services
- Steering Committee, overseeing the MHJHADS Clinical Redesign Projects
- Risk Management Committee

Mental Health Carers Voice *Terms of Reference*, *Code of Conduct*, and nomination forms may be accessed on the MHCV website: www.carersvoice.com.au. If you have any questions about becoming a carer representative or would like more information about the above committees, please contact Doris Kordes, Mental Health Carers Policy & Representation Officer on 6296 9936 or email doris.kordes@carersact.org.au.

ACT Consumer Carer Caucus meeting

The topic for this meeting is: *The Future role of Caucus and MHCC ACT - Who and what is Caucus? What is its purpose? What is its scope?*

Date: Friday 19 October

Time: 11.30am – 1.30pm (Lunch will be served)

Location: Level 1, MHCC meeting room, Griffin Centre

Minutes of the last Caucus meeting held on 27 July can be accessed [here](#) and a draft agenda [here](#).

If you have views, ideas or opinions on what Caucus is or should be, or on ways consumers and carers can get involved in policy, service development or MH reform in the ACT, please contact Simon Viereck simon.viereck@mhccact.org.au, by phone 6249 7756, or simply come to the Caucus meeting.

Carers ACT

Carers ACT 20th Anniversary Dinner

Carers ACT is roaring into its 20's! Please join us to celebrate the 20th Anniversary Dinner.

Drinks on arrival, 3 course meal and live entertainment. Invitation is available [here](#).

Date: Friday 9 November

Time: 7.00pm

Location: The Realm Hotel, 18 National Circuit, Barton

Dress: Lounge suit/Cocktail dress - Roaring 20's style if you like, though not required

To register contact 6296 9933 or email Alison.elliott@carersact.org.au by 26 October 2012. Limited complimentary tickets are still available.

Mental Health Carers Respite

The Mental Health Carers Respite Program provides flexible respite and other supports to meet the individual needs of carers of people with severe mental illness, autism or intellectual disabilities and their families. Services include respite options based on needs assessments, information and referral, links to education programs, counselling, peer support, advocacy services and social and recreational activities. Please call 1800 052 222 or email mentalhealth.respite@carersact.org.au

NEW Carers ACT Walking Group

On Friday 19 October the group will be lead by Carers ACT staff or an elected group leader.

Time: 10.00am – 11.00am

Place: Carers ACT, 80 Beaurepaire Crescent, Holt

Cost: Free but bookings essential
To RSVP please call Eleanor on 6269 9908 or email rsvp@carersact.org.au

Private viewing at the National Gallery: Divine Worlds – Indian Paintings

Divine Worlds brings together masterpieces of Indian painting from the collection of the National Gallery of Australia. The works date from the 15th to the 20th century.

Date: Wednesday 24 October

Time: 10.15am for a 10.30am start

Location: Meet at the main entrance of The National Gallery of Australia

All events are free for current Family Carers who reside in the ACT
Bookings essential: To RSVP call Eleanor on 6296 9908 or email rsvp@carersact.org.au.

On Course for Carers - Fears, Phobias & Anxiety

Carers ACT is holding a special session with Clinical Psychologist, Carmel.
Date: Wednesday 31 October
Time: 10.00am – 12.00pm
Location: The Carers Hub, Carers ACT, 80 Beaurepaire Crescent, Holt
Cost: Free but bookings essential: To RSVP call Eleanor on 6296 9908 or email rsvp@carersact.org.au.

Keeping Families Connected

Keeping Families Connected is a five week group program to help families who are caring for someone with a mental health issue and/or a drug dependency. We will work with you to develop strategies to cope with your caring role and to navigate the mental health system to find the supports you need.
Wednesday Evenings for 5 Weeks
Time: 5.30pm – 8.00pm
Location: Woden Smith Family Corner of Launceston and Easty Streets, Woden
Dates will be advised at registration. For further information please call 1800 242 636.

NEW monthly Mental Health Support Group in the Northside

Carers ACT will be starting a NEW monthly Mental Health Support Group in the Northside. The group will be held on a week day evening. If you could be interested in attending such a group, please call Eleanor Kinloch on 6296 9908 or email rsvp@carersact.org.au.

ACT News

More than PND - Understanding Postpartum Psychosis

Postpartum Psychosis (or puerperal psychosis) is a rare but serious condition that can occur following childbirth and onset can be abrupt. It is vital to recognise signs and symptoms of this disorder so that early treatment can take place to ensure the best possible outcomes. Post & Ante Natal Depression Support & Information Inc (PANDSI) and the ACT Health Directorate are delighted to welcome Dr Megan Galbally at this year's Twilight Seminar. Ms Kate Carnell, CEO Beyond Blue will open the event, followed by a keynote address by Dr Rhonda Galbally, discussing the symptoms and treatment for Postpartum Psychosis. Further information and registration [here](#).

