

Productivity Commission Draft Report



Dr Stephen King, Productivity Commissioner, addresses the MHCC AGM

The long awaited Productivity Commission Draft Report on mental health was handed down on 31 October, some 1200 pages and 88 recommendations.

The report is impressive in its breadth and scope and identifies underinvestment in prevention and early intervention and a shortfall in the provision of psychosocial support services. It calls for improved clarity across governments about roles, responsibilities and funding and greater engagement with people living with mental health conditions and carers.

The report includes recommendations to:

- Codify clear responsibilities for delivery and funding of mental health services and suicide prevention activities in a new agreement
- Expand online treatment options
- Determine through regional planning the number of public acute mental health beds, specialist mental health treatment services and subacute/nonacute mental health bed based services and undertake to provide these on an ongoing basis
- Develop a national mental health workforce strategy and strengthen the peer workforce

- Support the development of single care plans for people with moderate to severe mental health conditions and provide care coordination services to those who need them
- Establish new structures to bring together Primary Health Networks and Local Health Districts to pool resources and undertake joined up planning

Public hearings are being held across Australia and the Productivity Commission is taking written submissions on the draft review.

MHCC will use its submission to highlight the important role of community managed organisations in providing recovery-oriented psychosocial rehabilitation and support services, which are often the key to people living well in the community. The submission will support the proposed national mental health workforce strategy but outline key challenges for the CMO workforce which must be addressed; it is a concern there is very little mention in the Draft Report on the psychosocial support workforce outside the peer workforce. The MHCC submission will also address the need for more step-up, step-down facilities, the proposed governance changes and better coordination of services.

Feedback from members on the Draft Report is welcome and should be provided to

www.surveymonkey.com/r/MHCCProductivityCommssionMHDRConsultation



MHCC CEO: Carmel Tebbutt

This edition is jam packed and includes updates on our ILC projects, our new project to enhance awareness of NDIS Practice Standards, the CMHDARN Research Network and articles about mental health and physical health with links to useful resources.

Of course the focus for the sector in the last few weeks has been the release of the Productivity Commission draft report on mental health. MHCC has been busy digesting the report and preparing our submission. MHCC members had the opportunity to hear directly from Dr Stephen King, the Presiding Productivity Commissioner, at the MHCC Annual General Meeting, just a few days after the report was handed down. There is more detail on the front page.

On page nine we profile member organisation Lou's Place. Lou's Place is Sydney's only daytime refuge for women

and recently celebrated its 20th birthday. It is a great example of the important services our member organisations provide and the challenges they face.

MHCC is always looking for ways to promote our sector and its valuable work. That is why it has been so exciting to work with member organisations and the Ministry of Health to pilot the CMO YES survey. Participating organisations are now distributing the survey to gain feedback from consumers about their experiences of the service. This is a valuable quality improvement tool and will over time provide data to demonstrate the difference our sector makes.

This is the last View From the Peak for the year. I wish you all the best for the festive season. Thank you for your advice and support over the past 12 months and thank you to the hardworking MHCC staff who help make it all happen.

“The focus for the sector in the last few weeks has been the release of the Productivity Commission draft report on mental health”

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MHCC Annual Report

Find our 2018/19 Annual Report on the MHCC website, with updates on projects, our strategic plan, key reports and financial statements for 2018/19.

www.mhcc.org.au/our-work/publications



MHCC's CEO Forum in Parliament House

Parliamentary Friends Hear Benefits of Consumer-led Services

MHCC held its CEO and Senior Managers forum in the Jubilee Room at State Parliament in October, hosted by the Parliamentary Friends of Mental Health.

Minister for Mental Health Bronnie Taylor spoke to the gathering about the need for service coordination and information sharing, as well as meaningful collaboration to develop services that meet people's needs.

Being CEO Irene Gallagher urged the audience to imagine coordinated services led by consumers. "People should not have to retell their stories again and again," Ms Gallagher said.

"Key to successful consumer engagement, in a non-tokenistic way, is to acknowledge the expertise and insight that consumers hold," she said.

