

**The Mental Health Services Conference Inc.
of Australia And New Zealand**



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

**SERVICE & MEDIA
AWARDS
2005**

**Funded By
The Commonwealth Department of
Health And Aged Care
&
The New Zealand Health Funding Authority**

AUSTRALIAN AND NEW ZEALAND MENTAL HEALTH SERVICE AWARDS

**Presented By: Dr Sev Ozdowski OAM, the Australian Human Rights
Commissioner and Acting Disability Commissioner.**

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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 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. Six panels, drawn from different disciplines including consumer and carer organisations assessed the applications. The panels are geographically spread around Australia and New Zealand. The Awards Committee may also score the entries, when necessary, e.g. if there is a conflict of interest.

A. SERVICE AND PROGRAM AWARDS

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 or is maintaining high standards of service.
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. In category 1 it must be demonstrated that consumers are the major stakeholders and in category 2 that carers/families are the major stakeholders in the development and ongoing decision making of the program
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 2005 there were 36 applications received for the following categories:

1. **CONSUMER PROGRAM or SERVICE**
2. **FAMILY/CARER PROGRAM or SERVICE**
3. **RECOVERY PROGRAM or SERVICE**
4. **SPECIALIST SERVICE or PART OF A LARGER SERVICE**
5. **DUAL DIAGNOSIS**
6. **INFANT, CHILD AND ADOLESCENT**
7. **MENTAL HEALTH PROMOTION OR MENTAL ILLNESS PREVENTION PROGRAM or PROJECT**

B. 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 (\$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
CONSUMER-RUN PROGRAM or SERVICE**

SILVER AWARD: **FINALIST**

APPLYING PROGRAM: **Consumer Advocacy Course**

ORGANISATION: **NSW Institute of Psychiatry**

ADDRESS: **Cumberland Hospital,
5 Fleet Street, North Parramatta NSW 2151**

CONTACT PERSON: **Sandy Watson
Tel: 02 9840 3833 Fax: 02 9840 3838
Email: Sandy.Watson@nswiop.nsw.edu.au**

BACKGROUND DESCRIPTION OF ORGANISATION

The New South Wales Institute of Psychiatry is a major provider of continuing professional education in mental health in Australia. The Institute was established by an Act of Parliament in 1964 and through its Board is directly responsible to the NSW Minister for Health. The Institute provides training for health care professionals, psychiatrists-in-training, consumers and staff of non-government organisations, general practitioners and the public. Many of the students work with children, adolescents and their families, people affected by mental illness, aged persons, people of culturally and linguistically diverse backgrounds and those with problematic substance use. In addition to fostering and developing mental health education, the Institute plays an active role in initiating and encouraging research into all aspects of mental health. The Institute has agreements of affiliation with several Australian universities. Many of the courses are accredited for postgraduate study and attract credit points towards Graduate Diploma and Masters programs. Approximately 400 expert lecturers, drawn from the academic, public, private, government and voluntary sectors are involved in teaching and conducting courses. This includes a growing number of consumer educators. In 2003-2004 the Institute provided education for a total of 3293 persons.

BRIEF DESCRIPTION OF THE SERVICE OR PROGRAM

The Consumer Advocacy Course provides training to any mental health consumer who is interested in consumer advocacy and representation. The course runs 3 times per annum, for 3 days, and sets a precedent in Australia by being the only regular course specifically designed to provide mental health consumers with critical knowledge about the unique features of consumer advocacy. Many consumers start a job in consumer advocacy without training or with inadequate or poor training, and are deeply confused about the lack of clarity concerning the ethics and practices that define the work they undertake. The course assists consumers to develop a clear understanding of consumer advocacy practice by sorting through ethical and theoretical difficulties that untrained consumers face, within the mental health workforce, whether that be public, private or within non-government organisations. Research is being conducted to establish the broad training needs of consumers in NSW, and to determine the effectiveness, over time, of the Consumer Advocacy Course. We also raise awareness and advocate about consumer workforce issues in NSW.

