



# Being

## Monthly Newsletter



### **Our brand new website is LIVE!!**

When we refreshed our image and made the transition from NSW CAG to BEING at the end of 2014, we decided that it was also time for our website to get a bit of revamping! To this end we are proud to launch a beautiful new website. Our new site is more visually pleasing - modern and fresh - and a lot easier to navigate!

This means that we are able to reach more people and tell them about the important work we do with consumers, as well as being a place to share resources and information about mental health policy and services in NSW.

The website is also a wonderful platform for us to stay engaged with you - our members and stakeholders - and keep you updated on our projects, events, consultations and other important news.

The website is still a work in progress, as we continue working to transfer content. But in the meantime, please go and check it out - have a cruise around and enjoy the smooth new layout!

And please, let us know via email at [info@being.org.au](mailto:info@being.org.au) if you find any glitches or have any feedback and suggestions about how we can keep improving the site.

Click [here](#) to visit BEING's new website, or copy and paste <http://being.org.au/> into your browser.

Check out BEING's new website here!



## **BEING joins the call for action on mental health**

In the lead up to the Council of Australian Governments (COAG) Leaders Retreat, BEING has signed a joint letter coordinated by Mental Health Australia calling on the Prime Minister and First Ministers to take urgent action on reforms to the mental health sector.

In 2012, COAG committed to a 10-year mental health reform plan called "[The Roadmap for National Mental Health Reform](#)", which set out a series of indicators and targets to monitor progress by governments in the area of mental health. But nearly three years later, we are still waiting for action on reform.

Ahead of the latest COAG Leaders Retreat, Mental Health Australia CEO Frank Quinlan coordinated a joint letter signed by leading

organisations in the mental health sector calling for urgent action aimed at comprehensive mental health reform.

BEING is proud to be among the signatories to this letter.

Read the media release [here](#).

Read the Joint Letter [here](#).

[Read the Joint Letter here](#)



## **BEING's CEO Represented Consumer Views at Mental Health Australia's Extraordinary Policy Forum**

On Wednesday 5 August, BEING's CEO Dr Peri O'Shea attended Mental Health Australia's Extraordinary Policy Forum in Canberra. The Forum was a very successful day with broad discussion focusing on key issues raised by the Department of Health in the lead up to their mental health stakeholder workshop the following day.

Participants at the Forum expressed a number of concerns that informed MHA's contribution to the Department's Workshop and their ongoing campaign. In particular, participants found that previous responses and plans:

- had not adequately addressed consumer and carer engagement and "co-design principles" (*nothing about us without us*)
- had not overcome fragmentation across a complex system, and
- had not developed a suite of services that are delivered efficiently and allow long-term investment in key parts of the system.

Other important issues raised included:

- strong agreement that the development of the 5th National Mental Health Plan should include deep engagement with consumers, carers and service providers across the whole system.
- the provision of appropriate governance and planning arrangements are critical to ensure Primary Health Networks do not see resources shifted to clinical activities rather than the broad range of psychosocial supports required to enable contributing lives.
- the urgent need for transition plans to be put in place to ensure that as we respond to the Commission's review, as we begin implementation of the 5th National Mental Health Plan and as we reach full roll-out of the NDIS, we do not see gaps open up in already fragmented services and programs, harming people who are already vulnerable.

Peri participated in the Forum, speaking on behalf of consumers and advocating for increased consumer participation and partnerships. She advocated for a national roll-out of the YES (Your Experience of Service) tool as part of a Consumer Participation Framework, like the one developed in NSW through the MH-CoPES project. Peri reports that support for consumer participation being front-and-centre in a new National Mental Health Plan was high amongst forum delegates.

Participants also had the opportunity to see an address by Professor Allan Fels at the National Press Club, where Professor Fels urged all governments to commit to mental health reform. Peri attended the address and highly recommends that everyone with an interest in the mental health sector check out what Professor Fels has to say. You can watch the full address [here](#).

Article Link



## **BEING is going to TheMHS 2015!**

From August 25th to August 28th, a BEING delegation will be taking Canberra by storm for the 2015 TheMHS Conference!

In attendance will be Peri O'Shea and Elena Sutcliffe from BEING, Virginia Divall and Rosanne Feneley representing the BEING Board of Trustees, Irene Gallagher representing the Consumer Workers' Committee, and three lucky Consumer Grant recipients!

Peri will also be co-presenting with Liz Priesley from MHA and Jonathan Harms from ARAFMI about the new Collective Purpose working space.

So if you're going to be there too, make sure you keep an eye out for the BEING bunch.

For more information about TheMHS, have a look at the website [here](#).

Check out the Program here



## Reporting back: Consumer and Community Engagement Model Webinar

In early July 2015, a BEING policy team member attended the Health Consumers NSW webinar about a new Consumer and Community Engagement Model.

The model was developed out of the WentWest and Health Consumer NSW Joint Consumer Engagement Project. The projects aim was to embed consumer involvement across WentWest and to develop tools and resources for use across NSW.

The model is made up of three key elements;

- To improve consumer centred care (this is the centre point of the model),
- Partnering with consumers for co-design, consultation and evaluation of new and existing services and;
- Collaboration with communities to develop solutions to service gaps, access issues and other unmet needs.

