

**THE MENTAL HEALTH SERVICES CONFERENCE INC.
OF AUSTRALIA AND NEW ZEALAND**

**AUSTRALIAN AND
NEW ZEALAND**

MENTAL HEALTH SERVICE

**ACHIEVEMENT AWARDS
AND MEDIA AWARDS**

1999

**FUNDED BY
THE COMMONWEALTH DEPARTMENT OF
HEALTH AND FAMILY SERVICES
&
THE NEW ZEALAND HEALTH DEPARTMENT**

BACKGROUND

The Mental Health Service Award program began in 1992 and it is designed to reward and publicise services that have shown innovation and excellence. However, the program is not an exhaustive or fully objective measure of the best services in Australia or New Zealand, as it depends on services deciding to apply and the information they supply us with. We do not have the resources for systematically reviewing all services. Apart from the written material supplied, we do contact people who are likely to know if a service is genuine. The applications were assessed by seven committees, drawn from different disciplines and consumers, who are geographically spread around Australia and New Zealand. The Chairperson also scored the programs, when necessary, to avoid conflicts of interest. The applications were rated on the following criteria:

1. Except for categories 6, 7 & 8, verification that the program has been operating (not in planning) for at least two years and is an ongoing one.
2. Evidence that the program has made a significant contribution to the field of mental health on a local or national level.
3. Evidence that the program is doing something innovative.
4. Evidence that the program has involved consumers in planning and management.
5. Verification of the program's effectiveness (quality assurance measures, utilisation review, outcome evaluations etc).
6. Award potential, or feeling factor, as certain things come across in submissions that are hard to quantify.

In 1999, there were eighty-two applications received for the following categories:

1. COMPREHENSIVE CATCHMENT AREA SERVICE
2. SPECIALIST SERVICE OR INNOVATIVE PART OF A LARGER SERVICE
3. REHABILITATION SERVICE (including vocational and residential services)
4. CHILD AND ADOLESCENT SERVICE
5. PREVENTION, EARLY INTERVENTION, HEALTH PROMOTION OR HEALTH EDUCATION SERVICES OR PROJECTS
6. BEST CONSUMER INVOLVEMENT SERVICES OR PROJECTS
7. INDIVIDUAL OR TEAM AWARD FOR AN OUTSTANDING CONTRIBUTION TO THEORY, EDUCATION OR PRACTICE

The awards were presented by Sir Ronald Wilson on Wednesday 22nd September 1999 in Melbourne. Sir Ronald Wilson retired from the High Court of Australia in 1989, he was President of the Human Rights and Equal Opportunity Commission from 1990 to 1997 and is presently the President of the Australian Council for Overseas Aid. He was involved in the National Inquiry into the forced removal of Aboriginal children from their families, the Report of which, *Bringing Them Home*, was published in 1997.

The money awarded and expenses were generously granted by the Australian (\$AUD50,000) and New Zealand (\$NZ10,000) Governments in recognition of the importance they give to the development of best practice services throughout the two countries. This award program contributes to publicising the good work being done in an environment where only bad news seems to appear in the media. 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.

**CATEGORY 1
COMPREHENSIVE CATCHMENT AREA SERVICE**

-overall excellence of service provision within the constraints of the resources available

AWARD: **GOLD** **\$2,500**

APPLYING PROGRAM: **West Moreton Integrated Mental Health Service**

ADDRESS: **Bell Street, Ipswich, Queensland, 4305**

CONTACT PERSON: **Ms V Rostron**

DESCRIPTION OF FACILITY:

West Moreton Integrated Mental Health Service provides mental health care to the clients of the West Moreton District. West Moreton has a population of 180,000 people and covers an expansive area of 7,951sqkms encompassing city, suburban and rural sectors. The budget of just over seven million dollars supports the labour and non labour costs for 103.9 full time equivalent multidisciplinary staff and is inclusive of two inpatient units two community sites, child and youth, aged and adult mental health services. The Service provides comprehensive coordinated care to approximately 1200 open clients.

