

**The Mental Health Services Conference Inc.
of Australia and New Zealand
(TheMHS)**

**AUSTRALIAN AND
NEW ZEALAND
MENTAL HEALTH
ACHIEVEMENT AWARDS**

**SERVICE & MEDIA
AWARDS
2001**

**Funded by
The Commonwealth Department of
Health and Aged Care
&
The New Zealand Ministry of Health**

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SERVICE AWARDS

ASSESSMENT COMMITTEE MEMBERS

Chair:	Dr Roger Gurr	New South Wales
Deputy Chair:	Lynne Dunbar	New South Wales
Members:	Vicki Burnett	New Zealand
	Sheryl Carmody	Western Australia
	Tony Colechin	New South Wales
	Bill Dahl	New Zealand
	Merinda Epstein	ACT
	John Farhall	Victoria
	Jill Gray	Victoria
	Douglas Holmes	New South Wales
	Robyn Humphries	Victoria
	Sam Jansons	South Australia
	Dr Nathan Kalyanasundaram	Queensland
	Robert King	Queensland
	Leonie Manns	New South Wales
	Dr Graham Martin	South Australia
	Janne McMahan	South Australia
	James Nichol	New Zealand
	Daniel O'Connor	Victoria
	Anne Olsen	Victoria
	Dr Murray Patton	New Zealand
	Denise Ryan	Queensland
	Kym Scanlon	New South Wales
	Sandy Tait	Western Australia

BACKGROUND

The Mental Health Service Award program began in 1992. It is designed to reward and publicise services that have shown innovation and excellence. 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 which they supply. 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 five committees, drawn from different disciplines and consumers and carers, who are geographically spread around Australia and New Zealand. The Chairperson also scores the programs, when necessary, if there is a conflict of interest. The applications were rated on the following criteria:

1. Evidence that the program has made a significant contribution to the field of mental health on a local, state or national level.
2. Evidence that the program is doing something innovative.
3. Evidence that the program has involved consumers in planning and management.
4. Verification of the program's effectiveness (quality assurance measures, utilisation review, outcome evaluations etc). Programs can sound good, but we want to know

that they achieve a high quality. Provide clear qualitative and quantitative evidence. How can you demonstrate that a high quality has been achieved?

5. Award potential or feeling factor, as certain things come across in submissions that are hard to quantify within the above criteria.

In 2001 there were 52 applications received for the following categories:

1. INTEGRATED LOCALITY BASED SERVICE
2. REHABILITATION/RECOVERY PROGRAM OR SERVICE
3. CONSUMER/CARER PROGRAM OR SERVICE
4. MENTAL HEALTH PROMOTION OR MENTAL ILLNESS PREVENTION PROGRAM OR PROJECT
5. SPECIALIST SERVICE OR PART OF A LARGER SERVICE
6. EXCEPTIONAL CONTRIBUTION TO MENTAL HEALTH SERVICES IN AUSTRALIA OR NEW ZEALAND

The money awarded and expenses were generously granted by the Australian (AUD50,000) and New Zealand (NZD10,000) 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 bad news is often highlighted 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
INTEGRATED LOCALITY BASED SERVICE
 NO AWARD GIVEN IN THIS CATEGORY

CATEGORY 2
REHABILITATION/RECOVERY PROGRAM OR SERVICE

AWARD: **GOLD** **AUD3,000**

APPLYING PROGRAM: **Intensive Home Based Outreach (IHBO) Program**

FACILITY: **St Luke's Anglicare**

ADDRESS: **PO Box 315**
Bendigo, Victoria 3550
Australia

CONTACT PERSON: **Margaret Brooks**
Manager, Community Services Division
Telephone: (03) 5440 1100 Fax: (03) 5442 2316
Email: m.brooks@stlukes.org.au

BACKGROUND DESCRIPTION OF ORGANISATION

Vahland House is a regional 20-bed mental health inpatient facility located in Bendigo, Victoria. It is managed by the Bendigo Health Care Group, Division of Psychiatry. Within Vahland House there are 12 beds allocated in four continuing care units and eight beds located in a secure "High Needs Unit". The clients within this facility were involved in "in house" rehabilitation and treatment programs provided by the clinical staff and non-government agencies within Bendigo. In 1997, Vahland House staff, St. Luke's Psychiatric Disability Support Service and Loddon Mallee Housing identified there were a number of clients who were unable to make the next step to community living because of a lack of transitional support services. The gap between 24 hour nursing care and the four hours per week traditionally provided by Housing Support services in Bendigo was too great.

