

E Bulletin – 4 October 2012

CARERS VOICE

CARERS ACT

ACT NEWS

NATIONAL NEWS

Mental Health Carers Voice LAUNCH of Mental Health Week 2012

Mental Health Week runs from 7 - 13 October 2012. The theme for this year is *Open Your Mind – What you do can make the difference*. Mark the following day for the launch of Mental Health Week in your calendar:

**Tuesday, 9 October 10.30am-1.00pm,
Canberra Rex Hotel, Northbourne
Avenue, Turner**

Some of the activities at this key event include:

- Mental Health and Wellbeing Service Expo
- Speakers' Corner
- Announcement of the Mental Health Week award winners
- Drumming
- Spray tattoos
- Live Cartoonist

Free refreshments will be available.

You can access further information on mental health week activities via the Mental Health Community Coalition of the ACT website, [here](#).

Mental Health Week Event: Advocacy for Mental Health Carers

To celebrate Mental Health Week, Carers ACT is hosting a lunch with guest speakers presenting on the different types of advocacy services available in Canberra.

Date: Thursday 11 October 2012

Time: 11.00am - 2.00pm

Cost: The lunch is **free** for carers who reside in the ACT

Location: The Rex Hotel, Northbourne Avenue, Turner

Bookings are essential Tuesday, 9 October 2012 by 12 noon, phone Rosie on 6296 9952 or email

mhcarers@carersact.org.au.

More information is available [here](#).

First Exposure Draft – Mental Health (Treatment & Care) Act 1994

In August 2012, Carers ACT hosted a consultation with mental health carers on recommended amendments to the Mental Health (Treatment and Care) Act 1994. The resultant submission to ACT Government, including feedback from carers, may be accessed [here](#).

A mental health carer has prepared a submission to the proposed key amendments, and welcomes feedback from other mental carers. You may access the carer's submission [here](#). Please forward any comments to mhcarers@carersact.org.au or post them to: Mental Health Carers Voice Program, Carers ACT, 2/80 Beaufort Crescent, Holt ACT 2615.

****VACANCIES** Mental Health Carer Representative positions**

Mental health carers who are 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.

National Representative Reports

The ACT Carer Representative on the National Mental Health Consumer and Carer Forum, Judy Bentley, has prepared four reports on the committee work she has been involved with and The Mental Health Services (TheMHS) Conference she attended in Cairns in August 2012. You can access the reports [here](#).

CarersACT

Carers Week event: There will be a Carers ACT Open Day

Theme: Emphasis on Be Care Aware with information, talks, activities, presentations and performances with lots of food and refreshments. Drawcard: Aside from our wonderful Carer activities 106.3 has been signed on with Rod and Biggy to appear on the day between 11.00am - 2.00pm with balloons, drinks and chips. 106.3 will provide a BBQ for 300 people for FREE. See the flyer [here](#).
Date: Saturday 13 October 2012
Time: 10.00am - 2.00pm
Location: Carers ACT in Holt Hub, 2/80 Beaufort Street, Holt

Contact

Lucinda.Renfree@carersact.org.au or
phone 6296 9900.

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.

Date: Friday 9 November 2012

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 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. The program assists carers to better cope with their caring role, improve relationship with the person they support and find a balance in their caring role with other demands.

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 5 October the Heart Foundation's Bill Caddy will speak briefly then lead a 30 minute walk. On return to the Carers Hub, Bill will sign up the new group over morning tea. On Friday 12 and 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 2012

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 Bearepaire 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. We plan to hold an information session for interested Carers in September. 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

Mental Health Week: ACT Mental Health Consumer Network Trivia Night

The ACT Mental Health Consumer Network is hosting a Trivia Night (<http://www.actmhcncn.org.au/>). If you would like to be part of the carers' table for this fun event, please contact Doris Kordes, Mental Health Carers Policy & Representation Officer, Carers ACT on 6296 9936 or email
doris.kordes@carersact.org.au.

Date: Thursday 11 October

Where: Canberra Club, 45 West Row,
Canberra City

Time: 6pm

Mental Health Week: 14th Annual Ten Pin Bowling Challenge

Looking for a fun way to get involved in Mental Health Week? Then come along to the 14th Annual Ten Pin Bowling Challenge hosted by the Mental Health Foundation ACT's Rainbow Program.

Where: AMF Bowling, Emu Bank,
Belconnen

When: Thursday 11 October
Time: 9.30am – 12.30pm
Cost per person: Mental health consumers/carers \$10, corporate teams, general public and mental health workers \$20 (includes 2 games of bowling, finger food and drinks).
For more information email rainbow@mhf.org.au or phone 6242 6575.

Mental Health Week: Connections and Greening Australia planting project

In conjunction with Greening Australia and their volunteers, this free social activity is a great opportunity for the participants to not only try something new, but also learn about and support Greening Australia.

Where: Greening Australia ACT/Aranda Nursery, Kubura Place, Aranda

Bus information: The bus number from Belconnen interchange is Route 10

When: Wednesday 10 October 2012

Time: 10.30am - 1.30pm

Cost: Free to attend

If you are interested in attending or you know somebody who would like to participate in this social activity please call Georgina on 6251 4060 by Monday 8 October (For catering purposes).

Mental Health Theatre Project Dramatic Recovery

Dramatic Recovery is created by Canberra people who have experienced mental illness. Dramatic Recovery is Forum Theatre, where the audience can take to the stage to find a better ending. Forum Theatre is used around the world, but has rarely been seen in Canberra. The show is aimed at the general public, people who have experienced mental health and people working in this field.

