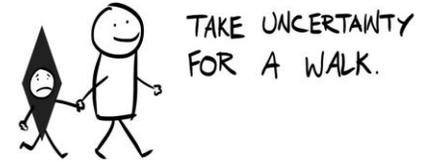




NORTHERN TERRITORY
MENTAL HEALTH
COALITION



E-BULLETIN APRIL 2016

DON'T MISS THE OPPORTUNITY!

Have you heard?

The Coalition is hosting 2 forums; in Alice 28 June and Darwin 29 June 2016.

Speakers will provide the sector with the opportunity to discuss emerging issues. Register to hear from Frank Quinlan, Mental Health Australia and Rod Astbury, Community Mental Health Australia.

Need assistance to attend?
admin@ntmhc.org.au

YOU ASKED FOR IT!

Thank you for completing our survey. You said you wanted a regular e-bulletin so here we go! Buckle up for a ride of news and updates in the mental health sector. We believe in the 'less is more' philosophy so we will give you brief background to areas with links for those of you who can't get enough. Thank you to members who have provided content for this newsletter, if you have content for the next e-bulletin please let us know. Sign up on line for the e-bulletin www.ntmhc.org.au

1. WHAT IS HAPPENING AT HOME? (COALITION NEWS)

The NT Mental Health Coalition is the peak body for community mental health services in the NT. The Coalition was incorporated in 2010 and some great work has been done since then (on very little \$!). The organisation has been working strategically since August under the careful direction of Vanessa Harris, Executive Officer to grow and ultimately to provide more benefits to you, our members.

1.1 FROM OUR PRESIDENT

Canberra and Melbourne were places I visited immediately after Easter. In Canberra I participated in the Mental Health Australia (MHA) Policy Forum as President of the Coalition. There were a lot of the key people from across the NGO community mental health sector as well as public systems, researchers and academics. It was a great opportunity to tap into the learnings and plans of others in the sector. Topics of discussion included the mental health sector reforms currently underway involving:

- mental health involvement of Primary Health Networks (including the NT PHN)
- the interface between existing mental health services and the NDIS
- consumer and carer co-design of mental health programs needs to be prioritised
- ongoing efforts to reduce stigma and increase community knowledge and participation
- ensuring funding to mental health sector is preserved
- key topics for MHA, NTMHC and our members to advocate for in the coming Federal and Territory elections



Opportunities for the Community Mental Health Sector in the Northern Territory 28-29 June 2016

- Many of the items at the top of page 3 of the following link are a good summary of our ongoing advocacy topics. [https://mhaustralia.org/sites/default/files/docs/at_a_glance - blueprint for action on mental health.pdf](https://mhaustralia.org/sites/default/files/docs/at_a_glance_-_blueprint_for_action_on_mental_health.pdf)

While in the ACT I also visited the new Common Ground Canberra. Common Ground provides vulnerable people with safe and secure accommodation at a rent that is affordable in their circumstances, promoting independence and self-sufficiency to assist such people out of the cycle of homelessness or poverty. Check out their website and find me on their Facebook page! <http://www.commongroundcanberra.org.au/>.

Moving onto Melbourne I met with staff from Neami National, MIND Australia, Mental Illness Fellowship Victoria and VICSERV (the Victorian version of our NTMHC). My key topics to explore with each organisation were:

- peer workforce, including training and the Peer Worker Cert IV qualification,
- approaches to making lived experience influential within each the organisation and services,
- community housing, and volunteer programs.

Helen Egan President NT Mental Health Coalition

1.2 NEEDS ASSESSMENT

The Coalition has contributed as part of the NT Primary Health Network (NT PHN) Needs Assessment Working Group. Thank you to those members who responded to the survey and provided input into the Mental Health and Suicide Prevention component.

The reports were submitted 30 March 2016. PHN are finalising the Mental Health, Suicide Prevention and AOD Working Group feedback. The reports will be incorporated in the next phase of the process which is the development of regional, operational plans.

In relation to the next phase the PHN are asking the following questions. The Coalition would like to hear members' responses – eo@ntmhc.org.au

- a) How can the PHN consult with consumers, carers regionally?
- b) How can PHN ensure that they represent needs and opportunities on a regional basis? (Are there any regional consultations occurring that would assist in informing this process?)
- c) How can the PHN ensure that they engage with key stakeholders in the next phase of the planning?

