



**AUSTRALIAN AND  
NEW ZEALAND  
TheMHS AWARDS  
2015  
for Service  
to Mental Health**

**NATIONAL CONVENTION CENTRE  
CANBERRA, ACT**

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## AUSTRALIAN AND NEW ZEALAND TheMHS AWARDS for Mental Health

TheMHS Awards Presenter is **The Hon Dr Kay Patterson, National Mental Health Commissioner**

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## **SERVICE and RESEARCH AWARDS**

### **BACKGROUND**

The Mental Health Awards Program began in 1992. It is designed to reward and publicise services that have shown innovation and excellence. The Awards program is a peer review process with a panel for each category, drawn from different disciplines including consumer and carer organisations. The panels are geographically spread across Australia and New Zealand. Services or programs apply by providing extensive information including responding to the set criteria. Apart from the written material supplied, referees and others likely to be familiar with a service may be contacted.

These awards are made possible by generous grants from the Australian and New Zealand Governments in recognition of the importance they give to the development of best practice services throughout the two countries.

The following pages give you the contact details for the services and a short summary of their activities. You are encouraged to contact them and to visit their services.

### **SERVICE AND PROGRAM AWARDS**

The applications in 2015 were rated on the following criteria:

1. Evidence of a significant contribution to the field of mental health on a local, state or national level.  
(The Tom Trauer Award only – Evidence of contribution to or potential impact on, mental health service improvement)
2. Evidence of innovative and/or recognised best practice.  
(The Tom Trauer Award only – Evidence of research excellence)
3. Evidence that the program has encouraged and supported the participation of consumers, family members and/or carers in the planning, implementation and evaluation of mental health service delivery.
4. Evidence of Partnerships and Linkages (collaboration for continuity between organisations).
5. Verification and evaluation of the program's effectiveness.

**In 2015 there were 64 applications received for the following categories:**

#### **For Programs and Service**

- Assessment and/or Treatment Program or Service
- Psychosocial and Support Services
- Mental Health Promotion or Mental Illness Prevention Program or Project
- Education, Training or Workforce Development
- Consumer Led
- Physical Health and/or Primary Care
- Achievement Award for entries with a different focus (Incl.larger multistrand services)

#### **For Research and Evaluation**

- The Tom Trauer Research and Evaluation Award
- Early Career Research Awards for Excellence, Innovation and Best Practice

#### **Exceptional Contribution to Mental Health Services In Australia or New Zealand**

## ASSESSMENT AND/OR TREATMENT PROGRAM OR SERVICE

<b>TheMHS AWARD:</b>	<b>WINNER \$2,500</b>
<b>APPLYING PROGRAM:</b>	<b>Alfred Police and Clinical Early Response (A-PACER)</b>
<b>ORGANISATION:</b>	<b>Monash University</b>
<b>ADDRESS:</b>	<b>Level 4 607 St Kilda Road Melbourne, VIC 3004</b>
<b>CONTACT PERSON:</b>	<b>Stuart Lee E: <a href="mailto:Stuart.lee@monash.edu">Stuart.lee@monash.edu</a></b>

### **BRIEF DESCRIPTION OF THE PROGRAM:**

Mental health consumers have said that when experiencing a crisis they want a response that is timely, respectful, collaborative, expert and delivered in a place they feel safe (e.g. own home). The Alfred Police and Clinical Early Response (A-PACER) was established in 2011 to enhance provision of community-based responses to people experiencing a mental health crisis. A-PACER delivers a joint police officer and mental health clinician mobile response unit that can respond to situations involving a person suspected of a mental illness and risk of harm. The team has complementary skills with the police officer expert in managing potentially violent situations and the clinician expert in assessing mental illness and determining appropriate care responses. Research has shown that A-PACER has improved collaboration between police and mental health staff and the ability to access alternatives to hospital emergency department care for consumers to better address the causes of the crisis.

### **DESCRIPTION OF THE ORGANISATION**

This is a joint submission by The Alfred Psychiatry Department (Alfred Psychiatry) and Bayside Medicare Local (BML) who were partners in delivering and evaluating A-PACER. Alfred Psychiatry is a public health service and provides services to people in the inner south east of Melbourne (primary catchment 430,041 people). Alfred Psychiatry offers bed-based and community-based services through their Child and Youth, Adult and Aged programs. In the Adult Program (within which A-PACER operated), approximately 500-600 people are in active case management at any point in time and approximately 1100 admissions per year occur to the inpatient psychiatry service. BML is responsible for planning and strengthening primary care services to improve health and wellbeing of people living in Melbourne's south-east (catchment 600,000 population). Recent priorities have included strengthening the response to mental health and substance misuse issues through initiatives to enhance cross-sector collaboration, workforce capacity building and enhanced access to after-hours care.

## PSYCHOSOCIAL AND/OR SUPPORT

<b>TheMHS AWARD:</b>	<b>WINNER    \$2,500</b>
<b>APPLYING PROGRAM:</b>	<b>Inspiring hope and belonging – A place for me!</b>
<b>ORGANISATION:</b>	<b>The Salvation Army Aged Care Plus – Carpenter Court</b>
<b>ADDRESS:</b>	<b>PO Box 1455 Macquarie Centre North Ryde, NSW 2113</b>
<b>CONTACT PERSON:</b>	<b>Nicola Rosenthal E: <a href="mailto:nicola.rosenthal@ae.salvationarmy.org">nicola.rosenthal@ae.salvationarmy.org</a></b>

### **BRIEF DESCRIPTION OF PROGRAM**

Sylvia Frumpkin, as a young woman with schizophrenia, asks “Is there no place.....for me?” The sentiment is often heard by staff working in mental health, and aged care. People with mental health problems (MHP) struggle to find acceptance and experience marginalisation. Symptoms can lead to a lack of a sense of belonging as people move from place to place, service to service. If residential placement is required, these key elements continue and are often intensified. The Salvation Army Aged Care Plus Carpenter Court Centre now focuses on care for this group. In 2010, discharges occurred because the residential aged care centre could not meet behaviour needs of people with severe MHP. In 2012, with the knowledge that many placements fail for this group, we commenced development of a model for a centre which could be a home of peace and acceptance in Newcastle NSW.