Ms Gallagher said breaking down stigma is crucial to broader cultural change.

"Our journeys of hope and recovery inspire others. Hope is study, employment, belonging, inclusion and connection."

Professor Ian Hickie, Co-Director Health and Policy, Brain and Mind Centre, Sydney University, said Australia is well respected for its leading-edge mental health policy and reform agenda. But whilst awareness and empathy has improved, governments and the sector have not always translated policy into practice.

Prof Hickie lamented the lack of progress over 30 years to establish an effective model of care that realigns services from acute to community-based settings.

“Key to successful consumer engagement, in a non-tokenistic way, is to acknowledge the expertise and insight that consumers hold”
- Irene Gallagher

"You shouldn't have to visit an Emergency Department to receive quality care," he said, describing the "missing middle" of co-designed person-centred care, prevention and early intervention in community settings.

Beds in hospital should not be the alternative to a stable housing, he said. Likewise, we need to improve our understanding of factors such as school drop-out and employment rates, particularly in regional areas and disadvantaged areas of Sydney.

MHCC members and staff appreciated the opportunity to meet and talk with presenters.

Physical Health Prompt Guides Health Literacy



MHCC Member Neami has produced a health prompt tool that encourages focus on physical health. Vicki Langan, Neami Health and Wellbeing Manager for NSW, explains how the tool reaches beyond initial expectations.

Neami National is committed to addressing the physical health needs of individuals living with a mental illness. Not only has Neami been directed by overwhelming evidence of reduced life expectancy for people living with a mental illness, due to preventable physical health issues, but also by our service users themselves.

The Physical Health Prompt was compiled through accessing knowledge of consumers, Neami's Health Promotion Team and Neami staff, with reference to tools such as the One Minute Health Check. This co-design resulted in 28 strengths-based questions.

The Physical Health Prompt guides conversations between staff and consumers to address health care needs and improve staff and consumers' health literacy.

These conversations have led to physical health concerns being addressed through engagement with primary health care providers, GPs, allied health professionals, alternative practitioners or relevant services.

People who access Neami services come from diverse backgrounds and experience a wide range of needs. The Neami co-design process allowed us to include all individuals living with mental illness who may also experience literacy issues, vision and hearing issues, and language and cultural barriers.

Simple strategies such as **using a larger bold font, bulleted lists, avoiding long words and technical terms and including basic diagrams and pictures, made the health prompt more accessible.** This led us to produce the Health Prompt in many forms including the Generic Pictorial Health Prompt, the Aboriginal Pictorial Health Prompt, the Health Prompt in Aslan Sign Language on YouTube, a Young Persons Health Prompt and, currently in developmental stages, a My Physical Health Prompt App and Older Persons Health Prompt.

The My Physical Health Prompt has also improved the health literacy of staff, via the Physical Health Prompt Guideline. A survey of Neami staff found 92% had increased knowledge of consumer physical health needs since using the Health Prompt.



Consumer feedback on My Health Prompt:

“ It did prompt me to think about the GP. They wanted to keep me on the same sort of medication I was on for 10 years. They weren't hearing me and were discounting it. But now I've got a regular GP that has been the best GP I've had in all my life **”**
- consumer

“ The Health Prompt raised my awareness and totally was a motivating factor in choosing to change my lifestyle **”**
- consumer

Find more on My Health Prompt on Neami's website

www.neaminational.org.au/what-we-do/innovation-and-projects/neami-health-prompt/

Physical Health and the Role of CMOs

A pilot study at University Newcastle explores the range of physical health supports offered by community managed mental health organisations

People living with mental health conditions experience a reduced life expectancy of 12 to 30 years, with physical chronic diseases accounting for approximately 80% of this premature mortality. There is potential to reduce this inequitable burden of chronic disease through modifying health behaviours such as tobacco smoking, alcohol consumption, nutrition, physical activity and sleep.

CMOs already play an important role in supporting people with mental health conditions, however little is known about the support CMOs provide to consumers to modify these health behaviours.

