



# Being

## Monthly Newsletter



### ***My Career*** *Pathways to Practice*

#### Mental Health Practitioner 2016 National Conference

### **MyCareer 2016 National Conference Consumer Sponsorship Opportunity!**

On April 06 2016, The Hon. Pru Goward, NSW Minister for Mental Health, will open an exciting conference gathering stakeholders together to contribute to the discussion and evolution of the Mental Health Practitioner role.

This year, as part of the **MyCareer Mental Health Practitioner 2016 National Conference**, BEING in partnership with Aftercare has the opportunity to support a limited number of consumers from across NSW to attend the Conference in Sydney. This includes transport, accommodation and meals, which will be organised by BEING for the successful applicant(s).

#### **To apply, you must:**

- Complete the application form;
- If based outside Sydney, be able to travel to Sydney, and if required, stay overnight in Sydney before and/or after the conference;

- Be willing to have a phone interview with BEING prior to the conference
- Have a lived experience

[Click here to download the application form from our website!](#)

Please contact Annaliese with any further enquiries:

**Email:** [Annaliese.Mayday@being.org.au](mailto:Annaliese.Mayday@being.org.au)

**Phone:** (02) 9332 0200

More information here!



**Mental Health Commission**  
of New South Wales

## **First progress report on the NSW Mental Health Strategic Plan is out!**

On 24 February 2016, the Mental Health Commission of NSW released their first progress report on how *Living Well: A Strategic Plan for Mental Health in NSW 2014-2024* is being put into practice.

The Strategic Plan was published in December 2014 and is a road map for reform of the NSW mental health system. The progress report *One Year On* highlights the achievements of 2015.

[\(Read more about the report on our website!\)](#)

BEING commends the Mental Health Commission of NSW, the NSW Ministry of Health, the Mental Health Taskforce and the NSW Government for the progress made so far in implementing *Living Well*. As the progress report indicates, whilst we are heading in the right direction, we have some way to go yet. As such Being also commends and supports the recommendations presented in this report.

**We look forward to continuing to work with the Commission to assist in meeting these recommendations and the Commission's vision of "better health and wellbeing for all in NSW".**

Read more here!



Mental Health  
& Wellbeing  
Consumer  
Advisory Group

### **New faces in the BEING office!**

BEING has a few new faces in the office, and we would like to officially welcome them!

Annaliese Mayday started with us earlier this year, taking on the role of casual Office Assistant. Her role includes providing general administrative support to all of us at BEING and to our Board of Trustees. Annaliese is also currently studying a Master in Social Work and has previously worked with ARAFMI NSW, one of our Collective Purpose Partners.

Adla Abushanab is the new casual Project Support Officer. Adla started in February and she will be working with us until the end of June on the Arabic Mental Health Resource Project. Adla will play a crucial role in liaising with Arabic-speaking community members and Arabic organisations to achieve the outcomes we want for the project. Outside of her work with BEING, Adla is also a peer educator at South Eastern Sydney Recovery College and an Arabic teacher in community colleges.

Angela Cui started volunteering with us in February. She's helping with our research for the 'There is no place like home' Project. She has worked as a social worker for 5 years in mental health in Hong Kong. She's currently completing a Doctor of Philosophy (Ph. D) at the Centre for Social Research in Health, UNSW.

**We are very excited to have Annaliese, Adla and Angela working with us.**



## Your experience and views of the Guardianship system?

We would like to learn more about the Guardianship system's impact on people, especially where mental illness is involved. We're keen to learn from your experiences and views of Guardianship.

### For example:

Have you applied or thought about applying for a Guardian or Power of Attorney before? If not, why not?

If you have experience with having a Guardian or Power of Attorney, what was it like?

- How was the relationship between you and your Guardian or Attorney?
- Did you feel respected and listened to?
- What are the top three things that would have improved your experience?

We could raise awareness about the issues you faced, and how to improve the experiences of others in a similar situation. For example, we could do this through input into the current reviews of the Guardianship Act.

**We respect your privacy and would make your feedback anonymous.**

Email our policy team: [policy@being.org.au](mailto:policy@being.org.au)

Or phone us: **(02) 9332 0200**

Email us here!

**phn**

An Australian Government Initiative

## How you can shape Primary Health in your area

Primary Health Networks are responsible for improving our primary health system. There are a number of Primary Health Networks, each responsible for a region of NSW.

As the Primary Health Networks are in their early stages, most of them are looking to learn more about their local people's needs and views. This is a great opportunity to shape your Primary Health Network's priorities and work.

To see what opportunities are there to engage with your Primary Health Network, go to: [www.ncoss.org.au/shape-the-health-of-your-region](http://www.ncoss.org.au/shape-the-health-of-your-region)

More information here!

## Other news



**CONSULTATION: Have**



THE UNIVERSITY OF  
**SYDNEY**

**CONSULTATION:**

## you had ECT?

If you have had **electroconvulsive therapy (ECT)**, New Horizons would like to talk to you for a research project they are conducting in partnership with Sydney Local Health District. The project is looking at education and support needs during ECT.

New Horizons are looking for people who have had ECT to take part in an interview about their treatment decisions, access to information and the support they received during their ECT experience.

Interviews will run for **45 minutes to 1 hour** and will be completely confidential.

**Your time will be compensated for with a \$25 Coles Myer gift voucher.**

If you are interested in participating, contact Scott, Lisa, Anthony or Karen on **(02) 9193 8023** or **0488 090 471**

See Me, Hear Me  
Fairfield 2016

**CONSUMER ART: See Me, Hear Me 2016**

**See Me, Hear Me** is an exhibition of artworks created by people living with mental

## Family involvement in mental health services

The University of Sydney is conducting research about **family involvement in mental health services**. They would like to hear about your views and experiences about how the people who support you and your mental health are and should be involved with your mental health services.

The researchers would like to talk to you if you:

- Are 18 years of age or older;
- Speak English fluently;
- Use mental health services; and
- Have a family member who supports you and your mental health

**You will be compensated for your time with a \$25 gift voucher.**

If you are interested, please contact Lauren Wonders on **0402 600 349** or Anne Honey at [anne.honey@sydney.edu.au](mailto:anne.honey@sydney.edu.au)

[Download the flyer here!](#)



**Reduce your debt with a WDO!**

If you have a lived experience of mental illness, you may be

illness, who are stepping out into the community to be 'seen and heard'.

The exhibition will run from **22 March until 7 April 2016**, at Club Marconi in Fairfield, and an official launch will be held on Tuesday 22, March.

**When:** 2 PM, Tuesday 22 March, 2016

**Where:** Club Marconi, 121 Prairie Vale Road, Bossley Park

**Cost:** FREE!

**RSVP is essential by Wednesday 16 March** to Michelle on 0439 501 225 or [Michelle.Brown@benevolent.org.au](mailto:Michelle.Brown@benevolent.org.au)

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eligible to reduce your debt to the NSW State Debt Recovery Office through a **Work and Development Order**.

You can do this through unpaid work with an approved organisation, such as [MENTOR+SUPPORT](#) or by undertaking certain courses or treatment.

If you would like more information, [click here to download the WDO Factsheet](#), OR go to the [State Debt Recovery website here!](#)

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## Keep in touch



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Our Website

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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