

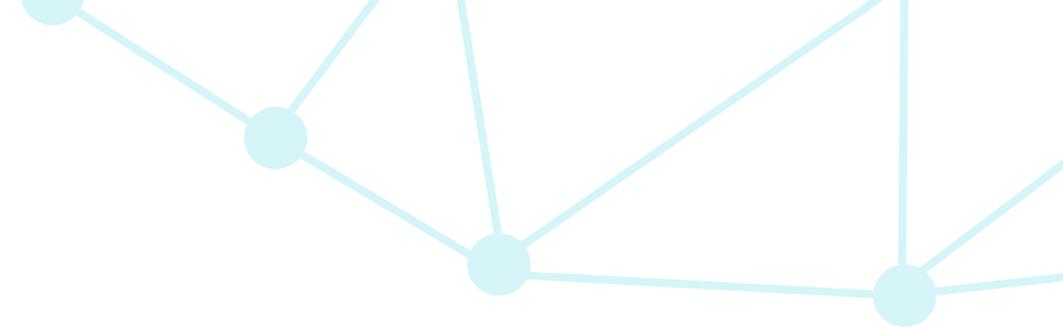


# Induction

Being Board of Trustees



# Introduction to Being



# BEING

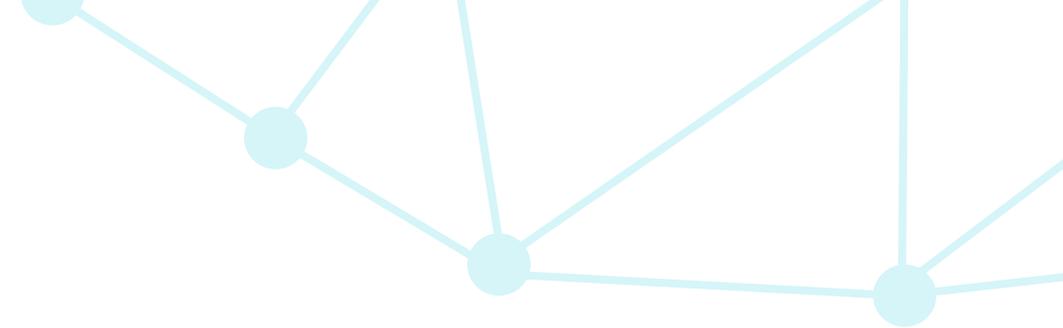
BEING | Mental Health & Wellbeing Consumer Advisory Group (formerly known as NSW CAG) is the independent, state-wide organisation for people with a lived experience of mental illness (consumers).

We work with consumers to achieve and support systemic change.

# Our Vision

For all people with a lived experience of mental illness to participate as valued citizens in the communities they choose.





# Our History

Originally established as a ministerial committee in 1992 in response to the First National Mental Health Plan.

CAGs established in each state and territory in Australia

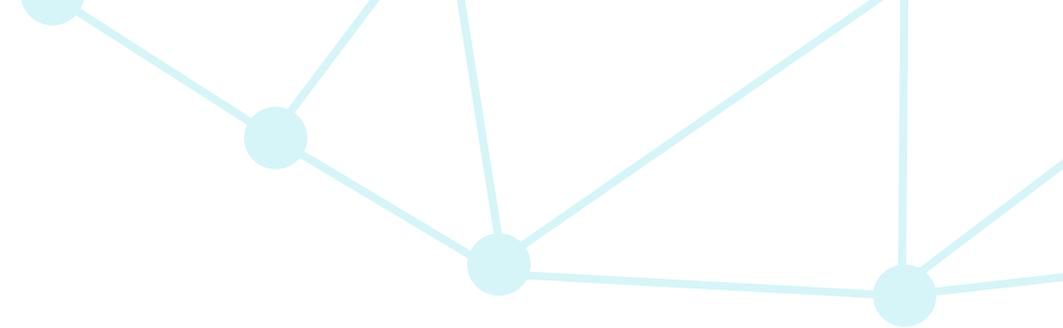
Each state and territory was called to:

*Establish or maintain a mental health consumer advisory committee which is representative of the range of mental health consumers and carers. Such an Advisory Committee shall provide advice, including to both the relevant Minister and Chief Executive Officer of the Agency.*

(First National Mental Health Plan, 1992).