A state-wide survey was conducted with leaders of CMOs in NSW to explore current support for health behaviours and mechanisms that may facilitate support. Over 70 CMO leaders were surveyed between November 2018 and February 2019, from over 60 locations in NSW.

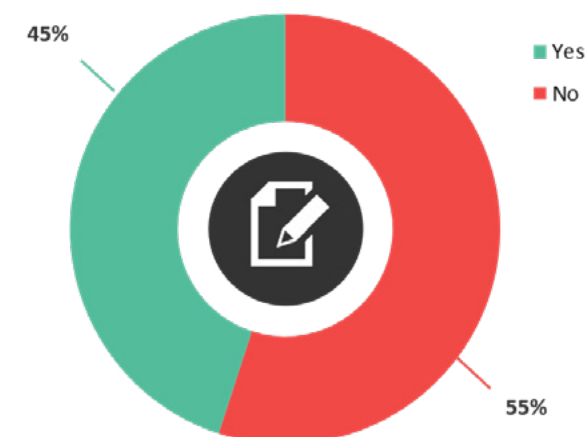
CMOs most frequently supported consumers to improve physical activity (23% of CMOs) and least frequently supported consumers to reduce or quit smoking (8%). A significant proportion of CMOs resourced staff to address the health behaviours of consumers (figure 1) and had a policy on addressing health behaviours of consumers (figure 2).

This is the first study to explore support provided by CMOs for multiple health behaviours that contribute substantially to the burden of chronic disease for people living with mental health conditions. More information from CMO leaders is being sought to understand the barriers and facilitators of this support. Information from other stakeholders including CMO staff and consumers is being collected through online and phone surveys. These perspectives will inform a co-design to develop models for providing preventive care that are acceptable to CMOs.

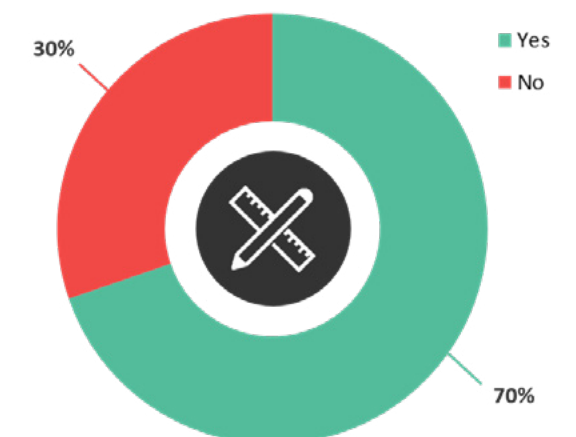
If you would like to be involved in the project, please contact Jenny Bowman on jenny.bowman@newcastle.edu.au or (02) 4921 5958

“ CMOs already play an important role in supporting people with mental health conditions, however little is known about the support CMOs provide to consumers to modify health behaviours **”**

Policy for addressing health behaviours



Tools and resources available to CMO staff





Trauma-Informed Leadership for Organisational Change

*“Leadership is a practice, not a position.”
- Heifetz, et al., 2009*

Developing leadership in the mental health and human services workforce is a key priority of MHCC’s trauma-informed organisational change strategy. The audit and implementation toolkit TICPOT was launched in 2015 with a second edition in January 2019. It was designed to support reflective practice in every aspect of management and practice.

TICPOT assists organisations to identify opportunities for quality improvement and to foster innovation as part of organisational change. Critical to implementation is the development of social leadership that can champion cultural change.

“ This is an easy-to-use framework to guide leaders to work collaboratively to drive organisational change with the ultimate goal of enhancing consumer and carer experience ”

Mental health and human services need leaders to model an approach that supports workers across many contexts, bringing together people with shared values and vision.

This vision includes mental health and human services leaders that are supported by a skilled and competent workforce, demonstrating best practice in all settings across the service system and achieving great outcomes together.

To that end MHCC has developed another free resource TICPOT, Stage 4. **This is an easy-to-use framework to guide leaders to work collaboratively to drive organisational change with the ultimate goal of enhancing consumer and carer/supporter safety and experience.**

The TICPOT framework assumes a thorough knowledge of trauma, an ability to integrate theory into practice and an understanding of the principles that underpin a Trauma-Informed Care and Practice (TICP) approach as fundamental to recovery-orientation in mental health and human services.

