THE MENTAL HEALTH SERVICE AWARDS OF AUSTRALIA AND NEW ZEALAND CEREMONY
8th FEB 2021

2020 AWARDS
SERVICES & PROGRAM AWARDS

Education, Training or Workforce Development Award
Black Dog Institute

Lived Experience Leadership Award
World of Difference: Service user education and research team, University of Otago Wellington

Mental Health Promotion or Mental Illness Prevention Award
Shooting Stars

Mental Health Promotion or Mental Illness Prevention Award
Cracks in the Ice, Matilda Centre, University of Sydney

Therapeutic and Clinical Services Award
Alfred Health, Child and Youth Mental Health Service
General Award
North West Area Mental Health Service

RESEARCH AWARDS

Early Career Research Award
Lauren Gardner

Early Career Research Award
Kate Filia

The Tom Trauer Evaluation and Research Award
The Project Synergy R&D Team, Brain and Mind Centre, The University of Sydney

The Tom Trauer Evaluation and Research Award
Professor Susan Cotton

MEDIA AWARDS

Sound and Vision Journalism Award
Adam Dudding

Text and Online Journalism Award
Bridget Judd

Special Media Journalism Award
Guled Mire and Veena Patel
### OUTSTANDING CONTRIBUTION AWARD

**Exceptional Contribution Award**  
Neil Turton-Lane

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### 2020 THEMHS AWARDS JUDGES

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EDUCATION, TRAINING OR WORKFORCE DEVELOPMENT AWARD

Black Dog Institute
Youth in Distress: Managing Suicidality and Self-harm - Upskilling the School Counselling Workforce

The Black Dog Institute is dedicated to understanding, preventing and treating mental illness. We are about creating a world where mental illness is treated with the same level of concern, immediacy and seriousness as physical illness; where scientists work to discover the causes of illness and new treatments, and where discoveries are immediately put into practice through health services, technology and community education.

Black Dog Institute partnered with the NSW Department of Education to develop “Youth in Distress: managing suicidality and self-harm”, a 6-hour face to face training program for school counselling staff. The program was developed in a collaborative effort between Black Dog Institute’s researchers, educators, lived experience representatives and clinical subject matter experts along with the Department’s school counselling staff.

The aim of the new program is for school counselling staff to undertake a suicide risk assessment effectively, develop a collaborative safety plan, implement a team approach to treatment planning, provide effective management following a suicide attempt and identify strategies for self-care.

Beginning in December 2017 and finishing in July 2018 Black Dog Institute’s expert clinical facilitator team delivered 39 workshops across NSW within a 6-month period, reaching 1046 participants. The training has become an ongoing professional development for the Department of Education NSW as well as Department of Education ACT, several NSW Catholic Diocese and Independant School Networks in NSW.

The Youth in Distress training achieved statistically significant shifts in participant knowledge and confidence in:

- Undertaking a suicide risk assessment effectively
- Developing a collaborative safety plan
- Implementing a team approach to treatment planning
- Providing effective management following a suicide attempt
- Identifying strategies for self-care

These shifts were maintained at 3-month follow ups as well as the training having high ratings of satisfaction and relevance to practice.
• 92% found the overall quality of the training to be excellent
• 92% found the training extremely relevant.

Contact: Alexandra Richardson a.richardson@blackdog.org.au
LIVED EXPERIENCE LEADERSHIP AWARD

World of Difference: Service user education and research team
University of Otago Wellington
World of Difference: Service user education and research team

In 2011 the Department of Psychological Medicine, University of Otago Wellington committed to service user engagement in their psychological medicine education and research programmes through the employment of a service user academic (0.4FTE). Since that time, through the securing of external funding in support of service user-led and co-produced education and research projects, their now exists a full World of Difference service user education and research team consisting of 7 staff working a cumulative total of 4 FTE and 12 casual educators. Since 2011, nearly NZ$1.4 million in funding has been secured in support of service user-led education and research and over NZ$1.7 million in support of co-produced research. Funding sources include the Health Promotion Agency, the Mental Health Foundation, the Ministry of Health, the NZ Police and the Royal Marsden research fund. The work of the World of Difference team is being recognised locally, nationally and internationally.