BRIEF DESCRIPTION OF SERVICE OR PROJECT

West Moreton Integrated Mental Health provides comprehensive, coordinated and continuous specialised care options for people with mental health problems. It has a fully integrated aged, adult and child and youth mental health services. West Moreton Integrated Mental Health Service is a community focussed service which effectively manages its inpatient facilities from the community base. Its level of integration and the provision of continuity of care has not been duplicated anywhere else in Queensland. It is an accredited and benchmark service which achieves an advanced level of integration across service sites, acuity and age levels. West Moreton Integrated Mental Health is a truly integrated service model which meets National, State and district Plans providing supportive therapeutic specialist care to facilitate the best outcomes for the individual. The consumers are central to the services management and organisational structure and consequently are involved in decision making at a strategic and individual level.

AWARD: **SILVER \$1,750**

APPLYING PROGRAM: **Newtown Union Primary Mental Health Programme**

FACILITY: **Newton Union Health Service**

ADDRESS: **7 Hall Street, Newtown, Wellington, New Zealand**

CONTACT PERSON: **Kathy James**

DESCRIPTION OF FACILITY:

Newtown Union Health Service (NUHS) is a primary health care service established in 1987 to provide appropriate, affordable, acceptable and accessible health care. It is community owned and governed by a Policy Board consisting of community and staff representatives. People from the Wellington South electorate who are on low incomes are eligible to join. NUHS receives its core funding from the Health Funding Authority. The funding provided is determined using a capitated formula for routine primary care with additional funding for specialist programmes such as the primary mental health and refugee programme. Co-payments are required for people to see the general practitioner, but not to see other staff at the service. In specialist programmes such as the mental health programme, no co-payment is required as additional capitation based payments are provided for this programme. These are paid at a rate of \$330 per person per year (up to 350 people). Charitable sources are also approached for funds for special projects. Staff include manager (1), receptionist (2.8), administration (0.5), doctors (4.2), nurses (5.4), midwives (2.8), and community workers (1.2). All staff are salaried. Currently there are 7809 people registered at the service, of which 388 have an identified on-going mental health need that has required specialist input.

BRIEF DESCRIPTION OF SERVICE OR PROJECT

The Newtown Union Health Services (NUHS) Primary Mental Health Programme is an innovative approach to involving general practice in the health care of people with on-going needs for mental health services. It commenced in 1993, when NUHS decided it needed to target mental health to meet a community need. By 1998 there were 388 people enrolled in the programme. The programme is mainly delivered by a nurse and doctor. It uses a shared care and wellness focus that addresses physical, mental and social health needs. A pro-active approach is taken to health promotion and prevention. In depth networking and liaison with consumer groups, non-government providers and the community mental health service are undertaken to ensure good consumer and community input in an on-going, developmental way. Another feature of the programme is a fortnightly consultant-liaison service provided by a psychiatrist. The programme actively lobbies key stakeholders in mental health to improve service delivery generally and it seeks to improve itself through research and evaluation.

CATEGORY 2 (CONTD)

AWARD: **BRONZE \$1,000**

APPLYING PROGRAM: **Women's Health Care House Mental Health Community Outreach Project**

FACILITY: **Mental Health Community Outreach Project**

ADDRESS: **100 Aberdeen Street, Northbridge, Western Australia, 6003**

CONTACT PERSON: **Jennie Gray**

DESCRIPTION OF FACILITY

The Mental Health Community Outreach Project is a non government, not for profit community based support service at Women's Health Care House for women who have been diagnosed with a psychosis or depressive illness and are caring for children and who live in the Perth inner city or lower northern metropolitan region. Developed in 1995, the MHCOP was initially resourced for a three year period by National Mental Health Strategy funds. In the last financial period the Western Australian Health Department assumed responsibility for administering these funds. The project's budget is currently \$90,000 per annum. A number of smaller non-recurrent grants have been successfully obtained, and used primarily for recreational activities. The project is staffed on a part-time basis by two qualified social workers. There are approximately forty women actively accessing the supports provided by the Mental Health Community Outreach Project.

BRIEF DESCRIPTION OF SERVICE OR PROJECT

The Women's Health Care House Mental Health Community Outreach Project uses a strengths model of service delivery to provide a variety of innovative support services to women with a diagnosis of either a psychotic or severe depressive disorder, who are bringing up children. The objective is to provide participatory, community-based and community-led supports to enable women with children to cope with their own mental illness and care for their children. Because the Mental Health Community Outreach Project is located within a generic women's health centre, the project has diverged from other psychiatric supports in the mental health system, reflecting a philosophy of a holistic approach to women's health needs. Being located at a generic women's health centre also helps to reduce the effect of the stigma attached to mental illness.

