

NT Mental Health Coalition eBulletin - featuring Latest news from the Coalition, CMHA news, NDIS News, General News, Events Conferences and Training, Employment

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NT Mental Health Coalition's (the Coalition) e-bulletin has updates, news and information related to the Mental Health and the Community Managed Mental Health sector.

Please feel free to forward our e-bulletin on to interested people or organisations. As we encourage new membership and subscribers.

Feedback encouraged

This monthly e-bulletin is for your information, so we welcome your feedback and comments. Please [email](#) us with your feedback and comments.

Welcome to our latest e-bulletin subscribers:

[Anglicare NT](#) - works to build a community of people empowered with the freedom to achieve happy and fulfilled lives, where potential is realised through opportunity and choice, where the vulnerable are protected, where social justice is advanced and where cultural difference is respected.

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[Australia Red Cross](#) - Our charity supports people and empowers communities to reduce suffering across Australia and internationally by mobilising the power of humanity.

[Queensland Alliance for Mental Health](#) - is the peak body representing the community mental health sector in Queensland.

[Quality Innovation Performance](#) - is a certification and accreditation organisation dedicated to supporting health and community services to manage risk and quality through the provision of accreditation, certification and quality assurance services.

MENTAL HEALTH WEEK

7 - 13 October 2018

Mental Health Week (MHW) is an annual National Mental Health promotion campaign that takes place each October – it also includes World Mental Health Day on Wednesday 10 October.

The aim of mental health week is to raise awareness about mental health and well-being in the wider community and to promote an understanding of the needs, issues and experience people living with mental illness go through. Events planned for the week highlight and promote understanding and reduce stigma and raising positive public awareness of mental health and all connected facets of the mental health sector.

As Mental Health Week 2018 is fast approaching, the NT Mental Health Coalition in partnership with our member service TeamHEALTH would like to invite interested

people to be part of a working committee to start planning for Mental Health Week activities.

The first meeting will be held on Wednesday **11 April, 10am till 11am, at TeamHEALTH office** – Level 1, Building 4, Darwin Corporate Park, 631 Stuart Highway, Berrimah. This is an opportunity to be part of a committee that discusses events and coordinates community participation.

Please extend this invitation to another member of your team if you cannot attend.

Please RSVP to Hayley at TeamHEALTH by clicking [here](#)

Get involved and show you value mental health!!!

Latest News from the Coalition

[The Mental Health and Suicide Prevention Service review 2017](#)

The Coalition was commissioned by the Northern Territory Primary Health Network (NTPHN) to undertake the Mental Health and Suicide Prevention Service Review, 2017. The review's final report highlights opportunities and recommendations for the improvement of the NT's mental health care system. Dissemination forums for all interested stakeholders were held on 22nd January in Darwin and 15th March in Alice Springs. The forums were an opportunity to discuss the findings and recommendations of the review. To view the report click [here](#)

The service review's Final Report was featured in an article in Croakey (independent, in-depth social journalism for health) on the 19 January 2018. To view the article click [here](#)

[Senate Standing Committee on Community Affairs inquiry into mental health services in rural and remote - for initial input by 20 April 2018](#)

Last week the Senate approved an inquiry into rural and remote health services – see link [here](#).

The inquiry is reporting on:

The accessibility and quality of mental health services in rural and remote Australia, with specific reference to:

- (a) the nature and underlying causes of rural and remote Australians accessing mental health services at a much lower rate;
- (b) the higher rate of suicide in rural and remote Australia;
- (c) the nature of the mental health workforce;

- (d) the challenges of delivering mental health services in the regions;
- (e) attitudes towards mental health services;
- (f) opportunities that technology presents for improved service delivery; and
- (g) any other related matters.

The Northern Territory Mental Health Coalition will be partnering with the Queensland Alliance for Mental Health to put in a joint submission highlighting the issues our members are facing. As part of this process, we're seeking experiences and input to inform our submission. If you would like to share your experiences and stories please email details to the NT Mental Health Coalition by clicking [here](#) so we can include your voice in the submission to the Senate inquiry. Submissions are due by 11 May, 2018 – so to give us time to finalise the submission we'd appreciate your feedback by 23 April, 2018.