BRIEF DESCRIPTION OF SERVICE OR PROJECT

The Intensive Home Based Outreach Service was developed after practitioners, consumers and carers in the Bendigo community identified a service gap for severely mentally ill people who were seeking discharge from a local "High Needs" mental health facility. The clients had a long history of mental illness and institutionalisation which blocked their way out. At the time of discharge, these clients would be transferred from 24 hour nursing care to perhaps four hours of support a week. Clearly, a new approach was needed.

The IHBO program was initially funded as a 2 year pilot and commenced in mid 1998. After an evaluation it has since been funded for a further two years. By using partnerships with service providers and engaging the client whilst they are in the institution, a staged step down model of community entry is possible.

This flexible collaboration program allows workers to purchase resources on the client's behalf by using a brokerage budget. Services that are specific to the client's goals and needs can be purchased to assist the person back into the community. Eighteen clients have used the service over the past three years and eleven have moved on from the program and are living interdependently in the community.

**CATEGORY 2
REHABILITATION/RECOVERY PROGRAM OR SERVICE**

AWARD: **SILVER** **AUD2,000**

APPLYING PROGRAM: **Second Chance Enterprise**

FACILITY: **Second Chance Enterprises Inc.**

ADDRESS: **946 Oharru Valley Road
Johnsonville
Wellington, New Zealand**

CONTACT PERSON: **Ms Joan McMillan
Chairperson Second Chance
Telephone: 04 478 0352 Fax: 04 478 0496**

BACKGROUND DESCRIPTION OF ORGANISATION

Second Chance had its beginnings in 1989 as a modest venture at creating rehabilitation with a difference in the unused basement of Villa 6 at Porirua Hospital. Villa 6 was a ward for young men who suffered from chronic psychotic disorders. Many had dual problems associated with abuse of Marijuana. The most debilitating aspect of their illness was the negative symptom of lack of motivation.

The Nursing staff of Villa 6 examined what motivated them to come to work in the mornings. The key factors were a sense of pride in a job well done and money. With these key factors the innovative staff of Villa 6 started a small Co-operative in the basement of Villa 6 to restore furniture for sale. The profits would go into purchasing more furniture for restoration and paying a reasonable wage for the workers in the Co-op. A staff member purchased a van and donated it to the Co-op and an ex-client donated some furniture.

From these very modest beginnings Second Chance has formed a Trust and the majority of the Board consists of employees. The business moved from the basement of Villa 6 and when the ward was closed down, the staff converted a dormitory of the Oban Villa into a shop. The business expanded and moved to the old Laundry, which had to be done up by Second Chance to make it habitable and acceptable for running a business from.

The formation of a Trust enabled Second Chance to become an independent business apart from the Hospital. The Health Reforms at this time enabled the business to receive funding from the Health Funding Authority, for providing a Day Programme.

The introduction of Zoo Doo into the business from our enterprising manager, Peter Jan, has made Second Chance the successful business it is today. There is a major branch in Auckland associated with Auckland Zoo and employs 15 consumers. There are 7 franchises of Second Chance, Zoo Doo, businesses in New Zealand associated with other Mental Health rehabilitation groups. Second Chance has employed on an average in Wellington 70 mental health consumers, this year. Many of these have become full-time employees, have come off the sickness benefit, and some have even purchased their own flats.

BRIEF DESCRIPTION OF SERVICE OR PROJECT

Second Chance offers a rehabilitation service with a difference. It provides the employee an opportunity to get paid for the hours they can work. It provides a work ethic for the consumer and a

choice of work experiences from running the business, taking orders, marketing, producing the Zoo Doo, (manufacturing), mobile delivery service, restoring furniture, and selling on the shop floor.

The focus of recovery from a chronic mental health illness is on a work ethic and a feeling of pride and satisfaction in their own personal achievements.

The debilitating effects of amotivation caused from chronic schizophrenia have been eliminated through employment in a supportive environment and commitment to the business through ownership and contribution to the management of the business. There has also been a marked reduction in readmission to acute inpatient units, with acute presentation of their illness.

Six of the original employees, who have been with the business since the days of Villa 6 have not had any acute readmissions to inpatient units over the past 10 years.

The business is very successful and the only clinical involvement is when the case manager of an employee is called to see their client, if they are unwell, or they may have to attend follow up appointments.

An important point of success is to keep the “illness” away from the workplace and employees are treated with respect for their personal achievements and self-motivation.

