



# e-bulletin



**11<sup>th</sup> November 2011**

MHCC ACT is the peak body representing the not-for-profit Community Mental Health sector in the Australian Capital Territory. This e-bulletin is compiled on a fortnightly basis for members to promote local sector news and events. Contributions in plain text format are welcome, please email [admin@mhccact.org.au](mailto:admin@mhccact.org.au).

You can contact us on 02 6249 7756 or visit our web site [www.mhccact.org.au](http://www.mhccact.org.au)

## 1. MHCC ACT News Update

With all our member organisations holding their AGMs around this time, it is a sign the year is drawing to a close and Christmas is just around the corner. MHCC ACT staff are working hard to get a number of new projects up and running in 2012 and finish up some ongoing work around the end of the year.

We are hoping to get a first draft of our Community Sector Workforce Strategy out to members by the end of 2011. This fits in well with the publication this week of the National Mental Health Workforce Strategy. The National Strategy identified strategies for developing the clinical, private, community and peer workforce.

I encourage all members to get along to the Sector Forum to be held in November, consulting around the new Qualification Strategy that will be rolled out to the sector in 2012. This is an important opportunity to be involved in the development stage and make sure the strategy fits the needs of community mental health organisations.

The policy team is also looking to have a Budget submission complete in early December, so best to get your views into us now if you want them reflected in our 2012-13 ACT Budget priorities.

Elsewhere this month, I participated in the first meeting of the Comorbidity Strategy Working Group, identifying key priorities for the first twelve months of the strategy. These include implementing consistent screening processes in ATOD and MH services, improving levels of and consistency in consumer and carer participation across the MH, ATOD and comorbidity sectors and developing clinical guidelines for the care of people with comorbidities in acute settings. The Working Group is co-chaired by ATODA, MHCC ACT and the Health Directorate, in recognition of the need for engagement from all parts of the sector.

Finally, thank you to everyone who got involved in Mental Health Week 2011. It was a fantastic week, with a huge range of events, from bowling, to comedy, to zumba classes. Congratulations to the Mindscapes and Mental Health Week committees for their coordination efforts.

**Brooke McKail**

### **MHCC ACT Board**

At the MHCC ACT AGM we farewelled our outgoing Board members John Wilkinson, Pam Boyer and Simon Rosenberg who have all made enormous contributions to MHCC ACT and provided invaluable leadership and support.

I would also like to welcome the new MHCC ACT Board and thank them for volunteering their time to support MHCC ACT and ensure it is reflective of the diverse community mental health sector. Board members for 2011-12 are:

- Amanda Urbanc
- Angie Ingram
- Bradley Foxlewin
- Chris Redmond
- Dalane Drexler
- Marcia Williams
- David Lovegrove
- Jacqui Price
- Rob Newman
- Tatiana Beljic

One Carer representative position, appointed by the Consumer and Carer Caucus remains vacant.

### **MHCC ACT 2012-13 Budget Submission**

MHCC ACT is developing a submission to the 2012-13 Budget Consultation process. In a tight fiscal environment, we expect there to be limited new investment. Therefore it is particularly important we identify high priority areas for investment.

Our submission to the last 2011-12 Budget process identified eight priority areas for investment, including:

- Increasing percentage of the health budget allocated to mental health, and percentage of mental health budget allocated to the community sector;
- Early intervention services;
- Culturally competent services;
- Comorbidity and dual diagnosis services
- Common IT platforms;
- Supported accommodation and respite
- Support for implementation of Working with Vulnerable People Checking System
- Vocational training and support and peer workforce

**To provide input to our submission, please contact Simon on [simon.viereck@mhccact.org.au](mailto:simon.viereck@mhccact.org.au) or 6249 7756.**

Find copies of our previous submissions at [http://www.mhccact.org.au/cms/index.php?page=policy\\_and\\_pubs](http://www.mhccact.org.au/cms/index.php?page=policy_and_pubs)

## Working with Vulnerable People Checking System

The ACT Legislative Assembly last week passed the Working with Vulnerable People (Background Checking) Bill. The system involves centralised background checking of anyone engaged in a regulated activity and working with vulnerable adults and children in the ACT. This includes most employees and volunteers in the community sector.

There will be a five year transition and implementation phase for the new system.

The Community Services Directorate has produced a useful Information Book, available at <http://www.dhcs.act.gov.au/home/publications/wwvpc> that provides details for organisations and individuals who will be impacted by the scheme.

