



**Mental
Health
Council**
OF TASMANIA



POLICY FORUM

TASMANIA'S OPPORTUNITY TO
DESTIGMATISE MENTAL ILLNESS



WORKSHOP/FACILITATED ACTIVITY



Topics

- 3 question clusters
 - Current Situation
 - Making It Happen
 - Maximising Impact



Workshop Format

- 25 minutes per question cluster
- 10 minutes ideas swap with other tables
 - Wander and talk to other tables
 - Have other tables different priorities?
 - Does this impact what your table thinks?
- 5 minutes to nominate top three ideas
 - Come back to your table
 - For each question in the cluster, what are the top three points your table would make?



Current Situation

- What has happened?
 - What mental illness destigmatisation programs are you aware of that are currently being implemented in Tasmania? How successful are these programs/initiatives?
- What needs to happen?
 - Thinking about what you have heard today, as well as your own experience, what needs to happen in Tasmania to destigmatise mental illness?



Making It Happen

- How should destigmatisation programs/initiatives be administered?
 - What level of funding?
 - Who would deliver individual components
 - Etc...
- How should Tasmania's destigmatisation policy/practice link into a national (policy) framework?
 - Consider target groups, eg Aboriginal and Torres Strait Islanders, the CALD community, older people and young people.



Maximising Impact

The long term

- Combined effort?
 - This is everyone's responsibility!
 - Links between government, private and community sector organisations, as well as individuals?
 - Consistent messages?
- How do we sustain effort?
 - Partnerships?
 - Sponsorship?