Information can be found on our web site **www.zoodoo.co.nz**. The other web site is **www.secondchance.org.nz**

**CATEGORY 2
REHABILITATION/RECOVERY PROGRAM OR SERVICE**

AWARD: **BRONZE** **AUD1,000**

APPLYING PROGRAM: **Ruah Inreach**

FACILITY: **Daughters of Charity Services (WA) Ltd**

ADDRESS: **27 Cleaver Street
West Perth, Western Australia 6005**

CONTACT PERSON: **Sheryl Carmody
Executive Manager
Telephone: (08) 9227 7012 Fax: (08) 9227 7879
Email: docsprth@upnaway.com**

BACKGROUND DESCRIPTION OF ORGANISATION

Ruah Inreach Mental Health Service is a professional community-based support service operated under the auspices of Daughters of Charity Services (WA) Ltd.

Ruah Inreach (formerly known as the De Paul Community Support Service) had its origins in 1993 as a mental health reform initiative. Daughters of Charity Services (WA) was invited by the Health Department of WA to pilot a twelve-month outreach service for people with a psychiatric disability, to reduce hospital admissions due to social factors and to work with individuals to improve the quality of their lives.

After the twelve-month pilot, the service was significantly expanded to operate across a number of Health Regions in the Perth metropolitan area. Today Ruah Inreach is the largest non-government community-based professional support service in Perth. It has worked with approximately 800 different individuals in the eight years of operation.

Ruah Inreach Mental Health Service is a non-government professional community-based support service operating in Perth, Western Australia (WA). It provides disability and psychosocial support for people who have a mental illness or are experiencing early episode psychosis. Ruah Inreach had its origins in the early 1990s on the wave of national and state mental health reform. Consequently it reflects leading-edge principles and a paradigm of client-centred, community-based service provision incorporating both rehabilitation and recovery goals.

The agency has an impressive track record from management through to direct service delivery and community development processes. It devotes significant time to staff supervision, training and service model quality improvement. Ruah has been party to a number of significant innovative partnership services in work with: Aboriginal people; individuals and families first presenting with psychosis; and people with a psychiatric disability seeking to strengthen their links with the broader community. As an agency it has also contributed significantly to mental health reform activities in WA.

BRIEF DESCRIPTION OF SERVICE OR PROJECT

Ruah Inreach's 2000/2001 service contract with the Health Department involves four distinct programs areas and is valued at \$1.4 million:

1. A support service for people with a mental illness living in the community, that works with 140 individuals at any one time.

2. Specialist work with people presenting with early psychosis that works with 20 individuals and families at any one time.
3. Specialist recreation work, working with approximately 14 individuals at any one time.
4. Specialist work with people with a mental illness living in inner-city homeless persons hostels, working with approximately 20 individuals at any one time.

In reporting period of 1999/2000 Ruah Inreach worked with a total of 298 individuals.

The staff configuration is:

- 20 professional Community Mental Health Workers
- 1 Specialist Recreation Worker
- 1 Clinical Service Manager
- 1 Executive Manager

At the end of 1998 Ruah Inreach initiated a community development and linking program which now operates under the name **Urban Network**. This program employs 3 part-time Community Resources Workers, while the Ruah Inreach Executive Manager provides management and supervision support.

**CATEGORY 3
CONSUMER/CARER PROGRAM OR SERVICE**

AWARD: **GOLD (Tied Winner)** **AUD3,000**

APPLYING PROGRAM: **We Now Walk Tall mental health Consumer/Carer Performance Group**

FACILITY: **Murray Mallee Consumer Advisory Group**

ADDRESS: **8 Adelaide Road
Pinnaroo, South Australia 5304**

CONTACT PERSON **Jo Diorio**
Telephone: (08) 8577 8600 Fax: (08) 8577 8443
Email: jdiorio@vtown.com.au

BACKGROUND DESCRIPTION OF ORGANISATION

We Now Walk Tall (WNWT) is a mental health consumer/carer educational performance group.

Although we are a South Australian rural group based in the Hills, Mallee Southern Health Region, our members are scattered throughout the entire region. We travel regularly to the regional centre of Murray Bridge to attend workshops and rehearsals. There is a growing demand for us to travel further afield to perform.

The group's operating budget depends entirely upon successful grant applications, and minimal financial and in kind support from the Regional Mental Health Services.

Since 1998 WNWT has successfully accessed over \$30,000 to fund its activities, development, promotional material, travel costs and conference presentations. This ongoing exercise for group survival has resulted in the group developing a substantial and useful network system, which in turn has helped to promote the group as experienced performers within the mental health community.

Successful funding allocations have been obtained from: Country Arts SA; SA Mental Health Services, Disability Action (Advocacy Group); Community Benefits SA; Hills, Mallee Southern Region Health Services; LeisureLink.

Staff Numbers

1 Voluntary Unpaid Coordinator (carer member)

1 Playwright/Composer when funds are available to develop new material and for performances

1 Music Tuition Teacher to teach members guitar, keyboard and drumming skills.

10 plus group members - this varies due to members' wellness and job opportunities.