MHCC ACT circulated an update to community mental health organisations regarding the scheme and transitions arrangements. Find our update at [http://www.mhccact.org.au/cms/index.php?page=policy\\_and\\_pubs](http://www.mhccact.org.au/cms/index.php?page=policy_and_pubs)

**For more information or to discuss the scheme, please contact Brooke on 6249 7756 or [brooke.mckail@mhccact.org.au](mailto:brooke.mckail@mhccact.org.au)**

## Sector Consultation:

### Introducing a Qualification Strategy for the ACT's Community Mental Health Sector

MHCC ACT invites to have your say about the proposed framework for the Qualification Strategy

Speakers include:

- **Carrie Fowlie and Amanda Bode, ATODA**  
Experience of the ATOD sector in the implementation & impact of their minimum qualification strategy
- **Margaret Charlton, MHCC ACT**  
Suggested framework for an ACT Community Mental Health Sector Qualification Strategy

A Workshop will be held that will include a discussion on suggested framework.

Your input is imperative to the development of this strategy.

**When: 2.00 – 4.00pm, Tuesday 22<sup>nd</sup> November, 2011**

**Where: Room 8, Level 1, Griffin Centre, 20 Genge St, Civic**

**For further information or to RSVP your attendance please contact MHCC ACT on (02) 6249 7756 or email [admin@mhccact.org.au](mailto:admin@mhccact.org.au)**

## Introduction to Project Management

This half-day course, delivered by NuSkills, will cover many of the basics of project management including:

- Identifying what needs to occur
- Putting together a timeline and identifying dependencies
- Allocating resources including staff
- Identifying risks to each step of the process
- Day to day management of the project

Designed for those who have little experience constructing or managing projects, this session is specifically based on small scale workplace projects such as a conference, the design of a new work resource manual, or the implementation of a change in working methods.

Tools used are general and will be easily adapted to a variety of circumstances and workplaces.

**When: 9.30-12.30pm, Monday 5<sup>th</sup> December 2011**

**Where: Room 7, Level 1, The Griffin Centre, Canberra City**

**Cost: \$90 (members) / \$110 (non-members) / \$150 (government)**

**Further information contact Margaret Charlton on 6249 7756 or email**

**[margaret.charlton@mhccact.org.au](mailto:margaret.charlton@mhccact.org.au)**

### **New Session: Quality Improvement II – Self Assessment & Planning for Improvement**

Due to popular demand, MHCC ACT is offering an additional date for Quality Improvement II – Self Assessment & Planning for Improvement training.

This course will now be offered on Friday 9<sup>th</sup> December (8.45am – 12.30pm)

Quality Improvement II is for the person who:

- is involved in leading or contributing at a high level to self-assessment & Quality Improvement activities
- is responsible for or contributes to reporting against quality frameworks
- is interested in support mechanisms for reporting against the revised National Standards for Mental Health Services (NSMHS).

This short program aims to offer knowledge and skills to help you better contribute to and lead self-assessment and quality improvement in your organisation.

By the end of the training you will be able to:

- Make evidence-based judgements against a framework
- Identify appropriate sources of evidence
- Link self-assessment and quality improvement activities
- Utilise NSMHS supports developed by MHCC ACT

**Further information contact MHCC ACT on 6249 7756 or email**

**[margaret.charlton@mhccact.org.au](mailto:margaret.charlton@mhccact.org.au) also see attached flyers.**

### **Comorbidity Bus Tour – Remaining Tours for 2011**

The Youth Coalition of the ACT, together with the Alcohol Tobacco and Other Drug Association ACT (ATODA) and the Mental Health Community Coalition ACT (MHCC ACT), invite you to join us on a Comorbidity Bus Tour.

Comorbidity Bus Tours are a sector development activity designed to support frontline workers in the ACT not-for-profit and government sectors. The aim of the bus tour is to increase the capacity of frontline workers to support people experiencing co-occurring alcohol, tobacco and other drug (ATOD) and mental health (MH) issues (comorbidity). Workers from the ATOD, MH and youth sectors who work directly with clients are eligible to attend. Workers from allied services who work

with people experiencing comorbidity are also eligible to attend. Please note that due to the size of the bus and to facilitate networking, we try to have only 2 service representatives per tour.