The model can be used by both health services and consumers/consumer representatives.

The hour long webinar has been uploaded to YouTube and can be viewed [here](#).

The report (released June 2015) which goes into further detail can be read [here](#).

An A4 Brochure of the model can be downloaded [here](#) and the model can be printed as an A3 poster from [here](#).

If you have any questions or comments about the model please contact Health Consumers NSW on (02) 9986 1082 or email [info@hcnsw.org.au](mailto:info@hcnsw.org.au).

Watch the webinar here!



## **New resource: Capacit-e: Mental Health e-Learning**

the Mental Health Coordinating Council (MHCC) has launched Capacit-e: Mental Health e-Learning. The e-learning programs are for organisations, mental health workers, people with a lived experience of mental illness, friends, family members, colleagues and anyone else with an interest in mental health and information on how to support a person's recovery journey.

the online training is interactive and makes learning flexible, so you can learn when, where and how it best suits you!

The Capacit-e: Mental Health e-Learning includes the following products:

- Understanding Mental Health Recovery
- Supporting Mental Health Recovery
- Language of Mental Health Recovery (coming soon!)

BEING participated and provided feedback in the pilot program for the Supporting Mental Health Recovery e-learning module.

More information and the e-learning resources can be found at the [MHCC website](#).

## Other news



### Wesley LifeForce Suicide Memorial Day

Each year, Wesley LifeForce holds a memorial service for those affected by suicide. It is an opportunity to remember loved ones and to come together in a spirit of comfort and hope.

Those bereaved by suicide who have attended the service have found it to be a sensitive, moving and significant occasion, where they have been able to share with others who understand something about their journey.

Guests are given the opportunity to cast a flower into Sydney Harbour as a gesture of love and remembrance. Guests are also able to play a photo on the Wesley LifeForce memorial wall, which will be displayed on the day. The service is open to everyone.

**When:** 12pm Thursday 10  
September



### Wesley LifeForce Suicide Prevention Training

Wesley LifeForce is running a free 4-hour Suicide Prevention training course on **Thursday 17 September**.

In this training you will learn:

- to understand risk and protective factors
- how to identify the warning signs that someone may be at risk of suicide
- how to ask directly about suicide intent
- to understand what local and national support and resources are available to support a person at risk.

**When:** 9am-1pm Thursday 17  
September

**Where:** Penrith Bowling and  
Recreation Club - Cnr Woodriff  
& Derby Streets, Penrith NSW  
2750

**Cost:** FREE

Click [here](#) for more information  
and to reserve your spot!

**Where:** Sydney Opera House,  
Northern Boardwalk

**Cost:** FREE

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## **Opportunity: Hunter New England Consumer Participation Unit pilot**

Are you a consumer living in the Hunter New England area and wanting to get involved in Consumer Health Participation?

Hunter New England Mental Health Services has developed a pilot Consumer Participation Unit that will oversee the creation and management of health participation activities. They are now looking for consumers, carers and interested community members to get involved!

Opportunities for involvement will be varied, from becoming a member of a committee to undertaking research or other quality improvement projects.

For further information, please contact Liz Newton on [Elizabeth.Newton@hnehealth.nsw.gov.au](mailto:Elizabeth.Newton@hnehealth.nsw.gov.au)

Click [here](#) to download the Expression of Interest form.

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## **Research Study: Disadvantaged women using Emergency Departments**

Understanding the consumer's experience is critical to improving the quality of health care provided.

Lou's and Faces in the Street are looking for women over the age of 18 who have attended St Vincent's Hospital Emergency Department in the past 2 years. They are particularly interested in talking to women with problems relating to housing, mental health, substance abuse or other issues that may disadvantage them in their experience using the Emergency Department. The interview will take between 30-60 minutes.

If you are interested in sharing your experiences, please contact Deborah Banks on (02) 9358 4553 or [deborah@lousplace.com.au](mailto:deborah@lousplace.com.au) or Faces in the Street on (02) 8382 1660 or [facesinthestreet@svha.org.au](mailto:facesinthestreet@svha.org.au)

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## No Suppression - The Studio Sessions

No Suppression 'The Studio' Sessions are on again Saturday 19 September!

Go along and share your song, poem, story or artwork about your journey to recovery so far, or just be there to enjoy the afternoon and share and celebrate healing through creativity!

**When:** 1pm-3pm, Saturday 19 September

**Where:** The Old Gladesville Hospital Site

**Cost:** FREE

Download the flyer [here](#)!

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## Cert IV Mental Health (Culturally Customised for Aboriginal Workers)

MHCC is pleased to announce the release of the **Cert IV Mental Health (Culturally Customised for Aboriginal Workers)**.

This course has been developed and is delivered in a supportive way so Aboriginal workers can complete the nationally recognised Certificate IV in Mental Health in a culturally appropriate way, with an Aboriginal and non-Aboriginal trainer working together to present the course.

The course covers both recovery-oriented practice and social and emotional well-being frameworks. Training is very interactive and is delivered in 4 one week-long blocks (Mon-Fri, 9am-5pm), spread over ten months.

Click [here](#) to download the flyer.

Click [here](#) to download the Expression of Interest form.

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## Keep in touch



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**Our Website**

NSW CAG'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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