The World of Difference service user education and research team develops, delivers and evaluates service user-led and co-produced education and research focused on ending discrimination, promoting recovery, inclusion and respect for human rights for those who experience mental distress. Our goal is to contribute to creating a different world – one where our experiences of mental distress are recognised and respected as an element of natural human difference and diversity, and are no barrier to us being able to experience recovery, inclusion, and to exercise our human rights on an equal basis with all others: a World of Difference that will make the World of Difference to those of us who experience mental distress. As a team we are part of the Department of Psychological Medicine, University of Otago Wellington. To our knowledge, we are the only team that exists within such a Department, and are leaders in this area.

Contact: Sarah Gordon sarah.e.gordon@otago.ac.nz
MENTAL HEALTH PROMOTION OR MENTAL ILLNESS PREVENTION AWARD

Shooting Stars
Empowering Aboriginal Girls and Young Women

Shooting Stars is an education program that promotes the health and well-being of nearly 400 Aboriginal girls and young women across eight remote and regional towns in Western Australia. Shooting Stars staff (85% of whom are Aboriginal, all of whom are women) are based in schools, where they administer a holistic program that is grounded in Aboriginal and Torres Strait Islander social and emotional wellbeing, comprising advocacy and support, engagement activities, health and wellbeing sessions, rewards, community engagement, and yarning circles. Yarning circles, which are conducted with program participants and communities, provide feedback and evaluation data for the program. Shooting Stars is funded by the Department of Prime Minister and Cabinet along with a diverse portfolio of corporate sponsorship, including major supporters the Gold Industry Group and Lotterywest.

Preventative health and wellbeing programs for Aboriginal young people tend to propagate Western, colonial paradigms: Aboriginal populations are targeted, yet Aboriginal voices are rarely heard throughout the planning, delivery, and evaluation stages of program implementation.

Shooting Stars is a health promotion program delivered by Aboriginal women for Aboriginal girls and young women that is grounded in an Aboriginal and Torres Strait Islander social and emotional wellbeing framework. The program collaborates with schools, communities, stakeholders, and the participants themselves through localized steering committees and the Yarning with the Stars project. Reaching nearly 400 girls and young women across regional and remote Western Australia, Shooting Stars is making a significant contribution to mental health outcomes using methods that are not just culturally appropriate, but grounded in local culture. By adapting program activities and outcomes to meet the needs and expectations of each site, Shooting Stars is owned by the communities it serves.

Contact: rosewhitau@shootingstars.org.au
Cracks in the Ice
A web-based toolkit providing trusted, evidence-based information and resources about crystal methamphetamine

Cracks in the Ice (cracksintheice.org.au) was launched on the 3rd of April 2017 as a freely and publicly available national resource, which can be accessed anywhere in the world. To date, 31 July 2020, Cracks in the Ice has been visited by 495,605 site users, (73% in Australia, 27% overseas) and over 181,681 associated hardcopy resources have been distributed to >900 organisations throughout Australia.

Cracks in the Ice is funded by the Australian Government Department of Health (2015-2022). Expertise and support is provided by the project team and an Expert Advisory Group comprised of members from the Matilda Centre at the University of Sydney, University of Newcastle, the National Drug Research Institute at Curtin University, Queensland Aboriginal and Islander Health Council, South Australian Health and Medical Research Institute, Aboriginal Drug & Alcohol Council (SA) Aboriginal Corporation, and the Australian Indigenous AOD Knowledge Centre at Edith Cowan University.

Cracks in the Ice is an online toolkit that provides trusted, evidence-based, and up-to-date information and resources about crystal methamphetamine (‘ice’) for the Australian community. Cracks in the Ice aims to:
1. Support families, workers and communities to better respond to people affected by crystal methamphetamine;
2. Improve access to evidence-based information about crystal methamphetamine;
3. Raise awareness about the potential harms and mental health problems associated with crystal methamphetamine use;
4. Provide information about how to access services and support.