**CATEGORY 2
FAMILY/CARER-RUN PROGRAM or SERVICE**

GOLD AWARD: **WINNER \$3,000**

APPLYING PROGRAM: **Family and Carer Support Program**

ORGANISATION: **Greater Southern Area Health Service
(Formerly Southern Area Section) – MHS**

ADDRESS: **C/- Queanbeyan District Hospital and MHS
Collette Street, Queanbeyan NSW 2620**

CONTACT PERSON: **Stephen Brand
Tel: 02 6124 9872 Fax: 02 6299 6363
Email: stephen.brand@sahs.nsw.gov.au**

BACKGROUND DESCRIPTION OF ORGANISATION:

The Family and Carer Support Program is funded to \$115K per year by the NSW Dept of Health through the Centre for Mental Health. The Project was originally established only within the Queanbeyan/Monaro Sector of the former Southern Area Health Service (SAHS) in 2002, but was adapted to be applied to the whole Area in 2003. The former SAHS has now been amalgamated with the Greater Murray AHS, however at present the program continues only to function in the former Southern Area. The funds and the governance are controlled by the Mental Health Services of the Former SAHS with a Management Committee comprising local Mental Health Service senior staff, (one of whom chairs and is budget holder), local agencies, ARAFMI, carers and consumers. The former SAHS covers 52,200 square kilometres with a population of 187117. To the east the border is the ocean from Batemans Bay to Eden, the north; Young, Boorowa, Crookwell, the south; the Victorian border, the west; the Snowy and Brindabella Mountains. The Area does not include the ACT. The Program has a coordinator (three day a week consultant), two part time family and carer support workers and casual administrative staff and conducts a Student Training Unit which supervises up to 10 students per year from universities, TAFEs and other colleges. The program presently covers 9 towns. During 2004 the program conducted 124 community education programs/groups, to a total attendance of over 1500, contacting over 600 families, with over 90 items in local press, 137 attendances to the young people's program and answered 586 phone inquiries.

BRIEF DESCRIPTION OF SERVICE OR PROJECT:

This program supports and complements the work of the mental health clinical teams in a diverse rural area by working to improve the well-being of families and other carers plus people experiencing mental illness. This is achieved through the provision of psycho-education and group support to families and the facilitation of practical, emotional and community support. The program provides information, education and assistance to health service providers, educational organisations, community agencies, service clubs and community groups. The program aims to increase mental health literacy and thereby increase local community capacity to respond effectively to the needs of families and carers. The program provides a sustainable, cost efficient and effective service to diverse communities. It operates on the principle of acknowledging that families, carers and communities add genuine value to health service delivery and by providing support and education to these groups, the health and well being of these families will be improved and by providing education and information to communities, stigma to people with mental illness will be reduced.

CATEGORY 3 RECOVERY PROGRAM or SERVICE

SILVER AWARD: **FINALIST**

APPLYING PROGRAM: **The Kokiri Ka Taea (Go Forth and Achieve) Program**

ORGANISATION: **Te Korowai Aroha**

ADDRESS: **17 Sultan Street, Ellerslie
Auckland, NEW ZEALAND**

CONTACT PERSON: **Barbara Anderson
Tel: +64 9 526 0320 Fax: +64 9 526 0329
Email:Barbara.Anderson@tekorowaiaroha.
org.nz**

BACKGROUND DESCRIPTION OF ORGANISATION:

Te Korowai Aroha is a New Zealand non-profit organisation dedicated to improving the mental wellness of individuals within their communities; (a community based non-governmental mental health organisation). In Maori culture, 'te korowai aroha' represents a shelter or refuge, place to rest, revive, grow strong and resotre to good health. In the Christian context, the term describes the mantle of God's grace providing the unconditional love and hospitality which affirms the person, restores positive hope and aids recovery. Te Korowai Aroha is a division of Baptist Action Trust. It has served the Auckland region for over 30 years. Te Korowai Aroha operates from a 'strengths' perspective, using Charles Rapp's Strengths Model. Te Korowai Aroha has a budget of 5.5 million. Funding sources include government contract, health, welfare, education and philanthropic trusts. Te Korowai Aroha has 93 full time equivalent (FTE) staff and close to 400 active clients.

BRIEF DESCRIPTION OF SERVICE OR PROJECT:

The Kokiri Ka Taea (*Maori Translation: Go Forth and Achieve*) Program was implemented as part of a Te Korowai Aroha initiative to maximise recovery and community integration for people who have had an experience of mental illness through the collective experience of group work. The Korkiri Ka Taea program offers a group program operating from existing venues in the community. The central tenet of the Kokiri Ka Taea program is empowerment at both the individual and group level. This is achieved by encouraging and supporting active participation in the group process. The group work approach is structured such that group members identify and define responsibilities required to maintain functioning of the group and nominate members to fulfil these roles. The group facilitators' role is to actively include group members and gradually withdraw themselves from the decision-making processes and responsibilities of the group. Both individuals and groups have benefited from this way of working.