The tours and dates are listed below. Please see the attached flyer to see which services are visited on each tour.

- Tour C - Wednesday 23 November 2011 (fully booked)
- Tour A - Wednesday 7 December 2011
- Tour B - Wednesday 14 December 2011

#### Tour A - Wednesday 7 December 2011

- Karralika Therapeutic Community Program, Karralika Programs Inc.
- Needle and Syringe Vending Machine, Health Directorate
- DIRECTIONS ACT
- Psychiatric Services Unit (PSU), Mental Health ACT
- Crisis Assessment and Treatment Team (CATT), Mental Health ACT
- Opioid Treatment Service, Alcohol and Drug Service
- Withdrawal Unit, Alcohol and Drug Service
- Canberra Recovery Services, Salvation Army
- Winnunga Nimmityjah Aboriginal Health Service
- National Drugs Sector Information Service, Alcohol and Other Drugs Council of Australia
- Alcohol Tobacco and Other Drug Association ACT (ATODA)

#### Tour B - Wednesday 14 December 2011

- Brian Hennessy Rehabilitation Centre
- Arcadia House, DIRECTIONS ACT
- Calvary Inpatient Unit, Ward 2N
- Step Up Step Down Program, Mental Illness Fellowship Victoria
- Alcohol and Drug Service, Health Directorate
- Needle and Syringe Vending Machine, Health Directorate
- Canberra Alliance for Harm Minimisation and Advocacy (CAHMA)
- ACT Mental Health Consumer Network
- Mental Health Community Coalition ACT
- Women's Information, Resources and Education on Drugs and Dependency (WIREDDD), Toora Women Inc.
- Richmond Fellowship of the ACT

If you are interested in attending a tour, please contact me to discuss your eligibility and to obtain a registration form. The cost of attending a tour is outlined below.

- \$50 - Participants from agencies who are members of the Youth Coalition, the Alcohol Tobacco and Other Drug Association ACT (ATODA) or the Mental Health Community Coalition ACT (MHCC ACT), or staff members of a service visited on the bus tour
- \$60 - Participants from non-member, non-government organisations
- \$70 Government workers (except those from services visited on the bus tour)

**To register, contact Katrina on (02) 6247 3540 or [katrina@youthcoalition.net](mailto:katrina@youthcoalition.net) to assess eligibility and to obtain a registration form.**

Bookings will not be confirmed until the registration form, complete with invoicing details is received.

## Call for Submissions - December 2011 - January 2012 Training and Professional Development Calendar

The Training and Professional Development Calendar is produced bi-monthly by the Youth Coalition of the ACT, in partnership with the Alcohol Tobacco and Other Drug Association ACT (ATODA) and the Mental Health Community Coalition ACT.

The Calendar provides training and professional development opportunities for workers in the youth, alcohol, tobacco and other drug, mental health, family support and community sectors. This calendar has an average distribution of over 400 in the ACT and surrounding areas to workers in these fields.

To include your training in the calendar for December 2011 - January 2012, email [katrina@youthcoalition.net](mailto:katrina@youthcoalition.net) or call the Youth Coalition on (02) 6247 3540 to provide the following details:

- Name of training / course
- Date(s) of training / course
- Contact person, phone number and email address for RSVP
- Cost of training / course

Please submit your training details for this calendar by **Monday 14 November 2011**.

Download the October - November 2011 Training and Professional Development Calendar on our website [www.mhccact.org.au](http://www.mhccact.org.au)

Paper copies of the Training and Professional Development Calendar are available at the MHCC ACT office.

## 2. Community Sector Events and Programs

### ACT Charter of Rights for People who experience Mental Health Issues

On the 11 October 2011 Mr Chris Burke MLA, on behalf of Ms Katy Gallagher Minister for Health, launched the ACT Charter of Rights for People who experience Mental Health Issues.

The Charter has been designed to promote the rights of people who experience mental illness and seeks to assist the Canberra community in understanding service expectations. It is hoped the Charter will reduce discrimination and promote high quality health and social care services.

Information about the Charter's development, the public consultation process, and a **downloadable poster and pamphlets are available from:**

<http://health.act.gov.au/health-services/mental-health-act/charter-of-rights>

We encourage you to think about how you might ensure your staff and clients are aware of this Charter and **how it can be distributed and promoted** within your organisation. Some organisations are looking at how the Charter can be reflected in their services charter, orientation manual, intake and assessment procedures, and displayed in waiting rooms. It is important that the ACT Charter of Rights for people who experience Mental Health Issues is easily accessible.