**CATEGORY 3
REHABILITATION SERVICES
- (including vocational and residential services)**

AWARD: **GOLD \$2,500**

APPLYING PROGRAM: **The Western Rehabilitation Service**

FACILITY: **North West Adelaide Mental Health Service**

ADDRESS: **78-80 St Vincent Street, Port Adelaide, South Australia,
5015**

CONTACT PERSON: **Maxie Ashton**

BRIEF DESCRIPTION OF FACILITY

The Western Rehabilitation service provides a range of rehabilitation services for adults with mental health problems. The service is a unit of the North West Adelaide Mental Health Service and is funded by the SA Government through the Department of Human Services. In addition to this base funding covering staffing, equipment, facilities and resources, the team has sought funding for special projects. 9.5 F.T.E. staff are involved in providing the rehabilitation services from 3 main locations. In addition 4 Peer Specialists, people with personal experience of mental illness, will be employed from the 5th May 1999 for 5 hours per week, as role models for participants. Around 255 clients are actively involved in receiving a service each month, from 3 main community locations, Port Adelaide, Woodville and West Torrens.

BRIEF DESCRIPTION OF SERVICE

The Western Rehabilitation Service provides a dynamic range of opportunities for people with mental health problems to develop skills and abilities and participate in community life. The service offers skills development programs including Stress Management, Getting Along with Others, Work Preparation, Budgeting, Living with Mental Illness, Sexual Health and Relationships, Cooking, Being Healthy and many more. Social recreational activities such as swimming, sport, creative writing, art/craft and others are also provided with an emphasis on activities which are community based. The service has received funding for special projects to meet the needs and interests that participants have identified as being important. Projects have included: The Tobacco Project – addressing smoking for people with mental illness, The Peer Specialist Project – employing people with mental illness as role models, People Promoting Mental Health – a support and information service, the Fine Lines Band – a rock band, and a competition Volleyball Team.

CATEGORY 3 (CONTD)

AWARD: SILVER \$1,750

APPLYING PROGRAM: WORKRIGHT (WA) Inc

FACILITY: Specialist Mental Health Employment Service

ADDRESS: PO Box 16, Maylands, Western Australia, 6931

CONTACT PERSON: Sharon Gordon

BRIEF DESCRIPTION OF FACILITY

Workright (WA) Inc is funded by the Department Family and Community Services as a Competitive Employment Placement and Training Service. This means that the agency provides an “open employment” (as opposed to sheltered employment) service for people with psychiatric disability. Workright is the only mental health specific service in WA – most CEPT services are aimed at people with intellectual disability. People with mental health disorders are case managed by an Employment Coordinator who undertakes vocational counselling and assessment, work training, job seeking and job maintenance activities with the individual. If the individual becomes unwell during the course of their employment, the agency provides a Job Coach (who also does on-site work training) to fill in for them until they are ready to return to work. Workright serves the Perth Metropolitan area – which encompasses 5300km² and a population of 1,262,000. We cover 10 State Mental Health Division Community Mental Health catchment areas. Workright’s budget is \$730,992 p.a. – 100% of this funding is from the Department of Family and Community Services. Workright has nine employment coordinators, two administration staff, one senior job coach, six casual job coaches and one manager – a total of thirteen full time and six casual staff. At time of writing Workright has 195 consumers on our register.

BRIEF DESCRIPTION OF SERVICE OR PROJECT

Workright (WA) Inc is a specialist mental health employment service funded by the Department of Family and Community Services. We provide an employment support service to people within the Perth Metropolitan area. A staff of Employment Coordinators and Job Coaches provide vocational counselling, job search, on and off site support to individuals endeavouring to find their place in competitive employment. Workright is the only specialist psychiatric employment service in WA and as such also has a role in providing education to other disability employment services, employers and the community at large about psychiatric disability and employment. The agency has extensive networks with State Health, Commonwealth Health and NGO Mental Health Service Providers.