1.3 REPRESENTING OUR MEMBERS

Part of the role of the Coalition is to represent members concerns. If your organisation is experiencing a difficulty with a program or reporting requirement/s, there is a good chance you are not the only one. The Coalition would like to try and help.

On the 23 February 2-16 the Coalition wrote to the Australian Government on behalf of some of our members with their concern about the Day to Day Living (D2DL) program 'request for proposal process'. The Coalition forwarded this letter to Dr Anthony Millgate, Assistant Secretary Mental Health Services Branch.

Organisations will now be offered a 12-month extension which will replace the proposed 'request for proposal process' and funding levels will remain as they currently are with indexation applied.

For more information about the D2DL requirements contact the NT Grant Officer, Australian Government Department of Health joanne.barrett@health.gov.au

1.4 GIVING YOU A HEADS UP

The Coalition is sponsoring the ‘**Outstanding Business and Community Initiative**’ category as part of the *Disability Service Awards* to recognise excellence in the community mental health sector.

“The recipient of this award will be a business or community organisation who has developed or implemented a service or product that supports inclusion by people with disability. Nominees must demonstrate excellence in any or all of the following areas:

- Development of products or resources to assist people with a disability to be included in social, workplace or community settings.
- Creation of an innovative process or procedure within a business or community organisation that makes a significant difference to people with a disability.
- Showing leadership in their industry or sector for social inclusion of people with disability.
- Creation of an innovative program to assist people with a disability to develop in a social, workplace or community setting.”

The awards will be launched in Alice Springs 12 September 2016. For more information about the *Disability Service Awards* go to www.ntdsa.org.au

1.5 TANGLED IN RED TAPE

Deloitte has been engaged by the NT Government to look into red tape issues within the Non Government Sector (NGO) in the NT. The Coalition attended a productive meeting on the 8 April 2016 with a number of like minded organisations. Discussion considered areas of duplication, significant delays and unnecessary expense caused by red tape.

1.6 MENTAL HEALTH WEEK

The Coalition is coordinating the *NT Mental Health Week Working Group*. The first teleconference meeting of the working group is 27 April 2016 at 10am.

The working group will put together the calendar of events across the NT, promote those events through a media strategy and explore ways of capturing mental health week activities. The Coalition has commissioned art work for mental health week to develop a unique NT theme that links in with the National agenda.

Thank you to everyone who has nominated, we have a lot of work to do! The members are: *Katherine*: Charmaine Wharton-Wall, Kelly Walker (proxy) Red Cross, *Alice Springs*: Anjali Palmer MHACA, *Jabiru*: Louise Mayclair CatholicCare NT, *Darwin*: Danielle Allen TeamHEALTH, Anne Pike Grow NT.

2. STUDIES AND PROJECTS

Throughout the NT our members are working hard in the sector providing services and also undertaking projects and studies. The Coalition would like to promote the important work you are doing; calling for people to be involved (where appropriate) and showcasing your achievements. If you are involved in a project or have a regular meeting that you would like to promote please let us know.

2.1 PILOTING A HOMELESSNESS RESPONSE

Are you working with an adult, young person or family who is any of the following:

Homeless or living in emergency accommodation?

May benefit from wrap around support from other service providers?

Could benefit from a share of \$25,000 in brokerage by 30 June 2016?!

Answered YES to these questions? Email the Darwin **Homelessness Response Group (HRG)** Coordinator on hrg@svdpnt.org.au for more information. The HRG works collaboratively with Darwin organisations to coordinate wrap around support to people who are homeless or are at risk of homelessness and experiencing long term, severe and persistent mental illness or with complex needs.

Sam Bowden, Homelessness Response Group Coordinator

2.2 PARTNERS IN RECOVERY

NT Partners in Recovery helps people with severe and persistent mental illness with complex needs, and their carers and families, to access and coordinate the services they need for their recovery. The annual PIR meeting was held in Melbourne early March 2016 with good representation from the NT. This letter from the Primary Health Network (PHN) NT outlines the advice received about the PIR program into 2016-2017 from the Australian Government.