Cracks in the Ice was developed in response to the 2015 National Ice Taskforce Report recommendation that “The first priority must be supporting families, workers and communities to better respond to people affected by ice.”

Contact: Steph Kershaw steph.kershaw@sydney.edu.au
THERAPEUTIC AND CLINICAL SERVICES AWARD

Alfred Health, Child and Youth Mental Health Service
The Mental Health and Intellectual Disability Initiative for Youth (MHIDI-Y)

The MHIDI-Y is funded by the Victorian Government Department of Health and Human Services, and based at the Alfred Health, Child & Youth Mental Health Service (ACYMHS). ACYMHS is a publicly-funded, community-based mental health service for young people aged 0-25 and their families and carers living in Inner South-East Melbourne, including the municipalities of Stonnington, Glen Eira, Port Phillip, Bayside, and Kingston. The ACYMHS team is multidisciplinary and includes mental health care professionals with extensive expertise and specialist training. These include occupational therapists, social workers, nurses, psychologists, speech pathologists, family peer workers and child and adolescent psychiatrists. ACYMHS is a client-centred, family focused tertiary mental health service that assists young people, their families and carers and other mental health professionals. ACYMHS offers programs that support young people in areas such as: preschool and infant mental health, eating disorders, early intervention mobile outreach, neurodevelopmental disorders, serious mental illness, and family therapy.

The Mental Health and Intellectual Disability Initiative for Youth (MHIDI-Y) is an innovative specialist mental health service that uses a family focused, interdisciplinary coordinated approach, in the assessment and treatment of young people with co-morbid intellectual disability and mental health issues.

The MHIDI-Y was designed on the basis of a co-design forum that included young people with an intellectual disability and their families/carers, along with mental health professionals. The MHIDI-Y service consists of an interdisciplinary team of professionals with specialist training in mental health issues for individuals with intellectual disability. The MHIDI-Y provides comprehensive assessments, ongoing treatment and management of young people, as well as consultation and training to other care teams to help improve the mental and physical health, and wellbeing of young people with co-occurring intellectual disability and mental illness. To date, the MHIDI-Y has treated more than 60 young people and their families.

Contact: Eloise Hughes E.Hughes@alfred.org.au
NWAMHS
Steering the Public Mental Health Sector Towards Recovery Using a Human Rights Framework

North West Area Mental Health Service (NWAMHS) provides mental health services to people within the Cities of Hume and Moreland. These cities are characterized by a fast-growing population, significant socio-economic disadvantage, and high levels of cultural and language diversity. The service employs over 300 people across six sites at Coburg, Broadmeadows, Pascoe Vale and Craigieburn and provide services to approximately 1300 consumers. All services are provided by multidisciplinary teams using a person centred, recovery orientated approach and include:

- short-term treatment for people experiencing an acute episode of mental illness (an alternative to hospital admission)
- 10 PARC beds
- assertive outreach—Community Mental Health services (Hume/Moreland)
- longer-term care, treatment and therapy services
- rehabilitation for 20 people with severe mental illness living in Community Care Units
- acute inpatient services—25 beds at Broadmeadows Hospital
- private practice suites
- Psychosocial Research Centre - Partnered with Melbourne and LaTrobe universities

Research suggests that understanding consumer rights leads to greater self-determination and facilitates recovery. The Victorian Mental Health Act 2014 requires clinicians to discuss Rights and Responsibilities with consumers and carers. Consumer feedback consistently shows that compulsory treatment can be traumatizing but a rights focus can mitigate the challenges related to this. NWAMHS has a long history of innovation and leadership in promoting human rights and integrating this framework into clinical practice. This has been demonstrated through the following activities:

- educating clinicians regarding their responsibilities regarding consumer rights
- production of resources supporting clinicians to have rights conversations (posters, brochures, clinician guide),
- development of two animated videos for consumers explaining rights,
- development of training videos for clinicians showing best practice methods for explaining consumer Rights and Responsibilities
- development of brochures and posters assisting consumers to understand and exercise their rights,
- rights discussion groups held with consumers

