



ACT
Government



Office for Mental Health and Wellbeing

Summer Newsletter

Year in Review

On Tuesday 3rd of December, I celebrated one year in the role and what a year it has been! Over the course of this year, we have worked closely with consumers and carers, researchers and experts, mental health service providers, both government and non-government, and across all ACT Government directorates to enhance the mental health and wellbeing of us all.

I have been encouraged by the dedication and enthusiasm from the community and across ACT Government Directorates for the work of the Office. Some of our key achievements to date include the release of the codesigned vision and work plan, the commitment to community engagement, the review of children and young people and the continuation of Lifespan implementation. During this period, the Office in partnership with the Mental Health Policy Unit coordinated the whole of government response to the Productivity Inquiry into Mental Health.

As the year comes to a close, I would like to thank all our stakeholders for their commitment to working in partnership with the Office. It is only by working together that we improve our wellbeing and can achieve a more streamlined and responsive mental health system and address the service gaps that consumers currently experience.

As we head into the Christmas period, my thoughts go out to families affected by the bush fires. If you can, please spare some time to assist by volunteering with organisations who support the families and our emergency service personnel. You can find out about local volunteering activities by visiting the [Volunteering ACT website](#). Another way you can support those affected is by donating to [Red Cross](#).

I hope you find this newsletter informative and my thanks to Purity Goj as newsletter editor extraordinaire. I wish you and your family a safe and relaxing Christmas break and I look forward to working with you in 2020.



Dr Elizabeth Moore

December 2019
Volume 1, Issue 4



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LAUNCH OF YOUTH AWARE OF MENTAL HEALTH



Building resilience in our young people

In Australia, 70% of mental illness and suicidal behaviours begin between the ages of 12-25 years.

Through the delivery of structured, evidence-based programs, schools provide an effective way of promoting mental health resilience and help-seeking amongst young people.

The Youth Aware of Mental Health (YAM) program has the strongest evidence-base including the best outcomes specific to suicidal behaviour, and the flexibility to be integrated into any school environment.

What is YAM?

YAM is a program aimed at addressing the mental health needs of young people, that involves discussion and role play. It aims to get young people involved and talking about mental health. By doing this, young people will learn problem solving skills and gain knowledge about mental health;

build resilience; and promote help seeking behaviours.

Who is YAM for?

The ACT Lifespan YAM Program, launched by Minister Rattenbury on Wednesday 23 October, will be rolled out to Year 9 students in ACT schools from 2020 through a partnership between ACT Health, ACT Education, and Black Dog Institute.

How much does YAM cost?

YAM is free in the ACT.

What will students learn?

YAM facilitates discussion and guided role-play scenarios to help young people recognise and work through challenging ideas or subjects in relation to their mental health.

For further information, contact Ros Garrity: Ros.Garrity@act.gov.au



Launch of the YAM Program. Pictured above, back row right to left: Mr Michael De'Ath (Director General, Health Directorate) and Mr Michael Cook (Black Dog Institute). Front row left to right: Ms Joan Webb (ACT Education), Minister Shane Rattenbury (Minister for Mental Health) and Dr Elizabeth Moore (Coordinator-General, Office for Mental Health and Wellbeing).



ACT LIFESPAN ABORIGINAL AND TORRES STRAIT ISLANDER WORKING GROUP

The ACT LifeSpan Aboriginal and Torres Strait Islander Working Group has continued to meet monthly since 18 August this year. This Working Group has received presentations from Michael Cook and Dr Fiona Shand from Black Dog Institute, Nikki Gotovac, Director of the Aboriginal and Torres Strait Islander Health Partnerships Team of ACT Health, and Stacy Leavens of the Capital Health Network.

Since its inception, the Working Group has considered and supported such ACT suicide prevention strategies as culturally appropriate suicide prevention training for Aboriginal and Torres Strait Islander peoples, and a new ACT culturally appropriate integrated suicide prevention, intervention, postvention and after care service.