In 1994, NSW CAG was incorporated and became an organisation within its own right.

In December 2014, we rebranded and changed our trading name to BEING. The rebranding modernised our image and reflects the whole-of-person and holistic wellbeing philosophy we are advocating for.



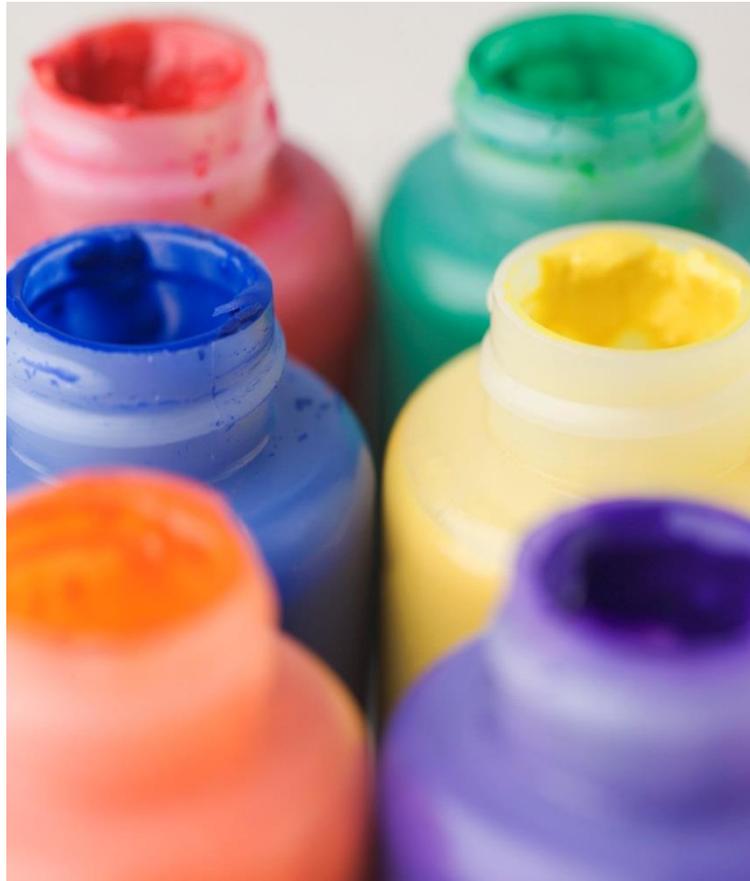
# Our Values

The **lived experience** of people is fundamental to all that we do and our work is underpinned by a commitment to upholding international human rights.

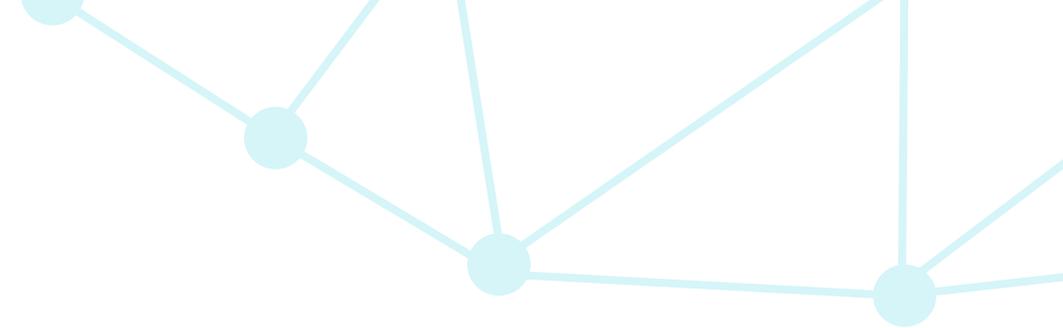
We hold the following values:

- **Respect and dignity for all** to enable inclusion
  - Valuing the worth of each individual without judgement
- **Social justice and equity** to ensure participation
  - Promoting equity of access and opportunity in all areas of life
- **Belief in recovery** to make it possible for every individual to recover
- **Integrity** to ensure transparency and accountability
- **Fidelity** to ensure the legitimate representation of the views of consumers

# Our Guiding Principles



- 1) Principles of recovery underpin all our work
- 2) Recognition of the importance of a holistic approach
- 3) Collaboration and team work
- 4) Flexibility, responsiveness and innovation
- 5) Consultative and participatory processes that have consumers at the centre
- 6) Promoting equity and positive images to address discrimination and prejudice
- 7) Accessible and approachable for all
- 8) Promotion of professionalism and quality practice



# Our Strategic Goals



Influence

Recognition

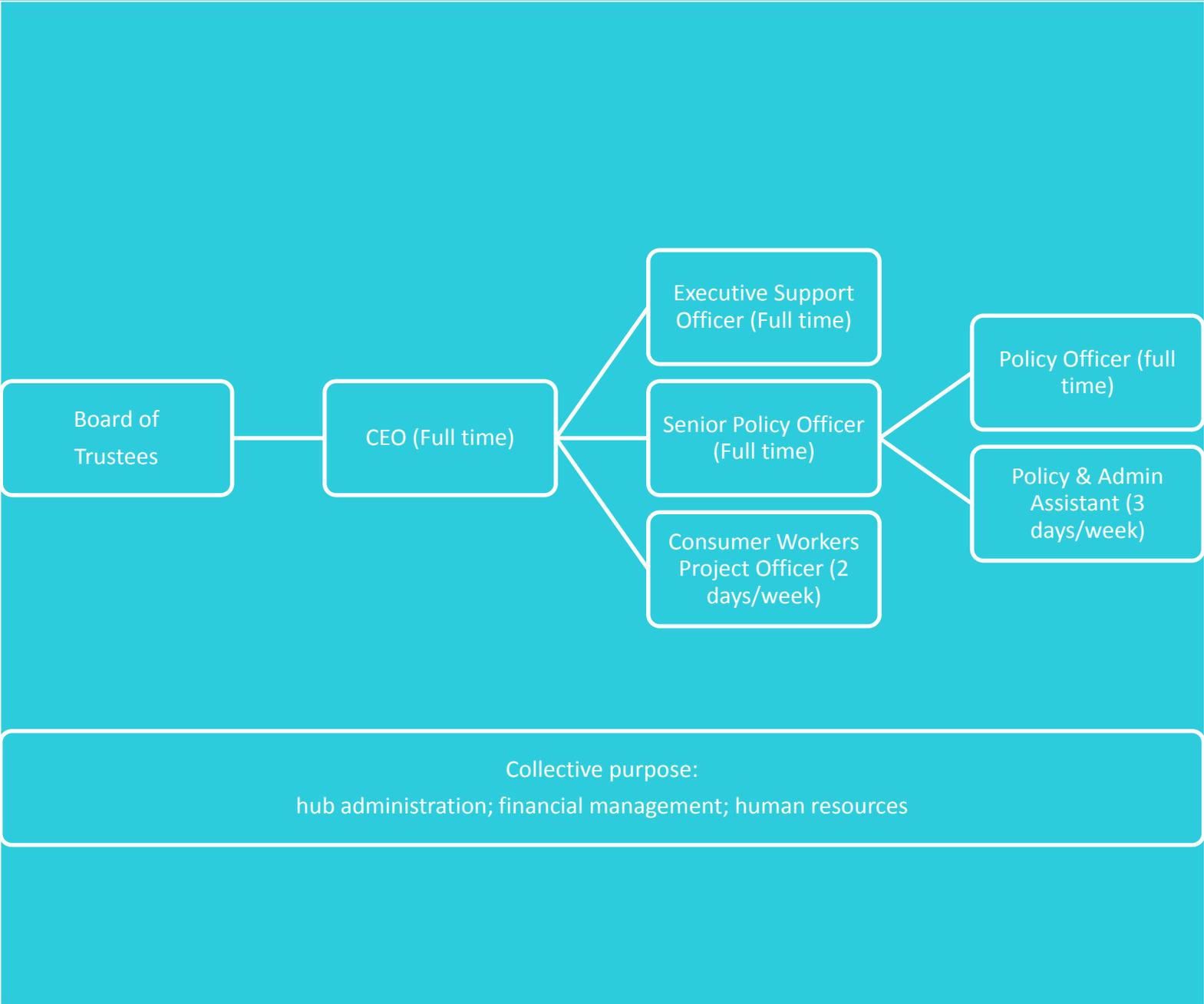
Building  
capacity

Sustainability

OUR STRATEGIC GOALS	THE RESULTS WE WILL SEE
<b>GOAL 1. SYSTEMIC IMPACT and INFLUENCE.</b>	<ul style="list-style-type: none"> <li>• Positive changes in NSW policy, systems and services for people with the lived experience of mental illness.</li> <li>• Demonstrable impact on understanding of mental health consumer views in services, workplaces and the community.</li> </ul>