BRIEF DESCRIPTION OF SERVICE OR PROJECT

We Now Walk Tall (WNWT) mental health Consumer/Carer performance group has been developing format material based upon their personal experiences of survival since 1997. The group are responsible for writing suitable poems, songs and political satire for presentation to MH consumers/carers, professional and allied workers, and the wider community.

Via successful grant submissions, the group have accessed over \$30,000 in funding. This money has enabled the employment of well-known playwright/composer Pat Rix to help in the development of

group-members' individual and group creative/artistic skills, to a highly innovative model for education and attitudinal change. It has also made it possible for the group to travel interstate and around SA to conferences and other venues.

WNWT is rural based, with members scattered from Victor Harbor to Pinnaroo (near the Victorian border). It is necessary for members to travel to Murray Bridge to attend workshops and rehearsals (coordinator travels 6 hours to do this).

The group has recently produced a high quality promotional video and CD, and are currently negotiating funds to update their written material into a new booklet. Their previous booklet printed in 1998 (2000 copies) has been distributed throughout Australia, and is widely acclaimed.

**CATEGORY 3
CONSUMER/CARER PROGRAM OR SERVICE**

AWARD: **GOLD (Tied Winner) AUD3,000**

APPLYING PROGRAM: **Consumer Participation Program of Alfred Psychiatry**

FACILITY: **Alfred Psychiatry
The Alfred Hospital
Melbourne Vic**

ADDRESS: **c/- Waiora CMHS
600 Orrong Road
Armadale, Victoria 3143
Australia**

CONTACT PERSON: **Jon Kroschel
Consumer Consultant
Telephone: (03) 9576 2677 Fax: (03) 9576 2252
Email: J.Kroschel@alfred.org.au**

BACKGROUND DESCRIPTION OF ORGANISATION

Alfred Psychiatry (Adult) is a Community-based, mainstreamed, integrated Area Mental Health Service of Inner Metropolitan Melbourne. Funding is provided from the Victorian Department of Human Service, Mental Health Branch as an 'Area Mental Health Service'. Alfred Psychiatry has an annual budget of \$18.8 million. The catchment area covers the inner and eastern suburbs of Melbourne, of St. Kilda, Glen Eira, Port Phillip and Stonnington local council catchment areas.

The services are delivered as Community Mental Health Services through the Crisis Assessment and Treatment team (CAT), the Mobile Support and Treatment Service (MSTS), the Homeless Team, 2 x Continuing Care Teams (one situated in each clinic), the Acute Psychiatric Inpatient Units, and a residential Community Care Unit (CCU). Services are multi-disciplinary, consisting of Case-managers from disciplines of Occupational Therapists, Social Workers, Psychologists, Psychiatric Nurses, and Acute Inpatient and Residential Nursing staff. Patient Services Officers (PSO) are also employed.

All teams are supported medically by Consultant Psychiatrists, Psychiatric Registrars and Hospital Medical Officers (HMO).

Alfred Psychiatry also provides a 'Psychology Clinic' service to the General Hospital and the local community.

The services are divided into:

- 2 x 25 bed Acute Psychiatric Inpatient Units situated within the General Hospital.
- 2 x Community Mental Health Clinics that provide services to 800 active clients.
- And a 20 bed residential Community Care Unit.

BRIEF DESCRIPTION OF SERVICE OR PROJECT

The Consumer Participation Program of Alfred Psychiatry is a sophisticated, extensively integrated program that has an active consumer membership of over 100. 30 consumers currently work in a range of capacities including 'Consumer Evaluation work Teams' (Consumer Interviewers), 'Consumer run staff training Team', 'Consumer Newsletter work Team' and 'Consumer run Federally Funded Project work teams'.

It has opportunities for consumers to participate within all service aspects ('Portfolio working groups' and 'sub-committees' [total 17]), working equally alongside staff for service quality improvement. All consumers are paid for their work.

The Program has developed to be inclusive in all service 'systemic' quality improvement processes. It brings the 'Consumer Perspective' into clinical treatment meetings. It also develops projects that support and skill individuals for 'participation within their own individual treatments', without the Program stepping into individual advocacy.

All Consumer Participation Program processes are consumer driven, staff-consumer collaborative and quality improvement of service focused.

**CATEGORY 3
CONSUMER/CARER PROGRAM OR SERVICE**

AWARD: **BRONZE (Tied Winner) AUD1,000**

APPLYING PROGRAM: **Wolston Park Hospital Consumer Relocation Project**

FACILITY: **Wolston Park Hospital, Brisbane**

ADDRESS: **Wolston Park Hospital
Wacol, Queensland 4076
Australia**

CONTACT PERSON: **Ms Helen Corbett
Telephone: (07) 3271 8826 Fax: (07) 3271 8823
Email: Helen_Corbett@health.qld.gov.au**

BACKGROUND DESCRIPTION OF ORGANISATION:

Wolston Park Hospital has been until recently, the largest psychiatric hospital in Australia. Less than a decade ago Dr John Hoult, in his national survey, described it as 'the worst'.