Updates from the Coalition's member organisation - TeamHEALTH

Top End House, the new residential rehabilitation facility in Darwin to support people with mental health concerns, is a step closer. TeamHEALTH have commenced recruiting for a Property Project Manager to support this development. You can read more about this in our latest press release [here](#)

Morning Tea - On Friday 23 March, a morning tea was held in celebration of opening the new family room at our Yarrowonga Office to the community. The multipurpose family room is located directly underneath the current office space at Yarrowonga and will be used for training, community development and events. A big thank you to all staff who were involved in creating this fresh and inviting space.

Latest Recruitment positions can be found on our website [here](#)



Community Mental Health Australia (CMHA)



Community Mental Health Australia, promoting the importance and benefits of community

mental health and recovery services across Australia. Visit the website [here](#)

Community Mental Health Australia (CMHA) is a coalition of eight state and territory peak community mental health organisations. CMHA, through its state and territory bodies, has direct link and contact to community mental health organisations delivering services to the community. The NT Mental Health Coalition is a founding member of the CMHA. CMHA continues to lobby and advocate on behalf of the community mental health sector.

Sector Summary Report for Collection 1 of the National Disability Service Providers Benchmarking Survey

Community Mental Health Australia are a part of the Expert Advisory Group overseeing the benchmarking survey. The first report has been released. This report is independently produced by AbleInsight and is the first public report from the newly established Disability Service Providers' Benchmarking Function, which is enabled by the administration of an annual Benchmarking Survey ('Survey').

This first Summary Report has been prepared using data from the Collection 1 Survey, conducted from October to December 2017, in respect of data relating to services provided in the financial year ended 30th June 2016. Collection 1 brings together the contributions of 48 disability services providers and establishes a baseline result that can be used as a comparator in future years. You can download a copy of the Report by visiting the AbleInsight [media page](#).

NDIS News



National Disability Insurance Scheme Provider Expo - Katherine 24 April.

Northern Territory PHN (NT PHN) Partners in Recovery invites you to participate in an expo of National Disability Insurance Scheme (NDIS) Providers services in the Katherine region. The expo will be open for all NDIS consumers and carers located within the Katherine region and will provide an opportunity to better understand the service options available. NT PHN is now seeking registrations from any NDIS provider who currently services (or plans to service) the Katherine region. Tuesday, 24 April, 10am - 3pm, Godinymayin Yijard Rivers Arts and Cultural Centre Lot 3238 Stuart Hwy, Katherine East. To register click [here](#)

Resources, tools and products for the disability sector

NDS has negotiated a number of agreements with key businesses aimed at helping organisations

improve efficiency and lower costs. From specialist insurance advice to free electricity and gas bill audits, find out more about these exclusive member benefits by clicking on the links below.

[Insurance and Risk Management](#)

[Workforce Compliance Platform](#)

[Free audits of electricity and gas bills](#)

NDS Learn & Develop News Update

Thank you to everyone who completed the recent survey about e-learning topics for the disability sector!

We're grateful for your feedback and insights. For the summarised results from the survey click [here](#)

What is available now? The great news is that a number of topics identified as priorities have already been developed by NDS in consultation with the sector. The following free resources are available now:

[Human Rights and You](#)

[Person-Centred People Management](#)

[Recognising Restrictive Practices](#)

[Understanding Abuse](#)

NDS have also bundled more than 20 learning resources together in the [Workforce Essentials e-Learning Library](#), which offers unparalleled value to the sector:

[Managing Change and Communication](#)

[Marketing from the Frontline](#)

[Participation Project Learning Guides](#)

[Person-Centred Practice Across Cultures](#)

If you would like further information about the Workforce Essentials package or any of the other training courses, [take a look at the website](#)

Other

ShelterMe: A directory of services for homeless Territorians, and those at risk of homelessness.

The new look, mobile friendly ShelterMe website is now live. To view [click here](#)

Australian Mental Health Leaders Fellowship 2018

The National Mental Health Commission (the Commission) is pleased to announce the Australian Mental Health Leaders Fellowship (Fellowship), a prestigious program for early and emerging leaders who have a passion and commitment to improving outcomes for people with lived experience of mental health issues.

