



E-Newsletter October 2011

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The peak body representing the community mental health sector in Tasmania
at a state and national level

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MHCT News

Announcement from the Chair – Cedric Manen

New MHCT CEO – Darren Carr

The Board of the Mental Health Council of Tasmania (MHCT) is delighted to announce the appointment of our new CEO Darren Carr.

Mr Cedric Manen Chair of the MHCT Board said 'Darren has over ten years experience as a CEO and Director of not-for-profit organisations, most recently as CEO of the Cancer Council Tasmania. We're looking forward to Darren working with the board, staff and membership of the Council to continue the great work that has been overseen by exiting CEO Michelle Swallow'.

'During Michelle's time she has demonstrated exceptional skill in representing the MHCT and our members, while seeing the organisation through a significant number of changes. We are now in a strong, well respected position as a peak body, and we wish her all the best in her new consultancy venture'.

Mr Carr said 'I am very excited to be joining the MHCT team to continue the work of building the capacity of the community mental health sector, advocating for a population health approach and providing leadership in public mental health policy'.

'Mental health and wellbeing are such an important aspect of every Tasmanian's live. While one in every five Tasmanians is diagnosed with a mental illness every year, we have much to do'.

Darren starts with the MHCT on Monday 31 October 2011, and he and Michelle will do a handover for two weeks.

Update from the CEO

As I was working towards finishing up as the CEO, Mental Health Week snuck up on us. The week has been a huge success with a number of activities and events across the state. The MHCT team staffed a stall at the Launch and Expo in Hobart on the 12th and were excited to see the level of energy from service providers and community members. It gives me great hope that there is still so much energy in the face of much change in mental health.

This month Kris McCracken our Workforce Development Officer chaired the newly established Industry Workforce Advisory Group, a fantastic step towards addressing and progressing workforce planning and development needs across the community mental health sector.

Friday of last week the MHCT and COTA Tas facilitated the forum 'Older Tasmanian Mental Health and Wellbeing'. We have received excellent feedback from those who attended and I thank Toni Law our Policy and Research Officer for the extra hours and passion she put into organising this forum.

After four years with the organisation I am pleased to say that Community Mental Health Australia (CMHA) is close to becoming an incorporated body. This entity will ensure that the community mental health sector in Tasmania benefits from the increased national profile and resource sharing.

Last week the MHCT and key sector leaders met with Statewide and Mental Health Services at our quarterly CSO/SMHS Interface Group meeting. There was much discussion about the need for this forum to remain strategic, with the focus being on how to work together to address mental health and wellbeing issues and service planning. To this end, it was agreed that with the changing funding environment, Commonwealth department representatives would also be invited to be members. Unfortunately however, we were informed that due to the budget situation no decision had been made on the new MRP model, and that therefore it would be status quo; a situation that every stakeholder has agreed does not work in achieving the best outcomes for consumers. We await formal communication as to what is happening and the expected timeframe for this change.

Michelle Swallow

Please don't forget our upcoming AGM:

Thursday 27 October 2011
Bellerive Yacht Club
64 Cambridge Rd
Bellerive

10am Morning Tea
10.30am
Meeting Commences

Guest Speaker – Frank Quinlan
CEO Mental Health Council of Australia

"Mental Health - Where are we now? Where are we going?"

Agenda

Welcome and Apologies
Confirmation of Minutes of Previous AGM
Business Arising
Chair's Report
Chief Executive Officer's Report
Treasurer's Report
Election of Board Members
Appointment of Auditor
Guest Speaker
Close