**CATEGORY 4
SPECIALIST SERVICE or PART OF A LARGER SERVICE**

GOLD AWARD: WINNER \$3,000

APPLYING PROGRAM: Youthlink

ORGANISATION Southern Child & Adolescent Mental Health Service, Southern Adelaide Health Services

ADDRESS: CAMHS Flats, c/- Flinders Medical Centre, Bedford Park SA 5042

**CONTACT PERSON: Ann Crago
Tel: 08 8375 6009 Fax 08 8375 6001
Email: ann.crago@fmc.sa.gov.au**

BACKGROUND DESCRIPTION OF ORGANISATION:

Southern Child & Adolescent Mental Health Services (CAMHS) is a community-based child and adolescent mental health service operating with an “open door” policy. It provides therapeutic, prevention and mental health promotion support to a wide range of children and families experiencing mild through severe mental health problems across the southern metropolitan and country areas of South Australia. It has a family therapy and systemic orientation, although children or parents may be seen individually for part or whole sessions. Approximately one third of children have severe or complex problems and receive extended treatment. Another third attend for assessment only and the remaining third receive brief therapy. Southern CAMHS has a core staff of 50 people, situated in four main teams and six locations. It is a core funded government service through the SA Department of Health, and also runs both state and federally funded mental health projects from time to time. Its annual operating budget is 4 million dollars. On an annual basis, CAMHS would service approximately 3,200 clients for assessment with the majority for ongoing therapy of both a short or long-term nature.

BRIEF DESCRIPTION OF SERVICE OR PROJECT:

Youthlink is a mobile early intervention mental health service for young people 16-19 years of age experiencing significant mental health problems, living in the southern region of Adelaide. It commenced in August 2000, initially as a pilot project - a collaborative endeavour between Southern CAMHS and adult mental health (AMH) services. It endeavours to bridge the frequently occurring gap between child/adolescent and adult mental health services at a time when many serious mental health problems first appear and young people are less likely to initiate contact with services. The goal of Youthlink is to improve the access and availability of mental health and support services to young people, and their families/carers, through providing a service that demonstrates greater youth understanding, along with the capacity to be more responsive, mobile, flexible and aware of youth support services. The focus of the service is rapid response, effective engagement, assertive therapeutic intervention with an emphasis on recovery, and the establishment and maintenance of appropriate linkages of clients to support agencies, services and networks. It provides short-term intervention, before linking young people to ongoing services and support structures.

CATEGORY 4 SPECIALIST SERVICE or PART OF A LARGER SERVICE

SILVER AWARD:	FINALIST
APPLYING PROGRAM:	St. Vincent's Mental Health Service Extra Care Unit Program Review
ORGANISATION:	St. Vincent's Hospital <u>Health</u> (Melbourne)
ADDRESS:	46 Nicholson Street, Fitzroy VIC 3065
CONTACT PERSON:	Anna Love Tel: 03 9288 4673 Fax: 03 9288 4802 Email: <u>lovea@svhm.org.au</u>

BACKGROUND DESCRIPTION OF ORGANISATION

St. Vincent's Mental Health Service is a publicly funded area mental health service under the auspices of the Sisters of Charity Health Service, Melbourne. It is responsible for the management of an adult area mental health service including a 44 bed acute inpatient service, two community mental health centres, each with approximately 350 registered consumers, a 20 bed community care unit and extended residential rehabilitation service. There are approximately 188 EFT clinical staff and a budget of \$21,500,000 provided by the Department of Human Services, Victoria. The SVMHS also has responsibility for the following Victoria-wide, and specialist regional mental health services: the Victorian Dual Disability Service, The Victorian Transcultural Psychiatry Unit, the Northern Dual Diagnosis Service, The ~~Inner Urban East-Yarra Boroondara~~ Primary Mental Health and Early Intervention Service, the Victorian Aboriginal Mental Health inpatient service, and the North-East Victoria Training Cluster (NEVIL)

BRIEF DESCRIPTION OF THE SERVICE/PROGRAM:

The St. Vincent's Mental Health Service (SVMHS) Extra Care Units (ECU) are ~~locked-secure~~ units which provide psychiatric intensive care to acutely psychotic and/or suicidal patients within a 44 bed adult acute inpatient service. In 2002, SVMHS recognized the need to conduct a review process and implement changes that would ensure the provision of best practice in these units. A nurse was employed as ECU Coordinator, to conduct the review process and to facilitate the development of a best practice model of care for the ECU. An Extra Care Unit Advisory Committee was formed. Its terms of reference were intended to support the development of the new position of ECU Coordinator and to ensure that SVMHS was ~~providing-utilizing~~ best practice principles, in providing -a safe environment for both patients and staff and ~~ensuring~~ that treatment was provided in the 'least restrictive environment' as required by the Victorian Mental Health Act (1986). The SVMHS ECU Program is innovative, unique and successful as evidenced by its sustained improvement of treatment, programs, activities and physical environment over time.