<b>GOAL 2. PROFILE &amp; RECOGNITION.</b>	<ul style="list-style-type: none"> <li>• Recognised widely as the lead organisation for mental health consumer views in NSW.</li> <li>• High consumer membership and participation</li> </ul>
<b>GOAL 3. INNOVATION &amp; BUILDING CAPACITY.</b>	<ul style="list-style-type: none"> <li>• Being has registered RTO status</li> <li>• Individual consumer, service provider and organisational capacity built through effective training and advisory services.</li> <li>• Stronger consumer workforce with a holistic recovery focus</li> </ul>
<b>GOAL 4. ROBUST &amp; SUSTAINABLE ORGANISATION.</b>	<ul style="list-style-type: none"> <li>• Thriving, resilient organisation with strong governance and efficient systems.</li> <li>• Secure diversified funding that matches operational needs and supports growth.</li> </ul>

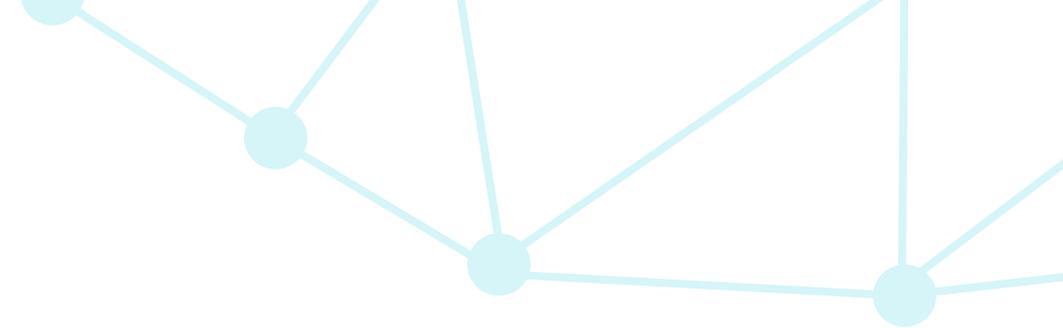


# Our Team



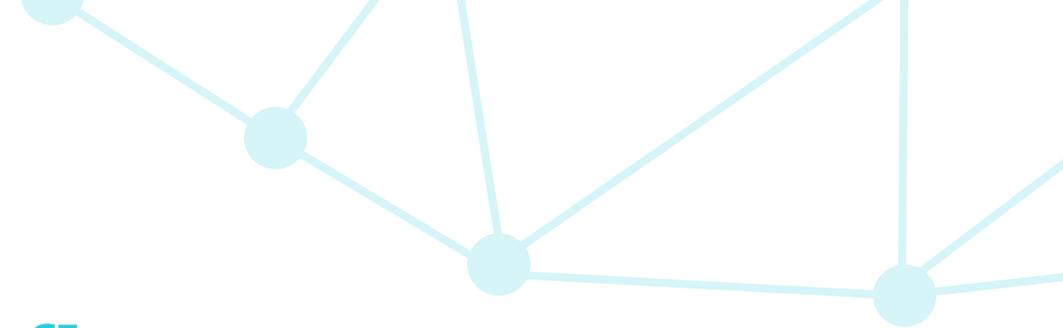
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# Our Work



# Participation

- We work from the premise that the participation of mental health consumers in systemic advocacy leads to the development of more effective public policy and facilitates individual recovery.
- Participation is a fundamental human right as enshrined in Article 25 of the *International Covenant on Civil and Political Rights* (ICCPR).