RVSP: Thursday 13 October 2011

6224 9222 / admin@mhct.org

The Mental Health Council of Tasmania Committee Representation Update

Statewide and Mental Health Services

Committee	Key Points
Mental Health Act Review Advisory Committee	The Committee continues to meet fortnightly to discuss received submissions – over 60 received. Areas discussed include: Advance Health Directives; Voluntary Admissions; ECT; Recognition of carers & families; Nominated persons; Meaning of mental illness; Children, capacity & who can consent to treatment; Chief Civil Psychiatrist; Protective custody; Search & seizure.
Statewide Mental Health Week Committee	The Committee thanks everyone for promoting & partaking in Mental Health Week activities. The Committee will be meeting post Mental Health Week to commence evaluations.
Recovery Advisory Group	New group has been established as an 'off-shot' of the CSO/SMHS Interface Meeting, driven by Susan Crave and the MHCT Michelle Swallow and Jesse Shipway represented the MHCT at the initial meeting. Next Meeting
Consultation Campbell Street	SMHS Southern Area Management Unit recently held a consultation process with key stakeholders to discuss potential new models in response to budget measures A paper is available for comment – chris.fox@dhhs.tas.gov.au
Consumer and Carer Participation Review Implementation Advisory Committee	The committee met in September for the first time since June. Further delays on implementation expected. Consideration underway with regards to determining the most appropriate group to oversee remaining work.
CSO/SMHS Interface Group	The recent meeting focused on reviewing the terms of reference, as there had been some 'mission drift' and there is a need to refocus on the strategic nature of the meeting It was agreed to increase membership to include Commonwealth departments

Regional Mental Health Groups

Committee	Key Points
Northern RMHG Meeting	Next meeting scheduled for Wednesday 2 November 2011 , 10am-12noon, Aspire Meeting Room, 190 Charles Street, Launceston. Contact Toni Law 6224 9222 or policy@mhct.org for details
North West RMHG Meeting	Next meeting scheduled for Thursday 3 November 2011 , 11am-1pm, Montgomery Room, Ulverstone. Contact Toni Law 6224 9222 or policy@mhct.org for details

Southern RMHG Meeting	Next meeting scheduled for Thursday 10 November 2011 , 2pm – 4pm, Training Room Langford Services, Moonah. Contact Toni Law 6224 9222 or policy@mhct.org for details.
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Others

Committee	Key Points
Northern Mental Health & Housing Forum	Next meeting scheduled for Wednesday 16 November 2011 , 11:30am – 1pm, Anglicare Elizabeth Street, Launceston. Contact Brett Williams B.Williams@anglicare-tas.org.au for details.
Community Mental Health Industry Workforce Development Advisory Group	The MHCT convened the first meeting of the Community Mental Health Industry Workforce Development Advisory Group. The Group will assist the MHCT in progressing workforce development in the Tasmanian community mental health sector. The Group is a strategic linkage between service deliverers, training providers and funding bodies in relation to skills training and workforce development.
Rural and Remote Health Workforce Innovation and Reform Strategy Consultation Workshop	Health Workforce Australia consultation seeking guidance on future needs, reforms and initiatives to improve the health care services of those in rural and remote communities. MHCT able to represent the area of community mental health services and stress the diversity of skills required to deliver quality healthcare in rural and remote settings.

In order for the MHCT to provide accurate representation at these committees and working groups, we look forward to continued input from our members.

The Mental Health Council of Tasmania asks 'Who Cares?'

On 21 October our Social Work Student Jacqueline Murray finishes her placement with us. During the last few months she has met with members to inform research on the definition of a carer. This has resulted in a position paper, 'Who Cares' which the MHCT will utilise in ongoing work in this area. Jacqueline thanks the staff and members of the MHCT for their support during her time with the Council.

Sector News

New Mental Health Services website

On the 12 October Mark Butler, the Australian Institute of Health and Wellbeing and the Mental Health Council of Australia launched the new Mental Health Services website. It's incredibly easy to use is innovative and presents data in a range of ways. The AIHW's new online Mental Health Services in Australia website is available at <http://mhsa.aihw.gov.au>

World Mental Health Atlas

This is a fascinating and very useful report which highlights mental health worldwide and has many key statistics and graphs. Well worth keeping as a reference and recourse. To download a copy, just follow this link.

http://www.who.int/mental_health/en/

Older Tasmanians Mental Health & Wellbeing Forum



The Mental Health Council of Tasmania (MHCT) along with Council on the Ageing (COTA) Tasmania facilitated the Older Tasmanians Mental Health & Wellbeing Forum at the Glenorchy Civic Centre on Friday 7 October 2011. This date coincided with the end of Seniors Week and the beginning of Mental Health Week. The aim of the forum was to enable older Tasmanians and carers to share their ideas on what they do to maintain their positive mental health and wellbeing.

