

ANNUAL REVIEW 2015/16

**CONNECT
ENGAGE
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**Mental
Health
Council**
OF TASMANIA



CEO | Connie Digolis

“It has been a year in which we have focused on collaborations and working with members, organisations and government to develop a greater understanding of what an effective, ideal mental health system would look like”.

The past 12 months at the Mental Health Council of Tasmania have been an exceptionally busy and productive time. It has been a challenging time for the mental health sector as we have started the long journey to reforming the system. As the peak body representing the community managed mental health sector, it's been a time of supporting our members and working closely with the agencies involved in the reform process.

It has been a year in which we have focused on collaborations and working with members, organisations and government to develop a greater understanding of what an effective, ideal mental health system would look like. This has culminated in some valuable work, not least of which was the “A New Mental Health System - What Now?” state wide seminar, supported by Partners in Recovery that brought all our members together to tackle the complex challenges of creating a person-centred mental health system in Tasmania.

We have continued to expand our role to communicate around mental health promotion and reducing stigma to the broader community. By working closely with media and engaging with organisations outside of the mental health sector we have been endeavouring to increase the mental health literacy and awareness of Tasmanians and will continue to do so.

We have been working hard to engage more closely with our membership base and strengthen communication

and consultation processes. This work has included us welcoming Elinor to the team as our Sector Liaison Officer and establishing the Tasmanian Mental Health Leaders Forum.

A huge thank you goes to all our MHCT team; your passion, persistence and hard work is what strengthens the organisation and allows us to continue working effectively with our members and key stakeholders.

Thank you as well to our very capable and conscientious Board members. Your guidance and governance over the past year has set MHCT in good stead for the future. I look forward to the next 12 months ahead as we work towards a renewed strategic direction for MHCT and more exciting challenges ahead.

Connie Digolis
CEO



CHAIR | Patrick Carlisle

“I would like to thank and commend our current board and staff at MHCT. It has been my pleasure to be the Chair of this excellent organisation and I can't wait to see what the future will hold”.

As the now outgoing Chair for the MHCT Board I would like to take this opportunity to reflect on my time within the organisation. Since my involvement with MHCT began in 2005, I have had the privilege of seeing the Mental Health Council grow and diversify into a peak body that has a bright future ahead. One of the key words that springs to mind is sustainability. As the peak body for community managed mental health services we have had to adapt and change to suit an ever-growing and evolving mental health sector. Most recently, with the advent of both federal government and state-based reform strategies, it's important to note just how far mental health care has come and how much work we, as a sector, need to do to ensure it is meeting the needs of people now and into future.

Our role as a peak body has broadened now to include mental health promotion, workforce development and capacity building. I am very proud of where the organisation has been and where it is now heading and I know that it will go on to achieve great things moving forward.

I would like to thank and commend our current board and staff at MHCT. It has been my pleasure to be the Chair of this excellent organisation and I can't wait to see what the future will hold.

Patrick Carlisle
Chair



MHCT STAFF:



Connie Digolis
CEO



Elida Meadows
Policy & Sector Development Manager



Catherine Delpero
Communications Officer



Elinor Heard
Sector Liaison Officer



Sallie Neilson
Finance and Office Manager



Patrick Carlisle
CHAIR



Jane Bower
Deputy Chair



Lance Skelton
Board Member



Debbie Evans
Board Member



Jane Carlson
Board Member



Andrew Little
Board Member

MHCT BOARD:

Who we are

The Mental Health Council of Tasmania (MHCT) is a member based peak body. We represent and promote the interests of community managed mental health services and have a strong commitment to enabling better access and outcomes for every Tasmanian.

What we do

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 of 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.

Our 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...

Mentally healthy Tasmania

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.

Community free of stigma and discrimination

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.

Coordinated and integrated mental health system

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.

Mental health sector where services and supports are shaped by the individual

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.

Strong and sustainable workforce in the community

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.

Where has our work reflected these principles?

MHCT Provided a response to 'Healthy Tasmania Five Year Strategic Plan - Community Consultation Draft.'

In October each year MHCT coordinates and is the lead organisation promoting Mental Health Week. In 2015, the week was very successful with over 40 events happening across the state.

MHCT's media profile continues to grow and develop into a two-way relationship with media outlets to provide comment, background or coordinate interview opportunities.

Tasmanian Mental Health Leaders Forum (TMHLF) was established from our membership base. The TMHLF is a group of leaders from the community managed mental health sector and has become pivotal to sector development and representation, providing a strong platform to consolidate key stakeholder feedback and input.

In March 2016, MHCT hosted the 'A New Mental Health System, what now?' Seminar which brought together the leaders from the three reform agencies, National Disability Insurance Agency (NDIA), Primary Health Tasmania (PHT) and Mental Health Alcohol and Drug Directorate (MHADD), to deliver a joint presentation for the mental health sector to explore the impact of the reforms on service providers.