CATEGORY 5 DUAL DIAGNOSIS

GOLD AWARD: **WINNER \$3,000**

APPLYING PROGRAM: **Northern NEXUS Dual Diagnosis Service**

ORGANISATION: **St. Vincent's Health (Melbourne)**

ADDRESS: **Level 2, Bolte Wing, 14 Nicholson Street,
Fitzroy VIC 3065**

CONTACT PERSON: **Michelle Plozza**
Tel: 03 9288 2375 Fax: 03 9416 0265
Email: plozzam@svhm.org.au

BACKGROUND DESCRIPTION OF ORGANISATION:

In 2000, The Mental Health Branch of the Department of Human Services in partnership with the Drugs and Health Protection Branch of the Public Health Division jointly funded a new initiative focusing on people with concurrent mental illness with problematic substance use (dual diagnosis). As part of this initiative, Northern NEXUS and 3 other statewide dual diagnosis services have been formed to improve the responses of mental health and drug treatment service to people with a dual diagnosis. Northern NEXUS was initially funded for 3 EFT and a 0.2 consultant psychiatrist. The brief was to provide dual diagnosis clinical advise, training and support to Adult Mental Health (MH), Alcohol and Drug (AOD) and Psychiatric Disability Rehabilitation Support Services (PDRS) in the municipalities of Yarra, Boroondara, Nillumbik and Banyule (approximate combined population of 400,000), as well as to the rural regions of Bendigo / Loddon Mallee Campaspe and Mildura / Northern Mallee (approximate population of 320,000). The service is jointly auspiced by St Vincent's Mental Health Service, St Vincent's Department of Drug and Alcohol Studies and Turning Point Alcohol and Drug Centre. In 2003, the Department provided additional funding to extend the Northern NEXUS adult service to include a youth specific program staffed by two senior clinicians. Key stakeholders for the youth initiative were identified as Child and Adolescent Mental Health Services (CAMHS) and Youth Alcohol and Drug Services (YADS). Northern NEXUS is currently staffed with 5.4 EFT, a consultant psychiatrist 0.2 and a psychiatric registrar 0.2 (rotating quarterly), in addition to 1 EFT in Bendigo and 1 EFT in Mildura (Appendix 1) and operates with a budget of \$476, 000.

BRIEF DESCRIPTION OF SERVICE OR PROJECT:

St Vincent's Mental Health (SVMHS) provides an innovative Dual Diagnosis Service as part of the Victorian Dual Diagnosis Initiative. Northern NEXUS offers a range of service strategies aimed at building the capacity of stakeholders to work with dual diagnosis consumers to collaboratively achieve improved outcomes across the Mental Health (MH), Alcohol and Drug (AOD) and Psychiatric Disability Rehabilitation Support Service (PDRS) sectors. SVMHS recognizes that consumers with multiple problems and complex needs are part of every clinician's everyday practice. Northern NEXUS works to develop sustainable skills, resources and organisational structures across the health care sector via collaborative clinical interventions, education and training, service development, and ongoing research and evaluation. Because the experience, focus and needs of our stakeholders are broad, we deliver our interventions flexibly, while working towards developing core competencies in dual diagnosis across the health care sector.

**CATEGORY 6
INFANT, CHILD AND ADOLESCENT**

GOLD AWARD: WINNER \$3,000

APPLYING PROGRAM: Supporting Kids

ORGANISATION: Upper Murray Family Care

**ADDRESS: 29 Stanley Street
Wodonga VIC 3690**

**CONTACT PERSON: Emily Szakacs
Tel: : 02 60247711 Fax: 02 60247611
Email: emily.szakacs@wrhs.org.au**

BACKGROUND DESCRIPTION OF ORGANISATION

Supporting Kids developed five years ago as a collaborative effort by a number of service providers and consumers in response to the identification of an unmet need in the support of children who have a parent with a mental illness. Initially service providers committed a sum of \$2000 each to fund a needs analysis in conjunction with La Trobe University. Further funding was sourced from Central Hume Primary Care Partnerships and Hume Region Department of Human Services. A partnership was also developed with Eastern Health Mental Health Service in Melbourne to run Vic CHAMPS funded through Vic Health, Beyond Blue and Department of Human Services mental health branch. Five holiday programs, three peer support programs and two camps have been delivered involving 35 children and 22 families. The two project workers have also worked with agencies to build their capacity to respond to children who have a parent with a mental illness

BRIEF DESCRIPTION OF SERVICE OR PROJECT:

Supporting Kids is a partnership of agencies and parents working together to understand and address the needs of children who have a parent with a mental illness. It aims to improve service delivery to these children in the Eastern Hume Region of North East Victoria. Initially service providers committed a sum of \$2000 each to fund a needs analysis and run a small pilot project with La Trobe University as the research partner. The success of the well evaluated pilot project and the collaboration between agencies and consumers resulted in further funding being sourced. Supporting Kids is now delivering a number of programs for children who have a parent with a mental illness and is recognised as a leading example of collaborative partnerships and evidence based practice in meeting a previously unmet need.