Contact: Anne-Maree.Newbold@mh.org.au
Lauren Gardner
Health4Life: An eHealth Intervention to Improve Physical and Mental Health in Adolescence and Beyond

The Matilda Centre for Research in Mental Health and Substance Use is a multidisciplinary research centre committed to improving the health and wellbeing of people affected by co-occurring substance use and mental disorders. Established in 2018 and based at the University of Sydney, the Matilda Centre aims to generate innovative and workable solutions to address substance use and mental disorders, which are currently the leading global causes of burden and disease in young people. While the Matilda Centre covers the whole life course, a key focus of our research is on youth. We work closely with research collaborators to share skills, synergise data and harness new technologies to develop and trial innovative prevention and early-intervention programs for co-occurring substance use and mental disorders.

I am coordinating the Health4Life initiative, a large (71 schools, >6,600 students), multi-site cluster randomised controlled trial to evaluate the effectiveness of the first school-based eHealth intervention to simultaneously target the “Big 6” lifestyle risk behaviours (physical inactivity, poor diet, recreational screen time, poor sleep, alcohol use and smoking) among adolescents. Co-designed with young people, the Health4Life Initiative is innovative as it integrates universal and selective prevention approaches within a multiple health behaviour change framework, and utilises interactive web- and app-based technology to engage and educate adolescents about the Big 6. These methods can increase fidelity and scalability compared to traditional approaches. If effective, Health4Life has the potential to make a substantial public health impact by empowering young people to improve their physical and mental health in adolescence, and reduce their risk of chronic diseases (e.g., mental disorders, cardiovascular diseases) in adulthood, thereby minimising associated costs, disability and early mortality.

Contact: lauren.gardner@sydney.edu.au
Kate Filia
Developing a measure of social inclusion for people with a lived experience of mental ill-health

Orygen is the world’s leading research and knowledge translation organisation focusing on mental ill-health in young people. Orygen bridges research with clinical care, delivering real-world practical solutions, working alongside young people to do so. Our work has created new, more positive approaches to prevention and treatment of mental disorders, developing new models of care for young people with emerging and established disorders.

Orygen’s Specialist Program provides clinical services for >1000 young people annually, aged 15-25 in west and north-west of metropolitan Melbourne. Our focus is on providing early intervention, with multidisciplinary teams delivering individually tailored services. Orygen’s global collaborations place us at the forefront of global research innovation, and understanding in pioneering and reforming approaches to mental health. Our organisation comprises world leading researchers, early to mid-career researchers, postgraduates and an engaged youth research council. We aim to never settle for anything less than what young people need and deserve.

Social exclusion is prevalent amongst people with serious mental illness and their caregivers. Improvements in areas associated with social inclusion (e.g., employment, housing, social support and participation) correspond to better mental health outcomes.

I have developed a novel and essential measure of social inclusion (the Filia Social Inclusion Measure, F-SIM). This measure is the first to be developed with items selected using a theoretical framework, then endorsed by consumers and caregivers.

For research purposes, the F-SIM will enable the collection of sound empirical data, including normative data and data on at-risk and patient groups. This will be used to improve understanding of groups vulnerable to social exclusion, identify modifiable factors most suited to therapeutic interventions, and inform development of such interventions. Clinically, the measure will allow for targeted and tailored approaches to identifying and providing services to promote social inclusion for people with mental ill-health.

Contact: kate.filia@orygen.org.au
The Tom Trauer Evaluation and Research Award

The Project Synergy R&D Team, Brain and Mind Centre, The University of Sydney
Project Synergy: co-designing technology-enabled solutions for Australian mental health services reform

The University of Sydney’s Brain and Mind Centre is a global leader in research into, and treatment of, disorders of the brain and mind. With a vision to see a world where people can reach their full potential and play an active role in society, the Brain and Mind Centre strives to find solutions to some of the world’s most pressing health concerns, including childhood development and behaviour disorders, youth mental health and addiction, and ageing and neurodegeneration. Importantly, research is conducted in collaboration with community, industry, government and diverse branches of academia to make a real difference to people’s lives. Brain and Mind Centre represents a virtual network of academics across University of Sydney, Westmead Hospital, Nepean Hospital, Royal North Shore Hospital, Kolling Institute, Concord Repatriation General Hospital and Sydney Adventist Hospital. The Centre is also affiliated with Sydney Health Partners and Sydney local health districts.

