The Mental Health Council of Tasmania [MHCT] is the Peak Body representing and promoting the interests of community mental health and has a strong commitment to improving the mental health of all Tasmanians.

Connect
MHCT connects stakeholders in the mental health sector with decision makers at a state and federal level and the broader Tasmanian community.

Engage
MHCT engages with all areas of government and mental health services to advocate for improvement in the care for people living with mental health issues in our community and their carers.

Strengthen
MHCT strengthens and supports the Tasmanian community by promoting initiatives that aim to improve mental health and wellbeing for all Tasmanians.
The Mental Health Council of Tasmania is a small organisation with big goals. I have only been the CEO at MHCT for a short time; however, I can see that the Mental Health sector is diverse, complex and provides an important role and responsibility in the Tasmanian community.

As the peak body for the sector, MHCT sees that our role is to connect with key stakeholders, engage with services and governments and strengthen the community through supporting mental health promotion.

With the mental health sector in a current state of reform we have made a conscious decision that until the outcomes of the reform process are clear we will postpone the development of a new strategic plan for MHCT. In saying that, this annual review includes the newly developed ‘Guiding Principles’ for the Mental Health Council that were a result of consultations with our members on what the priorities are for our sector. It is these guiding principles that will inform our strategic direction moving forward and form the basis for a new strategic plan.

In order to achieve those goals and be accountable to the mental health sector we have a dedicated team of people that work hard each day. I would like to acknowledge the previous CEO of MHCT, Darren Carr for his efforts to pave the way to make MHCT strong, sustainable and goal oriented. I look forward to working closely with our members to ensure that we achieve those goals and thank the team at MHCT for your diligence, support and above all, enthusiasm for contributing to the work of the MHCT and the mental health sector.

Connie Digolis
CEO

The past 12 months have been extremely busy and productive at the Mental Health Council of Tasmania. At a board level we have had a transition period to recruit our new CEO, Connie Digolis. The Board would like to take this opportunity to thank Elida Meadows for doing such a fantastic job taking on the additional role of Acting CEO during the interim.

The Board wish to acknowledge the dedicated work of the team on the Rethink Mental Health Project, who performed a leading role during the consultation process. The whole mental health sector at both a state and national level is now at the precipice for real reform. As a result, the Rethink project has consolidated MHCT’s role in ensuring that governments and the sector are held accountable for improving the system to better assist those living with mental illness and their carers.

The MHCT board have performed their governance role with professionalism and compassion. I believe the future is bright for MHCT and its members and I am proud to be a part of that team.

Patrick Carlisle
Chair
### Guiding Principles

As the peak body for mental health in Tasmania, MHCT is accountable to its members and the Tasmanian community to ensure its focus is on creating a...

<table>
<thead>
<tr>
<th>Mentally healthy Tasmania</th>
<th>Community free of stigma and discrimination</th>
<th>Coordinated and integrated mental health system</th>
</tr>
</thead>
<tbody>
<tr>
<td>We want to encourage the benefits of mental health promotion, prevention and early intervention and ensure every opportunity is provided to all Tasmanians to nurture their mental health and wellbeing.</td>
<td>We strive toward a society where mental illness is free from stigma and prejudice. We believe diversity should be celebrated and supported in our community and mental health services should acknowledge the needs of vulnerable groups.</td>
<td>MHCT is focused on working with all stakeholders to reform the mental health system so it is coordinated, integrated and person-centred at every stage of life.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Mental health sector where services and supports are shaped by the individual</th>
<th>Strong and sustainable workforce in the community</th>
</tr>
</thead>
<tbody>
<tr>
<td>Individuals should be empowered to work alongside service providers to build their capacity. We want to see a Tasmania where consumer and carer participation is integral to ensuring all services are meeting the needs of the community.</td>
<td>Community mental health services who work with those living with mental health issues should be well-supported, well-trained and adequately resourced to do their work.</td>
</tr>
</tbody>
</table>
Key Highlights 2014/15

Long-term Supported Housing Forum, September 2014
MHCT has been advocating for long-term supported accommodation over a number of years. Work had been completed on an advocacy paper in partnership with Advocacy Tasmania and Shelter Tasmania in the previous financial year. Tasmanian Government subsequently flagged this issue as one that needed to be addressed in its Rethink Mental Health Project outline.

Rethink Mental Health consultations and development of a 10 year plan for mental health in Tasmania December 2014 – June 2015
The Mental Health Council of Tasmania partnered with the Mental Health, Alcohol and Drug Directorate to deliver consultations for the Rethink Mental Health Project. MHCT also negotiated with the Government on the development of the project and subsequently, the initial proposal of 3 regional consultations grew to more than 20. By expanding a regional approach for this consultation, MHCT was able to ensure effective representation from (and engagement with) consumers, carers and other minority groups in this process, including people from LGBTI, CALD, Aboriginal, rural and regional, aged and youth communities. Many of the consultations with these groups were facilitated by us.