CATEGORY 3 (CONTD)

AWARD: BRONZE \$1,000

APPLYING PROGRAM: The M5 Rehabilitation Program

FACILITY: The Victorian Institute of Forensic Mental Health

ADDRESS: PO Box 266, Rosanna, Victoria, 3084

CONTACT PERSON: Alicia Evans

BRIEF DESCRIPTION OF FACILITY

The Victorian Institute of Forensic Mental Health is a statutory authority mandated to provide assessment and treatment to individuals with serious mental illness presenting in the criminal justice system. The Institute's mission is to provide effective mental health services in a safe and secure environment to people who have both a mental disorder and a history of criminal offending or who present a serious risk of such behaviour. The Institute is responsible for the provision of specialist clinical services, research, training and community education. The Institute provides centrally managed, statewide services, which are an important component of the public mental health service network in Victoria. The Institute's budget is approximately \$12 million annually. The funding source is the Department of Human Services. Staff numbers are approximately 200. The Institute has 58 gazetted inpatient hospital beds (forming the Rosanna Forensic Psychiatry Centre); this will expand to 75 toward the end of the year, and within three years increase to 120 beds with the completion of the Institute's new purpose built hospital currently being built at Fairfield. Services are also provided at the Melbourne Assessment Program, Outpatient service and Crisis Intervention service. In addition the Institute has Community Operations, providing a range of community forensic mental health services.

BRIEF DESCRIPTION OF SERVICE OR PROJECT

The M5 Rehabilitation Program is an intensive inpatient rehabilitation program provided at Unit M5 at the Rosanna Forensic Psychiatry Centre. The program was developed in 1991 following a change in government policy directed towards transferring long term mentally ill offenders out of the prison system and into psychiatric inpatient beds. The program provides intensive rehabilitation for mentally ill offenders. It is highly innovative and based on the notion of a big share house where clients live together as if they were sharing a large house. There is a group program, outdoor education and counseling and Technical and Further Education Certificated courses. The program provides an avenue for long term mentally ill offenders to be discharged back into the community, something that was more a dream than reality previously. The program is unique within the forensic mental health area and provides humanistic, effective rehabilitation to a group that is doubly stigmatised.

**CATEGORY 4
CHILD & ADOLESCENT SERVICES**

AWARD: GOLD \$2,500

APPLYING PROGRAM: Alfred CAMHS

FACILITY: Child and Adolescent Mental Health Service

ADDRESS: 594 St Kilda Road, Melbourne, 3000

CONTACT PERSON: Allan Mawdsley

BRIEF DESCRIPTION OF FACILITY

Alfred CAMHS is a comprehensive, community-based Service for the inner south-east area of metropolitan Melbourne. Most work is undertaken with young people and their families on an outpatient basis however day patient and inpatient management can be arranged where necessary. The service has an outreach capacity for clients who are unable to attend the centre. Clients are given first appointments within one week of contact for elective referrals, or within one hour for crisis calls. Urgent psychiatric opinion on statutory clients (Protective Services, Juvenile Justice) can be provided within one day. The centre has a highly trained, experienced staff who provide a specialist service for generalist counselling agencies in the community, and multidisciplinary team assessments of complex problems such as autism spectrum disorders. Alfred CAMHS has a strong commitment to professional development and excellence of service.

BRIEF DESCRIPTION OF SERVICE OR PROJECT

Alfred CAMHS is the child and adolescent component of the comprehensive psychiatric service operated by the Alfred Hospital in the inner south-east of metropolitan Melbourne. It services a population of about half a million people, of who in about a quarter are under 18 years of age. The client group is young people in the 0-18 age range, except for first onset psychosis where the age range can extend to 25 years. Staffing is 29 clinical FTE with additional administrative support staff. The staff is very well qualified and experienced, with the majority having undertaking additional postgraduate training. The catchment area is divided into two sectors – the Inner South-East and the Middle South.

**CATEGORY 5
PREVENTION, HEALTH PROMOTION OR HEALTH EDUCATION SERVICE
OR PROJECT**

AWARD: **GOLD (TIED) \$2,500**

APPLYING PROGRAM: **National School Education Program**

FACILITY: **Mental Illness Education – Australia Inc.**

ADDRESS: **PO Box 657, Gladesville, New South Wales, 2111**

CONTACT PERSON: **Margaret Lukes**

BRIEF DESCRIPTION OF FACILITY

Mental Illness Education – Australia Inc. (MIE-A) is responsible for a program presented primarily to high school students across Australia to destigmatise and demystify mental illness and to promote the importance of mental health. MIE-A is a National incorporated organisation managed by a Board of Directors and an Advisory Council with representatives from five Australian states and territories. The National body currently functions with the assistance of volunteers and at times with the employment of a part-time consultant. The state/territory bodies auspicing the MIE- A program are the members.

