

Exceptional Contribution Award 2023 - Julie Millard

Name of Submitter: Janet Meagher AM

Part B

Julie Millard is a consultant in mental health, a Credentialed Mental Health Nurse and educator with over 35 years of expertise and skill in the mental health, disability, and community services sectors. JM Consultancy was established in April 2007. Julie works with community and government organisations and aims to empower people with knowledge to make informed choices that improve their own health and wellbeing and that of others in the community with whom they live.

Julie's career has included community and hospital-based services; acute care teams; coordination of a busy inner-city community centre for local government; a health project to identify and support people living in boarding houses; development of local and state mental health policies and plans; and with community managed organisations to enhance service provision and workforce capacity, develop physical health resources, establish mental health services in rural NSW, and provide training and support to a national door knocking project. Julie is documented in the *Mental Health Commission of NSW, Hope, strength and determination - celebrating 50 years of women activists and reformers in mental health in NSW 1970-2020* book, March 2022.

International volunteer roles include Board Director, Regional Vice President Oceania, and Chair of the Women's Mental Health Section and Webinar Working Group for the World Federation for Mental Health, and Chair of the Oceania Mental Health Advisory Committee and Oceania Webinar Working Group. Julie is also the Representative for Western Pacific Region for the Global Mental Health Action Network.

Since 2003 Julie has been the volunteer stage manager for 'Mad Pride' events. She also volunteered for the Invictus Games in Sydney in 2018. Julie has written and presented on mental health and wellbeing, impact of COVID-19 pandemic and issues for the region at multiple conferences in Australia and New Zealand, and presentations at the World Federation for Mental Health's Congresses in Cape Town South Africa 2011, Buenos Aries Argentina 2013 (where she presented her own short film *Annie*), New Delhi India in 2018, again in Buenos Aries Argentina in 2019, London UK in 2022, and the International Summit on Trauma in Houston Texas USA in 2018. Julie has also developed and produced mental health exam DVDs for undergraduate nurses.

Julie is driven and passionate about seeking justice and equity, especially in service provision, whether it is locally, nationally, or international. For example, her personal campaign for 2023 is to have all services, both community managed and government agencies in Australia to ask individuals

who present or attend to health and other services whether they are current or ex-serving members of the Armed Forces or are first responders. Too many people are being lost to suicide. The *Interim Report of the Royal Commission into Defence and Veteran Suicide* clearly highlights the need for accurate information and data, and interventions that are appropriate, accessible, and affordable.

It is also important for all to be mindful and to provide support to our neighbours in the Pacific region. Many of whom are experiencing, with limited resources, the devastating impacts of climate change, and dislocation from communities, culture, and families. There is a need to not become complacent in this ever-complex world, and to continue to mobilise our moral compass. To act - when we see, or hear injustice, hurt and discrimination and to work together to build a more equitable world for all.

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Conclusion (up to 1/2 x A4 page)

I have known and worked with Julie Millard in various capacities for over two decades, dating back to her work on the Boarding House Team with the Central Sydney Area Health Service and through to her extensive consultative work today. Julie's focus and passion has always been in the area of mental health and her commitment, work and resilience in this area has been outstanding.

I have always admired her strong and committed work ethic, her ability to apply her professional skills, knowledge and experience in many different situations, and her practical approach to support and advocacy of many who are vulnerable, both in the mental health field but also her support people she has met throughout her life who have become life long friends.

Julie has had far reaching responsibilities in her working life where she has gone above and beyond to meet the needs of people living with a mental illness, a very vulnerable group of people with a range of presentations and issues. She is an individual who works collaboratively with all and has a calm, yet direct approach to getting things done, no matter what is needed. She is solutions driven, but in the best way, with people at the centre of all that she does, working to get the best outcome, for the people who are at the core of her focus, drive and unending compassion.

In recent years, Julie has worked consulting and assisting others while also taking up intense, demanding volunteer international roles in various International mental health groups. She has presented papers at many conferences, sharing her knowledge, and has been key to many panel discussions over many years, helping to inform others, change views and make a difference in the area of mental health.

- Janet Meagher AM

Referees

Elena Katrakis, Chief Executive Officer, Carers NSW.

Ms Kerry Hawkins, National Mental Health Commissioner, Committee Member of ACDC Steering Committee (Community Mental Health Australia project).

World Federation for Mental Health Oceania Region Committee, and Carer / Family member advocate

Appendix of Support Material (up to 8 x A4 pages)

<https://acdc.org.au/people-connector-capacity-building-project/>

<https://www.wfmh.global/news/summary>

https://wmhdofficial.com/wp-content/uploads/wmhd2022_educationa-material_jullie-millard.pdf

www.cityofsydney.nsw.gov.au/council/publications-updates/global-issues-ideas-and-conversations/city-talks/we-all-have-a-role-in-supporting-mental-health-and-wellbeing

www.mhcc.org.au/documents/2009%20Conference/Meagher-Back-on-track-health.pdf