Dramatic Recovery is a project of The Mental Health Foundation ACT, supported by the ACT Government under the ACT Health Promotion Grants Program. The project is directed by local theatre director Robin Davidson, with assistance from Ali Clinch.

Dramatic Recovery will be performed for the public on 11 October at Canberra Museum and Gallery at 12.30pm and on 13 October at 7.30pm at the QL2 Theatre at Gorman House Arts Centre. \$15/\$5 Bookings Phone: 6282 6658 or email info@mhf.org.au

Earlybird Walks at Floriade Daily 8.00 – 9.00am

Join a pleasant walk through the gardens before the gates open to the public. The Heart Foundation and local walking organisations are conducting morning health walks at Floriade. No need to book, just turn up. You can access further details via CANwalk [here](#).

National NEWS

World Mental Health Day website launch

The Mental Health Council of Australia (MHCA) has announced the launch of its World Mental Health Day (WMHD) website. The website highlights events planned for WMHD. You can access the full media release [here](#) and the WMHD website [here](#).

Community ceremony to close Mental Health Week 2012

Mental Illness Fellowship Victoria (MIFV) will hold a Community Ceremony at the close of Mental Health Week, offering an opportunity for communion and reflection among people whose lives are affected by mental illness - including those living with mental illness, family members and friends, carers, and the general community. The non-denominational ceremony, Reflections for Mental Health, is intended as a time for reflection, healing and hope for those on the journey to mental health recovery. Read the media release [here](#).

Enquiry into Commonwealth Funding and Administration of Mental Health Services

The Australian Government response to the Senate Community Affairs References Committee Inquiry into Commonwealth Funding and Administration of Mental Health Services can be accessed [here](#).

Calling all future leaders

Parliamentary Secretary for Disabilities and Carers, Senator Jan McLucas, is encouraging people with disability from across the country to apply for a leadership program. "Applications to participate in the Australian Government supported *Leaders for Tomorrow* program close on October 12," Senator McLucas said. "*Leaders for Tomorrow* is an innovative program that supports people with disability to develop their leadership skills, overcome barriers into work and education and reach their full potential." Read the full media release [here](#). For more information and application forms, go to www.leadersfortomorrow.com.au.

Project Update No. 3 National Outcomes and Casemix Collection 2014-2024

Australian Mental Health Outcomes and Classification Network (AMHOCN) has been conducting face to face consultations in all states and territories of Australia. This has included consumers and carers, clinical staff, management and quality and data managers of public mental health services, as well as key partners in the delivery of mental health care in community managed organisations/non-government services and the primary care sector. AMHOCN are keen to continue to receive feedback and an online survey has been developed for public mental health service staff and another for consumer and carers. These surveys will be open until 19 October 2012. You can access the full Project Update No. 3 [here](#). The consumer and

carer survey can be accessed [here](#). The public mental health service staff survey can be accessed [here](#).

LIFE News issue 22

LIFE News is the online newsletter of the National Suicide Prevention Strategy in Australia. Published bi-monthly, LIFE News features project profiles, discussion questions, events, and more. You can access issue 22 [here](#). Previous editions of LIFE News can be located in the [LIFE News archive](#).

Break the generational cycle of depression and anxiety

A two-stage government-funded program is being rolled out to 50,000 mental health workers nationally. Around 1 million Australian children have a parent with depression and/or anxiety. These children are at a higher risk of developing learning difficulties, relationship problems, substance abuse and/or low self-esteem in addition to one or both of these illnesses. Read the full media release [here](#).

US mental health success brought to Australia

A national program is including children in the treatment of parents with depression and anxiety. The hope is to head-off younger generations suffering the same ailments. Children of Parents with a Mental Illness is rolling out a training

program for 50,000 mental health workers. Read the full article [here](#).

Harnessing technology for better mental health services

The Inspire Foundation's experience in delivering ReachOut.com – a national web-based mental health service for young people is harnessing the potential of new and emerging technologies. Last year, the website helped over 650,000 young Australians. Many of these young people accessed ReachOut.com on multiple occasions – with over five million page views in that same year. Read the Conversation's articles [here](#) and [here](#).

Another step forward in NSW Mental Health Reform

A series of community consultations will be held throughout the State to allow public input into the review of NSW Mental Health Act 2007. NSW Minister for Mental Health Kevin Humphries said the purpose of the review was to examine the effectiveness and relevance of the Act, and to ensure the protections offered to mental health patients under it are consistent with contemporary community standards. Read the full media release [here](#).

Carers NSW Launches new look website

Carers NSW has launched its new look website with a vibrant design, new features and improved usability at www.carersnsw.org.au.

Green light for Mental Health Help Service - VIC

Funding of more than \$1 million from the Victorian Coalition Government has secured the future of an agency that gives people with a mental illness the opportunity to help others in the same situation. Minister for Mental Health Mary Wooldridge announced that the Coalition Government will provide annual funding of \$255,000 over four years to Our Consumer Place, which has a valuable role in supporting people with a mental illness. Our Consumer Place was established in 2007 with time-limited funding to produce a range of web-based material developed by people with a mental illness. Read the full media release [here](#).

New website and App set to improve patient care

Palliative Care Australia (PCA) and international partners have launched 'ehospice' the first globally managed news app and website that will deliver international news and intelligence on hospice, palliative and end of life care. The website and app bring together the expertise and experience of the global hospice and palliative care community for the first time in one place. Read the full media release [here](#).

Alzheimer's Reading Room

The Alzheimer's Reading Room provides news and information for caregivers, families, and the community. The site focuses on Alzheimer's disease and the art of Alzheimer's care-giving. You can access the website [here](#).

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.