Since that survey, considerable change has taken place at the hospital. There are no longer acute beds on campus, the hospital has reduced in size by about two thirds to under 200 patients, and many smaller decentralised community based services have opened with resources transferred out of Wolston Park Hospital. The remaining hospital is being rebuilt and is due to open early in 2002.

There has been significant cultural and attitudinal change under way at the hospital. There has been a pronounced emphasis on rehabilitation and recovery, and considerable efforts have been made to make consumer and carer participation in the service 'real'. The consumer relocation project, described in this application, is testament to the successful changes underway at the hospital.

BRIEF DESCRIPTION OF SERVICE OR PROJECT

Until the late 1990s, Wolston Park Hospital in Brisbane was the largest psychiatric hospital in Australia. A plan to downsize, redevelop and decentralise services provided by the hospital included the employment of two Consumer Liaison Officers (CLOs).

The brief of the Consumer Liaison Officers was to work with consumers and service providers through the transformation. Specifically their skills and experiences were employed to minimise adverse impacts of the changes on consumers.

Direct initiatives of the CLOs were many (information leaflets, posters, forums, individual support, pre relocation visits with consumers moving, newsletters, sexual safety courses for men and women, memorabilia/photo albums, videos, conference presentations, networking etc.).

A partnership between the CLOs and two professional service providers was a key factor in the success of the role and involved support, education, and exploration of issues.

The successful progression of many tasks throughout the changes testified to the development of a more genuine consumer carer partnership at the hospital.

**CATEGORY 3
CONSUMER/CARER PROGRAM OR SERVICE**

AWARD: **BRONZE (Tied Winner) AUD1,000**

APPLYING PROGRAM: Te Ata

FACILITY: West Auckland Mental Health Support Trust

ADDRESS: 14 Hickory Avenue
Henderson 8
Auckland, New Zealand

CONTACT PERSON: Ms Glyn Allan, Co-ordinator
Telephone: (09) 837 0671 Fax: (09) 837 0674
Email: te-ata@xtra.co.nz

BACKGROUND DESCRIPTION OF ORGANISATION

Te Ata is a consumer service – initiated by consumers, governed by consumers, operated by consumers and for consumers.

Te Ata is available to all mental health sufferers in West Auckland over the age of 18.

Te Ata is open from Tuesday to Saturday inclusive – 10.00am to 4.30pm.

Our centre is operated on a budget of \$113,500 per annum. This covers all costs. Our primary funder is the Ministry of Health with Waitemata District Health Board paying the staff wages. Our membership numbers are approximately 300. We have an average attendance of 30 people per day. Attendances and member activity/regularity depends on the needs and wellness of the individual so numbers are not static and are necessarily informal to cater for the needs of the individual. Approximately 70 people per week attend courses and organised activities. There are two staff members, their hours equal to 1.3 FTEs. Te Ata engages 15 consumer volunteers and 3 consumer tutors. Trustees have a 71% consumer representation.

BRIEF DESCRIPTION OF SERVICE OR PROJECT

Te Ata is a wonderful mental health facility in West Auckland. A group of consumers brought this centre into being, planning and nurturing it from conception to fruition. The centre is consumer run, and operated and opened in October 1998. Since that time Te Ata has thrived fulfilling a huge need in West Auckland.

The Ata offers support, recreation, courses, information and networking for people who experience mental ill health. It is a centre that members have made their own. It has a warm and welcoming environment where people find acceptance and a sense of family. Members use the centre according to their own needs that are many and varied. With a sense of safety, belonging, caring and empowerment Te Ata is successful and flourishing and a credit to a consumer initiative.

**CATEGORY 4
MENTAL HEALTH PROMOTION OR MENTAL ILLNESS PREVENTION
PROGRAM OR PROJECT**

AWARD: **SILVER** **AUD2,000**

APPLYING PROGRAM: **Youthealth Project**

FACILITY: **Northern Sydney Area Health Service**

ADDRESS: **Youthealth, Health Promotion
Block 4, Level 3
Royal North Shore Hospital
Pacific Highway
St. Leonards, New South Wales 2065
Australia**

CONTACT PERSON: **Ms Cindy Dargaville
Telephone: (02) 9926 7764 Fax: (02) 9916 7529
Email: cdargavi@doh.health.nsw.gov.au**

BACKGROUND DESCRIPTION OF ORGANISATION

The organisation is Northern Sydney Health Service (NSH). This service is responsible for the funding, organisation and delivery of public health services. The Project Management Committee is a consortium, made up of representatives from a number of key stakeholders in the area of youth and mental health. The Youthealth Project is a mental health promotion project and based within Northern Sydney Health Promotion – Lower North Shore Unit.

