

Mental Health Carers Participation And Representation Program E-Bulletin - 8 December 2011

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NEWS

Federal Media Release

Understanding Mental Illness Through Better Research (Government Media Release)

Mental health research in Australia is set to be enhanced by a significant financial commitment towards research into better mental health treatment and improved clinical outcomes. On December 1 Minister for Mental Health and Ageing, Mark Butler, announced how the budget commitment of \$26.2 million would be allocated to strengthen Australia's strategic research capacity. The National Health and Medical Research Council (NHMRC) will:

- Target a call for research of up to \$13 million into the prevention of, and early intervention in, mental illness in children and young people.
- Allocate up to \$5 million for Centres of Research Excellence, focussing on mental health research in a collaborative team-based environment, which emphasises research translation and training. clinical researchers to be future research leaders.
- Allocate up to \$8 million in new NHMRC Fellowships to support leadership in the field of mental health research.

To read more about the NHMRC go to their website, please click here.

To read the full media release click here.

People With Psychotic Illnesses Now Better For Longer

The Minister for Mental Health and Ageing, Mark Butler joined with SANE Australia to officially launch the report *People Living with Psychotic Illness 2010* on November 23. This is the report from Australia's second national survey of psychotic illness in the community. Key findings include:

- Involuntary hospital admissions for mental health reasons have decreased by one-third.
- There are marked increases in the use of community rehabilitation and day programs, with the use of community programs up by 60 per cent.
- Fewer people with psychotic illness are now experiencing homelessness, more are in supported accommodation and many more are being supported to live in their own homes or rented accommodation.

To read the full report click here.

The media release can be found here.

Veteran Mental Health Report Released

The Minister for Veterans' Affairs, Warren Snowdon, released an independent report on Friday November 25, which reviewed an element of mental health programs and services available to the veteran community. "The mental health and wellbeing of our returned servicemen and women is a priority, and this review is one way we can ensure that current and former Australian Defence Force (ADF) members, and

their families, are receiving the best support available now and into the future. The Australian Government is investing \$93 million over four years in a Mental Health Reform Program across both Defence and Department of Veterans' Affairs (DVA), to ensure appropriate support is available to those who need it most." The key findings of the Review of Post-Traumatic Stress Disorder (PTSD) Mental Health Group Treatment Programs, identified the effectiveness of PTSD group treatment programs. The report also offers guidance on the next phase of group treatment programs. To read the report click here

National Disability Insurance Scheme Updates

Sign Up And Stay In Touch On The Ndis Website

During the International Day of People with Disability on Saturday December 3, the Australian Government launched a new NDIS website. The website, www.ndis.gov.au, is designed to keep people up to date with progress towards the NDIS. It will provide easy-to-read information, up-to-date news, disability and carer resources, and fact sheets on reform of disability care and support services. It also contains disability and carer resources. People are encouraged to go online, sign up and stay in touch.

Designing The Ndis

A new agency, similar to Medicare, will be established to lead the Commonwealth's work to design the launch of the NDIS. The agency will also oversee new projects that identify practical ways to prepare the disability sector and workforce, and people with disability, to move to a new ways of delivering disability services. It is hoped that this agency will encourage improvements in disability support and care as quickly as possible.

Note: As there is now a website dedicated to keeping interested people updated and informed about the NDIS, the e-bulletin will no longer carry these updates. We will, of course, bring highlights to your attention, but will leave the day to day updates for you to explore here.

Carer Events

Carers Issues Forum & Celebration

Thursday December 15th 2011, 6:00-8:00pm
Belconnen Arts Centre, Emu Bank
Mental Health Carers Voice invites you to join us in celebrating the end of 2011. At our special carers issues forum we will announce the new Mental Health Carer Representatives for 2012-2013 and launch the Mental Health Carers Voice website and online discussion forum. Ara Cresswell and Tim Moore from Carers Australia will be present and we will provide food and drink and an opportunity to socialise.

RSVP: to Lydia on mhcarers@carersact.org.au or 6296 9900 by Monday December 12 for catering purposes, please.

What's on in the ACT that might interest you

Sector Consultation Forum

Why: Draft Workforce Development Strategy for the ACT's Community Mental Health Sector.

When: Thursday December 15, 10.00am – 11.30 am

Where: Room 6, Level 1, Griffin Centre, Civic

Who: Mental Health Community Coalition ACT

RSVP: admin@mhccact.org.au or 6249 7756

The draft consultation document can be found here

Carer Issues Forum & Celebration

When: Thursday December 15 2011, 6:00pm-8:00pm

Where: Belconnen Arts Centre, Emu Bank

Why: announcing Carer Representatives for 2012 – 2013, and launching the Mental Health Carers Voice Website and online Discussion Forum

Who: Mental Health Carers Voice

RSVP: Lydia on mhcarers@carersact.org.au or 6296 9900 by Monday December 12

Art On Fabric Course

When: Fridays in January (6, 13, 20 and 27)
10.30 – 12.30 am

Where: Australian Catholic University Room B11

Who: Clemente Canberra – a partnership of ACU & St Vincent De Paul

For: People over 18 with a history of trauma, mental illness, disability, addiction, unemployment, homelessness, family breakdown or other disadvantage.

RSVP: Robyn on robyn.keech@svdp-cg.org.au,
6284 5155, or 0418 714 835



A Christmas Book For Young Children Whose Parents Have Bipolar Disorder

Bipolar Bears by Sue Hueston is a self-published illustrated children's book aimed at 5-year olds. It's the story of Daddy Bear and his family during a manic episode . . . It aims to help children understand the behaviours associate with bipolar disorder. More information is available here or you can email suey10@hotmail.com

2012 Dates For Mental Health Carers Support Group

The Mental Health Carers Support Group meets once a month on Wednesdays from 6 – 8 pm at the Smith Family Woden, cnr Launceston and Easty Streets. A light supper is provided. This is a facilitated group which all mental health carers are welcome to attend. **Dates for 2012 are:** Jan 18, Feb 22, Mar 28, Apr 18, May 23, Jun 27, Aug 22, Sep 26, Oct 24, Nov 28. There are no group meetings in July or December.

Carer Representation News

Nominations Closed

Nominations for mental health carer representative positions have now closed. Thank you to all who nominated, and to those who considered nominating. All nominations have been forwarded to the Selection Panel, who will meet in the next week to decide the mental health carer representatives from January 1 2012 - December 31, 2013. The successful nominees

will be announced at the Carer Issues Forum & Celebration next week (see separate article for details of this).

January MHJHADS Meetings

There will be no meetings of the ACT MHJHADS Committees, Subcommittees, or Groups during January. Meetings will resume in February 2012. All carer representatives on Groups will be advised of meeting times in their usual manner. All new carer representatives on committees and subcommittees will be notified of meeting times through Carers ACT and through the Secretariats of the committees and subcommittees.

Positions Vacant

Richmond Fellowship ACT has a number of temporary short-term vacancies in the Belconnen Personal Helpers and Mentors program. These are available both full-time and part-time. They are particularly seeking applications from University students studying in a human services field. For more information see the website [here](#) or contact Blen Rowley on 6248 6118.