You can freely access TICPOT by following this link:
www.mhcc.org.au/resource/ticpot

Inaugural Scholarship for Western Sydney Peer Workers

MHCC and Parramatta Mission have created a scholarship place to boost entry into the peer work force. The scholarship includes training in MHCC’s Certificate IV in Mental Health Peer Work and a coveted work placement with Parramatta Mission.

The scholarship provides an opportunity for someone who may not have the chance to take advantage of training and work pathways.

Parramatta Mission strongly believes in the value that peer workers bring to the mental health sector and anticipates steady growth in the peer workforce. Parramatta Mission hopes the scholarship can be offered in years to come.

“ **Meet Carmel Dever, Scholarship Winner**

I found out about the Scholarship one morning at 3am when I was unable to sleep. As I scrolled through the emails, there it was in the MHCC newsletter, FYI.

The path I hope the scholarship will take me is working closely with carers and allied health professionals in the mental health field, to lift the lid on many aspects of caring that need investigation, for example carer abuse.

My passion within the mental health sector is to shine a light on gaping wounds and on the healing modalities that can help. I would like to study “open dialogue” and see how it might help families.

- Carmel Dever ”

To find out more about MHCC certificate courses, professional development and scholarships, visit www.mhcc.org.au/learning-development/

	CERTIFICATE COURSES COMING UP IN 2020:	
	CHC43315 Certificate IV in Mental Health	Sydney, March 10
	CHC22015 Certificate II in Community Services	Queanbeyan, 18 March
	CHC43515 Certificate IV in Mental Health Peer Work	Wagga Wagga, 18 March
	CHC43515 Certificate IV in Mental Health Peer Work	Sydney, 30 April
	CHC43315 Certificate IV in Mental Health FAST TRACK	Sydney, 18 May
	CHC43515 Certificate IV in Mental Health Peer Work	North Coast, 15 July

Services that Support our LGBTIQ+ Communities

Mental health conditions affect everyone in our communities. However, LGBTIQ+ communities often report higher rates of mental health conditions than the general population, due to factors including discrimination, stigma, violence. Often the reasons for increased rates of mental health conditions are also barriers for accessing “mainstream” mental health services. Thus, there is a need for services that are accessible and that reduce rather than compound these stressors.

In NSW there are many services that support people who identify as part of the LGBTIQ+ communities. Here are three that specialise in supporting mental health and people in the LGBTIQ+ communities.

Twenty10 incorporating GLCSNSW (Twenty10)

Twenty10 works with people across Sydney and NSW who are lesbian, gay, bisexual, transgender and gender diverse, non-binary, intersex, questioning, queer, asexual and more (LGBTIQA+) people and others of diverse genders and sexualities, their families and communities. It provides services for people 12-25 including housing, mental health, counselling and social support. For adults, Twenty10 provides social support and for people of all ages, phone support and webchat as the NSW provider for the national QLife project.



twenty10.org.au

QLife

QLife provides Australia-wide anonymous, LGBTI peer support and referral for people wanting to talk about a range of issues including sexuality, identity, gender, bodies, feelings or relationships. QLife services are free and include phone and webchat support, delivered by trained LGBTI community members. Services are for LGBTI individuals, their friends and families, and health professionals in Australia.



1800 184 527 or
qlife.org.au

ACON

ACON offers a wide range of services including mental health services. ACON supports LGBTI people and people with HIV to take control of their mental health by providing a range of counselling services and care coordination.

From the ACON website:

While many LGBTI people live happy, healthy and productive lives, there are a range of preventable mental health issues which affect a disproportionate number of people in the LGBTI community compared to the general population.

