

# Carers Representation Program E Bulletin: 14 April 2011

**Welcome to the fortnightly Carer Representation Program E-Bulletin**  
Informing you of Mental Health committee updates, news, events and more. This issue:

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## **Save the dates**

### **Feedback on review of Mental Health Carer Representation Program and next steps**

We will be holding two sessions to provide feedback on the review of the Mental Health Carer Representation Program and to discuss next steps. We hope that this will enable as many people as possible to attend.

The first session will be held on Monday 9 May from 3-5pm at Carers ACT – 2/80 Beaurepaire Crescent Holt.

The second session will be held on Thursday 12 May from 5-7pm at the Smith Family Building on the corner of Launceston and Easty Streets in Woden.

We look forward to seeing you there. Please RSVP to Julia on 6296 9952 or at [juliap@carersact.asn.au](mailto:juliap@carersact.asn.au)

### **ACT Primary Health Care Strategy 2011 -2014 Consultation Draft**

The ACT Government has released its Primary Health Care Strategy 2011-2014 Consultation Draft. The Strategy has been developed to build on the ACT Health Care Strategy 2006-2009. The Strategy has been developed in the context of the Council of Australian Governments (COAG) health reforms and identifies the core principles and priorities that will provide a

roadmap to guide current and future policy, planning and practice in the ACT primary health care sector. The ACT Government has already conducted consultations and now is seeking submissions on the Strategy from the wider community. The closing date for submissions is 22 April 2011.

Carers ACT invite you to forward any comments by 20 April 2011 to [juliap@carersact.asn.au](mailto:juliap@carersact.asn.au) The Strategy can be read or downloaded at <http://www.carersact.asn.au/publications/> and click on 'Focus of submission' and/or '2011 ACT Primary Health Care Strategy'

### **Productivity Commission draft disability care and support report**

The Productivity Commission held its Canberra public hearing on Friday 8 April. Dee McGrath, CEO Carers ACT, Bridget Larson, a Carer and Carers ACT Board Member and Brooke McKail, Executive Officer Mental Health Community Coalition ACT presented at the hearing. The feedback from the Productivity Commissioners was very positive and all three were asked to consider expanding on their presentations and including some more specific solutions in the collaborative ACT submission. This Submission is being developed by a group of ACT organisations, including Carers ACT, Mental Health

Community Coalition ACT, Mental Health Consumer Network, Koomarri, National Disability Services ACT. Disability ACT is supporting this process.

The Productivity Commission is seeking feedback on where the boundaries between the mental health sector and the National Disability Insurance Scheme might lie. In particular, feedback is sought on which system would be best placed to meet the daily support needs (not clinical needs) of individuals with a disability arising from long lasting mental health conditions, including:

- Which services would be provided by the NDIS and not the mental health sector and how these could be clearly identified
- The magnitude of the budget that would be required
- How to guard against cost shifting
- How the NDIS would practically integrate any role in ongoing non-acute services with the wider mental health sector, including any shared responsibilities of case managers in the two systems.

Submissions are due with the Commission by 30 April. A copy of the draft report can be found at <http://www.pc.gov.au/projects/inquiry/disability-support/draft>

### **Carer Representative required for the Seclusion and Restraint Working Group**

A Carer Representative is sought for the Seclusion and Restraint Working Group. The functions of the group are to formally review all incidents of seclusion and restraint, code black and Early Support & Intervention Team in PSU and MHAU.

#### **The review includes:**

- Overview of consumer's admission to date
- Description of events prior to an incident
- Medications offered/given/requested
- Description of incident – who/where/what/how the skill mix on unit at the time
- Acuity on unit at the time
- Details of seclusion order - length of time on order and length of actual seclusion
- Post seclusion support

- Seclusion Reporting Compliance
- Coping and Safety Tool
- Reflection – consumers and staff
- Maintain systemic and cultural changes that enable all stakeholders to better support consumers.

The group reports its outcomes to the Seclusion and Restraint Working Party, the PSU staff meeting and Wards staff meeting through the Director of Clinical Services. Please note that the meetings are held weekly, every Friday afternoon, generally from 2pm. If there have been no seclusion episodes during the reporting period, then other ES&IT and Code Black Incidents will be reviewed.

If you are interested in nominating for this position, please contact Julia on 6296 9952 or at [juliap@carersact.asn.au](mailto:juliap@carersact.asn.au) for an application form. Applications close on Thursday 28 April. If more than one application is received, they will be forwarded to the Chair of the Working Group who will make a decision based on the candidates' relevant experience.

### **Carer Representative required for Youth Step up, Step down Model of Care Committee**

ACT Health is forming a new committee and would very much appreciate the input of a carer of a young person with mental health issues, preferably aged from 18 – 25 years. Terms of Reference are being developed.

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### **Working life and mental illness: SANE Australia asks, what's your experience?**

SANE Australia is currently conducting an online research survey on working life and mental illness. About 45 per cent of Australians will experience a mental illness in their lifetime, and there is little doubt that we will all be affected – directly or indirectly – by a mental health problem while at work.

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SANE Australia, the national mental health charity, wants to hear about the experiences of people with mental illness, and carers, who are in work. The brief questionnaire can be accessed at [www.sane.org](http://www.sane.org) or you can ring the SANE helpline on 1800 187263

### **Extra \$5 Billion needed for Mental Health AMA Position Statement on Mental Health 2011**

The Australian Medical Association has released its first formal Position Statement on Mental Health stating that the Federal Government needs to provide an extra \$5 billion in funding over four years. The significant funding boost is required to address the gaps in current mental health services and enable the delivery of comprehensive, integrated and coordinated mental health services for all people who may develop an acute or chronic mental illness at any stage of their lives. The AMA's statement on Mental Health identifies a number of immediate priorities for Government action and additional investment and improved service delivery arrangements to support a number of areas including: prevention, destigmatisation and community understanding, early identification and intervention, community-based care, aged care, subacute and acute care, crisis and outreach care, special needs groups and social, environmental and economic determinants of

mental health. The Position Statement is available on the AMA website at <http://ama.com.au/node/6524>

### **Indigenous mental health services needed**

The Royal Australian and New Zealand College of Psychiatrists are calling for improved mental health services for Indigenous Australians, in a media statement released on 23 March 2011. The media release notes the significantly higher rates of health problems and mental illness amongst Indigenous Australians and calls for an improvement in targeted, culturally appropriate healthcare and mental health services. The College of Psychiatrists also supports a call for a referendum for constitutional change and for the acknowledgement of Australian Aboriginal and Torres Strait Islander peoples in the Constitution. A copy of the media release can be found at: <http://www.ranzcp.org/>

To access the Stolen Generations Position Statement go to [http://www.ranzcp.org/images/stories/ranzcpattachments/Resources/College\\_Statements/Position\\_Statements/ps42.pdf](http://www.ranzcp.org/images/stories/ranzcpattachments/Resources/College_Statements/Position_Statements/ps42.pdf)

### **Quarterly Community Forum Mental Health Services for Young People**

On Thursday 24 March 2011 the Mental Health Community Coalition in conjunction with the Consumer Network and Carers ACT held their Quarterly Community Forum at the Youth Coalition Offices in O'Connor. Although there were a very low number of carers attending, the Forum was most productive with a number of youth Service Providers in the ACT passing on a wealth of useful information. To view the notes from the Forum go to <http://www.carersact.asn.au/wp-content/uploads/2010/10/2011-03-Notes-from-Quarterly-Community-Forum.pdf>