



Monthly Update



Lived Experience Ideas Exchange

This October, BEING will be hosting our very first Lived Experience Ideas Exchange.

This event is an opportunity to connect consumer advocates with policy makers, and service providers from across the mental health sector and discuss exciting ideas and advances in mental health.

If you have a consumer-led project, campaign or idea you would like to showcase, or a service delivery project with opportunities for consumer input that you would like to present on, please submit an [Expression of Interest](#).

Submissions close Sunday 11th September 2016. For further information contact Rachael Laidler on 02 9332 0246 or rachael.laidler@being.org.au.

For more information click here.



Launch of review paper on consumer led and run services

On the 2nd of August, Dr Peri O'Shea, CEO of BEING spoke at the Mental Health Commission of NSW launch of their new review paper on consumer led and run services.

The event was held at the [Pioneer Clubhouse](#) in North Sydney. The review paper was officially launched by Bradley Foxlewin, Deputy Commissioner at the Mental Health Commission of NSW.

The review paper outlines the evidence to support consumer led and run services, and provides recommendations for future research and ways to expand these services. Mary O'Hagan and Flick Grey undertook the literature review through the Sax Institute with a total of 33 peer-reviewed papers and related literature included.

On the day Peri said: "Consumer run organisations embody true and full self-determination for consumers. They fully encapsulates 'nothing about us without us'. This is why today is a really exciting start".

Peri also said that it was also great to be launching this review at the pioneer clubhouse - which is a wonderful example of a consumer owned and operated service.

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Pathways to Community Living Initiative - Consultations

People from the Mental Health Branch of the NSW health department will consult people with a lived experience of severe and enduring mental illness, who face barriers in living in the community.

Some people with this experience have stayed in mental health units for more than a year. Often they may have experience with other issues and conditions as well, such as drug and alcohol issues, or cognitive or intellectual disability.

When: Monday 29th August, 12:00-1:15PM

Where: Suite 501, 80 William St, Woolloomooloo, NSW, 2011

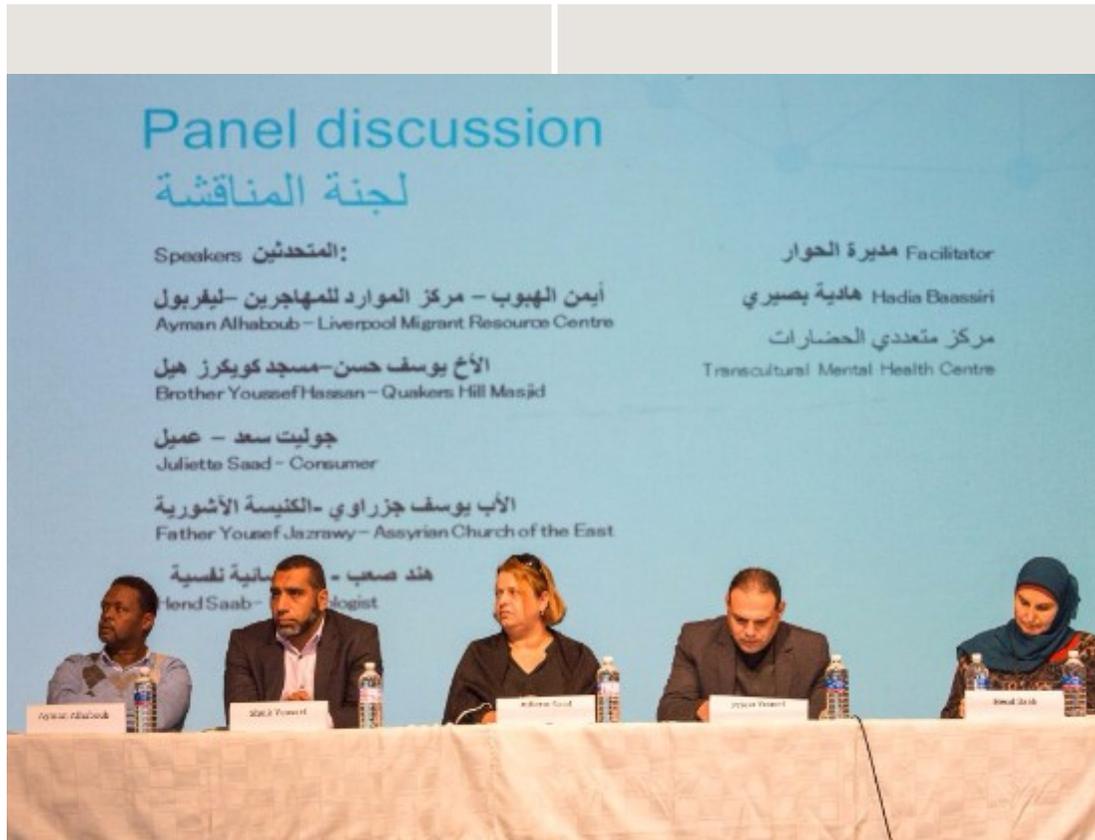
Anyone interested in participating should contact the Policy Team at BEING by **Friday 26th August at 12 noon.**

[For Contact Details and Further Information Click Here!](#)



Minister's Visit

Last month, NSW Minister for Mental Health, Pru Goward, visited Collective Purpose and asked all the staff and Board members present what they thought the biggest emerging issues for people with mental illness were. There was a robust discussion and really useful information fed back to the Minister. We sincerely thank her for her genuine interest and her openness in engaging with everyone in this way – recognising the group’s expertise and that she had an opportunity to learn from us.