**The ACT Charter of Rights for People who experience Mental Health Issues will help everyone** better understand, promote and safeguard the rights of people who experience a mental health issue in the ACT.

## The 2nd Anniversary of the Apology to the Forgotten Australians

On November 16<sup>th</sup> Women's Centre for Health Matters is supporting the Forgotten Australians to hold an event to celebrate the 2<sup>nd</sup> anniversary of the Apology by the Australian Parliament to the Forgotten Australians. The event is being organised by Forgotten Australian Wilma Robb, and is also supported by Woden Community Services and the *Women And Prisons* group.

**Who are Forgotten Australians?** They are approximately 500,000 Indigenous, non-Indigenous and former Child Migrant adults who were incarcerated as children in church, charity and state run orphanages, reformatories, training schools, psychiatric hospitals, children's homes and in foster care during the 20th century from the 1930s – 1990s.

**Commemorate the apology:** On the 16th of November 2009, the Australian Parliament formally acknowledged and apologised for the ongoing trauma the Forgotten Australians still suffer today as a result of the abuse - sometimes criminal

Senators Gary Humphries and Claire Moore, Jeremy Hanson MLA (ACT Legislative Assembly) and Forgotten Australian John Murray have already agreed to speak at the event, and we hope several local politicians will also show their support for the issues affecting Forgotten Australians.

On behalf of the Forgotten Australians, we would like to extend an invitation to you to join the event on Wednesday the 16<sup>th</sup> of November. We will be **Meeting at 8.30am in Civic Square outside the ACT Legislative Assembly, off London Circuit, Civic**

**Please RSVP by Friday 11 November to [admin@wchm.org.au](mailto:admin@wchm.org.au) or 6290 2166.**

## 4th Annual Comorbidity Interagency Day

It's that time of year again... the 4<sup>th</sup> Annual Comorbidity Interagency Day!

Please come along to access information about mental health and alcohol and other drugs services in your region. This is a great opportunity to network and build relationships with people working in your sector.

The event will be held on Wednesday 30 November 2011 at 12noon to 2pm at the Blackfriars Fountain Garden, 127 Phillip Avenue, Watson ACT. A Free sausage sizzle and entertainment on the day.

What will you gain by being part of this great day?

- Access to information about the services available through the Mental Health and Alcohol & Other Drugs services in your region.
- An opportunity to network and build relationships with the people working in your sector.
- Gain knowledge to further help your clients

Want to get involved?

- Would you like to raise the profile of the services you provide?
- Want to be part of the day?
- Hold a stall!!

**Contact Jobu Jacob from CatholicCare Canberra & Goulburn via email on [jobu.jacob@catholiccare.cg.org.au](mailto:jobu.jacob@catholiccare.cg.org.au) for more information**

## The ACT Mental Health Scholarship Scheme 2012

The ACT Mental Health Scholarship Scheme began in 2010 and has been a great success. Many students praised the initiative with one student saying “Without this course, further study, I think would have been too daunting for me to even contemplate. I have felt supported and valued by my teachers and peers through this whole processes”. Come and hear about it.

### Who is the scholarship for?

The scholarship scheme is for people who are 17 years or older, have a mental illness or mental disorder, and would like the opportunity to undertake studies in the **Centre of Health, Community and Wellbeing at the CIT**. The aim of the scholarship scheme is to increase education opportunities for mental health consumers that strengthen their employment in the community sector, recognising the immense value offered by persons with an experience of mental illness.

### How does it work?

As a small group, the students start their studies with two core subjects. These units are the ‘Mental Health Basics’ and ‘Introductions to Addictions’. After the students complete these units they gain a Statement of Attainment and are eligible to continue their studies in any of the following Certificate IV courses under the consumer scholarship scheme:

- Mental Health
- Alcohol and Other Drugs
- Community Development
- Youth Work
- Community Services Work

Applications for ACT Mental Health Consumer Scholarship -Statement of Attainment are available from the Mental Health Policy Unit, ACT Health Directorate. **You can obtain a form by calling on 6205 1178 and asking to speak with the Community Development and Education Officer. Alternatively, you can download a form from the ACT Mental Health Consumer Network website: [www.actmhcn.org.au](http://www.actmhcn.org.au)**

The scholarship covers the course fees only. There is extra tutorial and pastoral support if needed and flexibility in the course. Applications are now open and close 22 November 2011. Please find attached to the e-bulletin an application pack.