### **BACKGROUND DESCRIPTION OF ORGANISATION**

TSAACP has 16 residential aged care centres (with over 1400 residential licenses), six retirement villages, and a range of Community Home Care and Support services across NSW, QLD and the ACT. We employ over 1400 staff and have 350 volunteers. The model described is offered from the 42 bed Carpenter Court Aged Care Plus Centre, Newcastle, NSW. We provide a unique and diverse service, and our demographic at some Centres is very different to most residential aged care. Many residents come from disadvantaged backgrounds. This is particularly true of Carpenter Court, where over 95% of consumers have a long term mental illness. The centre is staffed by a Care Manager, Registered Nurses plus care and hotel services staff. All staff have a commitment to the care of this group, and many have given 5+ years of service. Residential aged care services offered by TSAACP are funded by the Australian government.

## MENTAL HEALTH PROMOTION OR MENTAL ILLNESS PREVENTION

<b>TheMHS AWARD:</b>	<b>JOINT WINNER \$2,500</b>
<b>APPLYING SERVICE:</b>	<b>Behind The Seen Emergency Services See What Others Don't</b>
<b>ORGANISATION:</b>	<b>Behind the Seen</b>
<b>ADDRESS:</b>	<b>PO Box 4019 Wyongah, NSW</b>
<b>CONTACT PERSON:</b>	<b>Veronique Moseley and Ross Beckley E: <a href="mailto:info@behindtheseenaustralia.com">info@behindtheseenaustralia.com</a></b>

### **BRIEF DESCRIPTION OF THE SERVICE/PROGRAM**

Behind The Seen runs programs and campaigns aimed at building resilience and increasing support networks for Australian emergency services personnel and their families. The program covers all emergency services workers including fire brigade, rural fire service, ambulance, police, VRA, SES and rescue teams. By delivering face to face programs, running awareness campaigns online and collaborating with existing services, Behind The Seen aims to lay the foundations of improved systems to protect the wellbeing for more than 400,000 Australian emergency services personnel plus their respective families. Behind The Seen was conceived and is run by Ross Beckley, a firefighter with 20 years' experience who ended up with PTSD, and his partner Veronique Moseley, an accredited social worker. Their innovative approach to raising awareness of mental health issues among first responders and their families has resulted in requests for sessions from all over Australia, including Conference and Association presentations.

### **BACKGROUND DESCRIPTION OF ORGANISATION**

Behind The Seen was started in 2013 by Ross Beckley and Veronique Moseley as a way to increase awareness and reduce stigma of mental health issues specifically among Australian first responders and their families. With over 40 face to face sessions presented to crews in NSW and WA, (over 500 participants) and with an organic social media reach of over 10,000 in a 20 month period, Behind The Seen is actively encouraging meaningful conversations around mental health and suicide prevention with firefighters, paramedics, police and rescue personnel and their families, helping to reduce stigma and increase support networks.

## MENTAL HEALTH PROMOTION OR MENTAL ILLNESS PREVENTION

<b>TheMHS AWARD:</b>	<b>JOINT WINNER \$2,500</b>
<b>APPLYING PROGRAM:</b>	<b>Positive Ageing Forums</b>
<b>ORGANISATION:</b>	<b>Consumer Consultative Committee, Aged Care Psychiatry Services, Prince of Wales Hospital</b>
<b>ADDRESS:</b>	<b>Euroa Centre, POWH, Barker Street Randwick, NSW 2031</b>
<b>CONTACT PERSON:</b>	<b>Daniella Kanareck E: <a href="mailto:Daniella.Kanareck@sesiahs.health.nsw.gov.au">Daniella.Kanareck@sesiahs.health.nsw.gov.au</a></b>

### BRIEF DESCRIPTION OF SERVICE

Aged Care Psychiatry Service (ACPS) falls under the SESLHD's Eastern Suburbs Mental Health Program (NSW Mental Health). It is based at the Prince of Wales Hospital in Sydney and staffed by a multidisciplinary team specialising in the assessment, management and care of:

- People aged 65 years or older who have a psychological disorder or mental illness.
- People who are experiencing cognitive deficits or dementia

ACPS has 6 acute-inpatient beds, provides consultation/liaison psychiatric services to general hospital inpatients aged 65 and over, conducts outpatient clinics and delivers an acute / sub-acute community outreach program. It is staffed by a team of 37 people, including medical, nursing, allied health and administrative positions. It services the following Local Sydney Government Areas: Randwick, Botany, Waverley and parts of Woollahra and Inner Sydney.

### BACKGROUND DESCRIPTION OF ORGANISATION

Since 2002, the Consumer Consultative Committee, representing the Aged Care Psychiatry Service has coordinated an annual free public health initiative to promote healthy lifestyles in the older community and provide an awareness of risk factors for psychological distress and memory disorders so as to bolster uptake of preventative strategies. The format is a half-day forum, highlighting issues relevant to older people, their families, carers and health and aged care providers. Target groups include active older people who are looking to avoid or reduce the negative impact of stress factors associated with ageing, those who are looking for strategies to enhance their quality of life and those who are isolated and could benefit from learning about and engaging with local services and activities. Content includes a strong knowledge translation component, highlighting current research on positive ageing strategies that can be incorporated into the daily routines of older people.