BRIEF DESCRIPTION OF SERVICE OR PROJECT

Mental Illness Education – Australia (MIE-A) is a National organisation with its program currently in operation throughout NSW, Queensland, Victoria, ACT and Western Australia. Plans are continuing to develop the program in the remaining states and territories. It primarily offers an education program, conducted by people with a mental illness, family members or friends to secondary school students. In recent years it has also become involved with community organisations wanting information about mental illness and mental health. The emphasis is to destigmatise and demystify mental illness and to promote the importance of mental health. The MIE-A program aims to enhance coping mechanisms for dealing with the stresses across the life span, especially at points of transition. MIE-A targets adolescents and young adults and places emphasis on early detection and intervention to prevent where possible disruptive and disabling effects of untreated mental illness. The MIE-A program is unique in that it was originally developed in NSW in 1987 by consumers and carers and is one of few such initiatives to have survived over a period of 12 years.

CATEGORY 5 (CONTD)

AWARD: GOLD (TIED) \$2,500

APPLYING PROGRAM: Safety for Women in Mental Health Services Project

FACILITY: Women and Mental Health Inc.

ADDRESS: PO Box 1330, Rozelle, New South Wales, 2039

CONTACT PERSON: Lorna McNamara

BRIEF DESCRIPTION OF FACILITY

Women and Mental Health (WAMH) was formed in 1993 by a group of women who had been meeting informally to discuss issues of concern to women as consumers, carers, workers or providers in mental health in New South Wales. Because women with mental health problems have special needs and are extremely disadvantaged, disempowered and vulnerable, it was felt a separate organisation to focus on these concerns was required. WAMH was incorporated in 1996 and its membership currently stands at 90 individuals and organisations from across NSW. Its organisational structure consists of an elected committee which comprises a chairperson, vice-chairperson, treasurer, secretary and three ordinary members. Membership is on a sliding scale according to the financial status of individuals. The organisation does not have any paid staff.

BRIEF DESCRIPTION OF SERVICE OR PROJECT

The subject of sexual violence against women living with a mental illness had been consistently raised by members of WAMH. The need for some sort of action was underscored when the issue was independently and repeatedly raised at conferences organised by WAMH over a number of years. A decision was made to apply for a grant to research the topic, and to produce a best practice model on that research. In 1995 Women & Mental Health Inc (WAMH) successfully applied for funding from the Department of Women under its Women's Grants Program. The project, called "Safety for Women in Mental Health Services", was overseen and guided by a Steering Committee, whose membership consisted of consumers and professionals who have expertise in mental health and sexual assault issues, and an expert research committee. The small grant allocated to WAMH was further augmented by The NSW Centre for Mental Health, to assist with printing costs.

CATEGORY 5 (CONTD)

AWARD: BRONZE \$1,000

APPLYING PROGRAM: The Options Project

**FACILITY: Mental Health Foundation of Victoria/and/Liberty
Victoria**

ADDRESS: Private Bag 1, Rosanna, Victoria, 3084

CONTACT PERSON: Barry Evans

BRIEF DESCRIPTION OF FACILITY

The Options Project is a community-based mental health and human rights education and promotion project, based in the north eastern suburbs of Melbourne, serving primarily three local government areas. Publications of the Project are disseminated nationally. Its budget has, to this date, been fully provided by the Victorian Health Promotion Foundation, but it now operates on proceeds from sales of its publications. The Project has employed up to two educational psychologists, has a Director and Administrative Officer. In the last two years, the Project had over 1400 active clients, representing a large number of mental health service provider organisations, community groups, and the general public.