The Fellowship is funded by the Australian Government, with development led by the Commission. The scope of the Fellowship will extend beyond the mental health sector, with the potential for participants in other sectors who are ready to step into mental health leadership roles in their sector, to be offered a Fellowship. More information, including the full application pack will be available on the Commission's

website [1] from early April 2018. Please direct any enquiries to the National Mental Health Commission on 02 8229 7550 or by email [here](#)

Substantial Rise in Australia's Overall Spending on Mental Health

The Australian Institute of Health and Welfare's (AIHW) report, [Mental health services in Australia](#), reveals a substantial rise in Australia's overall spending on mental health over the past two-plus decades, from \$2.9 billion in 1992–93 to \$9 billion in 2015–16. The AIHW figures largely underscore findings in the Royal Australian College of General Practitioners' (RACGP) [General practice: Health of the Nation 2017 report](#) that mental health is the issue causing GP's the most concern for the future, and an area of health policy issue that should be prioritised for action by the Federal Government.

Anonymous Survey - Gaps in Mental Health Service Provision in Australia Research

Are you a health professional? The Black Dog Institute is conducting research about the *gaps in mental health service provisions in Australia* and would like input from you. The anonymous online survey is voluntary and only takes approximately 10 minutes to complete. To start the survey click [here](#). For further information [email](#) Joanna Crawford

Human Services Report Released

The final report on **Introducing Competition and Informed User Choice into Human Services** has been released by the Australian Government. This final report sets out the Productivity Commission's recommendations on form options that would improve the effectiveness of human services and help ensure all Australians can access timely, affordable and high quality services. To view the first stage study report, the second stage final report and to view submissions and public hearing transcripts click [here](#)

National Aboriginal and Torres Strait Islander Leadership in Mental Health (NATSILMH) are

launching two important documents for Aboriginal and Torres Strait Islander social and emotional wellbeing, mental health and suicide prevention, to mark National Close the Gap Day 2018. The first is NATSILMH's Health in Culture - Gayaa Dhuwi (Proud Spirit) Declaration Implementation Guide. Click [here](#). The second is NATSILMH's Health in Culture – Policy Concordance. Click [here](#)

The value of the Policy Concordance is that it will now be possible to ascertain what documents as diverse as the Fifth Mental Health and Suicide Prevention Plan, the Social and Emotional Wellbeing and Mental Health Framework, the Cultural Respect Framework, the National Aboriginal and Torres Strait Islander Health Plan and the Gayaa Dhuwi (Proud Spirit) Declaration, among many others, require of Australian Governments, PHNs and the mental health system overall. The Concordance aims to empower Aboriginal and Torres Strait Islander people in the mental health space and our communities by providing this important accountability tool.

'Short-sighted': NDIS harming mental health services, report warns

Funded by SalvoConnect and Mental Health Victoria, *Mind the Gap: NDIS and Psychosocial Disability — The Victorian Story*, warns critical community mental health services are being decommissioned to fund the NDIS, leaving many people with serious or severe mental health issues without essential services until they need acute or clinical care, *The Age* 25 March 2018. To view the report click [here](#)

***newparadigm* Summer 2018**

A series of articles on current and recent developments in mental health research and practice. The Summer edition of *newparadigm* presents a diversity of research ranging from consumer perspectives and active consumer participation in research, to capacity building initiatives and other innovative models of service delivery. To view the Summer Edition click [here](#)

The Mental Health Coordinating Council (MHCC) has developed two easy-to-use resources to support mental health and human services ensure that any event or activity that they facilitate, such as a conference, workshop, seminar, consultation, training or meetings, follow trauma-informed principles. These [resources](#) aim to promote a supportive culture that encourages collaboration and trust between the host organisation, presenters and attendees.

Events, Conferences & Training

TeamHEALTH D2DL April 2018 program.