## 3. Creative, Recreational and Wellbeing Happenings

**QMCA** Queer Minds Canberra Area



At QMCA meetings we share, in confidence, our mental health issues and experiences as well as coping and recovery strategies. We are a queer group representing different types of people. Friends and family members also welcome.

Visit <http://au.groups.yahoo.com/group/qmca/> (Google ‘QMCA Queer’) for more information.

QMCA is supported by Pink Tennis.

## Life's Reflections Photographic Competition

All Canberrans, as well as people living in neighbouring regions such as Queanbeyan, Murrumbateman, Yass and Bungendore are being urged to enter the competition, regardless of age or experience with a camera.

Great prizes worth thousands of dollars are on offer. We have quality cameras from Harvey Norman Superstore in Fyshwick, gift vouchers from Ted's Cameras, book vouchers from Paper Chain Bookstore, Koko Black chocolates, Dendy Cinema Premier Lounge vouchers and for the adult finalists, Grant Burge premium champagne.

To enter, simply submit a photographic image of any person over the age of 55 years - it's that simple.

Our entry categories include primary students, secondary students, adults who are 18-59 years and a seniors category, for people who are 60 years of age, or older.

Actual hardcopy photographs are not required. Simply download your images onto a disc and post it to the Office for Ageing, together with your entry form, for processing. Each entrant can submit up to four photographic images.

The images can show older people enjoying Canberra's beautiful landmarks and landscapes.

This might be a stroll through Commonwealth Park, a visit to Floriade, enjoying a barbecue at Weston Park, visiting the National Botanic Gardens or the National Gallery, enjoying a spot of fishing or cycling beside Lake Burley Griffin or perhaps participating in one of Canberra's great community festivals.

Or it could just be an image of an older person at home, enjoying their garden, playing with grandchildren or even participating in the workforce.

Finalists will be notified in early February 2012, with prizes given at an awards ceremony later that month with 100 entries to be selected for a special photographic exhibition at the Canberra Centre in March 2012.

Finalists' photos will also be exhibited in Canberra's public libraries later in the year.

As part of the competition, there's also an opportunity to have your photographic image featured in The Canberra Times and The Chronicle and considered for inclusion in the annual Capital Chemist Community Calendar, with over 40,000 copies distributed throughout Canberra and the surrounding region.

**Entry forms are available at [www.ageing.act.gov.au](http://www.ageing.act.gov.au), at Capital Chemist pharmacies or by phoning the ACT Office for Ageing on 6205 3113 during normal business hours.**

**Entries close at 5pm on Thursday, 1 December 2011.**

## 4. Professional Development and Training

### ACT Human Right Commission - Introduction to Health Records and Privacy

Introduction to the ACT's Health Records (Privacy and Access) Act. The ACT's Health Records (Privacy and Access) Act 1997 is the local legislation that promotes the privacy and protection of personal health information, and sets out the mechanisms to gain access to health records. The Health Services Commissioner has a complaint handling function under that legislation. The workshop is suitable for all record keepers, health service providers and consumers of health services.

This workshop will:

- give health service providers a clear understanding of their obligations if files contains personal health information;
- give health service consumers a clear understanding of their rights;
- provide participants with an understanding of the laws regarding health information, privacy and access issues;
- work through scenarios to illustrate those rights and responsibilities;
- outline the Health Service Commissioner's complaint handling role; and
- outline the amendments to the legislation that came into force on 30 September 2010.

The workshops will be suitable for all record keepers, health service providers and consumers of all health services.

**When:** Tuesday 15 November 2011

**Time:** 9:30am-12:30pm

**Where:** Level 4, 12 Moore St, Canberra City

**Cost:** Free for the Community Sector and \$120 for Public/Private Sector

**To register, please click on the link**

<http://www.hrc.act.gov.au/calendar/site/index.php?month=11&year=2011>

**Enrolments close Monday**

### Mental Health, Justice Health and Alcohol & Drug Services: Alcohol and Drug Service Education and Therapy Groups

**What are they?** The Alcohol and Drug Service regularly runs support and education groups for people who are having difficulty with alcohol and other drugs, people seeking support in preventing relapse, and for friends and family members.