BRIEF DESCRIPTION OF SERVICE OR PROJECT

In a first for Australia, a community-based mental health education and promotion project has developed a range of innovative educational and resource materials, designed to expand and extend services for the community. The Options Project produced a comprehensive listing of mental health services, distributed to over 130 agencies in the comprehensive listing of mental health services, distributed to over 130 agencies in the north eastern region of Melbourne. The directory meets a long-standing need for shared information between mental health service providers that would enable agencies to identify appropriate referrals for the public. Another benefit of the directory is that it fosters networking and liaison between providers. The directory is available without cost to mental health service providers. The Project has also produced a range of mental health educational and promotional booklets, including: Your guide to understanding and managing stress; Your guide to responsible gambling; and Adolescent health and wellbeing: A guide to effective coping, as well as free information brochures.

CATEGORY 6**BEST CONSUMER INVOLVEMENT SERVICE OR PROJECT**

- for consumer controlled or consumer/provider partnership activities (especially projects where consumers have at least equal power and were involved from the start), including advocacy programs, provider staff education, or research. This category includes activities involving carers.

AWARD: **GOLD \$2,500**

APPLYING PROGRAM: **Our Lives Our Choices II**

FACILITY: **Our Lives Our Choices**

ADDRESS: **Unit 4/62 Glen Osmond Road, Parkside, South Australia, 5063**

CONTACT PERSON: **Beverley Searle**

BRIEF DESCRIPTION OF FACILITY

OLOC II was the first national consumer run conference held on 17, 18 October 1998 in Adelaide, the theme being "What Keeps Us Well". This followed on from OLOC 1 which was consumer led, consumers had approached Disability Action and wrote the first submission and arranged for Arts in Action to organise/plan this first conference, held in 1996. The steering committee comprised the convenor, 2 rural reps, 1 Aboriginal rep and 4 other members all primary consumers or carers. From the original submission to the SA Health Commission where funding was obtained, conference structure, design work, sponsorship, program, publicity, to the packing up after the conference all was 100% consumer participation.

BRIEF DESCRIPTION OF SERVICE OR PROJECT

OLOC II was the first national consumer run mental health conference in Australia, it was held in Adelaide on October 17, 18, 1998, the theme was "What Keeps Us Well". The conference's purpose was to be a forum where professionals, paraprofessionals, consumers and carers could meet on equal ground. It was a culmination of 2 years work by consumers and carer's who had complete autonomy regarding the running, planning and spending of funding in implication of this conference. The program consisted of workshops by presenters from different professions and consumer/carers with the Arts and Spirituality holding an important place. There were 7 presenters on indigenous and multicultural issues. Every state was represented in attendance and presenting, with over 350 people attending each day. Consideration of consumers was in all aspects of planning with massage/health practitioners, counselors/nurses for emergencies and refreshments being available at all times. The conference was a resounding success, with comments like "It has changed my life" "The whole person not just the illness was taken into consideration." "Spirituality was addressed for the first time" "I feel empowered and respected".

CATEGORY 6 (CONTD)

AWARD: SILVER \$1,750

APPLYING PROGRAM: ADASA Community Agency Program

FACILITY: The Attention Disorders Association of South Australia Inc.

ADDRESS: PO Box 310, Marlestone, South Australia, 5033

CONTACT PERSON: Nayano Taylor-Neumann

BRIEF DESCRIPTION OF FACILITY

Consumer-initiated, consumer-run, incorporated, not-for-profit association. Servicing sufferers and carers of ADHD (Attention Deficit Hyperactivity Disorder) throughout South Australia. Approximately 40,000 South Australians have ADHD. There is no other ADHD umbrella organisation in South Australia. Seven volunteer Board members also run the organisation's activities. No paid staff and no on-going funding.

BRIEF DESCRIPTION OF SERVICE OR PROJECT

The Attention Disorders Association of South Australia (ADASA) is the peak organisation for approximately 40,000 sufferers of ADHD and their carers. The organisation is consumer-run, has no on-going funding, and no paid staff. The ADASA Community Agency Membership Program makes information, counseling and support groups available to local communities and educates the wider community, without an expensive, top-heavy central organisation. Agencies such as health centres, community centres, schools and local councils are provided with advice, print materials, training, and some funding. In return the agencies agree to set up and maintain ADHD support groups, provide individual support, and make all ADASA materials available to their local community. They pay ADASA a yearly fee of \$75. This innovative 'services franchise' combines the best of local and central resources. The ADASA Community Agency Membership program provides a model of how a small incorporated association can reach thousands of consumers.