**CATEGORY 6
INFANT, CHILD AND ADOLESCENT**

SILVER AWARD: FINALIST

**APPLYING PROGRAM: Central Coast Young ARAFMI Kids
Konnecting Young People Connecting
Parents Connecting Programs**

ORGANISATION: Central Coast ARAFMI

**ADDRESS: Cottage 5, 20-22 Kincumber St
Kincumber NSW 2251**

**CONTACT PERSON: Rhonda Wilson
Tel: 02 43694233 Fax: 02 43631069
Email: ccarafmi@bigpond.net.au**

BACKGROUND DESCRIPTION OF ORGANISATION

Central Coast ARAFMI is a non-government family support organisation which is carer driven. CC ARAFMI has developed and provides services, which are innovative and have direct benefits and positive outcomes to carers. Our organisation provides education, counselling, support, advocacy and respite for families and carers of people with a mental illness and is delivered via four programs. Programs include; Family Support, Carer Consultants, Recreation & Leisure program for consumers and a Young ARAFMI program for young carers. These services are available to a Central Coast population of approximately 300,000 the Central Coast being one of the fastest growing areas in NSW covering Gosford and Wyong LGA's.

BRIEF DESCRIPTION OF SERVICE OR PROJECT:

Young ARAFMI was born from the experience of on-the-ground workers who saw a distinct group of invisible carers in children and adolescents. Conversations with young people give workers a unique insight into the impact of living in a family where there is mental illness. From getting up in the morning, going to school, having friends over, homework, eating, sleeping and worrying, workers provide support which paves the way for children to deal with life in a positive way. Supporting children individually, through Kids Konnecting, Young People Connecting and Parents Connecting groups, are key elements to this service. Group sessions are written utilising extensive evaluation processes and the expertise of young people in the development of these groups. Young ARAFMI is innovative and self evolving, using the skills and passion of our workers and the expertise and enthusiasm of the children in breaking new ground in preventative mental health programs.

**CATEGORY 7
MENTAL HEALTH PROMOTION OR MENTAL ILLNESS
PREVENTION PROGRAM or PROJECT**

GOLD AWARD: WINNER \$3,000

APPLYING PROGRAM: Festival for Healthy Living Program

ORGANISATION Royal Children's Hospital Mental Health Service

ADDRESS: Travancore Campus,
50 Flemington Street, Flemington, VIC

CONTACT PERSON: Harry Gelber
Tel: 03 9345 6011 Fax: 03 9345 6010
Email: harry.gelber@rch.org.au

BACKGROUND DESCRIPTION OF ORGANISATION:

The Royal Children's Hospital Mental Health Service (RCH MHS) is an integrated service for children and young people, who are in need of mental health services and who are living in the Melbourne Western metropolitan region and the north western corridor. RCH MHS delivers a range of quality services to its clients across 6 north western locations by a service model that incorporates a central location, hub, and community locations, spokes and satellites, as well as providing a range of consultative services to the broader community. RCH MHS provides consultation, assessment and treatment services, including individual and family therapy, case management, group programs and inpatient treatment. Within this context, it also conducts research and contributes to education, training and development at a broader level. The service has a budget of over nine million dollars which it receives from the Department of Human Services. It employs one hundred and sixty staff both full-time and part-time and accepts approximately fifteen hundred new cases every year.

BRIEF DESCRIPTION OF SERVICE OR PROJECT:

The Festival for Healthy Living (FHL) is an innovative health promotion program, focusing on promoting wellbeing of children and adolescents in primary and secondary schools. Beginning in 1998 as a collaboration between the Royal Children's Hospital Mental Health Service and the Department of Education, the Festival has grown consistently both in the number of schools and regions participating and in the depth and breadth of their involvement. To date, forty nine schools have participated in the Festival program impacting on over five thousand students, beginning in the Western Metropolitan region, then expanding to other regions including the Northern Metropolitan region, Loddon-Mallee, Grampians regions and more recently, in the Eastern Metropolitan region. Further regions and clusters of schools in Gippsland and in Southern region are being inducted as "apprentices" this year, with a view to full participation in 2006. The Festival has proven to be transferable to a range metropolitan and rural settings.