Date: Wednesday 21 November
Time: 5.30pm – 9.15pm
Cost: \$80 per person 2 Course meal/cash bar
Contact: phone 6287 3961 or info@pandsi.org

Mental Health First Aid (MHFA)

For supporting people with intellectual disability; presented by David Addison, Intensive Treatment and Support (ITAS) Service. Participants will learn the signs and symptoms of these mental health problems, where and how to get help and what sort of help has been shown by research to be effective.

Date: Monday 29 October & Tuesday 30 October (Note 2 days of Training)

Time: 9.00am – 4.00pm

Location: Southern Cross Club,
Tuggeranong Town Centre

Cost: \$150 per person (includes morning and afternoon tea)

Registrations close: COB Monday 22nd October

Free Parking: 70-80 spaces

For more information and registration forms please contact Doris Campbell on 6205 2412 or Email:

doris.campbell@act.gov.au

Show us your bills!

Care Financial Counselling Service and the Consumer Law Centre of the ACT, along with the Supportive Tenancy Service, and Street Law are holding a 'show us your bills' afternoon at Belconnen Library on 19 October from 12.30pm – 3.30pm (this event is in conjunction with Anti-Poverty Week 2012).

This is a FREE drop in event (no appointments necessary) and on the day tables will be set up at the Belconnen Library's community room so that people can hold private one-on-one conversations with qualified financial counsellors from Care Inc. and solicitors from the Consumer Law Centre and Street Law. Staff will also be available from Supportive Tenancy Service, which assists people whose tenancies are at risk (both public, private or mortgagees). You can access the flyer [here](#).

If you would like to know more about this event, please email vicki.wood@carefcs.org or phone Care Financial Counselling Service on 6257 1788.

Communities@Work celebrates 35 years of service

Join with friends, colleagues, community and business leaders and your political representatives as Communities@Work celebrates 35 years supporting the Canberra community.

Date: Wednesday 31 October

Time: 6.00 pm – 8.00 pm

Location: Canberra Southern Cross Yacht Club Marquee, Mariner Place, Yarralumla

[Click here](#) to RSVP by Friday 26 October or email events@commsatwork.org

2 Workshops with Mary O'Hagan

Peer worker forum: Meet other peer workers. Learn about opportunities. Share your experiences. Tell us how to support you. Have fun. You can access the flyer [here](#).

Date: Wednesday 24 October

Time: 9.30am – 1.00pm

Location: Room 8, 2nd Floor Griffin Centre, Genge St Civic

RSVP: Mental Health Community Coalition on 6249 7756

Lunch is provided.

Recovery and Risk workshop: This workshop will explore the origins of risk thinking in contemporary society and in mental health services as well as the origins of recovery. The workshop will use interactive exercises, where people will look at risk through different lenses and consider risk situations in their own work. Read the flyer [here](#).

Date: Thursday 25 October

Time: 9.00am – 4.30pm

Location: Richmond Fellowship, corner of Fairbairn and Pialligo Avenues, Pialligo ACT

Cost: \$40.00 limit of 40, priority given to mental health sector workers

RSVP: Rachel Muller by no later than Friday 19

October admin@mhccact.org.au

Mental Illness Education ACT website

MIEACT educates the Canberra community about mental illness. They aim to reduce stigma and discrimination, improve knowledge, and to raise awareness about the importance of getting help early.

You can access the website [here](#).

Improving after-hours healthcare options through pharmacy - Pharmaceutical Society of Australia

The ACT Branch of the Pharmaceutical Society of Australia (PSA) has been granted funding through the ACT Medicare Local (ACTML) to develop a groundbreaking education program which will more fully utilise the skills and extend the knowledge of pharmacists in producing better health outcomes for the capital region. Read more [here](#).

Sally Richards: Creating a meaningful life for Jackson

In this moving video, Sally Richards, a disability advocate and a mother of a son with a disability, discusses her life experiences and those of her son, Jackson. You can access the video [here](#).

National News

Stigma scares off employers

Having a mental illness is a bigger barrier to employment in Australia

than a physical disability, according to a new study. Read more [here](#).

Migrants suffer mental health problems in silence

A series of murder-suicides involving members of the Indian community living in Melbourne this year has prompted police to investigate any link between the incidents. Read more [here](#).

ACOSS Poverty Report Update

Australian Council of Social Services (ACOSS) have released a report that updates their Poverty Report last published in October 2010. You can access the full report [here](#).

Live Well and Beat the Blues

On 31 October COTA ACT will host an information day and morning tea for National Depression and Anxiety Awareness Month. COTA is partnering with a number of organisations to provide information and demonstrations about activities and services available to older people in Canberra. Attendees will also have the opportunity to attend a beyond maturity blues information session and to learn about depression, anxiety, how to get help for yourself or others, and how to stay well.