## PHYSICAL HEALTH AND/OR PRIMARY CARE

<b>TheMHS AWARD:</b>	<b>WINNER \$2,500</b>
<b>APPLYING PROGRAM:</b>	<b>Peer Health Coaching - Improving physical health and preventing chronic health conditions in people living with mental illness</b>
<b>ORGANISATION:</b>	<b>SANE Australia and Neami National</b>
<b>ADDRESS:</b>	<b>PO Box 226 South Melbourne, VIC 3205</b>
<b>CONTACT PERSON:</b>	<b>Catriona Bastian E: <a href="mailto:catriona.bastian@sane.org">catriona.bastian@sane.org</a></b>

### BRIEF DESCRIPTION OF THE PROGRAM

Between 2012 and 2015, SANE Australia have partnered with Neami National to pilot Peer Health Coaching across Neami service sites through funding from the Department of Health. Responding to the poor physical health and significantly reduced life expectancy of people with a mental illness when compared to the general population, the innovative program aims to increase health literacy, improve skills and understanding in health improvement through one to one and group sessions with a Peer. Peer Health Coaches are not health experts, but bring their lived experience to model recovery and use coaching techniques to encourage health behaviour change. By demonstrating success in one mental health organisation, SANE has used the learnings and outcomes to develop a Peer Health Coach training and consultation package that includes both training for the Peer Health Coaches and an 'Implementing Peer Health Coaching- step by step guide' to support community mental health organisations.

### BACKGROUND DESCRIPTION OF ORGANISATION

Established in 1986, SANE Australia is a national charity helping all Australians affected by mental illness to lead a better life- through support, training, and education in the community. SANE has a team of 30 staff that operates from its Melbourne and Sydney offices, delivering the Helpline and Online Forums, Suicide Prevention, Mind + Body, Aged Care, Mindful Employer, and Media Centre programs. In 2014 SANE connected with 780,000 Australians concerned with mental health issues. Neami National is a specialist community mental health organisation established in 1987 to support people in Victoria transitioning to the community from institutional settings. Each year, approximately 4000 individuals are supported by Neami in over 50 sites across Australia in one-to-one, group, peer support and arts-based programmes through Home-Based Outreach Service, Personal Helpers and Mentors Programs, Prevention and Recovery Care (PARCS), Day to Day Living and Partners in Recovery.

## ACHIEVEMENT AWARD FOR ENTRIES WITH A DIFFERENT FOCUS

<b>TheMHS AWARD:</b>	<b>WINNER \$2,500</b>
<b>APPLYING SERVICE:</b>	<b>Innovation out of Disaster- Post Canterbury Earthquakes</b>
<b>ORGANISATION:</b>	<b>Comcare Trust</b>
<b>ADDRESS:</b>	<b>PO Box 22004 CBD, Christchurch, New Zealand 8140</b>
<b>CONTACT PERSON:</b>	<b>Kay Fletcher E: <a href="mailto:k.fletcher@comcare.org.nz">k.fletcher@comcare.org.nz</a></b>

### BRIEF DESCRIPTION OF THE SERVICE

Comcare Trust's support services support some of the city's most vulnerable citizens and have been enhanced by the changes made by the organisation to deliver results in the high need, post disaster environment following Christchurch's two major earthquakes in 2010 and 2011. The devastation of our city accelerated innovation to produce a greatly improved rapid access system to mental health support services, innovation in service delivery scope and practice, and the ability to cope with high and growing demand by a workforce significantly affected themselves by the events. The organisation credits its strong sectorial relationships, its adherence to its strengths based philosophy and practice and its skilled, dedicated staff for its resilience, creativity and success. These features enabled Comcare to demonstrate its abilities as a sector leader, change agent and a service provider of excellence.

### BACKGROUND DESCRIPTION OF ORGANISATION

Comcare provides mental health and addictions support services to the Canterbury region of New Zealand. It also is a Registered Class 1 Community Housing Provider. The Trust is funded by District Health Board and Ministry of Social development contracts and income from rental properties. The Trust has a staff of 75 permanent employees, a casual pool and a group of 30 volunteers who man the Warmline Canterbury-West Coast telephone support line. 2500 active clients at any time receive support from Comcare's range of services including individualised community support, peer support, employment support, physical health and wellbeing support and housing support. Comcare is a growing social housing landlord to people severely affected by mental health and addictions. The organisation is actively engaged in the rebuild of social housing in Christchurch post-earthquake and has become a registered housing provider to participate in the governments social housing reform programme. The service enhancements described date from the Canterbury Earthquakes in 2010/11 but are improvements to services developed over the past 28 years the Trust has been in existence.

**CONSUMER LED**

<b>TheMHS AWARD:</b>	<b>WINNER \$2,500</b>
<b>APPLYING SERVICE:</b>	<b>Significant and sustained consumer and carer advocacy.</b>
<b>ORGANISATION:</b>	<b>Private Mental Health Consumer Carer Network (Australia)</b>
<b>ADDRESS:</b>	<b>PO Box 542 Marsden, SA 5070</b>
<b>CONTACT PERSON:</b>	<b>Janne McMahon E: <a href="mailto:jmcmahon@senet.com.au">jmcmahon@senet.com.au</a></b>

**BRIEF DESCRIPTION OF THE PROGRAM AND THE ORGANISATION**

Our entry is to recognise significant and long term advocacy which is consumer led and operated. The Network was formed in 2002 and all personnel are either consumers or carers. The Network was founded by Janne McMahon OAM a consumer who continues as the Chair and Executive Officer. Since inception the Network has made significant impact on the mental health sector in terms of private sector settings and the mental health system more broadly. There is wide recognition that the Network has significant presence as the Australian peak private mental health sector consumer and carer advocacy organisation and as the recognised voice for consumers and carers using private sector mental health services. We receive financial contributions from six (6) different organisations. It has a National Committee of 8 coordinators representing well established State Advisory Forums in all states and the ACT, a Policy and Governance Officer and a Multi-cultural advisor.