**CATEGORY 7
MENTAL HEALTH PROMOTION or MENTAL ILLNESS
PREVENTION PROGRAM or PROJECT**

SILVER AWARD:	FINALIST
APPLYING PROGRAM:	SKIPS (Supporting Kids in Primary Schools)
ORGANISATION:	Eastern Access Community Health (EACH) and Eastern Health
ADDRESS:	EACH, 46 Warrandyte Rd Ringwood, VIC 3134
CONTACT PERSON:	Becca Allchin Tel: 03 9871 3224 Fax: 03 9871 3876 Email: rebecca.allchin@maroondah.org.au

BACKGROUND DESCRIPTION OF ORGANISATION:

Eastern Access Community Health (EACH)

- is a diverse and innovative primary health care service provider
- employs 279 staff
- operates sixty-seven programs across Melbourne's east
- has its major focus of service provision in the Maroondah, Knox and Yarra Ranges municipalities
- also services the cities of Boroondara, Whitehorse, Manningham and Monash through its regional services, like Gambler's Help Eastern and Financial Counseling. Eastern Health Mental Health Program provides mental health services to the eastern region of Melbourne. These services are publicly funded, and include crisis services, inpatient care, community/outpatient, rehabilitation and residential services. The Mental Health Program employs over 600 staff, using a budget of over \$50 million.

BRIEF DESCRIPTION OF SERVICE OR PROJECT:

Supporting Kids In Primary Schools (SKIPS) is a mental health promotion program run in primary schools in the outer eastern suburbs of Melbourne in a partnership between Eastern Access Community Health and Eastern Health Mental Health Program. This unique program deals directly and honestly with the issue of mental illness in families and how primary schools support the children in those families. One in five adults will suffer mental illness at some time. Many have children at primary school. SKIPS gives schools straightforward information about mental illness. The program consists of:

- Two workshops for the whole school staff giving teachers:
 - an understanding of the impact that mental illness in the family has on children
 - confidence in supporting those families and children
 - practical strategies.
- Three classroom sessions for grade 5 and 6 children giving children:
 - an understanding of mental health and illness
 - appropriate language for talking about mental illness.

A parent information session is also offered so that parents know what their children are learning.

**CATEGORY 7
MENTAL HEALTH PROMOTION or MENTAL ILLNESS
PREVENTION PROGRAM or PROJECT**

SILVER AWARD: **FINALIST**

APPLYING PROGRAM: “Koping Kids Kall Out CD” – The Koping CD Project

ORGANISATION: Child & Youth Mental Health Service, Royal Children’s Hospital and Health Service District (CYMHS RCH & HSD)

ADDRESS: Cnr Rogers & Water Sts,
Spring Hill, QLD 4011

CONTACT PERSON: Shirley Anastasi
Tel: 07 3835 1472 Fax : 07 3839 9607
Email : Shirley_anastasi@health.qld.gov.au

BACKGROUND DESCRIPTION OF ORGANISATION

In 2002, the Royal Children’s Hospital Child and Youth Mental Health Service established and “championed” the Koping Project as an early intervention resource to prevent children of parents with a mental illness developing problems themselves. The KOPING Project is currently funded for two years to support children, young people and families who may access services across the wider community including child and youth services, adult mental health services, general health services and community agencies. The KOPING Project provides resources and supports across three health service districts including the Royal Children’s Hospital, the Royal Brisbane and Women’s Hospital, the Prince Charles Hospital, and associated Health Service Districts. The three districts provide services to a combined population of approximately 600,000. As the KOPING Project has a health promotion, prevention and early intervention focus, the clients accessing the resources and activities are not required to be active clients. The clients are identified within child and adolescent and adult populations, and may move in and out of activities as they wish. The Koping Project is a unique project within Queensland Health, with the position being located in one health district only, and having one Project Officer position.

BRIEF DESCRIPTION OF THE SERVICE / PROGRAM

The “KOPING Kids Kall Out” CD is the product of a project involving graduates of the Koping Adolescent Peer Group, a peer support program designed to assist young people cope with the challenges, emotions and experiences of living with a parent with a mental illness. The CD contains three original songs, written and performed by a group of seven young people aged 12- 16 years. One of the main aims of the project was to support young people in overcoming the effects of the social isolation and alienation which are often experienced in many cases of parental mental illness. Ultimately, the key driving force behind this project was the young people’s willingness to share their experiences with the aim of helping others who may be in similar situations. The CD has been distributed across Australia and is being used to raise awareness of the issues impacting on children of parents with a mental illness.