An Aboriginal and Torres Strait Islander Community Forum on Mental Health and Suicide Prevention is planned for early next year, on a date to be advised, following further consultations with major local Aboriginal Groups such as Winnunga Nimmityjah Aboriginal Health and Community Services, Aboriginal Granny's Group, Gugan Gulwan Youth Aboriginal Corporation and Torres Strait Islander Corporation. Consultations have

already commenced with these major groups in collaboration with the ACT Health Aboriginal and Torres Strait Islander Health Partnerships Team.

An excellent workshop with the Working Group and Capital Health Network was held on Wednesday 20 November this year to address the ACT Regional Mental Health and Suicide Prevention Plan. Much valuable input was given by Working Group members to CHN and to the Regional Plan.

Early next year a meeting with the Working Group and the Advisory Board of the Ngunnawal Bush Healing Farm will be arranged to consider the use of the Healing Farm as a healing hub for Aboriginal and Torres Strait Islander people.



QUESTION, PERSUADE, REFER (QPR) TRAINING IS A FREE ONLINE COURSE THAT WILL HELP YOU

- identify warning signs of a suicide crisis
- confidently talk to someone about their suicidal thoughts
- understand how to connect someone to professional care

SIGN UP FOR QPR TRAINING TODAY

www.chnact.org.au/mental-health-programs-hp

QPR for individuals living in the ACT region is free.



ONLY TAKES
60 MINUTES



LONELINESS

Christmas is a time when people look forward to spending quality time with family and friends and celebrating the end of the year.

However, it can also be a difficult, overwhelming and deeply lonely period for many people.

Researchers have found that loneliness is as lethal as smoking 15 cigarettes per day. If you are struggling during this season, you are not alone.

There are many resources available to assist, [for some tips and suggestions for managing feelings of loneliness click here](#). If you are feeling overwhelmed, call Lifeline on 13 11 14.

[Click here to complete the course](#)

PEPPERMINT CHERRY CHRISTMAS BALLS

These delicious peppermint cherry balls are all about Christmas. You can't go wrong little bites that have Cherry Ripe, Peppermint Crisp and chocolate biscuits all together. Make some for yourself and some to give away as gifts.



Ingredients

- 1 packet Choc Ripple biscuits (crushed)
- 1 Peppermint Crisp chocolate bar (finely chopped)
- 1 Cherry Ripe chocolate bar (finely chopped)
- 1 cup desiccated coconut
- 1 tin sweetened condensed milk desiccated coconut (for rolling)

Method

1. In a bowl combine the crushed biscuits, Peppermint Crisp, Cherry Ripe, coconut and condensed milk.
2. Roll tablespoonfuls into balls and roll in coconut.

Source: [Kidspot Kitchen](#)

ACT MENTAL HEALTH AWARDS

The ACT Mental Health Month Awards ceremony marked the end of a very successful Mental Health Month. Each year the objectives of the awards are to recognise and celebrate the achievements of individuals, groups, organisations, businesses and initiatives in the area of Mental Health in the ACT.

The 2019 Mental Health Month Awards ceremony took place at the stunning Bradman Room, Manuka Oval. The Office was pleased to have the opportunity to work alongside other members of the Advisory Committee to broaden and refresh the scope of the Mental Health Month Awards.

The ACT Mental Health Consumer Network award categories and winners were:

Lived Experience Ally Recognition Award (LEARA)

Katrina Bracher

David Perrin Award

Tianne Casey, Monumental Health ACT

Michael Firestone Memorial Scholarship

Bianca Rossetti
Natalee Thomas
Terri Warner

The new 2019 awards categories and winners were:

Mentally Healthy Communities and Workplaces Award

Australian Kookaburra Kids Foundation, ACT Branch
Elise Apolloni, Capital Chemist Wannassa

Support for Individuals, Families and Carers Award

Jenny Adams, The ACT Mental Health Consumer Network
The Connected Program, Marathon Health
The Way Back Support Service, Woden Community Service
Scott Hodgson received a Commendation Award

System Capacity and Workforce Award

Jan Jolly, Arthritis ACT

Research, Evaluation and Quality Improvement Award

Centre for Mental Health Research, The Australian National University.