## **EDUCATION, TRAINING OR WORKFORCE DEVELOPMENT**

<b>TheMHS AWARD:</b>	<b>WINNER \$2,500</b>
<b>APPLYING PROJECT:</b>	<b>Aboriginal Careers in Mental Health (ACIMH) Workforce Development Project</b>
<b>ORGANISATION:</b>	<b>Mental Health Coordinating Council, NSW</b>
<b>ADDRESS:</b>	<b>PO Box 668 Rozelle, NSW 2039</b>
<b>CONTACT PERSON:</b>	<b>Jenna Bateman E: <a href="mailto:jenna@mhcc.org.au">jenna@mhcc.org.au</a></b>

### **BRIEF DESCRIPTION OF PROJECT**

The Aboriginal Careers in Mental Health Project (ACIMH) contributed to the building of the Aboriginal mental health workforce in NSW between March 2012 and October 2014. Spearheaded by MHCC, ACIMH brought together a range of stakeholders from government and 10 community-managed mental health organisations, to employ and support 46 Aboriginal mental health trainees in 31 different workplaces across NSW. Trainees studied the Certificate IV in Mental Health, with 32 trainees graduating in August 2014. Following ACIMH, organisations reported increased capacity to support Aboriginal workers, and the Aboriginal communities and consumers they work with. Trainees reported increased self-confidence, knowledge and skills in mental health work, greater confidence to engage in further education, and increased connection to culture and community. These graduates continue to provide much needed, culturally appropriate support to people with a lived experience of mental illness and their families.

### **BACKGROUND DESCRIPTION OF ORGANISATION**

The Mental Health Coordinating Council (MHCC) is the peak body for community-managed mental health organisations in NSW. MHCC has been supporting community based organisations to deliver services to people with mental health issues, their families and carers since 1983. The organisation strives to raise the profile of mental health through projects, submissions and by promoting partnership development. MHCC is currently accredited under Australian Council on Healthcare Standards (ACHS). MHCC has over 170 members. Member organisations offer mental health services in urban, rural and regional NSW. MHCC is also a Registered Training Organisation. It has a core staff of 21, and employs a pool of 34 casual and contractor trainers. MHCC is funded by State and Federal government grants, membership fees, and training fees. The ACIMH program cost just over \$1.1 million, with almost 40% of this being funded employer incentives, 20% for training expenses, and approximately 10% for mentoring.

## **THE TOM TRAUER RESEARCH AND EVALUATION AWARD**

<b>TheMHS AWARD:</b>	<b>WINNER \$2,500</b>
<b>APPLYING PROGRAM:</b>	<b>Mind Australia's Director of Research: Investing in recovery and social inclusion research activity</b>
<b>ORGANISATION:</b>	<b>Mind Australia and The University of Melbourne</b>
<b>CONTACT PERSONS:</b>	<b>Lisa Brophy E: <a href="mailto:lbrophy@unimelb.edu.au">lbrophy@unimelb.edu.au</a>; <a href="mailto:Lisa.Brophy@mindaustralia.org.au">Lisa.Brophy@mindaustralia.org.au</a></b>

### **BRIEF DESCRIPTION OF PROGRAM**

The position of Director of Research at Mind Australia commenced in January 2011 in partnership with the Centre for Mental Health, Melbourne School of Population and Global Health, The University of Melbourne. Funding was allocated for a three year period and supported by a significant donation to Mind Australia directed at developing a research program within the organisation. In 2014 this contract has been extended for a further three years. The development of the position recognised the need to stimulate and conduct research activity in the community managed mental health support sector to inform the development of services for people facing serious mental health related challenges. The Director of Research is employed by the University in an innovative in-reach position that has enabled Mind Australia to form a direct connection to the University, supported the development of other academic partnerships and increase the organisations research capability and capacity.

### **BACKGROUND DESCRIPTION OF ORGANISATION**

Mind works with people aged 16 years and over whose ability to manage their daily activities and to live in the community is impacted by mental health issues. We work with people who seek our support to set goals, and develop the knowledge and skills to achieve them. Our focus is on an individual's strengths, values and support preferences rather than their illness. Research and evaluation are vital aspects of the work undertaken by Mind. We believe that an active program of research and evaluation activities is important to improving the quality and effectiveness of our services. Mind's investment in a Director of Research position in collaboration with the Centre for Mental Health in the Melbourne School of Population and Global Health at the University of Melbourne has played a vital role in building robust research that supports the work we do.

## **SPECIAL TheMHS AWARD – RESEARCH FOCUS**

**Acknowledging an influential and enduring contribution to the evidence base for suicide prevention.**

**PROGRAM:** The NHMRC Centre of Research Excellence in Suicide Prevention (CRESP)

**ORGANISATION:** Black Dog Institute

**ADDRESS:** Hospital Rd  
Randwick, NSW 2031

**CONTACT PERSON:** Helen Christensen  
E: [h.christensen@blackdog.org.au](mailto:h.christensen@blackdog.org.au)

### **BRIEF DESCRIPTION OF PROGRAM**

Centre of Research Excellence in Suicide Prevention (CRESP) is a research and translation centre funded in 2013 by the National Health and Medical Research Council (NHMRC) and chaired by Prof Helen Christensen. CRESP links the expertise of leading Australian and international researchers, clinicians, suicide prevention organisations, consumers, carers and the government. Currently the CRESP team comprises of 9 Chief Investigators, 14 Associate Investigators, 17 Affiliate Investigators, 6 post-doc researchers, 5 PhD students, and 4 research assistants. Eight organisations that deliver suicide prevention services, such as crisis support, online services, mental health promotion, and advocacy organisations collaborate with CRESP as Industry Partners. In September 2014 CRESP established a Consumer Committee to include the voice of people with lived experience in planning and conducting research studies. One of the indicators of research excellence of CRESP is the amount of competitive funding received. Over 2013-2014 approximately half of the NHMRC suicide research funding in Australia was awarded to CRESP researchers. In 2014 this included a Career Development Fellowship, an Early Career Research Fellowship and a Project Grant.