Northern Sydney Area includes 11 local government areas located north of Sydney Harbour from the Harbour to the Hawkesbury. NSH has a youth population aged 12-18 years of approx. 56,000. In addition there are approx. 12,000 young people coming into the area each day to attend school and colleges in the NS area. Mental health services across NS currently see less than 2% of adolescents with serious emotional difficulties. National surveys of young people report rates of serious emotional difficulties ranging from 15-20%. The services targeted include drug and alcohol, sexual health, child and family units, child and adolescent mental health services, emergency departments, paediatric units, sports health clinics, GPs, adult psychiatric services, school counsellors, education, youth centres and youth interagencies.

Funding for the Youthealth Project consisted of \$100,000 per annum for two years (1998-2000).

The evaluation (first 12 months) was conducted by two researchers from the Social Policy Research Centre

BRIEF DESCRIPTION OF SERVICE OR PROJECT

The “Youthealth” (YH) project is an innovative partnership between health service providers and young people in Northern Sydney Health (NSH). The major focus is to address access to health services and their ability to reach, attract, engage and retain young people in need or at risk. Mental Health was one of the major areas identified as not presenting services effectively to young people. It rated number one on the list of “no go areas” for youth.

YH aims to increase the capacity of services to provide appropriate youth friendly services for young people aged 14-19 years and to increase young people's awareness of these holistic health services. It also aims to encourage meaningful dialogue and consultation between paid youth consultants and service providers, planners and policy makers.

The project has four major initiatives:

- Development of guidelines on what makes services youth friendly
- Employment of youth consultants within the health system to consult with services
- Informal peer education and a Youth access workshop in schools and youth centres
- Development of a youth internet site to provide easy access to confidential health information and resources

There is health professional coordinator of the project and a youth worker who assists the coordinator. Trainers are engaged for inservice and specific skill education as needed.

**CATEGORY 4
MENTAL HEALTH PROMOTION OR MENTAL ILLNESS PREVENTION
PROGRAM OR PROJECT**

AWARD: **BRONZE** **AUD1,000**

APPLYING PROGRAM: **Tiwi Health Board Youth Services Project**

FACILITY: **Tiwi Health Board**
Tiwi Islands, Northern Territory, Australia

ADDRESS: **GPO Box 4347**
Darwin, Northern Territory, 0801
Australia

CONTACT PERSON: **Mr Terry Thommeny**
Telephone: (08) 8980 1821
Email: thommeny@tiwihealth.com.au

BACKGROUND DESCRIPTION OF ORGANISATION

This program evolved out of a direct request from the Tiwi people to assist and implement projects to assist the younger members of the communities on the Tiwi Islands. Projects range from a "Drop in Centre" Bush camps, leadership programs and participation in the Duke of Edinburgh Awards. The Youth Service is run by a Manager in Darwin, but supported by Youth Workers and Life Promotion personnel in the communities. It is self directed and motivated from and within the communities. The main slant of the service is the wellbeing of the youth in the Islands and this includes suicide prevention and support relating to spiritual/mental aspects of life. The Youth Services under the auspices of the Tiwi Health Board has been going for approximately two years. There is still a long way to go, but with the support of the Tiwis, we envisaged this passage through youth to adulthood to be as non-threatening as possible.

BRIEF DESCRIPTION OF SERVICE OR PROJECT

The Tiwi Health Board was created to empower Tiwi people to improve health by taking control of service delivery. It is one of several like bodies allocated government resources to enable communities to take control of their health. Its direction is determined by Tiwi people who use and work within the service, in conjunction with community leaders. While it came into existence in 1996, it has long been a desire of Tiwi leaders to take charge of their own health services. Several programs are under way, including clinics, and are being delivered and developed to support cultural life on the Islands, the sharing of knowledge between elders and youth, and the exploration of issues challenging youth living in a remote area of the Territory are encapsulated in the statement:

"Empowered by its people, the Tiwi stride toward a healthier life"

**CATEGORY 5
SPECIALIST SERVICE OR PART OF A LARGER SERVICE**

AWARD: **GOLD** **AUD3,000**

APPLYING PROGRAM: **Victorian Dual Disability Service (VDDS)**

FACILITY: **Mental Health programs of St Vincent's Hospital (Melbourne) and Melbourne Heath**