For more information contact anthony.willits@ntphn.org.au or visit <http://www.ntphn.org.au/our-programs/mental-health/partners-recovery-pir>

2.3 GOT TO BE IN IT, TO WIN IT

The Coalition would like to say up front we don't condone gambling! However, the National Disability Insurance Agency (NDIA) are asking for people to complete the following survey <https://www.research.net/r/FPTM9GM> to improve communication. You will go into the draw to win 1 of 5 iPads. The survey closes at 5pm on 20 April 2016, good luck!

2.4 BREAKING NEWS!

The Coalition is a member of *Community Mental Health Australia (CMHA)* who has been asked on very short notice to participate as part in the Fifth National Mental Health Plan Stakeholder Working Group in April 2016. This high-level stakeholder working group will assist with the development of the Fifth National Mental Health Plan. "Mental Health, Drug and Alcohol Principal Committee of the Australian Health Ministers' Advisory Council has responsibility for developing the Fifth Plan which seeks to articulate nationally agreed priority areas and actions for the next five years with a view to achieving an integrated mental health system."

3. WHAT'S HAPPENING?

3.1 (DARWIN) SCHIZOPHRENIA AWARENESS WEEK

MENTAL ILLNESS FELLOWSHIP of Australia (NT) Inc., Schizophrenia Awareness Week 16 May to 20 May 2016. Activities include Yoga, Crocosaurus Cove, miPlace Open Day, BBQ and jumble sale. The week concludes on Friday 20 May with a sausage sizzle in Raintree Park. See MENTAL ILLNESS FELLOWSHIP of Australia (NT) for more information at <http://www.mifant.org.au/> or call 8948 1051.

3.2 (ALICE) LIFE PROMOTION

The Life Promotion Network was developed in response to the alarmingly high rates of suicide in Central Australia. The Network is a collaboration of agencies like Headspace and the Mental Health Association of Central Australia (MHACA). The Network met 16 February 2016 in Alice Springs to consider strategies to support the mental health needs of young people. Interested to know more? Contact Sarah Ford, Community Engagement and Communications Officer, MHACA sarah.ford@mhaca.org.au

3.3 (ALICE) BEREAVEMENT AND MENTAL ILLNESS

19 May 2016 in Alice Springs, Mental Health Association of Central Australia (MHACA) and SANE Australia. The workshop will explore how to better support the family and friends of people with mental illness who have died by suicide or who are missing. For more information <http://mhaca.org.au/event/sane-australia-berereavement-and-mental-illness-workshop/> or email training@mhaca.org.au

3.4 (ALICE) TRAINING WHEELS

Mental Health Association of Central Australia (MHACA) training programs! To register training@mhaca.org.au or call 8950 4600, for more information <http://mhaca.org.au/education-and-community-awareness/>

3.5 (ALICE) SUICIDE PREVENTION

Wesley Life Force Suicide Prevention Workshop (no cost), Chifley Alice Springs Resort, 4 May 2016 from 9am for more information <http://www.eventbrite.com.au/e/wl-3149-wesley-lifeforce-suicide-prevention-6hr-workshop-alice-springs-nt-tickets-20773095889>

3.6 (ALICE) WALK OR RUN FOR FUN!

MHACA are hosting a *Wellness Walk and Fun Run* on Sunday 22 May, around the Barrett Drive – South Terrace footpath circuit. Registrations open at 7am in the carpark of the Double Tree Hilton. Did you know that exercise and socialising are both good ways to protect your mental health? For more information <http://mhaca.org.au/event/wellness-walk-fun-run/> Proudly supported by the NT Mental Health Coalition and the Alice Springs Town Council.

3.7 (ALICE) CALLING ALL MEN

MHACA are offering Mental Health First Aid (no cost) for men to celebrate Men's Health Week 15 and 16 June at the Institute for Aboriginal Development (IAD). To register or for more information training@mhaca.org.au or call 8950 4600.