### **BACKGROUND DESCRIPTION OF ORGANISATION**

Centre of Research Excellence in Suicide Prevention (CRESP) is a research and translation centre funded in 2013 by the National Health and Medical Research Council (NHMRC). By undertaking quality research, translation, education and collaboration, CRESP aims to generate new knowledge, inform policy and practice, train further researchers and educate the public, policy makers and clinicians. The Centre links the expertise of researchers, clinicians, suicide prevention organisations, consumers, carers and the government. Centre's research projects combine the highest standards of scientific enquiry with innovative approach to suicide prevention and have been funded by leading Australian funding bodies, such as NHMRC, Beyondblue, and Rotary Health. During two years of operation CRESP and the Centre's researchers have significantly contributed to the evidence-base in suicide prevention and have achieved recognition in Australia and internationally. CRESP is actively engaged with the suicide prevention community via scientific and popular publications, conference presentations and workshops.

## **EARLY CAREER RESEARCH AWARD FOR EXCELLENCE**

<b>TheMHS AWARD</b>	<b>WINNER \$1,000</b>
<b>APPLYING RESEARCH PROJECT:</b>	<b>Shared Decision Making in Youth Mental Health</b>
<b>ORGANISATION:</b>	<b>Orygen, The National Centre of Excellence in Youth Mental Health</b>
<b>ADDRESS:</b>	<b>Locked Bag 10 Parkville, VIC 3052</b>
<b>CONTACT PERSON:</b>	<b>Magenta Simmons E: <a href="mailto:magenta.simmons@orygen.org.au">magenta.simmons@orygen.org.au</a></b>

### **BRIEF DESCRIPTION OF SERVICE**

Dr Magenta Simmons is a Research Fellow in Evidence-Based Clinical Decision Making and the Youth Partnership in Research Coordinator at Orygen, the National Centre of Excellence in Youth Mental Health. Her work focuses on how young people can be meaningfully involved as collaborators in research projects, as consumers in clinical decision making about their own care, and as peer workers supporting other consumers. A project that exemplifies this work is 'Right Choice, Right Time: Supporting Young People to Make Good Decisions about Treatment for Depression' (funded by beyondblue). This project involves the development and evaluation of a decision aid for youth depression. The decision aid ensures that young people are able to collaborate with their clinician to make an evidence-based decision that is based on their personal preferences and values.

### **BACKGROUND DESCRIPTION OF ORGANISATION**

Orygen, The National Centre of Excellence in Youth Mental Health is the world's leading research and knowledge translation organisation focusing on mental ill-health in young people. Our Vision is that Young people enjoy optimal mental health as they grow into adulthood. We aim to reduce the impact of mental ill-health on young people, their families and society by creating, applying, and sharing knowledge, and by informing public policy reform. OYHRC achieves this through running an extensive program of research studies, managing clinical services for young people, and providing resources and training.

## **EARLY CAREER RESEARCH AWARD FOR INNOVATION**

### **TheMHS AWARD**

**WINNER \$1,000**

### **APPLYING RESEARCH PROJECT:**

**Innovative Prevention and Treatment approaches to Interrupt the Vicious Cycle of Anxiety and Substance Use**

### **ORGANISATION:**

**Centre of Research Excellence in Mental Health and Substance Use, National Drug and Alcohol Research Centre**

### **ADDRESS:**

**University of New South Wales,  
Randwick, NSW 2052**

### **CONTACT PERSON:**

**Lexine Stapinski  
E: [l.stapinski@unsw.edu.au](mailto:l.stapinski@unsw.edu.au)**

### **BRIEF DESCRIPTION OF THE PROJECT**

Anxiety and substance use disorders are among the most common and debilitating of mental health problems, and commonly co-occur. My research aims to innovate and enhance interventions to interrupt the cycle of anxiety and substance use. This work involves two complementary strategies:

1. Intervening to prevent onset and escalation of harmful alcohol and substance use. Through development of the Positive Choices portal, and distribution of a resource package to every secondary school in Australia, we significantly improved access and implementation of drug prevention resources.
2. Innovating treatment for people with co-occurring anxiety and substance use. To address the gap in effective treatments for co-occurring mental health and substance use problems, we developed and trialled an integrated cognitive behavioural treatment to address social anxiety and alcohol use, and the interconnections between them. This pioneering work improved outcomes compared to standard treatment and informs best practice for comorbid anxiety and alcohol disorders

### **BACKGROUND DESCRIPTION OF ORGANISATION**

Lexine is a member of the NHMRC-funded Centre of Research Excellence in Mental Health and Substance Use (CREMS). Established in 2012, CREMS represents a world-first, bringing together the largest concentration of nationally and internationally recognised comorbidity researchers. In 2014, CREMS Director Professor Maree Teesson was awarded the prestigious Eureka Prize for Outstanding Mentoring of Young Researchers in recognition of CREMS' vibrant and supportive research environment. CREMS is committed to generating new research that increases the knowledge base regarding effective prevention and treatment of comorbid mental health and substance use disorders. These aims are achieved via three research streams focusing on the prevention, treatment, and epidemiology, of comorbid mental health and substance use disorders. In addition to making their findings available in the scientific literature, an integral component of CREMS is the translation of these research findings into educational curricula, training programs and clinical resources, and resources for the general public.