EXCEPTIONAL CONTRIBUTION TO MENTAL HEALTH SERVICES IN AUSTRALIA or NEW ZEALAND

AWARD WINNER:

**Barbara Wieland
Service Director**

ORGANISATION:

**Central Northern Adelaide Health Service,
Mental Health Division, Northern
63 Commercial Road, Salisbury, SA 5108
Tel: 08 8282 0500**

BRIEF DESCRIPTION OF THE AWARD RECIPIENT

Barbara Wieland (Barb as she is known throughout the service) has been instrumental in the implementation of mental health reform agendas in northern metropolitan Adelaide over the past decade, developing service delivery models in Adult and Aged Care Mental Health Services. She has enthused and led a dedicated team of mental health workers in the development, implementation and evaluation of innovative programs that have become exemplars for other mental health services across South Australia and interstate: The Borderline Personality Disorder Programme that provides a treatment model for consumers, and a training module for workers; The Exceptional Needs Programme for consumers who have multi faceted problems which require the involvement and collaboration of numerous services. A major achievement has been Barb's advocacy for consumers and carers, empowering them to take control of their illness and to own their own destiny, and has worked with them to incorporate their views and concerns when planning services. She works in one of the 8 most disadvantaged areas in Australia and continually works collaboratively with many government and non government agencies to meet the needs of mental health consumers.

This year, under Barb's leadership, the Northern Mental Health Service received a recommendation for 4 year's accreditation from the Australia Council for Healthcare Standards (ACHS). The surveyors commended the Northern Mental Health Services for its achievements in consumer and carer involvement in planning services and their delivery and its ability to engage stakeholders in service delivery. Barb has seen massive changes in the treatment of people with a mental illness and feels it is a privilege to participate in the ongoing quest to keep improving mental health services

Barb has been an integral part of the development of mental health services within South Australia, holding a number of senior roles in mental health over the years, including Director of Nursing, Glenside Hospital and Executive Director Mental Health Services, Lyell McEwin Health Service. Currently Barb is Service Director of the Northern Mental Health Services, Central Northern Adelaide Health Service.

EXCEPTIONAL CONTRIBUTION TO MENTAL HEALTH SERVICES IN AUSTRALIA or NEW ZEALAND

AWARD WINNER: **Barbara Disley**
Auckland, New Zealand

ORGANISATION: **CEO – Group Special Education**
Ministry of Education in New Zealand

BRIEF DESCRIPTION OF THE AWARD RECIPIENT

Dr Barbara Disley worked extensively in the fields of mental health and in special needs. In her extremely active career in human services, she has demonstrated a rare combination of humanity, intellect, organisational ability and strategic understanding that enables her to see hope where others might despair and achieve results where others might flounder. She is an Educational Psychologist and gained a PhD with a thesis on teaching vocational skills to people with intellectual disabilities. Before coming to New Zealand Barbara worked in a variety of settings including being a Social Educator at Marsden Hospital in Sydney, a Manager of Staff Training and a Regional Advisor for a Community Health programme in NSW.

In the early 1990's Barbara entered the field of Mental Health taking up a position as Deputy Director in the Mental Health Foundation of New Zealand which at the time was the umbrella organisation for the nascent NGO sector. With her special efforts and abilities Barbara became involved in the Foundation as it lead the growing charge to alter and improve mental health services in the country. It played a significant part in focussing the attention of politicians on the needs of mental health consumers, through advocacy and mental health promotion and prevention and maintained its viability duuring the process shifting to a purchaser/provider split in Health. It was during latter period of the 1990's however when Barbara became the first Chair of the newly founded Mental Health Commission of New Zealand that her most significant work in the Mental Health field was achieved and the combination of her unique abilities found expression in creating the basis for changing the landscape of Mental Health throughout the country.

Barbara was able to wend her way through the complexities of the political mine field and those inherent in our sector. Based on the Ministry of Health's National Strategy for Mental Health she and her team produced a number of core documents that literally provided that lattice work for a "Way Forward" in Mental Health. The most important document was the national "Blueprint" for the development of Mental Health which not only specified the range of services both public and NGO that needed to be provided to the general population but the staff profiles and recovery based philosophy to sustain them. Working in partnership with Janice Wilson, the Deputy Director General of Mental Health in the Ministry of Health, successive Health Ministers, consumers, families, clinicians and providers Barbara exerted both a strategic and practical influence the result of which are still being reaped by the Mental Health sector in New Zealand and further afield. While turning again in 2002 to her original field of Special Education as the CEO of Group Special Education for the Ministry of Education in New Zealand, Barbara continues to have an active interest in and advocacy for Mental Health.

AUSTRALIAN AND NEW ZEALAND MENTAL HEALTH SERVICE

MEDIA AWARDS 2005

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 2005 there were 23 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 the New Zealand Government in recognition of the importance it gives to excellence in media reporting of mental health issues.