Congratulations to all the winners pictured below, for further information including the nominations received [click here for the Mental Health Month Website](#).



Mental Health Award Winners with Minister Shane Rattenbury (Minister for Mental Health) and Dr Elizabeth Moore (Coordinator-General, Office for Mental Health and Wellbeing).

HEALTH LITERACY



Front row right to left: Emma, Anais. Middle row right to left: Jess, Shelley, Karin and Purity. Back row right to left: Kate, Sarah and Belinda

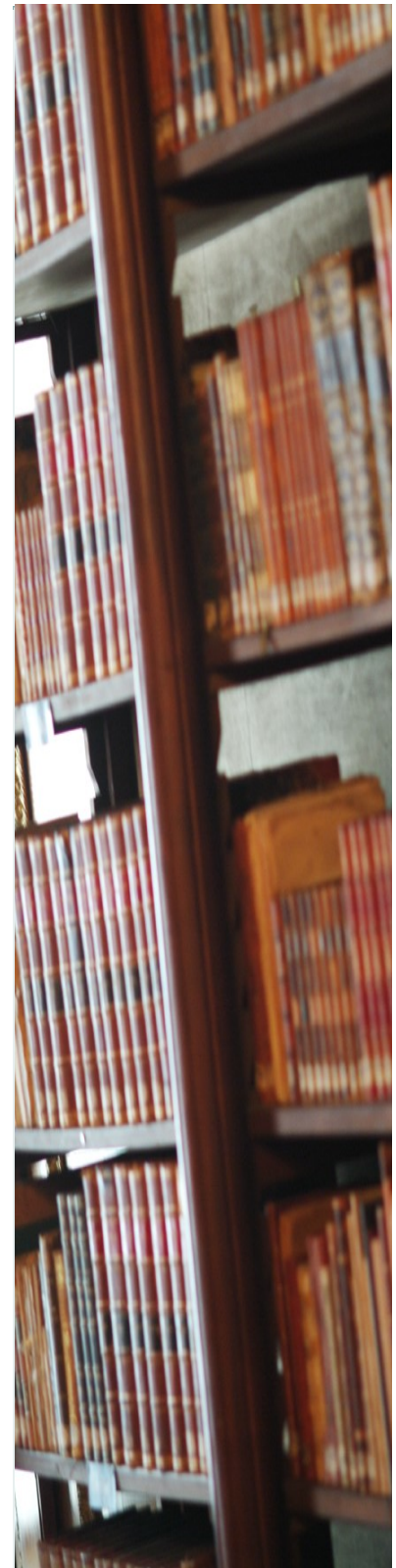
The Office is working closely with Health Care Consumers Association through their Community Health Literacy Steering Group. This group brings together consumers and staff with health service management and health policy expertise to advise on all aspects of the project, provide feedback on draft documents, and promote and champion the work. The group will advise on all aspects of the Community Health Literacy Project, which includes the following work in 2020-21:

- Support the ACT Health Directorate to finalise and implement a Health Literacy Framework.
- Develop and maintain a website providing health literacy information and resources for consumers and carers, health professionals and community sector workers and volunteers in the ACT and region.
- Develop a Health Literacy Network that will provide education and development opportunities for people

working in health and community organisations.

- Develop, pilot and evaluate health literacy training for people working or volunteering for community organisations.

The Steering group defines health literacy as “the combined knowledge, skills, confidence and motivation used to make sound decisions about your health in the context of everyday life”. Health literacy is a shared responsibility of health services and individuals. Individual health literacy describes how easy it is for people to access the health information they need, understand it, and judge if the information is right for them. Environmental health literacy describes the setting in which people seek information about their health and use health services. This includes where provision of health care occurs, signage and maps, websites, policies and processes, and how staff speak with consumers and carers.



WAYS TO WELLBEINGS

Stay healthy and happy by following these ways to wellbeing.

Give back

Keep yourself busy and connect with your local community.

Reach out

Reach out to a neighbour, family member, friend or community group.

Seek help

Seek professional help if you need to.

Be prepared

Not everything always goes to plan, so focus on what is most important, and simplify your festive season if you normally commit to too much.