**AUSTRALIAN AND NEW ZEALAND  
MENTAL HEALTH SERVICE  
MEDIA JOURNALISM AWARDS  
2015**

**BACKGROUND**

The Mental Health Media Awards program commenced in 1998. It is designed to encourage accurate and sensitive media coverage of mental health issues, to break down stigma and to educate the community about mental health. There are three categories, as follows:

- 1. Text Journalism**
- 2. Sound/Vision Journalism**
- 3. Special Media Achievement**

(For an entry with a regional/rural/community or other focus from the above two categories)

In 2015 there were 40 entries received for the three media categories.

The entries were rated on the following criteria:

Understanding that journalists work within limitations and acknowledging the diversity of media outlets and their impact and reach, entries are assessed against the following criteria:

1. The entry has been well researched and is factually accurate.
2. The content of the entry is sufficiently complete and balanced to impart a broad understanding of the issues.
3. Guidelines for reporting of mental health matters are taken into account.  
Australia - Mindframe guidelines  
New Zealand - Suicide Prevention and Like Minds, Like Mine:

These awards are made possible by generous grants from the Australian Government and the New Zealand Government in recognition of the importance it gives to excellence in media reporting of mental health issues.

**TEXT JOURNALISM**

**TheMHS AWARD:**       **WINNER   \$2,500**

**ENTRY:**               **Speaking Out About Suicide**

**JOURNALIST:**       **Chris Barton**

**ADDRESS:**           **15 Burgess Rd**  
                             **Devonport, Auckland NZ 0624**

**CONTACT PERSON:**   **Chris Barton**  
                             **E: [chris@barton.co.nz](mailto:chris@barton.co.nz)**

**DESCRIPTION OF AWARD WINNING STORY**

This special investigation, “Speaking out about Suicide”, was published in the July 2014 issue of North & South, the leading New Zealand monthly current affairs magazine with a national readership of 248,000. The aim was to demonstrate that, despite the media restrictions of New Zealand's Coroner's Act, there are ways to talk about suicide that confront the silence about this taboo subject. The feature challenges the myths and stigma associated with mental illness and, through the extraordinary courage of those who spoke out, shows a way forward from the depths of despair. Their examples provide insight into how to face a societal scourge that takes far too many lives. The feature was written with the assistance of a media grant from the Mental Health Foundation of New Zealand and the Frozen Funds Charitable Trust. As well as enabling in depth research, the grant provided the time needed to develop a trust with interview subjects so they could feel safe in sharing their deeply personal and painful stories.

**BRIEF CV OF JOURNALIST**

Chris Barton is a freelance writer with 28 years' experience in newspapers and magazines including 15 years at the New Zealand Herald, starting as IT editor and then as a senior feature writer. His interest in the mental health sector began in 2006 when he began writing investigative features about mental health issues and suicide. He has won numerous awards for his writing, including, in 2009, New Zealand's top prize, the Wolfson Press Fellowship to Cambridge. He has a Master of Architecture, teaches part time at the Auckland School of Architecture, is the architecture critic for Metro magazine, and writes a monthly technology column for the Herald online. He continues to write about disability and mental health issues as a freelance writer.

## **SOUND/VISION JOURNALISM**

**TheMHS AWARD:**                    **WINNER    \$2,500**

**ENTRY:**                                **Changing Minds: The Inside Story**

**ORGANISATION:**                    **Northern Pictures**

**ADDRESS:**                            **Building 208, the Entertainment Quarter  
Moore Park, NSW 2021**

**CONTACT:**                            **Karina Holden, Jenni Wilks, Cian O'Clery,  
Alison Black  
E: [info@northernpictures.com.au](mailto:info@northernpictures.com.au)**

### **DESCRIPTION OF ENTRY**

"Changing Minds: The Inside Story" aired on ABC TV as part of the ABC's Mental Health Week "Mental As..." in October 2014. The series takes you inside Liverpool Hospital's Mental Health Unit.

Episode 1 - Tuesday 7 Oct 2014

Episode 2 - Wednesday 8 Oct 2014

Episode 3 - Thursday 9 Oct 2014

For the first time in Australian television history, a documentary series shot inside one of the busiest Psychiatric Units in the country will uncover the realities of 21st century mental health treatment as we meet the patients and staff who are challenging, with humour and honesty, the stigma and taboos that exist around Mental Health.

### **BRIEF DESCRIPTION OF ORGANISATION**

Northern Pictures is a TV production company that delivers large scale factual television to the Australian and international market, with a focus on wildlife and social documentaries, as well as factually inspired drama.

To be screened at TheMHS Conference, Canberra.

**Venue:**                    **Foyer Screening Area  
National Convention and Exhibition Centre**

**SPECIAL JOURNALISM AWARD - Regional/Rural /Community focus**

**TheMHS AWARD:**                      **JOINT WINNER:**                      **\$2,500**

**ENTRY TITLE:**                      **Lifting the Lid - series**

**WINNER:**                              **Stacey Knott**  
**Journalist**  
**The Nelson Mail/Fairfax Media**  
**stuff.co.nz**

**ADDRESS:**                            **26 Larges Lane**  
**Nelson, New Zealand 7010**

**CONTACT PERSON:**                **Stacey Knott**  
**E: [stacey.knott@gmail.com](mailto:stacey.knott@gmail.com)**

**DESCRIPTION OF ENTRY**

This six part series appeared in the Nelson Mail and online at [stuff.co.nz](http://stuff.co.nz) in late 2014 (from October to December). The Nelson Mail is a regional newspaper. The series examined many aspects of mental health services and care in Nelson, from speaking to those who live with mental illness, to speaking with advocates on issues of addiction and mental illness, to looking at what a family goes through in trying to get support for their loved one. It looked at where responsibility lay in caring for people with mental illness and examined gaps in care in the region. Lifting the Lid sought to balance the voices of those who live with mental illness, with those who try to treat them, ensuring a real and empathetic voice was given to those who are often voiceless in the media. It was hard-hitting and controversial, many people approached the reporter wishing to share their own experiences, and those who did speak out were congratulated in letters to the editor and over social media networks.