Project Synergy harnesses new and emerging technologies to enhance the quality of mental health care provided by traditional in-clinic and online mental health services. It aims to co-design, build, implement and evaluate an online platform (i.e. a group of technologies used as a base upon which to customise and configure service-specific digital solutions) to ensure consumers get the right care, first time (delivery of effective mental health care early in the course of illness). This care encompasses the entire spectrum of health and wellbeing, meaning all individuals across this illness-wellness spectrum can gain value from this solution. Project Synergy Phase I (2014-16) was an Australian Government-funded initiative ($5.5M) that was administered by the Young and Well Cooperative Research Centre. Project Synergy Phase II (2017-20) is an Australian Government-funded initiative ($30M) currently being delivered by InnoWell Pty Ltd – a joint venture between the University of Sydney and PwC (Australia).

Contact: Dr Haley La Monica haley.lamonica@sydney.edu.au
THE TOM TRAUER EVALUATION AND RESEARCH AWARD

Professor Susan Cotton
Health Services and Outcomes Research, Orygen

Mental illnesses tend to emerge in adolescence and young adulthood. Orygen is an internationally renowned research and knowledge translation organisation promoting early intervention and prevention in young people confronted by mental ill-health. Orygen has led pioneering reform to deliver real-world practical solutions for supporting young people with emerging and established mental illness. The centre is multifaceted and unique in its work, covering the following key areas: (i) provision of both primary (five headspace centres) and tertiary (Orygen Specialist Program) mental health care services to more than 3500 young people in the north and north-west regions of Melbourne; (ii) conduct of transformative research; (iii) development and delivery of evidence-based training and educational resources; and (iv) policy development and advocacy. Young people and their families are the essential partners in this work. The ultimate mission is to reduce the impact of mental-ill health on young people, their families and society.

Over the past two decades, Professor Sue Cotton has dedicated her career to developing an understanding of the course, trajectories, and impacts of severe mental illness. Prof Cotton is renowned for her unique skill set spanning the fields of psychiatry, psychology, clinical research methodology and biostatistics. While much of her work has focused on understanding illness trajectories and outcomes of early psychosis, it has also extended to include health services research, outcome measurement, and testing of novel interventions.

Prof Cotton leads the Health Services and Outcomes Research program at Orygen and the Centre for Youth Mental Health, The University of Melbourne. She is a NHMRC Senior Research Fellow and leads a team of 17 staff and 15 students. She has over 240 publications (>10,000 citations Google Scholar) and has secured more than $33.6M in funding for mental health research. She is one of the leading mental health researchers in Australia.

Contact: Dr Sue Cotton smcotton@unimelb.edu.au
Adam Dudding
Out of My Mind

Adam Dudding is Stuff’s podcasts director, and has won a number of awards for news feature-writing. His memoir My Father’s Island won Best First Non-Fiction Book at the 2017 Ockham NZ Book Awards. He was co-producer of the true-crime podcast Gone Fishing, which won Best Podcast at the 2019 NZ Radio Awards.

Out of My Mind is a seven-part podcast series from Stuff, released in August 2019. In each episode one person talks in intimate and moving detail about their experience of mental distress. Diagnoses discussed include schizophrenia, bipolar disorder, anxiety and depression.

Each episode began as a multi-hour interview that was edited down to half an hour of concise storytelling supported by wall-to-wall music and detailed soundscapes. The result is an immersive, sonically rich experience designed to take the listener “inside the head” of each storyteller. (Listen with headphones!)

It was aimed at Stuff’s general audience, partly with the goal of destigmatising mental illness. Just as importantly, though, we wanted to help people tell their own stories in a way that would be recognised as authentic by people with their own lived experience of mental distress.