Look after yourself

Clear your mind by going for a walk, listen to relaxing music or read a book. Get enough rest and make healthy eating choices.

Be active

Maintain your physical health, regular exercise can help promote a relaxed state of mind, boost self-esteem.

[Click here for the full article](#)

MENTAL HEALTH ADVISORY COUNCIL



Mental Health Advisory Council Members, left to right: Dr Nadeem Siddiqui, Ms Matilda Emerson, Mr David Lovegrove, Minister Shane Rattenbury, Ms Sue-Ann Polden (Chair), Dr Elizabeth Moore, Ms Judy Bentley, Associate Professor Jeffery Looi. Absent Ms Samia Goudie.

The Mental Health Advisory Council was established under the Mental Health Act 2015. The Council brings together knowledge, skills and experience in promotion of mental health, mental health care services and addressing mental illness. The Council advises the Minister for Mental Health about:

- emerging or urgent mental health issues,
- mental health service reforms,
- mental health policy,
- mental health legislative change, and
- anything else in relation to mental health and social and emotional wellbeing.

Currently there are seven members appointed as pictured above.

In 2019, the Council met seven times and looked at the following topics:

- Mental health needs of Aboriginal and Torres Strait Islander people in the ACT
- Office for Mental Health and Wellbeing Work Plan
- Housing needs of people living with mental illness
- Mental Health and Wellbeing in the Lesbian, Gay Bisexual Transgender, Intersex and Queer Community
- Workforce in the ACT Mental Health Service System / Peer Workforce
- Wellbeing Indicators and Mental Health Outcomes Framework
- Children and Young Person Review

HEALTHY CANBERRA GRANTS: FOCUS ON REDUCING SMOKING-RELATED HARM IS NOW OPEN FOR APPLICATIONS

Healthy Canberra Grants is seeking applications from community-based groups for programs that focus on preventing and reducing harm from smoking.

Tobacco smoking remains a leading cause of preventable death and disease in Australia. Quitting smoking, at any age, has immediate benefits for health and wellbeing, and reduces the risk of developing tobacco-related disease. Preventing or delaying the uptake of smoking in young people not only has direct health benefits but also greatly reduces their ongoing smoking behaviour as adults.

Although fewer than 10 per cent of Canberrans smoke – the lowest proportion of adult daily smokers in Australia, there are still sections of our community where smoking rates are substantially higher.

Healthy Canberra Grants: Focus on Reducing Smoking-Related Harm aims to fund programs that:

reduce the number of people in population groups with a high prevalence of smoking

prevent or delay the uptake of smoking

prevent the harms associated with electronic cigarettes and other new smoking products

There is up to \$850,000 in funding available to support programs of up

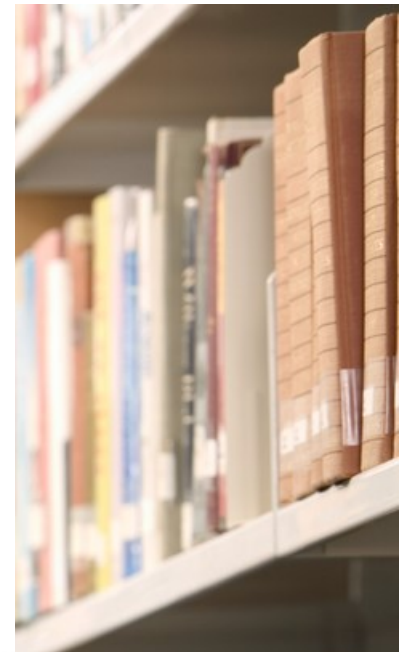
to three years duration, commencing in the 2020/21 financial year.

Applications are due by 4pm Monday 17 February 2020.

For more information, including accessing the application form and funding guidelines, please visit the ACTHPGP's webpage at

www.health.act.gov.au/hpgrants, call us on 02 5124 9456 or email hpgrants@act.gov.au.

“Tobacco smoking remains a leading cause of preventable death and disease in Australia.”



NEW FACES AT THE OFFICE



Helen Braun (left)

On 18 November, I commenced as the Suicide Prevention Coordinator – Clinical Services ACT LifeSpan.