Launch of ‘Into the Light: an Arabic Arabic Mental Health Video Resource

BEING’s video resource, ‘*Into the Light: an Arabic Resource on Psychological Health*’ was launched on the 20th of July, 2016 at Rockdale Town Hall.

Guest speakers, organisations and individuals from diverse Arabic communities in Sydney came together to discuss the usually shunned upon topic of psychological health and distress.

The video resource and event highlights that, in line with the general population, 1 in 5 people in Arabic speaking communities also experience psychological distress at some point in their lives. The event kicked off with a highly informative and thought-provoking panel discussion, which was led by guest speakers with diverse insights into

mental health: Ayman Alhaboub, Sheikh Youssef Hassan, Juliette Saad, Father Yousef, Hend Saab and Hadia Baassiri.

You can watch *'Into the Light: an Arabic Resource on Psychological Health'* on the [BEING website](#) and on [YouTube](#).



Guardianship Act Review – NSW Law Reform Commission's consultations

The NSW Law Reform Commission is reviewing and reporting on The Guardianship Act 1987 (NSW) to see if the law needs to change.

The Act allows people who are not able to make decisions for themselves to appoint someone to make these decisions for them. The person who can make decisions for someone is called a 'guardian'. Currently, The Act defines a "person in need of a guardian" as a person who, because of a disability, is totally or partially incapable of managing his or her person.

BEING wrote a [preliminary submission](#) in March this year about why the Guardianship Act needs to be changed. The NSW Law Reform Commission has looked at all the preliminary submissions sent in and released a consultation package on 30 June 2016. We are pleased that their Background Paper includes some of the points we made in our submission. The Commission is also holding a survey that asks people to share their experiences of the guardianship system.

For more information about the Guardianship Act Review and the NSW Law Reform Commission's first consultation package click below.

[Read More](#)



NDIS and Mental Health Services Forum

On the 13 July, Elena from BEING attended a forum at Parliament House in Sydney about the National Disability Insurance Scheme (NDIS) and mental health non-government organisations in NSW. This forum was an opportunity to hear about how the NDIS is going in NSW and the current challenges of putting the NDIS into practice.

The NDIS will change the way that some people with mental illness will access services. Whilst many of these changes have the potential to improve access, service diversity and choice for people with severe mental illness, the Community Managed (or not for profit) sector is concerned about how the transition to the NDIS is managed to ensure that people are supported; especially as people they currently support who have a mental illness may not be eligible for an individually funded NDIS package.

The Minister of Mental Health, the Hon. Pru Goward made the point that the government is aware that times of transition is when people can be at their most vulnerable and know that it is important to ensure individuals have adequate support for the change.

For more information about the NDIS click [here!](#)

Other news



'Gratus' — A Mental Health Film

In July, Elena from the BEING policy team attended the film premiere of **Gratus**.

Gratus, which in Latin means 'thankful', is a short film about experiencing mental illness and the role gratitude can play in



Disability Justice Project Courses

The Disability Justice Project is running series of training courses (online, webinar and face-to-face). All courses are free and available to managers and staff in NSW disability

recovery. The film was created by nine people with a lived experience of mental illness as part of a 10-week documentary studies program delivered by Bus Stop Films and 3 Bridges Community.

Image courtesy of Bus Stop Films

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services and will be supported by the establishment of 'Communities of Practice' across the state, providing ongoing learning and professional development opportunities.

Image courtesy of the Disability Justice Project

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Other news



Bring Your Bills Days

Consumer issues can be hard to navigate so the Energy and Water Ombudsman NSW (EWON) hold free monthly "Bring Your Bills Days" across the state.

These events allow EWON staff the opportunity to review bills, help resolve issues, discuss contracts and payment problems, and check eligible energy rebates.

For further information and lists of monthly vendors. head to the [EWON website](#).

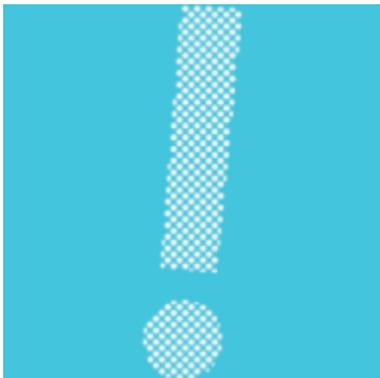


Mental Health Carers NSW - Volunteers

Peak Carers body - Mental Health Carers NSW (MHCN) - are looking for volunteers to assist with development and operations for fundraising activities. This team will help with tasks ranging from developing relationships with potential sponsors and adhering to a set project plan.

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Other news



Consumer Training Course

Health Consumers NSW are running a two-day training course for consumer representatives in September.

The course will introduce the concepts and practices of consumer engagement in the NSW health system and is facilitated by two experienced leaders. The target group is health consumer representatives engaged with Local Health Districts, Primary Health Networks, or Public or Private Hospitals and health related NGOs.

The program is suitable to people who are relatively new to the role as well as more experienced health consumer representatives and will cost \$500 + GST.

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Release of Three NDIS Papers by Mental Health Australia

Mental Health Australia has released three papers as part of their [NDIS Capacity Building Project](#).

Each of the papers were developed in collaboration with relevant organisations and advisory groups. The aim of these papers is to build the capacity of the mental health sector in engaging with the NDIS. Below are the links to the papers.

1. [Mental health carers and the NDIS](#)
2. [Supported decision making, psychosocial disability and the NDIS](#)
3. [The impact of the NDIS on the mental health workforce](#)

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BEING's vision is for all people with a lived experience of mental illness to participate as valued citizens in the communities they choose.



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