

# STRATEGIC PLAN

2019-2022

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Being | Mental Health & Wellbeing Consumer Advisory Group  
is the peak body for people with lived / living experience of  
mental health issues in NSW.

## VISION

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For all people with a lived/living experience of mental health issues to engage as valued members in the communities they choose without stigma or discrimination.

To ensure that the voices of people with lived/living experience of mental health issues are heard by decision makers, service providers and the community with a focus on systemic advocacy.

## PURPOSE

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# FOCUS 1: LEADERSHIP

As the peak body for mental health consumers in NSW a key component of **Being's** work is providing a model for best practice across the sector. **Being** seeks to be an opinion leader in the mental health sector.

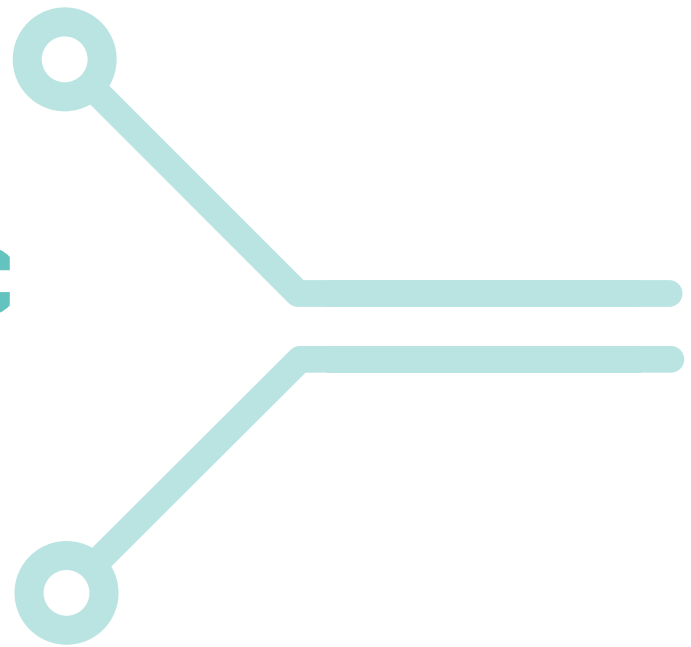
## OUTCOMES

Service providers and government look to **Being** for best practice and advice

## KEY ACTIVITIES

- Promotion of mental health issues via e-news, Facebook, Twitter, LinkedIn and the **Being** website
- Presenting papers on successful **Being** projects at conferences and other events
- Developing best practice position papers
- Ensuring **Being's** participation in key forums and policy development processes within as the mental health sector
- Provide leadership in key state committees
- Reinforcing co-design and consumer-led initiatives and activities

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# FOCUS 2: SYSTEMIC IMPACT & INFLUENCE

People with lived experience are at the heart of **Being's** work and ensuring that systemic change reflects their needs and that their voices are heard.

## OUTCOMES

- Policy and services are informed and driven by lived / living experience
- People with lived / living experience feel they are represented by **Being** in systemic advocacy

## KEY ACTIVITIES

- Representation of lived experience views in government committees and NGO's in the mental health sector
- Development of submissions for parliamentary committees and royal commissions
- Active recruitment of consumers to participate in consultation activities
- Connecting with diverse communities such as LGBTIQ, CALD, Aboriginal & Torres Strait Islander, older adults, forensic and youth including the establishment of sub-committees to advise on **Being's** direction and activities

## FOCUS 3: INNOVATION & BUILDING CAPACITY

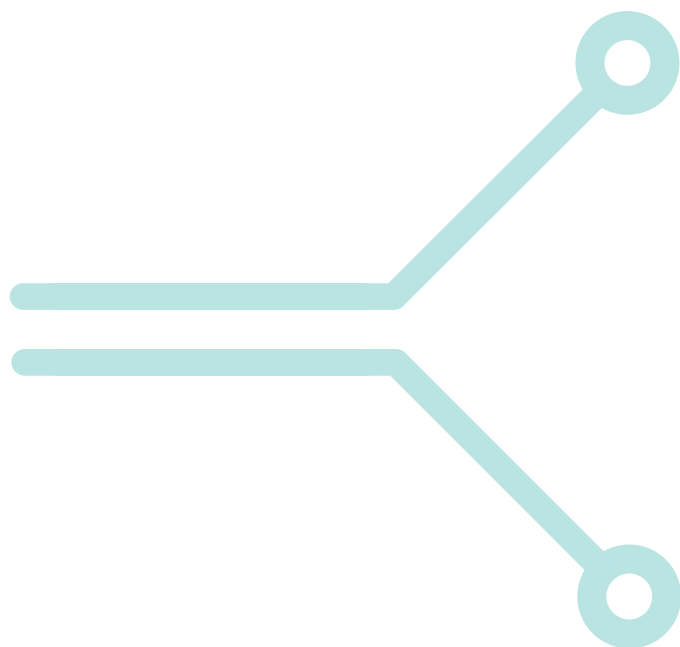
Supporting the peer workforce and providing capacity building opportunities for people with lived experience of mental health issues more broadly.

### OUTCOMES

- People with lived/living experience (consumers) gain skills and confidence to self-advocate
- Being exemplifies best practice in relation to lived experience service provision

### KEY ACTIVITIES

- Hosting the annual NSW Mental Health Consumer Peer Workers Forum
- Supporting the development of the peer workforce in NSW including the establishment of a state-wide cross-sector Peer Workforce Network
- Hosting a series of workshops with peer workers to lead the direction and structure of the Peer Workforce Network
- Developing a model for Peer Supervision and other relevant training packages
- Training and employment programs for people with lived / living experience of mental health issues
- Facilitating partnerships with other organisations



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## FOCUS 4: SUSTAINABILITY

Maintaining strong governance structures and building resilience by continuously seeking a diversity of funding sources, providing the best support to its employees and the people it serves.

### OUTCOMES

- An organisation with strong governance and efficient systems
- Diversified funding that matches operational needs and supports growth

### KEY ACTIVITIES

- Achieve and preserve organisational accreditation
- Ensuring ongoing quality improvement of internal organisational processes and practices
- Ensuring that Being sees applying for grant funding as core business

# GUIDING PRINCIPLES

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- Creating space for people with lived / living experience of mental health issues to have their voices heard
- Ensuring that recovery-oriented and trauma-informed practice underpins all aspects of **Being's** operation
- The belief that services and a life free of stigma and discrimination are the human rights of every person
- Providing capacity-building opportunities for all people with lived / living experience to grow
- Ensuring that everything that **Being** does is consumer led

[being.org.au](http://being.org.au)

New South Wales Consumer Advisory Group – Mental Health Inc. t/a BEING ABN: 82 549 537 349

BEING is a not for profit organisation which receives core and some project funding from the Mental Health Commission of NSW

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