3.8 (ALICE) HALVE SUICIDES

MHACA is launching the trek in Alice Springs for the *Hike to Halve Suicides* along the Larapinta Trail 13 to 19 August 2016. Funds raised will assist Aboriginal community members to attend the Suicide Prevention Australia conference in Canberra. For more information, go to <http://mhaca.org.au/event/hike-2-halve-suicides-larapinta-trek-suicide-prevention-australia/>

4. REPORTS AND DISCUSSION PAPERS

4.1 NATIONAL DISABILITY INSURANCE SCHEME (NDIS)

National Disability Insurance Agency, Mental Health Sector Reference Group (NMHSRG) communique provides the key outcomes of the fifth meeting of the NMHSRG which took place on 4 December 2015 in Melbourne. Read the communique at <http://www.ndis.gov.au/document/mhsrg-dec15>

Community Mental Health Australia, Design of Individual Supports for People with Psychosocial Disability Project, December 2015. "The project has been established to document optimal packages of individual supports for people who have a psychosocial disability associated with a mental illness." Want to know more? <https://www.ntmhc.org.au/wp->

<content/uploads/2016/02/Summary-response-to-Stakeholder-Considerations-NDIA-Individual-Support-Design-Report-NT.pdf>

Check out up and coming webinars in relation to NDIS at <http://www.ndis.gov.au/people-disability/videos-and-stories/webinars>

Check out the NDIS Mental Health Network update announcing that Richmond Wellbeing has been engaged to design and deliver NDIS peer education and train-the trainer workshops nationally as part of Mental Health Australia's NDIS Sector Development Fund Capacity Building Project <https://mhaustralia.org/newsletters-bulletins/ndis-capacity-building-project-update-6-april-2016>

4.2 CARERS - OFTEN LEFT OUT

A *Practical Guide for Working with Carers of People with a Mental Illness* was created by a consortium of experts in mental health care including Helping Minds, Mind Australia, private Mental health Consumer Carer Network (Australia), Mental Health Australia and Mental health Carers ARAFMI Australia <https://mhaustralia.org/media-releases/practical-guide-working-carers-of-people-mental-illness>

“Don't be ashamed of your story, it will inspire others.”

4.3 SUICIDE PREVENTION COMMUNICATION

The **National Mental Health and Suicide Prevention Communication Charter** is a collaborative resource for the mental health sector setting out communication about mental health, mental illness and suicide prevention. Want more information? See the Charter at Australian Government National Mental Health Commission website http://www.mindframe-media.info/data/assets/pdf_file/0012/10047/National-Communications-Charter-for-Mental-Health-and-Suicide-Prevention.pdf

4.4 NOT FOR PROFITS

Check out the Australian Charities and Not for Profits Commission (ACNC) Quarterly newsletter that claims cutting red tape could save millions for charities http://www.acnc.gov.au/ACNC/Comms/Newsletters/ACNC_Quarterly_-_issue_7_Autumn_2016.aspx ACNC Commission visiting Darwin 18 April 2016 more information <https://www.eventbrite.com.au/e/acnc-commissioner-visit-to-darwin-northern-territory-tickets-24388807580>

5. OUT AND ABOUT (CONFERENCES, WORKSHOPS)

5.1 STRATEGY FOR NGO SUSTAINABILITY

27 April 2016 Mantra Pandnas Darwin. Next instalment, following on from the previous 'Pathways to Sustainability for Not for Profit organisations in the NT'. Community ExecNet comes to the Top End once a year. Community Business Bureau Inc (CBB) Principal Consultant Wayne Turner will draw upon his experience working with Not for Profits across Australia to offer tips for strategically planning for sustainability. Michael Nemarich, Chief Operating

Officer and Chris Hayward, GM Enterprise and Community Services of ALPA (Arnhemland Progress Aboriginal Corporation) will share their organisation's journey to sustainability through balancing the application of strong commercial principles with ALPA's benevolent purpose. CBB is a national social enterprise committed to helping Not for Profits achieve their social objectives. For more information on the event and the costs <http://www.cbb.com.au/about-us/contact-us/> To register for the event <https://www.eventbrite.com.au/e/strategy-for-sustainability-in-the-nt-tickets-22635485346>

5.2 NATIONAL ABORIGINAL AND TORRES STRAIT ISLANDER SUICIDE PREVENTION CONFERENCE

5-6 May 2016 Conference Alice Springs, The Aboriginal and Torres Strait Islander Suicide Prevention Evaluation Project (ATSISPEP). "Long overdue, this event will bring together experts and members of the Australian community from across the country to Alice Springs. For two days those gathered will exchange learnings, share lived experience and build knowledge about how we can best empower communities to tackle this entrenched tragedy."

Registration and accommodation bookings are available at <http://www.atsispep.sis.uwa.edu.au/natsispc-2016> There are a limited number of bursaries available – please contact Chrissie Easton at chrissie.easton@uwa.edu.au if you need assistance to complete the application.