Around 70 people participated in the event and the feedback was positive. Participants heard from older Tasmanians, carers, service providers and the COTA Tasmania Champions community consultations held in the Southern Midlands, Kingborough, Hobart and Huon Valley municipalities.

People agreed it is an important topic to be discussed, and many positive ideas were raised by older Tasmanians on how they believe older people can engage in meaningful activity in their respective communities.

The MHCT will be compiling a report which will outline the types of things older Tasmanians do to stay connected to their community; outline the barriers; and outline ideas to enable older Tasmanians to be socially connected and engaged in meaningful activities. This report will be used to inform government and service providers on the need to improve mental health and wellbeing services for older Tasmanians.



The Alcohol, Tobacco and other Drugs Council in collaboration with The Mental Health Council of Tasmania are developing a quarterly cross sectoral comorbidity focused Newsletter.

Call for Articles:

The ATDC is currently collating information and articles for the first edition. We invite you to submit an article for publication in the first edition to be distributed on Monday 31st October that highlights some of the brilliant work you are involved in. Please include images and logos to make your article stand out.

Please ensure that your organisation has signed off the article prior to submission and that those people included in photos have given their permission for publication.

- Please include a title as well as service contact details.
- Articles should not exceed 250 words and may be edited to fit into the newsletter.
- Articles and ideas can be sent to amandas@atdc.org.au on or before **Friday 21st October, 2011**.

Attention: Young people with disabilities across Australia

Do you have a passion for issues you and other young people with disabilities face? Do you want to be a voice and make change on a national level? Come and join the Youth Disability Advocacy National (YDAN) network!

YDAN is a collective of young people with disabilities between the ages of 12-25 from across Australia. The purpose of the network is to advocate for youth with disabilities on a national level. YDAN is a new initiative supported by the Youth Disability Advocacy Service which is part of the Youth Affairs Council of Victoria and the Australian Youth Affairs Coalition which is funded by the Federal Government.

We need young people with disabilities from all over the country to join the discussion group on Facebook. It may be a great opportunity to make new friends!

Visit <http://www.facebook.com/groups/125416387554300/> to join.

For more information contact Madeleine Sobb (YDAN Coordinator) at ydasmaddie@yacvic.org.au

Ph: 1300 727 176 (fixed-toll number)

TTY via the National Relay Service: 133 677 then request to call (03) 9267 3755

Fax: (03) 9639 1622

www.ydas.org.au

Events

Discussion Forum – The Importance of Mental Health to our Children

Numerous academic studies indicate that life success, health and emotional wellbeing all have their roots in early childhood. Yet despite this growing awareness, the number of young people with behavioural problems in the UK has doubled over the last 30 years and emotional problems have increased by 70 per cent. Similar Australian data are hard to find. However, there are indications that the incredible speed of technological progress over the past 25 years clashes with our biological inheritance. Recorded increases in learning difficulties suggest the next generation may experience challenges in coping with the pace of modern living, which may lead to increased mental health concerns.

Richmond Fellowship Tasmania (RFT), as one of Tasmania's leading providers of mental health support services, is convening the forum.