I will be working with a variety of stakeholders across Canberra Health Services, Calvary Public Hospital Bruce, Capital Health Network and community partner agencies to improve emergency department and follow up care for people experiencing suicidality and introduce new training to increase the competence and confidence of mental health clinicians.

My background is 20 years + in mental health nursing and for the last four I have been working with Adult Acute Mental Health Services at the Canberra Hospi-

tal. Between 2012-2015, I was responsible for the Suicide Prevention Program for the Department of Defence. In this time, the model of care for mental health services for ADF members was revised, mental health clinicians were upskilled in the assessment, care and management of suicidality and a help-seeking phone app for Defence members and veterans experiencing suicidality was jointly created with the Department of Veteran Affairs.

Fleur Beveridge (right)

I'm a born and bred Canberran and love my hometown and its beautiful natural environment. I have been working for the ACT Government since February 2011. Before that I worked for 5 years at CPA Australia. The majority of my time with the ACT Government I have worked in Transport Canberra and City Services. My first role was in Human Resources and subsequently in Roads Public Transport and Capital Works, Legal and Contacts and Communications. I have also acted in positions in the Environment, Planning and Sustainable Development Directorate and Education Directorate.

I was attracted to the role at the Office for Mental Health and Wellbeing because of its important role and its commitment to enhancing the mental health and wellbeing of our community. I look forward to learning more and meeting new people.

Christmas To Do List

1. ~~Buy~~ Presents ^{Be}
2. Wrap ~~Gifts~~ ^{Someone in a hug}
3. Send ~~Gifts~~ ^{Love}
4. ~~Shop~~ ^{Donate} For Food
5. Make ~~Cookies~~ ^{Memories}
6. ~~See~~ ^{Be} The Lights





02 6285 3100
 PO Box 174 Deakin West ACT 2600
 multicultural@mhaustralia.org
 embracementalhealth.org.au
 @EmbraceMultiMH

Workshop Invitation

The Framework for Mental Health in Multicultural Australia (The Framework)

*Are you looking for ways to build the cultural responsiveness of your practice or service?
 Would you like to learn more about what tools and resources are available to support you?*

Mental health services, Primary Health Networks (PHNs) and individual practitioners are warmly invited to attend a workshop in your state/territory on the Framework for Mental Health in Multicultural Australia (the Framework).

The Framework is a free, nationally available online resource which allows organisations and individual practitioners to evaluate and enhance their cultural responsiveness. It has been mapped against national standards to help you meet your existing requirements, with access to a wide range of support and resources. Find out more at: www.embracementalhealth.org.au/service-providers/framework-landing

Embrace Multicultural Mental Health (the Embrace Project) will be holding free workshops around Australia across 2019-2020 to support implementation of the Framework and we encourage teams to attend. The workshops will provide an overview of the Framework and explore how it can be tailored to best meet your needs and the needs of your local community.

Wednesday 26 February 2020
TBC, ACT
9:30am-1:30pm including morning tea and lunch
 Please register for the workshop here:
<https://www.surveymonkey.com/s/5216938/Join-our-Workshop-The-Framework-for-Mental-Health-in-Multicultural-Australia-The-Framework>

[Click here to register](#)

There are a number of roles you can play in a headspace Canberra Youth Reference Group, including:

- Chairing monthly meetings, agenda and minute taking
- Leading a project in your local area
- Social media consultation and development
- Review and development of headspace Canberra services
- Participation in Community Awareness Events
- Participation in media
- Peer support and mentoring

For an application form contact: hs.Canberra@marathonhealth.com.au or check out the headspace Canberra website

APPLICATIONS CLOSE 6th January 2020



[Click here to register](#)

Thank you for taking the time to read the Summer Newsletter, kindly circulate it within your networks.

Any feedback or comments are very welcome.

Wishing you a Merry Christmas and a happy New Year!



We acknowledge the traditional custodians of the ACT, the Ngunnawal people. We acknowledge and respect their continuing culture and the contribution they make to the life of this city and region.