**BRIEF CV OF JOURNALIST**

Stacey Knott is a journalist from New Zealand with a keen interest in covering social issues. She has worked for the Nelson Mail since December 2013, where she has covered social issues, education, court and general news. Prior to this, she freelanced for a variety of media, including Radio New Zealand, The Dominion Post and Capital Magazine. She has worked as a journalist in the USA, UK and Ghana. Stacey has also edited an award-winning student magazine and worked for the New Zealand Press Association.

## SPECIAL JOURNALISM AWARD - Regional/Rural /Community focus

**TheMHS AWARD:**                      **JOINT WINNER:**                      **\$2,500**

**ENTRY TITLE:**                      **Shattering the Bulletproof Farmer Myth and  
Dartmoor Farmer creates Fundraising Calendar for  
Suicide Prevention**

**WINNER:**                              **Danielle Grindlay  
Rural Reporter  
ABC Rural**

**ADDRESS:**                            **7 Foote Street  
Mt Gambier, SA 5290**

**CONTACT PERSON:**                **Danielle Grindlay  
E: grindlay.danielle@abc.net.au**

### **DESCRIPTION OF ENTRY**

South Australian Country Hour segment - broadcast August 8 2014. 'Mental As' segment on farmer suicide. My cross into the Country Hour, which involved introduction and discussion of two separate stories, ran for 18 minutes. Those stories were then posted on the ABC Rural website: <http://www.abc.net.au/news/2014-10-10/dartmoor-farmer-creates-calendar-to-help-prevent-male-suicide/5804944>

<http://www.abc.net.au/news/2014-10-09/shattering-the-bulletproof-farmer-myth/5801540>

Agronomist Tim Watt lost his brother to suicide 25 years ago but this story has little to do with his brother. Tim articulates the pressure he felt to carry on as an 'invincible' man and perpetuate the myth that farmers don't need to talk about pain and loss. Now he's speaking out to break that myth and inspire others to face their demons. Farmer Noel Bull knows 15 people who died of suicide and has put a calendar together to raise money for beyondblue. He expresses the helplessness of losing mates to suicide and the need to act, to speak out, for a better tomorrow. He went on to raise more than \$10,000 for beyond blue, selling calendars to people in nearly every state and even overseas.

### **BRIEF CV OF JOURNALIST**

Danielle Grindlay studied journalism at RMIT University in Melbourne before starting her career at independent newspaper The Spectator, in Hamilton, south west Victoria. Committed to rural journalism from day dot, Danielle fulfilled a career goal by talking her way into the ABC Rural team and has filled the role of rural reporter in south east SA for the past 12 months. Farmer health became a focus for Danielle in the first month of her journalism career, when the future of the National Centre for Farmer Health, in Hamilton, was in doubt. In covering the centre's battle for funding, Danielle met passionate agrihealth professionals and far too many farmers struggling with mental health issues. The number of farmers touched by suicide was difficult to accept and raising awareness and understanding of the challenges primary producers face will always be a key focus throughout her career as an ABC reporter.

**EXCEPTIONAL CONTRIBUTION TO  
MENTAL HEALTH SERVICES IN  
AUSTRALIA OR NEW ZEALAND  
2015 AWARD**

This award recognises an individual who has made an outstanding contribution to mental health service delivery. It acknowledges a remarkable accomplishment and wide sphere of influence. It is in recognition of the importance to the development of best practice services throughout the two countries.

Entries are by nomination only (not self nomination).

The applications were rated on the following criteria:

1. Evidence of a significant contribution to the field of mental health on a local, state or national level.
2. Evidence of innovation or a high standard of service.

This award program contributes to publicising the good work being done in an environment where often only bad news seems to appear in the media.

Each year individuals are nominated for this award by their peers. The winner is then selected by a panel of experts from across Australia and New Zealand.

## EXCEPTIONAL CONTRIBUTION TO MENTAL HEALTH SERVICES IN AUSTRALIA

### JOINT WINNER:

**Helen Herrman**

**Director, Research at Orygen, The National Centre of Excellence in Youth Mental Health, VIC**

**President Elect of the World Psychiatric Association (WPA)**

### BRIEF DESCRIPTION OF AWARD RECIPIENT

Professor Helen Herrman is a world leader in psychiatry, public health and community mental health service reform. Professor Herrman's endeavours have led to major advances in scholarship, academic development and clinical practice in local, national and international frameworks of policy and practice. Her lifetime of accomplishments were recently recognised with her election as President Elect of the World Psychiatric Association (WPA), the first Australian to achieve this and the first woman in three decades. Herrman is Professor of Psychiatry at Orygen, The National Centre of Excellence in Youth Mental Health and the Centre for Youth Mental Health, The University of Melbourne, and Director of the World Health Organization (WHO) Collaborating Centre for Research and Training in Mental Health. Today, many thousands of people across the globe are now receiving the best practice in mental health care because of Herrman's tireless championing of reform and progress in mental health services.

Orygen, The National Centre of Excellence in Youth Mental Health is the world's leading research and knowledge translation organisation focusing on mental ill-health in young people. At Orygen, our leadership and staff work to deliver cutting-edge research, policy development, innovative clinical services, and evidence-based training and education to ensure that there is continuous improvement in the treatments and care provided to young people experiencing mental ill-health. Our work has created a new, more positive approach to the prevention and treatment of mental disorders, and has developed new models of care for young people with emerging disorders. This work has been translated into a worldwide shift in services and treatments to include a primary focus on getting well and staying well, and health care models that include partnership with young people and families

This award represents an acknowledgement of an exceptional contribution, the results of which will flow on to enhance the mental health and wellbeing of all.