Wednesday 19 October 2011

9am – 4.30pm

**Punchbowl Convention Centre
Launceston**

To register your attendance, please contact:

RFT State Office

198 New Town Road, New Town TAS 7008

Phone (03) 6228 3344

Email admin@rftas.org.au
www.rftas.org.au

Lunch time seminar by AAG Visiting Fellow Professor Iris Chi

“Intergenerational support and psychological wellbeing among older Chinese women”

Saturday 22 October

12 – 2pm – Lunch provided

Migrant Resource Centre Hobart

RSVP – 17 October (for catering purposes)

Email - reception@mrchobart.org.au

Or phone 6221 0999

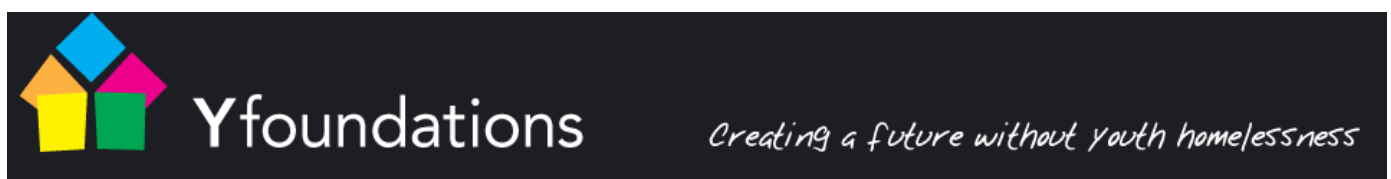


Conference - 'End Youth Homelessness 2011'

Yfoundations, one of Australia's foremost youth homelessness organizations, will hold its annual conference in Sydney in November, and registrations are now open.

The conference title, 'End Youth Homelessness 2011', expresses the theme of the event, which will cover the latest and greatest in ending youth homelessness, including policy, practice and research. The conference has adopted the vision of 'think global, act local' with the intention of bringing together many types of expertise and knowledge from around the world and then applying it in an Australian context.

The conference will run from 22-24 November 2011, with the first day being a sector training day. All those working in the youth homelessness sector, including all tiers of government, peak bodies, youth advocates and young people themselves, are encouraged to attend. Invited speakers include state and federal politicians, specialist youth homelessness services, architects and urban planners, non-profit management professionals and social science researchers.



To register for the conference and for further details go to:

www.yaa.com.au/index.php?option=com_content&view=article&id=288&Itemid=179

Tasmanian Infant Mental Health Conference

Strong Foundations:

Promoting Good Mental Health in Infancy and Early Childhood

The Tasmanian Early Years Foundation and Statewide and Mental Health Services, Department of Health and Human Services, are hosting a conference on the importance of good infant mental health.

The conference has three main objectives:

- To raise the importance of infant mental health
- To support the focus of mental health services on promotion, prevention and early intervention

- To provide opportunities for training and networking for infant mental health for service providers in both adult and children services across all sectors

8 - 9 November 2011

Wrest Point Hobart

For further information on the conference contact

Mark Green, CEO, TEYF - foundation@earlyyears.org.au or 6232 7096

3rd Australian Rural & Remote Mental Health Symposium

Impacts & Outcomes

14th – 16th November 2011

The Australian and New Zealand Mental Health Association is holding their 3rd Rural & Remote Mental Health Symposium at Ballarat this year, from the 14 - 16 November

For further information.....

www.anzmmh.asn.au/rrmh11

Social Enterprises & Mental Health Conference

An alternative employment approach

Monday 21 – Tuesday 22 November 2011

Callan Park, Lilyfield, NSW

Gaining and maintaining satisfying paid work is one of the essential ingredients in social inclusion for people with lived experience of mental health problems. This conference will explore the relationship between work, employment and mental health with a specific focus on social enterprises in the context of other current approaches to employment for people with mental health problems

The Callan Park Mental Health Alliance (CPMHA) is committed to developing social enterprises which will be based on the former Rozelle Hospital site in the inner west of Sydney. Informed by current national and international examples, this conference will explore the place of different social profit businesses against current evidence-based approaches to employment such as individual placement in open market employment for people with mental health problems.

Uniquely, this conference not only focuses on social enterprises but is being set up and run using social enterprise ideas, with trainees from PRA's Pre-Employ and TAFE Outreach being employed to organise and run the conference.

There will be speakers on the theory and practice of social enterprises and related social profit businesses and there will be opportunities within the 2-day program to discuss and develop ideas for practical application of social enterprises on the Callan Park site.