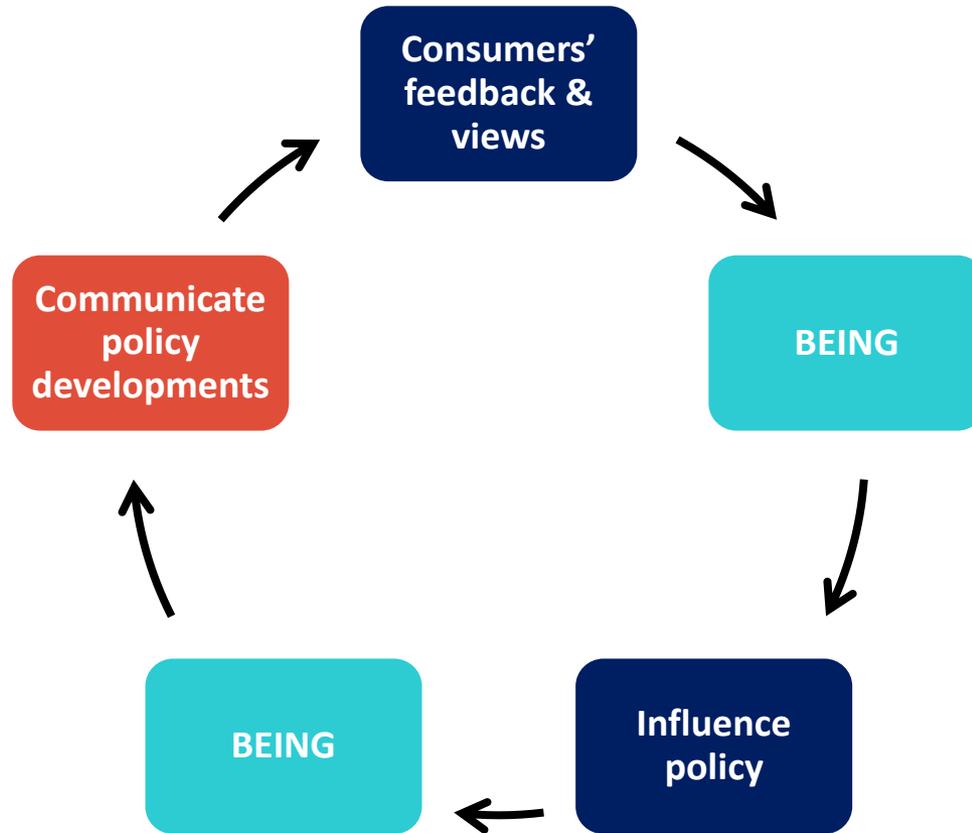


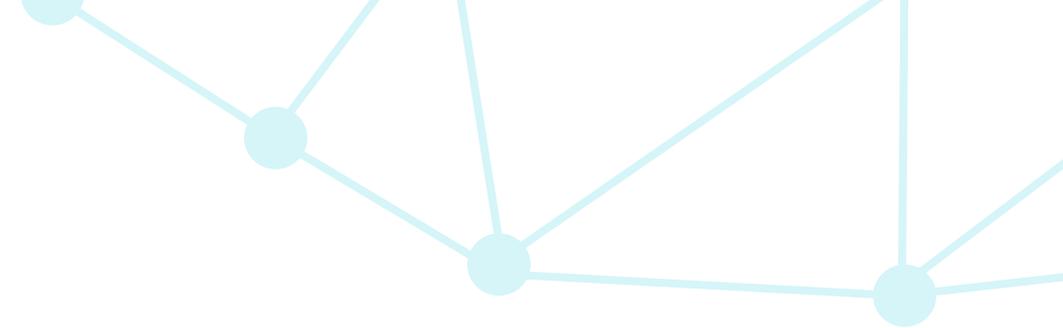
# Consumer Influence

Our systemic advocacy work is informed by what consumers tell us.