## EXCEPTIONAL CONTRIBUTION TO MENTAL HEALTH SERVICES IN AUSTRALIA

### JOINT WINNER:

**Brendan O'Hanlon**

**The Bouverie Centre, VIC**

**E: [b.ohanlon@latrobe.edu.au](mailto:b.ohanlon@latrobe.edu.au)**

### BRIEF DESCRIPTION OF AWARD RECIPIENT

Brendan qualified as a social worker in 1982 and commenced his career in mental health in 1987. He worked in adult mental health in Victoria for ten years before moving in 2006 to the Bouverie Centre where he is the manager of the Mental Health Program. Brendan has devoted his work life to changing the practices of mental health services to routinely include families and has pioneered implementation approaches using evidence based models, including Building Family Skills Together, Multiple Family Groups, and Single Session Family Consultation, in adult and youth mental health services. In addition to qualifications in Family Therapy, Brendan has just completed his PhD titled 'Building Family Skills Together - Implementing Family Interventions in an adult mental health team'. Brendan is the consummate quiet achiever. His dedication to embedding family inclusive practice, his values of respecting lived experiences and striving to change practice is an inspiration to those who know him. His astonishing knowledge, compassionate personality, and incredible work ethic make him a delight to work with and admired by all his colleagues.

The Bouverie Centre is a state-wide specialist mental health service that aims to improve the lives of individuals and families through working with family and other significant relationships. This is achieved through providing clinical services to 200 families a year and through service and workforce development, academic training and research. The Bouverie Centre operates under the auspice of La Trobe University and has an EFT of 30 that comprises specialist family practitioners and administrative staff. The Centre receives funding from the Mental Health, Ageing and Wellbeing Division of the Victorian Department of Health and Human Services. The Mental Health Program aims to build capacity of mental health services to constructively engage families through innovative implementation projects and practice model design and adaption. The program comprises a manager, a Carer Academic, the state-wide co-ordinator of the Families where a Parent has a Mental Illness strategy and two Family Practice Consultants

This award represents an acknowledgement of an exceptional contribution, the results of which will flow on to enhance the mental health and wellbeing of all.

## EXCEPTIONAL CONTRIBUTION TO MENTAL HEALTH SERVICES IN NEW ZEALAND

### JOINT WINNER:

**Janet Peters**

**Psychologist  
Tauranga, New Zealand**

**E: [janet@janetpeters.co.nz](mailto:janet@janetpeters.co.nz)**

### BRIEF DESCRIPTION OF AWARD RECIPIENT

Janet Peters' contribution to the mental health field is extensive both within New Zealand and internationally. While not often "the public face" of projects or topics, she has quietly led significant "behind the scenes" work in many areas. Examples of her work nationally includes:

- Like Minds Like Mine campaign to reduce stigma and discrimination associated with mental illness
- The National Depression Initiative
- Talking Therapies
- The International Initiative for Mental Health Leadership.

Janet has published many reports and articles in the mental health and primary care sectors. In addition, her own experience as a child of parents with mental health problems, has led to an interest in supporting children, thus she has published a book for children aimed at providing an opportunity for them to talk about illness and recovery with their parents or support person.

Underpinning her career accomplishments are her empathy, compassion, loyalty, sense of humour, creativity and love of learning.

This award represents an acknowledgement of an exceptional contribution, the results of which will flow on to enhance the mental health and wellbeing of all.

## TheMHS MEDAL FOR MENTAL HEALTH

**Inaugural Winner:** **Australian Broadcasting Corporation**  
**ABC**  
For their remarkable initiative:  
**Mental As ...**

**The TheMHS Medal is a newly created Award for the 25<sup>th</sup> anniversary year of TheMHS Learning Network.**

TheMHS Medal will be presented to an organisation or individual for a unique and inspiring contribution to mental health.

2014 Mental As... was an amazing collection of programs on ABCTV, radio and online during one moving week of events across all ABC genres and platforms.

This extraordinary initiative elevated mental health matters to a position of vital concern for the community and made an important contribution to the understanding, de-stigmatising and de-mystifying of mental health issues.

This year this award is supported by two key organisations instrumental in de-stigmatising mental health.

**SANE Australia and Mindframe National Media Initiative.**



**SERVICE AND PROGRAM AWARDS ASSESSMENT COMMITTEE MEMBERS**

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	Kristy Sanderson	Tasmania
	Mark Smith	New Zealand
	Warwick Smith	Western Australia
	Vicki Stanton	New South Wales
	Andrea Taylor	New South Wales
	Barbara Tooth	New South Wales
	Rob Warriner	New Zealand
	Janet Watterson	New South Wales
	Ann White	Western Australia
	Barbara Wieland	South Australia

**MEDIA AWARDS ASSESSMENT COMMITTEE MEMBERS**

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# TheMHS CONFERENCE 2016

23 – 26 August 2016 | Auckland, New Zealand

## INVITATION

### *Join us in New Zealand for TheMHS Aotearoa 2016*

Te Pou o Te Whakaaro Nui warmly invites you to Auckland, New Zealand for **TheMHS Aotearoa 2016**. Planning is underway for an exciting and vibrant conference. Auckland is a great setting for the conference and we look forward to welcoming you to our beautiful city.

New Zealand has seen major reform in the last twenty years to the way people access mental health and addiction services. As we face changes to our population, systems, workforce and the work the sector does, every part of the system in New Zealand is rethinking its approach. It is this setting of innovation, transformation and diversity which will make for a memorable conference.

Please mark **23 – 26 August 2016** in your calendars. Visit [www.tepou.co.nz/subscribe](http://www.tepou.co.nz/subscribe) to join our e-newsletter and stay up to date on **TheMHS Aotearoa**.

We look forward to welcoming you in 2016.

Sincerely,

**Rob Gill, Robyn Shearer  
and TheMHS Local Committee.**



More information about  
TheMHS Conference 2016 can  
be found on the TheMHS website:  
[www.themhs.org](http://www.themhs.org)