The conference will be of interest to consumers (people with lived experience of mental health problems); carers (including family members); community organisations, including health, welfare, Lions, Rotary; government (state, federal) departments including Centrelink and Departments of Employment, Workforce Relations; Local Municipal Councils; local Chambers of Commerce; NGO and public mental health services.

Contact: Callan Park Mental Health Alliance

Email: cpmha@yahoo.com.au

Phone: 0447 598 132

Website: www.mhcc.org.au

Blog: <http://tamhss.wordpress.com/social-ent-conf/>

Cost of registration:

(includes morning & afternoon teas and light lunch, tour of Callan Park site, evening film)

Full 2 days \$200

Concession 2 days \$100

Full 1 day \$100

Concession \$50

MH In-Touch

24th November 2011

Glenorchy

MH (Mental Health) In-Touch is a network that meets periodically to discuss how to best assist people living with a mental illness to access education, training or employment.

MH In-Touch aims to link mental health service providers with education and training providers and employment agencies. It provides a chance to share what is happening, hear about new initiatives and meet others.

This free networking session, includes drinks and nibbles as well as a panel discussion with representation from Volunteering Tasmania, Lifeline Tasmania, consumer, peer support model and a theoretical perspective. Come and hear about strategies that work, and how to prepare and support and how to people for volunteer roles, Join in with the discussion, hear about other latest news and make some new contacts.

Thursday 24th November 2011

2.30 – 4.30 pm

Terry Martin Room

Glenorchy Civic Centre

RSVP by Tuesday 22 Nov to Debbie Hindle Debbie.Hindle@utas.edu.au
or Ph 6226 1796

The Australian Association of Developmental Disability Medicine 2012 Conference



The Australian Association of Developmental Disability Medicine (AADDM) is pleased to announce that it will hold its 2012 Conference at the Scientia Centre, University of New South Wales in Sydney, Australia on March 8-10, 2012.

The AADDM2012 conference will be an "ideal learning opportunity for medical practitioners, policy makers, academics and government," according to conference convenor Associate Professor Julian Trollor. Key themes for the AADDM2012 conference are Mental Health, Physical Health Across the Life Span and Health Services Development.

International keynote speakers include Professor Eric Emerson (Lancaster University) and Professor Tony Holland (University of Cambridge) while national keynote speakers include Professor Louise Baur (University of Sydney), Dr David Mowat (Sydney Children's Hospital/University of New South Wales), Ms Maria Heaton (NSW Council for Intellectual Disability) and Professor Greg O'Brien (Disability Queensland/Northumbria University).

The AADDM 2012 Organising Committee welcomes submissions for Symposia, Free Papers and Posters. The deadline for submissions is September 26, 2011. Early bird registration closes on December 14, 2011. For more information please go to www.aaddm2012.com

Workshops & Training

Mental Health First Aid Training

6 – 7 December 2011

9am to 4:30pm (Registration 8:30am Day 1)

Hobart Function and Conference Centre

1 Elizabeth Street Pier, Hobart TAS
Cost: \$329 (includes lunch and refreshments)

For further information....

<https://neurotraining.eventarc.com/event/view/5888/mental-health-first-aid-with-a-difference>

enquiry@neurotraining.net.au

Asperger's & Employment and Choosing the Right Career Path

Asperger's and Employment

People on the spectrum comprise of an underemployed population and this has consequences on their mental and physical health. This session discusses:

- Understanding the social, sensory and cognitive issues in the workplace and their solutions
- The highly marketable traits inherent in Asperger's Syndrome
- Managing health and stress

Choosing the right career path

- Using the Personal Job Map to choose the right career
- Understanding the significance of special interests (obsessions) and triggers in career choice, job satisfaction, and longevity
- Navigating the challenges of, and choosing options for, higher education
- Managing the interview process and keeping professional commitments

Tuesday 8 November 2011

The Tram Sheds, Inveresk, Launceston

9:30am – 4pm

Register at: www.ndcotas.com.au

Registrations close 3 November

Enquiries: Darlene McLennan 63243758 or Allison Lapham 1300 288 476 (option 2)

Perinatal Depression Training

An opportunity for **FREE** training for **ANYONE** working with families and people making policy.