ADDRESS: **Victorian Dual Disability Service
c/- St Vincent's Hospital (Melbourne)
41 Victoria Parade
Fitzroy, Victoria 3065
Australia**

CONTACT PERSON: **Felicity Lawrence
Manager VDDS
Telephone: (03) 9288 2951 Fax: (03) 9288 2953
Email: lawrenfj@svhm.org.au**

BACKGROUND DESCRIPTION OF ORGANISATION

The Victorian Dual Disability Service is publicly funded through the mental health branch of the Department of Human Services and is a joint mental health initiative between St. Vincent's Hospital (Melbourne) and Melbourne Health. The Service commenced in March 1999 and is managed through the St. Vincent's Mental Health Service. The service consists of six full-time senior clinicians (from the disciplines of psychology, psychiatric nursing and medicine), a full-time consultant psychiatrist, a manager, and an administrative officer. The service aims to improve the mental health and access to service provision across Victoria for people with a dual intellectual and psychiatric disability (dual disability).

BRIEF DESCRIPTION OF SERVICE OR PROJECT

Since its inception the service has had a commitment towards establishing a culture of integration and best practice in the mental health service provision to Victorians with a known or suspected dual disability. The service spans the 21 Area Mental Health Services (AMHS) operating in Victoria and its practice reflects collaboration with consumers, families, case managers and service systems. In doing so it has facilitated a cohesive system of service delivery to consumers. The service meets its objectives through the provision of expert advice, consultation and training to AMHS staff. Improved linkages within and beyond mental health services has demonstrated itself to be an important by-product of the Service's development.

**CATEGORY 5
SPECIALIST SERVICE OR PART OF A LARGER SERVICE**

AWARD: **BRONZE** **AUD1,000**

APPLYING PROGRAM: **Counselling & Retraining for Employment (C.A.R.E.)**

FACILITY: **The Nautilus Project Inc.**

ADDRESS: **196 Liverpool Road
Enfield, New South Wales 2136
Australia**

CONTACT PERSON: **Samantha Edmonds
Telephone: (02) 9745 1529 Fax: (02) 9744 7291
Email: sedmonds@nautilus.org.au**

BACKGROUND DESCRIPTION OF ORGANISATION

The Nautilus Project Inc. is a community organisation which brings together mental health consumers, mental health and community workers and local residents to take up the practical issues affecting the day to day lives of people with psychiatric disabilities, initially in the areas of work and accommodation. From its inception Nautilus has embodied three main principles:

1. Mental health consumers participate at all levels of decision making
2. In projects operated by Nautilus, the emphasis is on providing the support and skills necessary for people to live independently in and access the resources of the wider community
3. Nautilus takes on practical action orientated projects, which have tangible benefits for people with a mental illness living in the community.

BRIEF DESCRIPTION OF SERVICE OR PROJECT

The Nautilus Project Inc. grew from a small group of people sitting up late at night writing funding submissions, in 1985, to a community-based organisation that provides pre-vocational support, training and employment services from Auburn to Sutherland and outreach to Wollongong, assisting over 200 people each year. C.A.R.E. was the first major project of Nautilus.

C.A.R.E. provides pre-vocational training and support in all areas of assistance needed to gain and maintain employment. C.A.R.E. also offers Job Rescue in which staff will advocate for and negotiate with employers on behalf of employees who experience mental health problems while at work. A large emphasis is placed on personal and self esteem development in training and on supporting and educating employers to address the stigma associated with mental illness.

C.A.R.E is currently the largest provider of these services for people with a mental illness in the Sydney area.

EXCEPTIONAL CONTRIBUTION TO MENTAL HEALTH SERVICES IN AUSTRALIA AWARD

AWARD RECIPIENT: Ms Anne Deveson, AO

NOMINATED BY: SANE Australia

CONTACT PERSON: Ms Barbara Hocking
Executive Director, SANE Australia
PO Box 226
South Melbourne, Victoria 3205
Australia
Telephone: (03) 9682 5933 Fax: (03) 9682 5944
Email: barbara.hocking@sane.org

BRIEF DESCRIPTION OF INDIVIDUAL

Anne Deveson has made an enormous contribution to raising community awareness of mental illness, particularly schizophrenia, over the past 16 years.

Through her video documentary *Spinning Out*, screened twice on ABC television, radio programs, and book *Tell Me I'm Here*, Anne has used her personal experiences and media skills to put schizophrenia and mental illness on the public agenda. She spoke out about her family's experiences at a time when others were reluctant or unable to 'go public' and she has provided consumers and carers with both leadership and support.

A founding member of SANE Australia, Anne served on the Board for 15 years and is currently a Patron. She has worked tirelessly, helping consumers and carers with media training, speaking at meetings, giving media interviews and influencing government policy through her media work and representation on government working parties and inquiries.