LGBTI people are:

- Twice as likely to experience anxiety disorders
- Three times as likely to experience affective disorders such as depression and social phobias
- Five times more likely to experience major depressive episodes
- Up to 14 times more likely to attempt suicide (ACON Mental Health Outcome Strategy)

The Peace Of Mind project seeks to reduce the impact of mental distress in the LGBTI community by helping people understand mental health and their ability to help people experiencing mental health issues.

www.peaceofmindproject.com.au



acon.org.au

Lou's Place

MHCC is a member organisation. Our members help shape the future of mental health policy in NSW. Here we feature Lou's Place.

What makes Lou's Place different from other services?

We are Sydney's only daytime refuge for women and recently celebrated our 20th Birthday. We are non government funded and our only eligibility requirement is that you are over 18 and identify as a woman. On top of our critical case management, we have a lot of clients who still come to Lou's Place because this is their community; safe, warm and welcoming.

What is a typical day at Lou's Place?

We open 8.30am to 3.30pm Monday to Friday, and close at 2pm on Tuesdays. On a slow day we will see 25 women and on a busy day up to 57 women walk through our doors to see their case managers, use the laundry and shower, have a cuppa, catch up with staff, join activities run by volunteers, or participate in our groups run by staff. Activities include yoga, creative writing, gardening, jewellery making, art, mindfulness meditation, drama and music classes, as well as our health clinic run by Homeless Health. The therapeutic groups run by our 5 staff include our Open Dialogue clinic, Always Mum, and Women Choice and Change.

How have your clients changed over the years?

We've seen extreme growth in more women needing to access our services, but more specifically older women, women with children in out of home care/child protection issues and the over representation of Aboriginal and Torres Strait Islander women with child protection issues.

What needs to happen in society to reduce the demand for Lou's Place?

Affordable housing options for women and approaches to mental health, especially within general society, to de-stigmatise and educate. And the big one; ending domestic and family violence. Dream big, right?

What is the current key focus of Lou's Place?

Our “Always Mum” program is for women with children and grandchildren who may be in Foster Care, who want to improve their relationship with their children and navigate Family & Community Services. It includes legal education from Women's Legal Service NSW, therapeutic case management and advocacy to help women have contact with their children/grandchildren.

Could you tell us about the Open Dialogue Clinic?

Open Dialogue is a series of therapeutic and collaborative network meetings to help assist a



MHCC Member Lou's Place celebrates 20 years

www.lousplace.com.au
info@lousplace.com.au
02 9358 4553

person who may be experiencing a crisis, whether that be mental health, housing, substance use, domestic violence or trauma. A person brings along a network of support people which may include family, friends, colleagues and case managers, to talk openly about what is important for them with their network and the care team (2-3 trained practitioners). We have been running the Open Dialogue clinic for the 18 months, in collaboration with St Vincent's Open Dialogue Initiative. Although we are in the early stages, we are seeing how much this approach is giving our clients by providing a safe space and ensuring everyone's views are heard.



To become an MHCC member visit our website
mhcc.org.au/membership

Reimagine Stage 2 - National ILC Project Update

Peers Lead the Way Through the NDIS

The Reimagine Stage 2 Peer Leader team welcomes new member, Laurie Taylor. Laurie said she is looking forward to the next three months.

“Thank you for the warm welcome from all at MHCC. As the NSW/ACT Peer Leader I have thoroughly enjoyed immersing myself in the Reimagine Stage 2 project. It’s been an exciting learning curve.”

Our Peer Leaders across NSW/ACT, NT, QLD, SA, TAS and VIC continue to work alongside their host peaks, to share information with their communities about reimagine.today and accessing the NDIS. Laurie will continue these discussions, travelling around NSW and the ACT to share information about reimagine.today and capacity building.

In August, Peer Leaders wrapped up phase 1 of the co-design processes with diverse communities across the country, and now plan phase 2. These co-design groups will create new resources to enhance accessibility of existing materials for priority groups, including people from Culturally and Linguistically Diverse communities, LGBTIQ+ people, Aboriginal and Torres Strait Islander communities and people living in rural and remote areas. In NSW, Laurie will facilitate groups with LGBTIQ+ people.