We ensure that people have the opportunity to inform us in our work and to share what we know.

# Systemic Advocacy

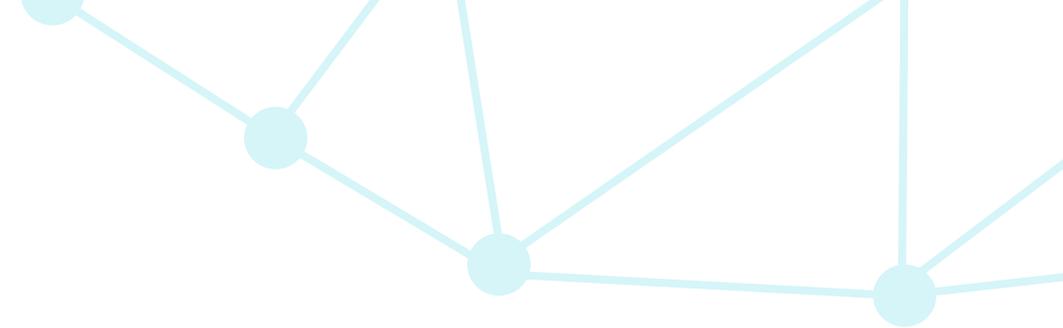




# Consumer Engagement

We directly engage with consumers in many ways:

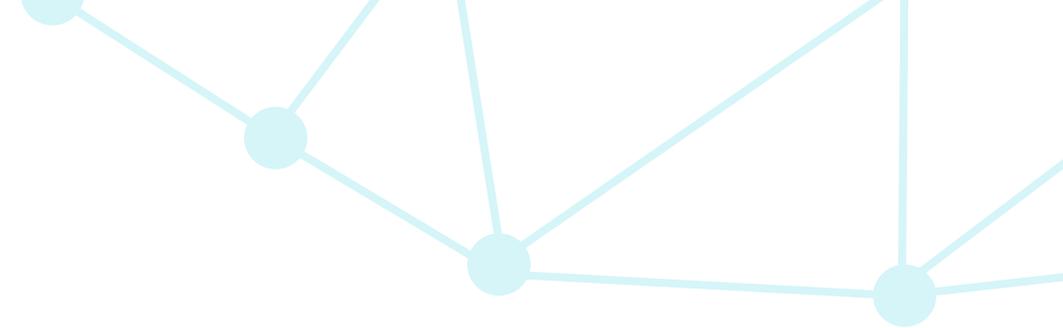
- ▣ Forums, conferences, events
- ▣ Direct input through face to face discussions, surveys, & webinars
- ▣ Facebook & Twitter
- ▣ Recovery in Art exhibition
- ▣ Designated consumer positions in BEING



# Consumer Support

We also enable and support consumer participation in other ways:

- 📄 Recruit and support consumer to speak at events and provide representation on committees
- 📄 Support Consumer Sub-Committee to MHPC
- 📄 Support Consumer Workers Project
- 📄 Work with government agencies and other bodies to support their engagement with consumers