5.3 IMPLEMENTING MENTAL HEALTH REFORM

Implementing Mental Health Reform. Navigating reforms and transforming your organisation. 31 May to 1 June 2016 Sydney. Conference exploring the implementation phase of the Government reform package that will put the individual needs of patients at the centre of our mental health system <http://www.criterionconferences.com/event/mhr/>

5.4 OPPORTUNITIES FOR THE COMMUNITY MENTAL HEALTH SECTOR IN THE NORTHERN TERRITORY

28 June 2016 *Alice Springs* Convention Centre & 29 June 2016 Vibe Hotel *Darwin* Waterfront

The Coalition are coordinating 2 forums for our members. Speakers will provide the community mental health sector with the opportunity to discuss emerging issues, including the roll out of the National Disability Insurance Scheme (NDIS). Key speakers Frank Quinlan, Chief Executive Officer, Mental Health Australia and Rod Astbury, Convenor Executive Leadership Group, Community Mental Health Australia will provide a National overview.

If you or your organisation are a member of the Coalition and require assistance to attend the forum or have special dietary requirements, please contact our office on 08 8948 2246 or admin@ntmhc.org.au

5.5 NATIONAL SUICIDE PREVENTION CONFERENCE 2016

24-27 July 2016 Canberra ACT, Suicide Prevention Australia. "The National Suicide Prevention Conference provides a platform for the exchange of ideas to help achieve our agenda of halving suicides in Australia over the next ten years." Register www.suicidepreventionaust.org/conferences For more information contact Nikki Kelso, Manager Corporate Services, nikkik@suicidepreventionaust.org



NORTHERN TERRITORY
MENTAL HEALTH
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5.6 INDIGENOUS HEALTH AND WELLBEING CONFERENCE

The Lowitja Institute International Indigenous Health and Wellbeing Conference 2016 8, 9 & 10 November 2016 in Melbourne will celebrate, share and strengthen Indigenous knowledges and bring together Indigenous people from around Australia and the world. For more information <http://www.lowitjaconf2016.org.au/>

6. NEWS AND VIEWS

6.1 RULED OUT

The Mindframe National Media Initiative was pleased that the Advertising Standards Bureau (ASB) ruled that an image on social media depicting suicide was ruled as inappropriate. The Initiative recognises the evidence that depicting the method of suicide should be avoided, as it can lead to imitation. Read the Mindframe Media statement <http://www.mindframe-media.info/home/news/news/2016/statement-from-mindframe-on-advertising-standards-bureau-report> for more information.

6.2 POWERFUL TRUTH OF SAFE SCHOOLS

Debate on ABC Q&A program about tackling high rates of anxiety, depression and suicide. For more information <https://newmatilda.com/2016/04/02/the-powerful-truth-of-safe-schools-mental-health-is-political/>

6.3 ACROSS THE SECTOR

NT Council of Social Services (NTCOSS) facilitated an open discussion *Impact of methamphetamine (ICE) on Non-Government service delivery organisation in Alice Springs* on 12 April 2016 for organisations in Alice Springs. To support services with matters related to people who may be affected by methamphetamine use. If any Coalition members attended and could give feedback we would love to hear from you admin@ntmhc.org.au

6.4 SUICIDE IN OLDER ADULTS

Influences of population-level factors on suicides in older adults: A national ecological study from Australia Law CK, Kolves K, De Leo D (Australia) *International Journal of Geriatric Psychiatry*. Published online: 7 September 2015. <http://www.ncbi.nlm.nih.gov/pubmed/26343391>

7. INS AND OUTS (JOB OPPORTUNITIES)

7.1 FOND FAREWELLS

Paul Tomaszewski has been CEO at the Mental Health Association of Central Australia (MHACA) since 2013. Paul came into the organisation during a time of upheaval and has during his tenure managed the change within the organisation to bring it to where it is today. Paul is heading on a different journey; to Papua New Guinea and perhaps a different career! We wish him well in his future endeavours.

From his staff at MHACA.

7.2 VACANCIES

Anglicare NT <http://www.anglicare-nt.org.au/vacancies/>

Catholic Care NT vacancies <http://www.catholicarent.org.au/careers>

NORTHERN TERRITORY MENTAL HEALTH COALITION

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