“As we move into phase 2 of the project, I plan a national video meeting and a face-to-face meeting with LGBTIQ+ people. We have had extremely useful feedback from participants highlighting the unique barriers of the LGBTIQ+ community in accessing support services. Participant suggestions have been practical changes and additions to ensure that reimagine.today is inclusive, accessible and representative of the diverse needs of the community, whilst also supporting and acknowledging individual differences within the community. Personally, I have appreciated the time, trust and honesty that participants have given in sharing ideas to better support each other and it’s provided me with valuable insight into my role.”

The Peer Leader team came together for a third face-to-face workshop in Sydney on November 12-13, to develop new resources to build



Elisabeth Wilkinson and Laurie Taylor from the Reimagine project

capacity and skills of people with psychosocial disabilities in self-advocacy, decision making and self-management of their NDIS access and planning. The team continues to grow, discover and contribute to more positive stories of people accessing the NDIS. This strengthens our commitment to this work and to our conviction that peers play an important role in supporting people on their recovery journeys.

New resources being developed will be hosted on reimagine.today, to re-launch in May 2020.

For further information or to get involved, visit the webpage or contact our Project Officer, Rebecca Lewis on 02 9555 8388 (ext 113) or Rebecca.l@mhcc.org.au

www.mhcc.org.au/project/national-ilc-project-reimagine-stage-2/

The Reimagine Stage 2 project is funded by the National Disability Insurance Agency through the National Information, Linkages and Capacity building (ILC) Readiness Grants.



Embracing Change: Enhancing Awareness of NDIS Practice Standards

MHCC has started work on the project “Embracing Change: Applying the Practice Standards, Quality Indicators and Registration Requirements in Psychosocial Disability Services”. This project has been supported through grant funding from the Australian Government.

The project aims to create greater national awareness of the NDIS Practice Standards and Quality Indicators as they apply in the provision of psychosocial support services. It also aims to support existing and prospective NDIS providers to achieve increasing alignment with the Practice Standards and service delivery practices.

The project addresses an identified need to support NDIS registered providers to transition to the new requirements that are set out in the NDIS Act 2013 and the NDIS (Provider Registration and Practice Standard) Rules 2018.

Over the next two years, **MHCC will run ten educational webinars**, as well as a national forum that will explore the Practice Standards and Quality Indicators, and what they mean for mental health organisations. These activities will provide opportunities for providers to learn from each other and will result in a number of educational resources being produced. The webinars and forum will feature sector leaders and experts providing insights into this new NDIS regulatory environment.

The target audiences for these activities are both existing and prospective providers of NDIS psychosocial support services to adults living with psychosocial disability who may be participants or potential participants of the NDIS, along with their family, friends, carers.

MHCC ran its first live webinar on October 24. The webinar, titled Pain Points and Priorities for Providers in Applying the Practice Standards in Psychosocial Disability Services, allowed MHCC to consult with the sector and to explore and prioritise topics to be covered in the upcoming webinars.

“Webinars will allow NDIS providers to learn from each other and for educational resources to be produced”

Visit the website for project updates, webinar registration and opportunities to contribute to resources.

www.mhcc.org.au/our-work/projects

New Resources to Build Capacity and Share Research

■ Living Library Videos

The [Living Library video](#) series aims to help others understand the lived experience of mental health conditions, tackling stigma and normalising help seeking. Each video features a community member of South Western Sydney.

youtube.com/watch?v=IwEgevMJFVE

■ LGBTIQ Intersect - Identity, Spirituality, Wellbeing

This new [website](#), co-designed by Victorian Transcultural Mental Health for community and practitioners, promotes culturally safe LGBTIQ+ inclusive services.

lgbtiqintersect.org.au/

■ Consumer and Carer Engagement Guide

The National Mental Health Commission has produced a [Consumer and Carer Engagement: a Practical Guide](#). This is a step-by-step guide to engaging with consumers and carers in a way that moves beyond tokenistic tick-box approaches.

mentalhealthcommission.gov.au

■ Guide to Reducing Restrictive Practices

The Australian College of Mental Health Nurses has developed [resources](#) to reduce restrictive practices in mental health services, including the "Safe in Care, Safe at Work" toolkit for mental health staff and managers.