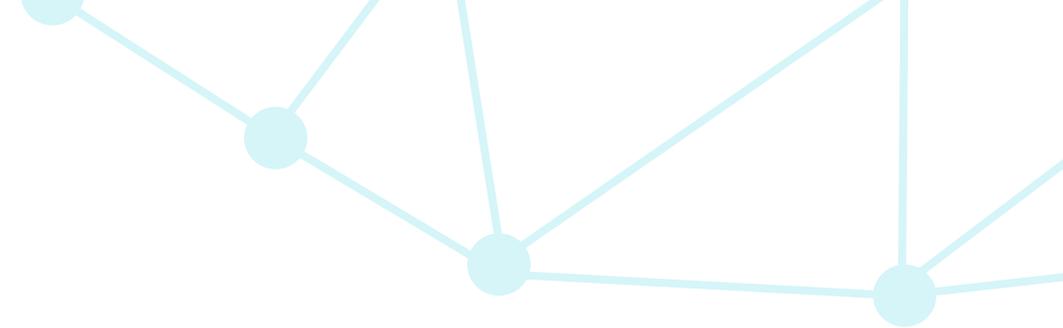


# Policy Advocacy

Policy advocacy is a core BEING function.

Examples of activities include:

- ▣ Policy submissions to government
- ▣ Feedback & advice to government on draft policy & initiatives
- ▣ Committee participation
- ▣ Research reports



# Policy projects

Examples of current and recent policy projects:

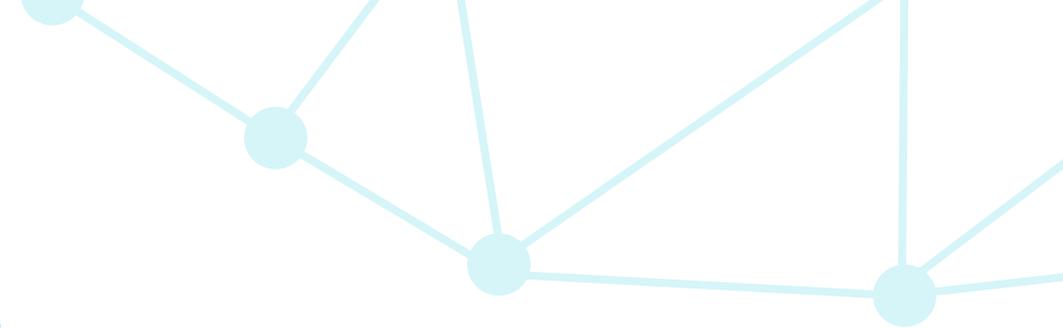
- 📖 Champions for Change
- 📖 NSW Election Agenda
- 📖 Joint Submission to the McClure Welfare Review
- 📖 Review of the Official Visitors Program

Other key BEING activities:

- 📖 Recovery Conference
- 📖 Recovery in Art Exhibition

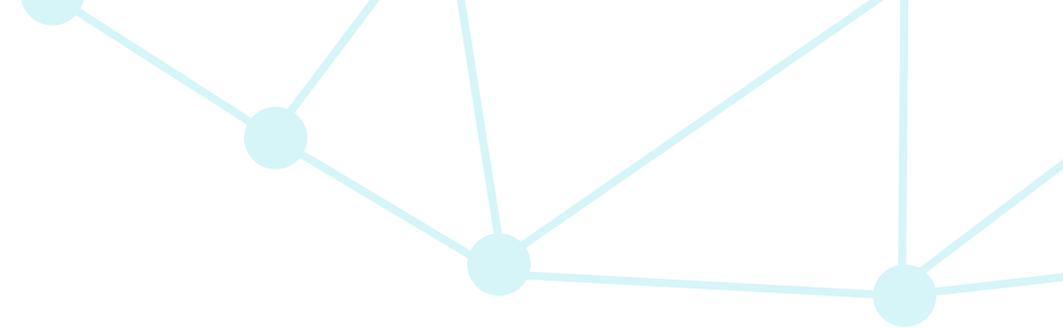


# Our Board



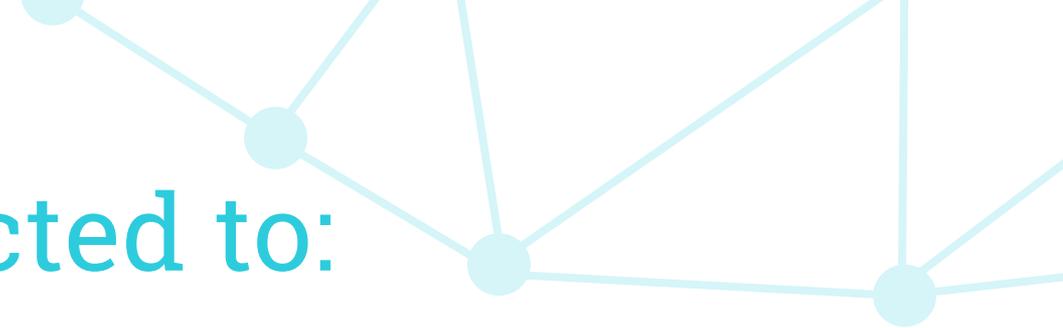
# Our Board of Trustees

The Board of Trustees is legally responsible for the organisation.



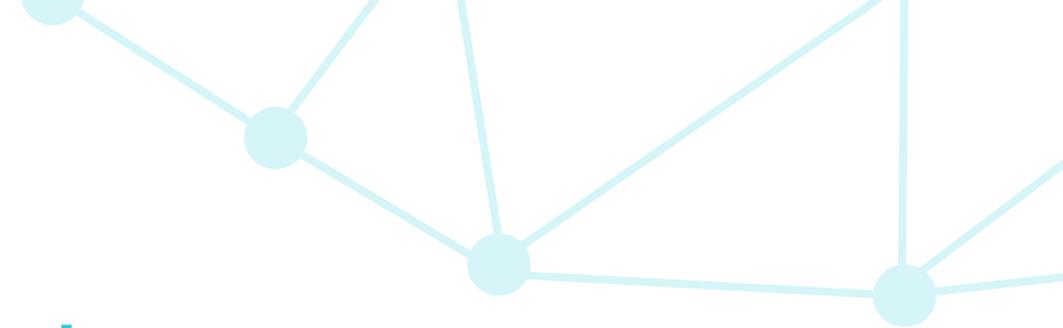
# Board's Role

- employ and support the CEO
- monitor the performance of the organisation
- provide leadership and advice
- bring an objective view to decisions affecting the organisation
- set strategic direction
- ensure compliance with statutory regulation
- provide risk management oversight



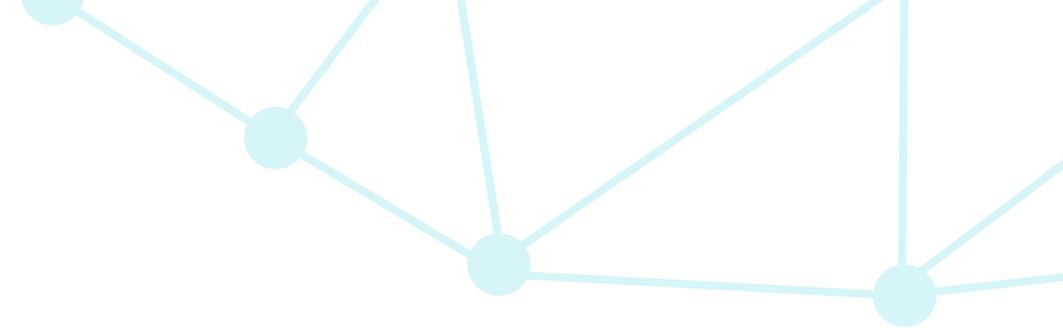
# You are expected to:

- Commit to the role of Board members
- Regularly attend board meetings
- Keep up to date
- Engage in active decision making
- Understand how the organisation works
- Be familiar with the Constitution
- Understand the organisation's responsibilities in regards to legislation and finances
- Be active in planning for the future direction of the organisation
- Be faithful and supportive of the organisation in public
- Take responsibility for particular areas of work
- Approve relevant documents, including budgets.



# Our Constitution

Is the legal foundation from which the membership and Board of Trustees is established, structured and administered.



# Your Commitment

- All Board of Trustees members are required to sign a confidentiality agreement with the organisation, and undertake a Police Name Check.
- All Board of Trustees members are also required to sign and comply with BEING's Code of Conduct for the Board of Trustees.