In the months following the seminar MHCT has developed and progressed projects that reflect the 6 priorities identified on the day to shape the reform of the sector. This has been a time of consultation and facilitating discussion between the agencies and our stakeholders.

MHCT responded to the request from members and stakeholders to provide assistance with change management around the reform agenda. MHCT has engaged Leadership and Change Consultants to develop and facilitate a leadership workshop for the community sector.

MHCT has now established a partnership with SANE Australia to deliver and actively promote the peer support online forums via our website and social media channels. Anyone can access and contribute to the forums via:

<http://mhct.saneforums.org/>

MHCT provided a response to a national review of employment policy to support disability employment: Willing to Work. The submission can be viewed in full via:

<http://www.mhct.org/wp-content/uploads/2015/12/Willing-to-Work-Submission-final.pdf>

MHCT collaborated on a joint discussion paper with Flourish and Mental Health Carers Tasmania providing guidance to service providers in regards to peer workforce development.

The submission can be viewed in full via:

<http://www.mhct.org/wp-content/uploads/2016/10/A-Mental-Health-Peer-Workforce.pdf>

One-on-one individual meetings have occurred with a vast number of MHCT's members to determine current and future needs and maintaining an ongoing dialogue regarding workforce sustainability and development.

National Disability Services (NDS) collaborated with MHCT to assist NDS to undertake three sector capacity building projects: Tasmanian Mental Health Provider NDIS Organisational Readiness; Increasing the Employment of People with Psychosocial Disability; and Workforce Planning and Development Training.



Members

MHCT warmly thanks its members for their passionate engagement and invaluable contributions to our work and the progress of the sector this year.

MHCT is proud of its diverse membership of community organisations and individuals. Following a review of membership categories, we are pleased to now also welcome members in the 'associate member' category. Associate membership is available to organisations and individuals whose work or experience is not directly related to the mental health sector, and to private mental health services and practitioners. MHCT is delighted to have this opportunity to engage a wider Tasmanian audience on mental health topics and to extend the benefits of broader networking, collaboration and relationship building to our existing membership.

Individuals

Darryl Lamb (Life Member)

Emmy Bostock

Jane Bower

Patrick Carlisle

Lucy Lester

John Nyagua

Jennifer Rowallan

Therese Ryan

Sonya Stanford

Karl Willrath

Organisations

Advocacy Tasmania

Anglicare Tasmania

Australian Red Cross

Baptcare

Bethlehem House

Carers Tasmania

Caroline House

CatholicCare

Causicare Inc

Choose Life Services

Club Haven

Colony 47

CORES Australia

Cornerstone Youth Services
(Headspace Launceston)

Family Based Care North

Flourish

GROW

Langford Support Services

Lifeline Tasmania

Life Without Barriers

Mental Health Carers
Tasmania

Migrant Resource Centre
(Phoenix Centre)

MI Fellowship

Mission Australia

OzHelp Foundation

Rainbow Communities Tasmania

Relationships Australia Tasmania

Richmond Fellowship Tasmania

Rural Alive & Well

Salvation Army Bridge Program

Tasmania Recovery from Eating
Disorders

The Hobart Clinic

The LINK (Headspace Hobart)

White Cloud Foundation

Wise Employment

Working it Out

Youth, Family and Community
Connections

Committees & Representation

Tasmanian Suicide Prevention
Steering Committee and Tasmanian
Suicide Prevention Community
Network

Rethink Mental Health steering
committee and reference group

NDIS transition options reference
group

Tasmanian community sector peaks
network

Community Mental Health Australia
(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

CALD Community Connections
Steering Committee

Tasmanian Transcultural Mental
Health Advisory Group

Tasmanian Policy Network

Social Determinants of Health
Advocacy Network

ACMHS Review Committee

Seclusion and Restraint Oversight
Committee

Veterans and Veterans Families
Counselling Service Regional
Consultative Forum

Mental Health Week Steering
Committee

Mental Health Week Grant
Assessment Panel

Health Promotion Community of
Practice

Mindframe Communications
Advisory Group

Joined Up Human Services
Advisory Group

Mental Health Commissioning
Advisory Group

Member Benefits and Engagement Opportunities

Tasmanian Mental Health Leaders
Forum

Tasmanian Mental Health Network

Regional Mental Health Group
Meetings

Mental Health In-Touch Network

Systemic advocacy to government
on sector based issues

Access to high-level strategic
expertise, sector development and
policy discussion

Professional development
opportunities including subsidised
training

Monthly E-news and regular
member communications

Member surveys and consultation

Discounted registration to MHCT
sector events and seminars

Access to best practice mental
health resources

Opportunities for organisational
promotion and involvement in
media activity



**Mental
Health
Council**
OF TASMANIA

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