Date: Wednesday 31 October
Time: 10.30am – 12.30pm

Location: Hughes Community Centre Hall,
Wisdom St. Hughes

If you would like to be involved or if you have any queries, please contact Ingrid Pepper on 6282 3777

Research: more seniors are getting depression information online

beyondblue CEO Kate Carnell AO says beyondblues Depression Monitor survey shows that in the past seven years, the number of older Victorians turning to the internet to find information about depression has increased three-fold, up from 10% in 2005 to 30% in 2012. Read the full media release [here](#).

New website offers families tips on Children's Mental Health

A new website - kidsmatter.edu.au - has been launched to help families, primary schools, and early childhood education and care (ECEC) services support children's mental health and wellbeing. The website has been designed with a specific section for families. It includes free parenting information sheets on more than 40 topics affecting children, including fears and worries, dealing with anger, making friends, starting school and more. Read the full media release [here](#).

Policy reforms outlined for a new Mental Health Act

Victoria's new Mental Health Act is intended to put patients in public mental health services at the centre of decision-making on their treatment and recovery, according to Victorian Mental Health

Minister Mary Wooldridge. The Victorian Coalition Government's proposal for the new legislation is outlined in a policy paper : *A new Mental Health Act for Victoria*. The new Act will primarily address the compulsory treatment of people with a significant mental illness, and also covers matters such as the use of electroconvulsive therapy (ECT), bodily restraint and seclusion. You can read the media release [here](#) and access the full policy paper [here](#).

Mental Health Council of Australia - A submission on NDIS eligibility and reasonable and necessary support

The National Disability Insurance Scheme (NDIS) secretariat has sought comments on the Select Council on Disability Reform documents proposing eligibility criteria and reasonable and necessary support under the NDIS. You can access the MHCA submission [here](#). You can also access the latest media releases from MHCA [here](#).

Research: Mental health services: In Brief 2012

A new Australian Institute of Health and Welfare report provides an overview of the national response to the mental health needs of Australians. It includes information on mental health service provision, available mental health resources and the changes that have occurred in these over time. The

publication compliments the more comprehensive data that is available online at: *Mental health Services in Australia* <http://mhsa.aihw.gov.au>. Download the full report [here](#) and view the media release [here](#).

Launch of new Mental Health website Mi Networks

Mi Networks is a national initiative of the Mental Illness Fellowship of Australia www.mifa.org.au. Mi Networks helps connect people to information and services. Mi Networks can link people to an individual or group support program, or refer onwards to another organisation. See the Hon Mark Butler MP, Minister for Health & Ageing, video launch of Mi Networks [here](#).

Victoria: Campaign to raise teen awareness of cannabis risks

A new online awareness campaign about the risks associated with cannabis use for young Victorians has been launched by the Victorian Minister for Mental Health, Mary Wooldridge. The campaign aims to ensure young people between the ages of 13 and 18 and their parents are better informed on the health impacts of cannabis use. In 2010 cannabis was the most widely used illicit drug in Australia, with at least one-third of all Australians aged 14 years or older having used it. Read more [here](#).

World Mental Health Week Events

Council of Non-Government

Organisations (CONGO): Mental Health Week saw the first meeting of CONGO on mental health. At the meeting, members of the sector discussed issues and challenges experienced by those designing and delivering mental health policy and services. Read more [here](#).

Grace Groom Oration: The annual Grace Groom Memorial Oration is held to pay tribute to the former Chief Executive Officer of the Mental Health Council of Australia. The speaker this year was Jessica Rowe who spoke about her experiences with mental illness.

World Mental Health Day Photo

Competition: Winners of this competition were announced during Mental Health Week. You can view the photos [here](#).

New website boosts patient access to Australian clinical trials

Patients suffering chronic diseases will benefit from the launch of a new website that offers easier access to clinical trials of new drugs, treatments and medical procedures. The Minister for Health, Tanya Plibersek, said that the Australian Clinical Trials website was created in response to the needs of consumer groups, the pharmaceutical industry and research institutions. The Australian Clinical Trials Website can be accessed [here](#).

Research: Human Rights and Compulsory Treatment

Given that the ACT is currently reviewing the *Mental Health (Care and Treatment) Act 1994*, readers may be interested to look at this research into coercive treatment in the Tasmanian and Victorian context. You can access the research [here](#) and publication website [here](#).

New App for Mindful Meditation

A new Australian Not for Profit has developed a website and App to help increase resilience in young people by using meditation. With cases of mental illness, depression and stress-related illness on the rise, the Not for Profit called Smiling Mind has created a free-of-charge Mindfulness Meditation website and App developed specifically for young people. Read more [here](#). You can find the app here: www.smilingmind.com.au

If you or someone you know may be at risk of suicide contact Lifeline 131 114, beyondblue 1300 224 636, or Salvo Care Line 1300 363 622.

The opinions expressed in this E Bulletin do not necessarily reflect the opinions and views of Carers ACT.