CATEGORY 6 (CONTD)

AWARD: BRONZE \$1,000

APPLYING PROGRAM: “Thinking C.A.P.” Landmark Consumer Advocacy Training Workshops

FACILITY: Northern Area Mental Health Services, North Western Health

ADDRESS: 185 Cooper Street, Epping, Victoria, 3076

CONTACT PERSON: Robyn Duff

BRIEF DESCRIPTION OF FACILITY

The Northern Area Mental Health Service (namhs) covers the municipalities of Darebin and Whittlesea, with a total population of 223,688, of whom 153,608 are adults (16-65 years). The area has the highest proportion of Kooris in the Melbourne metropolitan area (1% of the population) and a diverse multicultural aspect. 42% of the population speak a language other than English at home. 35% of the population were born overseas, with 90% of these being born in a country where English is not the predominant language. The area has a relatively high availability of low cost rental accommodation and this fact, combined with the area’s close proximity to the three largest psychiatric hospitals in Melbourne (prior to their closure which commenced in 1995), has resulted in many people who have serious mental illness and long periods of time in institutional care living within this catchment area. Consequent high service demands, particularly in the Darebin area, have led the NAMHS to focus services towards the most acutely ill and the most chronically disabled groups of adults. The NAMHS comprises a 25 bed acute inpatient service located at the Northern Hospital, a Crisis Assessment and Treatment service (CAT), 2 Community Mental Health Centres (CMHC) a Mobile Support and Treatment Service (MSTS) and a Community Care Unit (CCU). The NAMHS budget is \$10,11,181.00. Currently there are approximately 700 registered clients, and 150 clinical and administrative staff.

BRIEF DESCRIPTION OF SERVICE OR PROJECT

Thinking C.A.P. – the Northern Area (of Melbourne) Consumer Advisory Panel, has achieved an historic landmark for consumer participation in mental health services, by piloting an innovative series of Consumer Advocacy and Representing Training Workshops, in March and April 1999. More than 15 mental health service consumers, with varying levels of advocacy experience, participated in the series of 3 workshops, Workshop facilitators and designers – consumers Allan Pinches and Ria Strong – worked creatively to provide relevant knowledge and skills in a user-friendly mode, lots of interaction and promotion of creative ways of thinking about advocacy roles. The organisers believe that the workshops are the first hosted by a Victorian Area Mental Health Service. The training was essentially BY consumers, FOR consumers, aimed at being a training resource for the eight member Thinking C.A.P. group and a number of other enthusiastic Northern Area consumers clamoring for this unique resourcing for them as advocates.

**CATEGORY 7
INDIVIDUAL OR TEAM AWARD FOR AN OUTSTANDING CONTRIBUTION
TO THEORY, EDUCATION OR PRACTICE**

- whether current, or in the past, to recognise people who have made an important contribution to the development of better services.

AWARD: GOLD (Individual) \$2,500

NOMINEE: Kathleen Stacey

FACILITY: Department of Public Health – Community Mental Health

ADDRESS: c/- F1/7 John Street, Glenelg South, South Australia, 5045

CONTACT PERSON: Renee Edwards

BRIEF DESCRIPTION OF INDIVIDUAL

Kathleen Stacey is currently the co-ordinator of the Community Mental Health Post Graduate Course at Flinders University, a private therapist, and she is involved in many working groups, advisory committees and peer support, mental health promotion activities. Kathleen has made an enormous contribution to education, theory and practice and is well respected in the field of community mental health. She is a strong political advocate for your people's mental health and works extremely hard at grass roots level. She is a model example of effective and successful community development work and has contributed enormously to the education of health professionals at both a community sector and university level and she has an excellent reputation as a therapist. Kathleen is an inspiration.

CATEGORY 7 (CONTD)

AWARD: GOLD (Education) \$2,500

APPLYING PROGRAM: SPHERE: A National Depression Project

FACILITY: SPHERE National Secretariat

ADDRESS: Academic Dept. of Psychiatry, St George Hospital & Community Health Services, 7 Chapel Street, Kogarah, New South Wales, 2217

CONTACT PERSON: Ian Hickie

BRIEF DESCRIPTION OF FACILITY

SPHERE: A National Depression Project is managed by a National Secretariat which comprises of representatives from each medical school across Australia, academic psychiatrists, general practitioners, clinicians from both the specialist and primary care sectors and a consumer representative. Funding for the implementation of the SPHERE Project is currently provided through a variety of NHMRC research (Grant No. 953208), state (NSW Infrastructure – Stream 2), local health service and non-government (including Bristol-Myers Squibb Pharmaceuticals) mechanisms.