**How do I access them?** Call 6207 9977 and ask for the Alcohol and Drug Service Intake line.

**How much does it cost?** All groups are free but require registration to attend.

#### Supporting Families and Friends Group

**Content:** A skills-based 6 week program for families, friends and carers of people with substance use issues designed to manage stress and facilitate healthier relationships with loved ones. A supportive and safe environment to share personal experiences and wisdom.

**When:** Commencing Thursday 17th November from 10 – 12pm, this program runs for 5 - 6 weeks.

### **Controlling Your Drinking Group**

**Content:** A 3 hour program over 2 weeks designed to help people assess their alcohol use and possible barriers that prevent them from reducing their use.

**When:** Monday 5th and 12th of December from 2 – 3:30pm.

### **Relapse Prevention Group**

**Content:** An ongoing, therapeutic group for adults with alcohol and other drug issues who wish to develop and maintain healthier lifestyles. Participants need to be involved in individual counselling. Requires a minimum of six weeks attendance if a certificate is required.

**When:** Wednesdays 9:30 – 11:30am

### **Mindfulness, Meditation and Stress Management Course**

**Content:** A 5 week group program designed for individuals with, or caring for, someone with alcohol and other drug issues who want to learn: meditation and other mindfulness techniques; how to identify and let go of unhelpful thoughts, feelings, sensations and urges; and how to better manage stress and uncomfortable emotions.

**When:** Next group commencing February 2012.

### **Advanced Mindfulness**

**Content:** Ongoing meditation group for the people who have completed the 5 week mindfulness, meditation and stress management course.

**When:** Wednesdays from 3 – 4pm

**Further information:** For more information on groups and other services offered by the Alcohol and Drug Service please contact the Intake and Helpline on 6207 9977. The Alcohol and Drug Service is a program of the ACT Government Health Directorate.



## **OzHelp Community Services ASIST and ASIST Tune-Up courses**

### **ASIST Training**

#### **What is the ASIST Course?**

ASIST is a 2-day interactive workshop in suicide first aid created by LivingWorks, an international suicide prevention training organisation.

Participants learn to recognise when someone may be at risk of suicide and respond in ways that help increase their immediate safety and link them to further help. ASIST aims to enhance a caregiver's abilities to help a person at risk avoid suicide.

It is intended that ASIST participants will be better prepared to:

- reflect on how their attitudes and beliefs about suicide affect their intervention role;
- discuss suicide with a person at risk in a direct manner;
- build a collaborative approach to intervention focused on safe outcomes

- review immediate suicide risk and develop appropriate safeplans;
- demonstrate skills required to intervene with a person at risk of suicide;
- identify resources available to a person at risk of suicide;
- make a commitment to improving community resources; and
- Recognise that suicide prevention is broader than suicide first aid and includes life-promotion and self-care for caregivers.

**When:** 8<sup>th</sup> and 9<sup>th</sup> of December

**Time:** 8.45 – 4.30pm over two days

**Where:** Venue details provided on receipt of registration – All workshops are held in the ACT

**Cost:** \$260 (Regular Rate) \$240 (Concession)

### **ASIST Tune-Up**

ASIST Tune-Up, created by LivingWorks, an international suicide prevention training organisation, is available to those who have completed a two day ASIST workshop in the past five years. The workshop is designed to consolidate and refine previous ASIST learning, as well as provide participants with opportunities for new learning, sharing how ASIST is applied in the ‘real world’ and sharing what they have learned from applications in the real world.

By completing the Tune-Up workshop participants can reconfirm their ability to be willing, ready and able caregivers who:

- Explore invitations for help
- Talk openly, honestly and directly about suicide
- Review risks and create a safeplan
- Know local resources and how to access them
- Follow up on safeplan commitments

**When:** 25<sup>th</sup> of November

**Time:** 9.30am – 1.00pm

**Where:** Venue details provided on receipt of registration - All workshops are held in the ACT

**Cost:** \$85 (Regular Rate) \$65 (Concession)

**To register for any of either course or for more information, please contact the OzHelp Community Services Team ph 6251 4166 or email [ocs@ozhelp.org.au](mailto:ocs@ozhelp.org.au)**

## **5. Spotlight on Mental Health Services**



### **Step Up and Step Down Community Outreach: Transition to Recovery Program**

Woden Community Service Inc commenced taking referrals late August in its community outreach Step up Step Down program. The Transition to Recovery Program (TRec) will provide intensive outreach support in the community in order to optimize a successful transition from hospital (Step Down). The Step Up component aims to increase community recovery options for those requiring additional support, if there are signs of relapse.