We have continued to be part of the Rethink process through representation on committees including, the Steering Committee, the Expert Panel and at Rethink Mental Health Project Workshops to discuss the findings and provide input into the final report.

Mental Health Week 2014
In October 2014 MHCT coordinated and promoted Mental Health Week across the state and the theme was Act-Belong-Commit as part of the Mentally Healthy TAS health promotion initiative. MHCT provided grants to assist in event delivery for 22 different events state-wide.

Mental Health Week in 2014 had a greater reach and attendance than previous years and was a great opportunity to get the whole community more aware of mental health and the work being done by our members. MHCT will continue to be the lead organisation promoting and developing Mental Health Week into the foreseeable future with the aim to make it a key part of everyone's calendar in Tasmania each year.

Welfare Reform Forum with TasCOSS, 30 July 2014
A community forum on the proposed federal welfare reforms was held on Wednesday 30 July at the Glenorchy Civic Centre, Hobart. Speakers from Flourish, Mental Health Carers Tasmania, TasCOSS, and the Mental Health Council of Tasmania gave their perspective followed by a lively discussion.

The input from people with lived experience was particularly valuable and contributed to the MHCT submission to government on welfare reform.

What's next for MHCT?

Our future focus will be:

- Strengthening our membership and membership services
- Increasing Tasmanians awareness and engagement with mental health campaigns and programs
- Advocating for a smooth transition to NDIS for our members and consumers and carers – and as little disruption as possible to services and programs
- Sector development – supporting organisations to consider their workforce needs and promote the development of a peer workforce
- Harnessing the work achieved through the Rethink Mental health process to achieve better mental health outcomes
- Strengthening our linkages with primary health and community service providers.
## Members

MHCT has a diverse membership of community organisations and individuals and is always open to new members who want to engage further with the mental health sector in Tasmania.

### Consumer Organisations
- Club Haven
- GROW
- Flourish
- Tasmania Recovery from Eating Disorders

### Carer Organisations
- Mental Health Carers Tasmania
- Carers Tasmania

### Individuals
- Darryl Lamb (Life Member)
- Therese Ryan
- Robin Wilkinson
- Patrick Carlisle
- Harold Dunbavan
- Lucy Lester
- Jane Bower
- Emmy Bostock
- Karl Willrath
- Sonya Strafford

### Service Providers
- Advocacy Tasmania
- Anglicare Tasmania
- Baptcare
- Bethlehem House
- Caroline House
- Centacare
- Choose Life Services
- Colony 47
- CORES Australia
- Cornerstone Youth Services (Headspace)
- Headspace Hobart
- Langford Support Services
- Lifeline Hobart
- Life Without Barriers
- Migrant Resource Centre
- MI Fellowship
- Mission Australia
- O2Help Foundation
- Rainbow Communities TAS
- Red Cross
- Relationships Australia
- Richmond Fellowship
- Rural Alive & Well
- Salvation Army Bridge Program
- The Hobart Clinic
- White Cloud Foundation
- Wise Employment
- Working it Out
- Youth, Family and Community Connections

### Committees and Representation
- Health Promotion Community of Practice
- Mindframe Communications Advisory Group
- World Mental Health Day Coordinators Network
- R U OK? Day Working Group
- Tasmanian Suicide prevention committee and suicide prevention strategy steering committee
- Rethink mental health committee and reference group
- NDIS transition options reference group
- Tasmanian community sectors peaks network
- CMHA (Executive Leadership Group and national board)
- Peaks network and government strategic forum
- Partners in Recovery (PiR) reference group
- Mental Health In Touch
- TasCOSS Social Policy Council
- MHCT Community Mental Health Industry Advisory Group
- CALD Community Connections Steering Committee
- Tasmanian Transcultural Mental Health Advisory Group
- Tasmanian Policy Network
- Social Determinants of Health Advocacy Network
- ACMH Review Committee
- Seclusion and Restraint Oversight Committee

### Member Services
- Regional Mental Health Group Meetings
- Mental Health Leaders Meetings
- Mental Health Leaders Network
- Training Opportunities
- Systemic Advocacy to government on sector based issues
- Mental Health Consultation and Forums
- E-news/member communications
- Member surveys and consultation
- Sector development support (whole of sector and individual regions or organisations)
CONNECT
ENGAGE
STRENGTHEN