10th & 11th November 2011

9.00am – 4.30pm

The Old Woolstore Apartment Hotel

1 Macquarie Street, Hobart

Please follow this link to our website for further details.

<http://www.mhct.org/events.html>

'Born This Way'

Weekend Residential Retreats Sheffield N/W Tasmania

- Exploring & celebrating the complexity in sexuality & gender
- Challenging stereotypes & looking at gender on a continuum
- Exploring ways to practice self-care in our work & in our lives

11 – 13 November

LGBTI Community Members and Allies:

25 – 27 November

Service Providers and Interested Professionals:

For bookings and or more information

Contact **Sharon Jones** Mob: 0419 361 128 or sharonljones@bigpond.com





Alcohol, Tobacco and other Drugs Council of Tasmania

In conjunction with

Brain Injury Association of Tasmania

Dual diagnosis workshop – working with concurrent ABI, AOD or mental health conditions

For: Mental health and AOD workers with some knowledge of ABI
(ie have attended [An Introduction to Acquired Brain Injury Workshop](#))

Presented by: Mark Lamont

Why attend?

This workshop will highlight the prevalence and significance of ABI as an additional important consideration for those working with these client groups. The workshop will provide information relevant to understanding the factors contributing to cognition and behaviour and address the difficulties of diagnosis of primary and secondary conditions, and referral for appropriate services. It will address integrated approaches to intervention and highlight the importance of appropriate assessment and selection of interventions, and the importance of interdisciplinary consultation.

About the Presenter:

Mark has been a clinical neuropsychologist for 18 years. He has been Clinical Coordinator with South West Brain Injury Rehabilitation Service in Albury NSW and ABI Team Leader at Royal Talbot Rehabilitation Centre in Melbourne. He has extensive training and consulting experience in respect of acquired brain injury.

Where:	South	North	North West
When:	Tues 6 th December	Thurs 8 th December	2012 – TBA
Time:	9:30am – 4:30pm	9:30am – 4:30pm	9:30am – 4:30pm

Cost: ATDC & BIAT members: \$50; non-members: \$65 (inc GST)

To register, please complete the registration form available [here](#) and email to: lynnem@atdc.org.au

Registrations must be received no later than 1 week prior to scheduled training

Training may be cancelled if insufficient registrations are received

ATDC is funded by the Tasmanian Department of Health and Human Services



Mental Health and Smoking Cessation Training Course

Who should attend:

Anyone with an interest in Smoking Cessation, Nicotine Addiction and appropriate evidence based Smoking Cessation Techniques, as they relate to mental health issues and initiatives (including those keen to implement a smoke-free facility).

Hosted by Prof Renee Bittoun (Editor-in-Chief of The Journal of Smoking Cessation), the course is applicable to psychiatrists, drug and alcohol counselors, interested general practitioners, health care workers and

others with a legitimate interest. Texts and resources are provided as well as exposure to clinics and access to continuing medical education. The teaching faculty, including psychiatrists, psychologists and nurses, has many years of experience in clinical practice and professional training regarding smoking cessation and mental health issues.

Aims and Objectives:

To instruct on the causes, consequences, treatment and research of nicotine addiction and appropriate evidence based smoking cessation techniques in practical application, and to improve the implementation and evaluation of programs in Smoking Cessation, particularly addressing mental health and drug & alcohol issues.

12 – 14 December 2011
Rokeya Police Academy
South Arm Road, Rokeya

For further information and enrolments please contact:

Cat Schofield
DON MHS - 0400 583 557 – 6230 7817
Catherine.schofield@dhhs.tas.gov.au

Resources

Working Life & Mental Illness

SANE Australia

Most Australians with a mental illness receive little support or understanding at work – yet having a 'mentally healthy workplace' with positive, supportive attitudes to mental illness is the most important factor in successfully keeping a job and contributing to the workforce.