acmhn.org

■ Improving Care of Aboriginal and Torres Strait Islander People at Risk of Self-Harm

These new [guidelines](#) are for culturally safe care for Aboriginal and Torres Strait Islander people who present to hospital services at risk of self-harm and suicide. The guidelines suggest moving beyond a narrow clinical focus and taking a strengths-based approach.

menzies.edu.au/

■ Trauma and The Brain Animation

A new animated [video](#), Trauma and the Brain, by Dovetail QLD, explains brain development, the impact that trauma can have on the brain and links with substance use.

youtube.com/watch?v=ZLF_SEy6sdc

■ Working with Carers Guide

Private Mental Health Consumer Network has been funded by Mind Australia and HelpingMinds to deliver a [Practical Guide](#) for Working with Carers of People with a Mental Illness. It supports mental health professionals to engage and work with families, carers and significant others.

mindaustralia.org.au

■ Co-Design Resources

New resources on [Building Capability in Co-Design](#) and [Collaborative Cultures in Mental Health Services in NSW](#) have been launched by the Agency for Clinical Innovation.

aci.health.nsw.gov.au/resources

Read [View From the Peak](#) online to access direct links.

While MHCC endeavours to provide the most up-to-date information, we cannot comprehensively endorse the work of external organisations.



New Mentorships and Ethics Consultations

The Community Mental Health and Drug and Alcohol Research Network has had a busy few months. Activities have ranged from starting new mentoring relationships under the Community Research Mentoring Program, holding Reference Group meetings and receiving multiple requests for Ethical Consultation for the Research Ethics Consultation Committee. CMHDARN is also supporting the 2019 Innovation and Evaluation Grant recipient – Sydney Drug Education and Counselling Centre, issuing monthly newsletters and broadening connections through attending events such as the NUAA Peers and Consumers Forum and the NDARC Annual Research Symposium.

The Community Research Mentoring Project continues to build momentum. In this financial year, three new mentoring relationships have been convened (to date):

- Weave Youth and Community Services
- Phoebe House
- Mental Health Carers NSW

Each of these organisations will be provided support from mentors at the Matilda Centre and the mentees have requested assistance with the following skills: quantitative analysis, data collection, outcomes and evaluation, report writing, study design and methodology, ethics applications and guidance and developing a research question. Mentors will support the mentee to shape, learn and develop the skills they have identified over a 6-month period in a variety of modalities.

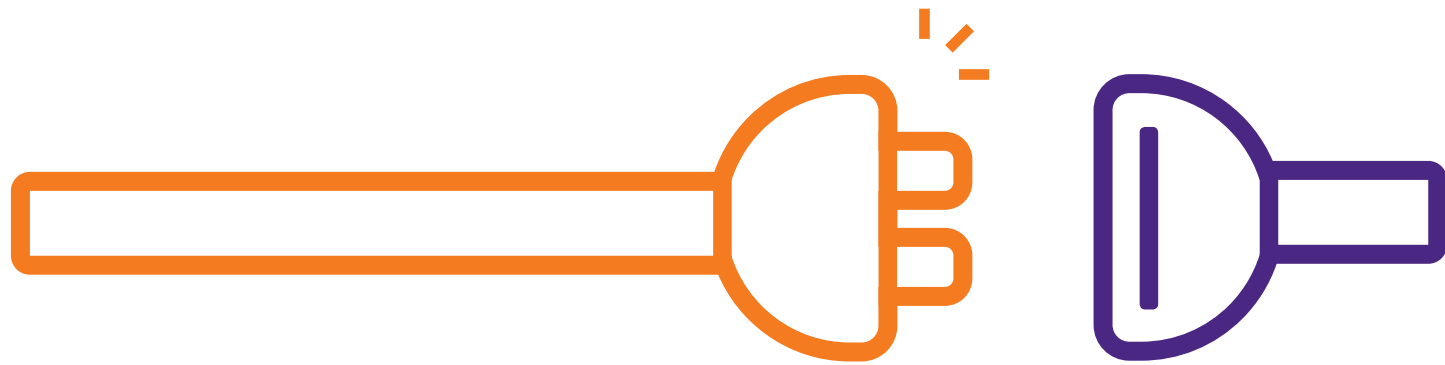
Apply to the Community Research Mentoring Program through the [CMHDARN website](https://cmhdaresearchnetwork.com.au), cmhdaresearchnetwork.com.au