Anne has a rare ability to 'get on with' everyone. Her natural warmth, compassion and intelligence is admired and respected equally by consumers, carers, mental health workers, politicians and policy makers.

EXCEPTIONAL CONTRIBUTION TO MENTAL HEALTH SERVICES IN NEW ZEALAND AWARD

AWARD RECIPIENT: Professor John Werry

NOMINATED BY: Mental Health Commission, New Zealand

CONTACT PERSON: Dr Barbara Disley, Chair
Mental Health Commission, PO Box 12479 Thorndon
Floor 6, Lumley House
93 The Terrace
Wellington, New Zealand
Telephone: (04) 474 8900 Fax: (04) 474 8901

BRIEF DESCRIPTION OF INDIVIDUAL

Professor John Werry is a consultant child and adolescent psychiatrist who trained in New Zealand and Canada. He is currently working in several services across New Zealand, and is a founding trustee of the Youth Horizons Trust for severely behaviourally disturbed young persons. Professor Werry's distinguished academic and professional career includes appointments in Europe, Canada, the United States of America and New Zealand. In 1979 he was made a Fellow of the Royal Australian and NZ College of Psychiatrists. He is a prolific writer of scientific papers in child psychiatry, and editor of numerous books. For several years he was a Member of Council of the Medical Research Council, and for six years he sat on a committee of the DSM IV Task Force of the American Psychiatric Association. However, John is perhaps best known in New Zealand for his instrumental role in the establishment of the academic Department of Psychiatry at Auckland University, and for his advocacy for services for children. He has worked tirelessly to ensure young people's needs are acknowledged and addressed.

AUSTRALIAN AND NEW ZEALAND MENTAL HEALTH MEDIA AWARDS 2001

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 2001 there were 15 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.

The money awarded and expenses were generously granted by the Australian Government and New Zealand Government in recognition of the importance it gives to excellence in media reporting of mental health issues.

MEDIA AWARDS ASSESSMENT COMMITTEE MEMBERS

Chair:	Dr Roger Gurr	New South Wales
Deputy Chairs:	Lynne Dunbar	New South Wales
	Paul Dillon	New South Wales
Members:	Dr Andy Campbell	Consultant Psychiatrist, New South Wales
	Fran Cusworth	Journalist, Herald Sun Victoria
	Dr Michael Galvin	University of South Australia
	Barbara Hocking	SANE Australia, Victoria
	Ann McFadyen	Consumer Advocacy Project, Western Australia
	Mr Storry Walton	Film and television producer, New South Wales

AWARD: **PRINT** **AUD3,000**

TITLE: **“Losing It”**
Story by Jacinta Ryan
In Sunday Life! The Sunday Age Magazine

CONTACT PERSON: **Jacinta Ryan**
The Melbourne Clinic
130 Church Street
Richmond, Victoria 3121
Australia
Telephone: (03) 9420 9246
E-mail: Jacinta.ryan@sci.monash.edu.au

DESCRIPTION OF ENTRY

“Losing It” was published as the front-cover article for the October 8, 2000 edition of *Sunday Life*.

Jacinta Ryan is a registered psychologist who works in an Anxiety Day Treatment Team in Melbourne. She previously worked for more than 16 years as a print journalist. Some quotes from her description of the story:

“My aim was to provide accurate information about anxiety and normalise the experience so that readers would be less inclined to pathologies, and thus diminish, people with anxiety.”

“To avoid ethical conflict, I did not interview any people whom I had worked with as a psychologist.”

. This is how she described the inspiration for her story:

“ The seed for this story germinated last year when I facilitated two Social Anxiety Programs and a Panic Program within six weeks. In one group, were four well-groomed, intelligent, high-achieving women who began to describe severe depression, profound fear that they were frauds and elaborate routines at home and work to avoid their insecurity being exposed. Many times, when I met with the group I had to remind myself that these women were highly distressed and that I should not be seduced by their outward competence, so highly tuned over years of successfully masking their anxiety. In another group, some of the men spoke about their deep shame at having psychological difficulties, how they had to hide it from colleagues for fear their lives would be ruined and how they had retreated from friends and family because they could not find the words to share their experiences. For some, this extended to not telling family members that they were attending a treatment program.

“.....participants were often not aware they had a relatively common difficulty, that they could be helped to find ways through their problem”

“The perforative term” worried well” is often used to describe people who have access to employment, accommodation and relationships but it betrays the very real suffering, career and relationship devastation and suicidal impulses that they experience. And, it also denies them a forum for talking about anxiety and depression when on some levels it looks like they have ‘got it all together’.”