TRec aims to maximize participation, support connection and ongoing clinical support if required. TRec also aims to fill the gap in service delivery identifying the transition from, or to, inpatient care as a time of particular vulnerability and risk. TRec will work with people in their own communities and liaise with clinicians for the 12 week period of the program. It is expected that at the end of the Program participants will be expected to have a clear sense of long-term recovery plans, and be linked to: community services, peer support, and case management that continues to support identified recovery goals.

Participants will require a degree of independence before entering the TRec program and will be referred by Community Mental Health Teams. TRec will have a maximum of 15 participants at any one time and the intense outreach support will be at its greatest in the month following discharge. People are eligible for TRec if they: voluntarily access the program as an active participant; live in the catchment area currently serviced by Mental Health Justice Health and Alcohol and Drug Services; currently have a moderate to severe functional limitation due to a mental health issue; be clinically managed by Community Mental Health Teams; be aged between 18-64 and would benefit from additional clinical management and psycho social support in a community setting.

A Carer and Consumer Advisory Group is meeting to provide input into the program and a group of Peer Consultants will meet regularly in November to explore peer input into TRec. In addition, where families and carers are involved, and participants consent, the TRec worker will interact with the family or carers to also promote recovery and reduce the stigma of mental illness. The programs major aim is to endeavour to raise awareness of recovery and inspire hope for participants, their families, and communities.

**You can contact Prue Gleeson, Jayne Tandle and Maree Fish on 6234 6839 if you would like more information about the Program.**

## 6. Positions Vacant

### **The Canberra Rape Crisis Centre - Crisis Counsellor Advocate**

The Canberra Rape Crisis Centre is looking for a Permanent full time Crisis Counsellor Advocate. 38 hours per week, Salary Range: MEA Award Grade 5, \$52,425.45 per annum, pro rata.

#### **The organisation:**

The Canberra Rape Crisis Centre (CRCC) is a non-government feminist organisation working to eliminate sexual violence against women, young people, children and men. The organisation is engaged in raising awareness about sexual violence, fostering partnerships with key agencies and across sectors which contribute to addressing the structural causes of violence, improving justice responses and building an integrated service system which better supports women, young people, children and men impacted by sexual violence.

#### **The program:**

The CRCC Crisis Line is 24 hour telephone service and will consist of a working on a rotated roster including afterhours work from home. Crisis Counsellors provide immediate support, information and advocacy services to women, men and young people who have experienced sexual violence.

#### **The position:**

Crisis Counsellors provide a call out service to support people who have recently been sexually assaulted and are being interviewed by the Police or undergoing forensic medical examinations. Support, referrals and information is also provided to their non-offending supporters

Participate in a 24 hour crisis roster for telephone crisis intervention and callouts to medical, police and forensic services Provide support, information, referrals and advocacy to people who have experienced sexual violence and to their non-offending supporters.

Assess the immediate needs of people who wish to access CRCC counseling services

This position allows for one day per week to provide therapeutic counseling outside of the crisis response.

**For inquiries please contact The Canberra Rape Crisis Centre via [crcc@crcc.org.au](mailto:crcc@crcc.org.au) for any questions and to obtain the selection criteria.**

**Closing Date: Friday 18th of November 2011**

NOTE:

\*This is a woman only position under s 34 (1) of the Discrimination Act 1991 which does not make it unlawful for a person to discriminate against someone else on the grounds of sex in relation to a position as an employee, contract worker etc, if it is a genuine occupational qualification for the position.

\*Child protection legislation requires that the preferred applicant will be required to undertake employment screening including a Police check.

### **ACT Hepatitis Resource Centre Inc. - Executive Officer**

The ACT Hepatitis Resource Centre is a small not-for-profit agency working to prevent the spread of hepatitis C and promote the health and well-being of affected people in the ACT.

The Centre is seeking a suitably qualified person to work full-time (37.5 hour week). The Executive Officer reports to the Board of Directors, and is responsible for the organisation's consistent achievement of its mission and financial objectives. The position requires a hands-on approach and a high level of organisational skills, strong written and oral communication, sound computer skills, and ability to provide education and information to a broad range of consumers.