Producer: Adam Dudding.
Script adviser: Eugene Bingham.

Contact: adam.dudding@stuff.co.nz
Bridget Judd
The Silent Statistics

Bridget Judd is a digital features journalist for ABC News in Brisbane following stints in the Northern Territory and regional Victoria. She was previously named the Melbourne Press Club Victorian Young Journalist of the Year and the Ray Frawley Young Journalist of the Year. She was also a finalist in the Walkley Australian Young Journalist of the Year Awards in 2017 and 2018.

Combining lived experiences, expert insight and research, ‘The Silent Statistics’ set out to examine the shortfalls of Australia’s approach to suicide prevention, with an overarching focus on solutions-based journalism.

It canvassed the lack of outcome evaluations among suicide prevention projects and the influence of "lobbyist-led reform" within the sector, balanced with responses from the major mental health organisations trialing intervention initiatives.

Above all, it sought to put the focus back on the “silent” statistics - those who have attempted suicide and find themselves at the centre of the conversation, but paradoxically, are often left without a voice.

This story was read by more than 600,000 people, and garnered a significant audience response.

Contact: judd.bridget@abc.net.au
SPECIAL MEDIA JOURNALISM AWARD

Guled Mire and Veena Patel
Third Culture Minds: The Mental Health Stories of Third Culture Kiwi Kids

Third Culture Minds Charitable Trust is a non-profit organisation dedicated to advancing positive mental health and well-being outcomes for young New Zealanders of refugee and migrant background. The organisation’s co-founders are Guled Mire and Veena Patel.

Guled is a writer, speaker and a community advocate. He is recognised as one of New Zealand’s most prominent young voices advocating for a more humane, inclusive and welcoming society. Guled uses his platform and profile to facilitate courageous conversations about racism and discrimination in New Zealand and what we need to do to build a truly inclusive, welcoming society.

Veena is a Principal Policy Advisor. She is passionate about promoting open conversations about mental health and removing barriers to young people accessing the help they need. Veena appreciates projects that contribute to improving outcomes and empowering communities. She is passionate about creating opportunities and championing the leadership development of young diverse women.

Third Culture Minds is a multi-media series made with the support of the Mental Health Foundation. It explores the unique experiences and challenges of third culture kids (young kiwis of migrant and refugee backgrounds) and their experience of, relationship to and personal stories of mental health and wellbeing.

Each episode explores an experience of mental health weaved together through the intersecting identities of series host Guled Mire, the series was directed by Ahmed Osman and Produced by Adorate Mizero.

Link to series: https://www.renews.co.nz/series/third-culture-minds/

Contact: info@thirdcultureminds.org.nz
EXCEPTIONAL CONTRIBUTION AWARD

Neil Turton-Lane

This most important award is to honour a person who has made a very significant contribution to mental health over many years. They are nominated by their peers, for their outstanding local, state or national contributions. This year we honour Victorian Neil Turton-Lane.

For over 20 years Neil has used his lived experience to be a leader in consumer consultant, and peer work roles, within clinical and community mental health services. He is now the NDIS Manager, at the Victorian Mental Illness Awareness Council, where he manages the NDIS Appeals and Reviews, and NDIS Education Teams.

The list of his leadership and activist roles is long. Neil’s achievements include advocating for consumers rights, through the ground-breaking, innovative, “Exploring Advanced Statements Through Storytelling” Project in 2014. He created an internship program, enabling peer interns to obtain employment in the sector.

Neil is a consummate innovator and trailblazer, exemplifying peer support in action. His authenticity creates genuine connections with those in his spheres of influence. In doing so, he has provided opportunities for the enduring transformation of mental health for individuals, families, communities and within the sector.

We congratulate Neil on his exceptional contributions to mental health and look forward to hearing more good stories about his activities.

Citation on Certificate:

In recognition of an inspirational mentor and innovator, working tirelessly to create systemic change in mental health services, uplifting others and opening doors for recovery opportunities and social justice.

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

Contact: neil.turton-lane@vmiac.org.au