BROADCAST MEDIA

GOLD AWARD: **WINNER \$3,000**

TITLE: **Beating the Black Dog & Messing with Heads**

ORGANISATION: **ABC TV,
Four Corners**

JOURNALIST: **Janine Cohen
Alec Cullen
Sandra Harvey
Sally Virgoe
and
Four Corners Team**

ADDRESS: **400 Harris St
Ultimo, NSW 2007**

CONTACT PERSON: **Janine Cohen
Phone 0418 968 897 Fax:02 8333 4755
Email: janinecohen@hotmail.com**

DESCRIPTION OF ENTRY:

Two 'Four Corners' television documentaries look at the issue of mental illness. "Beating The Black Dog" follows four people with depression. "Messing with Heads" looks at the impact of chronic cannabis use on young people. Four Corners received a huge response to the first documentary "Messing with Heads" after its broadcast on March 7, 2005 with about 1700 people taking part in the online forum discussion that night followed by hundreds of telephone calls and emails including health professionals. Most rewarding was the number of young people and their families who sought help and advice after the program.

A similar response came from people all over Australia after the broadcast of "Beating the Black Dog".

This body of work was made by a Four Corners team lead by reporter/producer Janine Cohen who has been with four corners for over ten years.

PRINT MEDIA

GOLD AWARD: **WINNER \$3,000**

TITLE: **Shame of our Forgotten People**

ORGANISATION: **Sunday Age Newspaper
250 Spencer St
Melbourne, VIC 3001**

JOURNALIST: **Peter Ellingsen**

CONTACT PERSON: **Peter Ellingsen
Tel: 0408 125 076
Email: pellingsen@theage.com.au**

DESCRIPTION OF ENTRY:

In December, 2004, Peter Ellingsen began an investigative series into mental health in Victoria, which brought together experts and decision-makers exposing gross inadequacies and led to a government rethink of resourcing. The Sunday Age published a series on mental health, The Shame of the Forgotten People, in December 2004. It was the product of several weeks research into the issues surrounding the mentally ill, and the way in which the system had evolved in the 12 years since Brian Burdekin bought down his landmark Human Rights and Equal Opportunity Commission report. In order to provide some momentum to the series, Burdekin was invited to return to Australia from his work abroad for the United Nations to chair a roundtable discussion held at the Sunday Age into the ways the mental health system might be improved. We also looked at mental health in prison, the link with the unavailability of housing and the scarcity of care in the community. The stories also focused on individual cases by getting sufferers to tell their personal stories. The picture was a powerful one of neglect and abuse. The stories strongly resonated with readers, who wrote in with their accounts and reactions, with carer and NGO groups, and with Government, which subsequently boosted mental health in the state budget by \$180 million over four years. The Sunday Age is continuing its coverage of mental health issues.

SERVICE AWARDS ASSESSMENT COMMITTEE MEMBERS

Chair:	Roger Gurr	New South Wales
Deputy Chair:	Lynne Dunbar	New South Wales
Co-ordinator:	Douglas Holmes	New South Wales
Members:	Robert Bland	Tasmania
	Stephen Brand	New South Wales
	Tony Colechin	New South Wales
	Anne-Lyse De Guio	New South Wales
	John Farhall	Victoria
	Ellie Fossey	Victoria
	Julia Hennessy	New Zealand
	Gilllian Holt	New South Wales
	Rhoda Immerman	New South Wales
	Sam Jansons	South Australia
	Vaidyanathan Kalyanasundaram	Queensland
	Robert King	Queensland
	Nick Kowalenko	New South Wales
	Leonie Manns	New South Wales
	Graham Martin	Queensland
	Paula Morrow	Western Australia
	Shane Munn	New Zealand
	Tony Ovidia	New South Wales
	Arana Pearson	Victoria
	Janet Peters	New Zealand
Tim Robinson	Victoria	
Phil Robinson	South Australia	
Cath Roper	Victoria	
Andrea Taylor	New South Wales	
Barbara Wieland	South Australia	
Shirley Wigan	Queensland	
Cheryl Wistow	Queensland	

MEDIA AWARDS ASSESSMENT COMMITTEE MEMBERS

Chair:	Dr Roger Gurr	New South Wales
Deputy Chairs:	Lynne Dunbar	New South Wales
	Paul Dillon	New South Wales
Co-ordinator	Douglas Holmes	New South Wales
Members:	Warwick Blood	ACT
	Andy Campbell	New South Wales
	Catharine Campbell	New South Wales
	Kerrie Dissegna	New South Wales
	Dick Gilling	New South Wales
	Barbara Hocking	Victoria
	Andrea Kincade	Victoria
	Jenny Mackellin	New South Wales