Please be advised that D2DL will be closed Anzac Day Wednesday 25th April. Activities may be subject to change without prior notice. View the program [here](#)

Menzies AIMhi Stay Strong Digital Mental Health Training

e-Mental Health training will continue in 2017-2019. An extension of the funding from the Australia Government has allowed the continuation of training to service providers working with Aboriginal and Torres Strait Islander clients in the use of Digital Mental Health approaches such as the Stay Strong App. **Training and Train the Trainer Program** - continued training is being offered and includes post-training follow up support. For more information click [here](#)

2018 NT Alcohol and Other Drug Conference

Association of Alcohol and Other Drug Agencies NT (AADANT) will be holding their Alcohol and Other Drug Conference on 12-13 April in Darwin. AADANT has chosen the theme *Working With Complex Clients* in response to needs highlighted by the sector through a recent survey. The focus will be on working with youth, research into Indigenous AOD use, and co-morbidity in adults and youth just to name a few. For more information click [here](#)

Mental Health Professionals' Network - Practitioner Webinar: Evidence based treatments for people living with Borderline Personality Disorder.

To be held on Thu 19 April at 7.15 – 8.30 pm AEST. Funded by the Australian Government, this webinar is free for practitioners and eligible for RACGP QI & CPD points, ACCRM points and CPD self-report. Register [here](#)

Mental Illness Fellowship of Australia NT wish to advise of two important upcoming events:-

Schizophrenia Awareness Week; 20 - 27 May (coincides every year with World Schizophrenia

Awareness Day on 24 May) For more information click [here](#) and **Australian Psychosis Conference** – 14-16 September in Sydney, for more information click [here](#).

The Office of Disability is excited to announce a range of sector development workshops this year.

The sector development workshops aim to support organisations to deliver services that are flexible and tailored to individual strengths and needs. The workshops in Darwin and Katherine too place in March and are to take place in Alice Springs 1 - 2 May. Webinars are also available for those who cannot attend the workshops. For more information and to register your attendance click [here](#)

NIDAC 18 - 5th National Indigenous Drug and Alcohol Conference

Adelaide Convention Centre 7-9 November 2018. The theme of this Conference, 'Responding to Complexity', acknowledges the range of issues including chronic health problems; injuries from assaults; homelessness; criminal offences and incarceration; and social disruptions including family and cultural breakdown that accompany harmful alcohol and other drug use. Further information can be accessed from the conference [here](#)

The National Indigenous Suicide Prevention Conference and the World Indigenous Suicide Prevention Conference will be held 20 - 23 November in Perth WA. Further conference updates to follow on the Centre of Best Practice Aboriginal and Torres Strait Islander Suicide Prevention website. Click [here](#) to view.

National Disability Conference Initiative 2018-19

The Australian Government is inviting applications through an open process to apply for the Disability, Mental Health and Carers Program – Disability and Carer Support - National Disability Conference Initiative. The initiative provides funding of up to \$10,000 for disability-related conferences with a national focus planned for the 2018-19 year. For more info: Click [here](#)

Employment

TeamHEALTH If you want to make a difference and support people in our community to help them reach their goals in their recovery journey, then TeamHEALTH is the place to be. Join the passionate and diverse team and unite in providing care and delivering mental health support to Territorians. Offices are located in Darwin, Palmerston, Katherine, Daly River, Gunbalanya and Maningrida. For current vacancies click [here](#)

Mental Health Association of Central Australia (MHACA) is a community based, not-for-profit mental health organisation based in Alice Springs. MHACA offers several support services and educational programs aimed at enhancing the mental health and well being of people living with mental illness. An exciting opportunity is available for a Corporate Services Manager, for more information click [here](#)

Anglicare NT offers a range of career opportunities in the community and social services sector in a diverse range of fields such as children and youth, family relationships and counselling, out of home care, refugee and migrant, corporate services, financial counselling, mental health, disability and home care, social enterprises and specialist homelessness services. There are several positions available, [click here](#) for more information.

CatholicCare NT provides unique career and personal opportunities that include travel and the experience of working with Aboriginal and Torres Strait Islander people in both local and remote community settings. For information on vacant positions [click here](#)

Menzies School of Health Research - Menzies Alice Springs is looking for Indigenous people with cross-cultural skills and community networks to work with Menzies researchers on a new study. The study is called Wellbeing Intervention for Chronic Kidney Disease (WICKD). It aims to address the mental health and wellbeing of Indigenous people on dialysis. For more information contact Menzies by clicking [here](#)

Sponsors

The Coalition acknowledges the NT Department of Health, Mental Health Directorate as well as our corporate partners for their ongoing support.





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Our mailing address is:

NT Mental Health Coalition Inc.

PO Box 157

Nightcliff, NT 0814

Australia

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