BRIEF DESCRIPTION OF SERVICE OR PROJECT

Commencing in early 1997, SPHERE: A National Depression Project is a support and education system designed to assist general practitioners (GPs) to identify and treat the common forms of depression and anxiety. Specifically, the SPHERE Project stresses the critical role GPs can play in providing a comprehensive disease management program for patients suffering from common psychological disorders. The SPHERE Project is a national collaboration between representatives from each medical school across Australia, academic psychiatrists, GPs and clinicians from both the specialist and primary care sectors. It contains four essential components which include a novel 'Case-Identification System', an initial 'Four-Seminar Training Program', a '12-month Disease Management Program' and provision of ongoing education and practice support. Since its national launch in late February 1998, the SPHERE Project has rapidly expanded to reach approximately 2,500 GPs. Over 1,100 GPs have now enrolled in the 'Case-Identification System' and over 750 GPs have attended the 'Four-Seminar Training Program'.

AUSTRALIAN

MENTAL HEALTH SERVICE

MEDIA AWARDS

1999

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 is a category for print media and a category for broadcast media.

In 1999 there were 12 entries received for the two media categories.

The entries were rated on the following criteria:

1. Evidence that the story has been well researched and is factually accurate
2. The content of the story is sufficiently complete and well rounded to convey a good understanding of the issues
3. Any evidence of the positive effect of the publication or broadcast
4. Best consumer involvement services or projects

The awards were presented by Sir Ronald Wilson on Wednesday 22nd September 1999 in Melbourne. The money awarded and expenses were generously granted by The Australian Government in recognition of the importance it gives to excellence in media reporting of mental health issues.

MEDIA AWARDS**BROADCAST MEDIA** **\$3000****APPLICANT NAME:****TITLE:** **The Top Paddock
Produced by Justine Lees
ABC Radio****ADDRESS:** **GPO Box 9994, Melbourne, 3001****CONTACT PERSON:** **Justine Lees****DESCRIPTION OF ENTRY:**

“The Top Paddock” is a radio program produced by ABC Radio Arts for the weekly PoeticA Program on Radio National. It was broadcast on Saturday 24 October 1998 to coincide with Mental Health Awareness Week.

“The Top Paddock” looks at the Loose Kangaroos, a group of four Melbourne poets who are living with schizophrenia. The poets – Sandy Jeffs, Graham Doyle, Geoff Prince and Michael Crane – use their poetry to express the many facets of mental illness. In the program, they talk about their writing and illness, and perform their poems.

PRINT MEDIA**\$3000****TITLE:**

Cole's Comfort
Story by Janet Hawley, Photograph by
James Braund,
Good Weekend Magazine, John Fairfax
Publications

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DESCRIPTION OF ENTRY:

“Cole’s Comfort” was a feature article published in the Good Weekend magazine on June 19, 1999. Neil Cole has recently won the Colonial Award for New Australian Playwriting, presented by the Griffin Theatre Company. His winning play “Alive at Williamstown Pier” has been playing in Melbourne and Sydney. The following is a quote from Janet Hawley’s description of the entry.

“The Neil Cole feature was another chance to help explain that still widely misunderstood, sometimes mocked condition of manic depression. I wanted it to be an engaging, honest story, that people could identify with, empathise with the person – and come out the other end, like Cole feeling they’d learned a lot and there are positive, successful ways to deal with this condition. It’s vital to find the right tone and structure to write these features and hold the reader, as people can so easily find the topic a turn-off after one paragraph. I wanted to tell Cole’s complete story, warts and all, which means looking at the horror, seeking out warm and unexpectedly humorous moments, treating every aspect with dignity. I also wanted to celebrate Cole’s spirit, persistence and achievements – against huge odds. I spent a lot of time researching the feature, talking with Cole, the director and actors, watching rehearsals and the interactions between the group. There were some clashes and difficulties at the first day’s rehearsal, indeed I had Good Weekend courier over ten copies of an earlier feature I’d written on manic depression, to help the actors understand what manic depression was, so they could get into character. They said they found this a great help”.