The position will attract remuneration of \$80,000 per annum plus superannuation and offers access to salary sacrificing and flexible working conditions.

**Selection criteria and a duty statement are available on request by emailing [business@hepatitisresourcecentre.com.au](mailto:business@hepatitisresourcecentre.com.au) or calling (02) 6230 6344.**

**Applications close Friday 18th November 2011.**

### **Karralika Programs Inc. – Permanent, Temporary, Full time and Part time positions.**

Looking for a job that helps people 'choose a better life'?

Karralika Programs Inc. currently recruiting for permanent and temporary, full time and part time positions. Karralika Programs Inc. is a not-for-profit organisation providing an extensive range of alcohol and other drug services to the ACT community and surrounding regions.

Karralika Programs Inc. operates alcohol and other drug treatment programs and has a solid reputation for high quality, client focused residential and community treatment support services.

We are seeking expressions of interest from suitably qualified and experienced case workers who have a general empathy for those whose lives have been affected by alcohol and other drug use.

Karralika Programs Inc. offers above award wages and salary packaging including PBI fringe benefits-free threshold. A Workplace Tobacco Management Policy exists at all Karralika Programs Inc. sites.

### **Background**

As a Karralika Programs Inc. Case Worker, you will have a minimum Certificate IV in Alcohol and Other Drugs or an equivalent. Experience gained through previous positions, service or study will also be considered favourably.

As a Case Worker, you will interact with residents regularly, facilitate group sessions and provide one to one counselling and case management. You may also work with children and families or in our outreach program. As a positive role model in the therapeutic community, you will work utilising practice guidelines, participate in community meetings and outings. You will be responsible for preparing case notes and treatment plans, produce a range of reports, maintain client records, participate in staff meetings and assist with general office and driving duties.

All positions require the ability to work as part of a multidisciplinary team involving direct contact with residents recovering from problematic alcohol and other drug use. Evening and weekend shifts may be required as part of these roles.

### **Essential Skills, Knowledge and Experience:**

- Ability to liaise and communicate productively with a wide variety of people from all levels of services delivery across the allied health sector;
- Knowledge of case work practice and an understanding of AOD clients' issues
- Proven skills in: record keeping, report writing, filing, word and data processing;
- Sound computer literacy;
- Proven ability to coordinate tasks;
- Proven time management skills;
- Ability to lead by example; and
- Proven ability to solve problems and conflict situations within the workplace.

### **Desirable**

We are also looking for applications from individuals with broader specialist expertise in supporting complex needs clients and dual diagnosis. Health, mental health or social work qualifications and experience would be an advantage for some positions.

### **Selection criteria**

- An ability to work as part of a multi disciplinary team and open to giving and receiving feedback;
- Possess a current driver's licence;
- Relevant qualifications;
- First Aid Certificate;
- Current knowledge of OH&S practices;
- Have a general empathy for those whose lives have been affected by alcohol and other drug use;
- Adhere to the professional and agency ethics, boundaries and practices; and
- Have a flexible work attitude.

Karralika Programs is seeking expressions of interest (including a CV) from interested parties.

**For further information please contact Sharon Tuffin on (02) 6163 0200. Expressions of interest should be emailed to [Sharon.t@karralika.org.au](mailto:Sharon.t@karralika.org.au) by 14 November 2011.**



# mental health

## community coalition ACT

### About Us

The Mental Health Community Coalition ACT (MHCC ACT) is the peak body representing the not-for-profit Community Mental Health sector in the Australian Capital Territory. Founded in 2004, the organisation works with and promotes a diverse range of community agencies that support people recovering from a mental illness in the community.

### Membership Services

MHCC ACT members receive a range of benefits that include:

- Access to sector development networks,
- Discounted workforce training and education
- Engagement with and promotion of sector interests to ACT, interstate and national stakeholders
- Information services (including our fortnightly e-bulletin)
- Policy and service development advice
- Consumer and Carer Participation

**For further information please contact us on (02) 6249 7756 or email; [admin@mhccact.org.au](mailto:admin@mhccact.org.au) visit our web site at [www.mhccact.org.au](http://www.mhccact.org.au)**

### Disclaimer

This bulletin is a compilation of material submitted by individuals, organisations and government departments. The views expressed by contributors may not reflect those of the Mental Health Community Coalition ACT.