CMHDARN Connect provides subscribers with up-to-date research news from the mental health and alcohol and other drugs sectors. It features articles on current projects supported by CMHDARN as well as information from CMHDARN members on the research they've published, webinars to watch and articles of interest.

Sign up for free and become part of CMHDARN by emailing:

info@cmhdaresearchnetwork.com.au

Mind the Gap: More Needed to Improve NDIS Access for People with Psychosocial Disability



A new report by University of Sydney and Community Mental Health Australia shows that many people with complex mental health conditions are being found ineligible for the NDIS or have not applied due to the complex applications process.

As Commonwealth mental health support programs are being transitioned to the NDIS - programs like Partners in Recovery, Personal Helpers and Mentors Service and Day to Day Living - people with complex needs are being left without support and run the risk of requiring more expensive acute services down the track, the report reveals.

Only half the people with mental health conditions previously supported by Commonwealth programs have applied for the NDIS, and of these, over one quarter have been deemed ineligible.

“Only half the people supported by Commonwealth programs have applied for the NDIS and one quarter of these were deemed ineligible”

While the NDIA is implementing reforms to improve accessibility for people with a psychosocial disability, further work is needed to improve the understanding of psychosocial disability and the consistency of decision making.

The Commonwealth Government has established supports for people that won't be transitioning to the NDIS, but the report raises concerns about the adequacy of these replacements.

The report also provides valuable information about how people with a psychosocial disability are navigating the NDIS and other regionally based mental health reforms.

Decision makers can use the report to instigate reforms, ensuring those most in need of support can access it, either through or outside of an NDIA-funded package.

Find the report here
cmha.org.au

Learning Materials Trial: Supporting Community Connection Outside of the NDIS



CEEP learning materials trial in Redfern

MHCC continues to progress its NSW ILC Community Engagement Education Package (CEEP) Project to better support community connection for people outside of an NDIS funded package. MHCC has co-designed learning resources with people living with mental health conditions. The learning resources target non-mental health specific community workers, volunteers and people with lived experience (ie, peers in both paid and unpaid supporter roles). The project aims to equip community workers to use recovery-oriented, trauma-informed and rights-based approaches when helping people living with mental health conditions, enabling social connection and increased community participation.

Two trials were held in Sydney in September and Dubbo in October with six learning modules tested. The modules covered -

- **What is Recovery?** - Understanding the importance of purpose and meaning when healing from the impacts of a mental health condition
- **Community Inclusion** - The importance of supportive environments in recovery
- **Supports and Services** - Improving knowledge of supports and services outside of the NDIS and acute mental health sectors

- **Embracing Change** - Covering new approaches and practices in the mental health, NDIS and ILC environment
- **Creating Healing Environments** - Trauma informed care and practice
- **Empowerment** - Awareness of self-direction as a key recovery tool

The University of Sydney is evaluating the learning resources and the materials will be further developed from late 2019 based on the findings along with further lived experience co-design. The final project learning resources will be freely available on MHCC's website.

More information about the project, including access to the trial learning resources, is available on the [MHCC website](https://mhcc.org.au/project/nsw-ilc-community-engagement-education-package-ceep-project/)
mhcc.org.au/project/nsw-ilc-community-engagement-education-package-ceep-project/

MHCC is a member organisation

See all our members at mhcc.org.au/our-members



COME JOIN US
mhcc.org.au/membership

Help MHCC set the agenda for the Community Managed Mental Health Sector and define the messages that we campaign on and communicate to government agencies and service bodies. We need your experience to inform the future shape of our sector. Become an MHCC member today!

MHCC STAFF AND CONTACT DETAILS

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