With one in five Australians experiencing some form of mental illness every year, they – and their families who provide support – form a significant part of the country's workforce.

They receive far less understanding and support than they need, however – resulting all too often in stress, conflict, resignation or even dismissal. Yet better understanding and support for employees affected by mental illness not only helps them stay in work, it also contributes to more effective management of staff and resources for the employer.

This Research Bulletin asks about the experience of work by Australians living with mental illness, and what would help them to maintain successful employment.

http://www.sane.org/images/stories/information/research/1108_info_rb14work.pdf

Mindful Employer Charter

Figures from the Australian Bureau of Statistics reveal about 55 percent of people who suffer stress or other mental conditions on the job are taking five or more sick days in a row.

To counteract this statistic Sane Australia has developed the 'Mindful Employer Charter'. This is a voluntary agreement by Australian employers who care about improving mental health in the workplace. The Charter is a statement of broad principles which employers work towards, not a formal set of standards or accreditation.

The six positive statements outlining an organisation's commitment to becoming a Mindful Employer include:

- Promote good mental health in the workplace, and show a positive and enabling attitude to employees and job applicants who have, or who develop, mental health problems. This will include positive statements in recruitment literature.

- Ensure that all staff involved in recruitment and selection are briefed on mental health issues and the Disability Discrimination Act, and given appropriate interview skills.
- Make it clear in recruitment and supervision that people who have experienced, or who develop, mental health problems will not be discriminated against and that disclosure of a mental health problem will enable both employee and employer to assess and provide the right level of support or adjustment.
- Not make assumptions that a person with a mental health problem will be more vulnerable to workplace stress or take more time off than any other employee or job applicant.
- Provide non-judgmental and proactive support to staff who experience mental health problems or who care for a family member affected by a mental health problem.
- Ensure all managers have information and training about managing employees affected by mental health problems or caring for someone else affected.

<http://www.mindfulemployer.org/charter>

Stories of Consumer and Carer Participation

This storytelling activity aims to share the knowledge and experience from consumers and carers, as well as services and individuals who incorporate consumer and carer participation into their practice. The stories will be collated into a booklet that will be available for download from the **COPMI** website to provide guidance and advice regarding the involvement of consumers and carers in workforce education, systems change and monitoring.

http://www.copmi.net.au/cons_carer/stories.html

New resources from Headspace

In the lead up to R U OK? day in September, Headspace released two new resources that may be of use to young people who feel their friends are experiencing difficulties.

A two-page fact sheet called '*If your friend is not okay.....*' outlines sensible steps for young people to follow if someone they know needs help – and near the top is 'don't panic'. There is also a video called '*How are your mates going?*' which is aimed specifically at young men.

Check out the resources at:

<http://www.headspace.org.au/about-headspace/news-videos/news/ruok-day>

Directory of Services for Separating/Separated Families in Southern Tasmania.

You can access this resource from The Hobart Family Law Pathways Network (auspice by Relationships Australia Tasmania) by following this link

<http://www.familyrelationships.gov.au/ProfessionalResources/FPN/Pages/default.aspx>

MHCT Resource Library

The Mental Health Council of Tasmania has a comprehensive selection of, Self Help resources and Professional Practice resources in the MHCT library.

with our clients in achieving their goals. We place particular importance on service evaluation and making sure that the services that we provide are effective and produce positive outcomes for our clients.

Another aspect of Relationships Australia's business is the provision of Employee Assistance programs for business, State and Local Government, and not for profit providers right across Tasmania. Our services include individual counselling, mediation, team building and workforce capacity building, coaching, training, critical incident debriefing and other services as required by our EAP partners.

Do you have something **you would like to contribute?**

Just email your article (no more than 500 words please) and maybe a picture or two!!
admin@mhct.org



If you do not wish to be on the mailing list for our e-news – just call 6224 9222 or email admin@mhct.org