



**Mental
Health
Council**
OF TASMANIA



www.mhct.org

Annual Review 2017-18

#forallofus

Our year in review

CEO, Connie Digolis



Connie Digolis, CEO

The past twelve months have seen the Mental Health Council of Tasmania continue to evolve – strengthening our capacity, advocacy and productivity. We have focused on building strong and sustainable partnerships with members and other stakeholders, whilst advocating for a mentally healthy Tasmania through an integrated system that values our community-managed mental health sector, alongside the tenants of prevention and early intervention.

Our members have been integral in our work and success, contributing their ideas and sharing their expertise through consultation, and in the provision of their invaluable support in a collective call for an integrated mental health system that delivers seamless supports for all Tasmanians.

In consultation with, and on behalf of our sector, over the past twelve months we have continued to be active in advocacy and representation work. MHCT has contributed to the policy development and conversation around many aspects of the mental health service in our state, with highlights including: witness to the Joint Standing Committee

public hearing for transitional arrangements for the National Disability Insurance Scheme (NDIS); and the provision of, and as a witness to the Legislative Council Committee Inquiry into Acute Health Services.

MHCT has also been involved in ongoing work around the impact of the NDIS as Tasmania transitions to this once-in-a-generation social reform. We continue to monitor the impact of the transition to the NDIS – both for our state and nationally – by directly contributing to a range of Community Mental Health Australia (CMHA) submissions including: the Productivity Commission's Review of NDIS costs; the NDIS Independent Pricing Review; and the Commonwealth Department of Social Services' (DSS) Consultation on the development of the NDIS Code of Conduct.

We have also maintained strong stakeholder engagement with our representation on the Mental Health Integration Taskforce, the Tasmanian Suicide Prevention Steering Committee, the Rethink Mental Health Plan Reference Group and Steering Committee, the Tasmanian community sector peaks networks, government strategic committees and forums, as well as

“Our members have been integral in our work and success, contributing their ideas and sharing their expertise through consultation and invaluable support in a collective call for seamless supports for all Tasmanians”

regular meetings with the Mental Health Alcohol and Drug Directorate (MHADD) within the Department of Health (DoH), the Tasmanian Health Service (THS), Primary Health Tasmania (PHT) and all relevant departments and agencies. We have also continued our work to promote prevention and early intervention through our coordination of Mental Health Week for Tasmanian communities.

Finally, this period saw MHCT work with our Members and the sector to develop and deliver a platform for the State election held in March 2018, and the launch of our ‘Moving Toward a Mentally Healthy Tasmania’ campaign.

I would like to commend the Board and staff of MHCT for their tireless work on behalf of the Mental Health Council of Tasmania. We will continue to work in partnership with our Members, friends and stakeholders we keep moving towards a mentally healthy Tasmania for everyone.

Connie Digolis

CEO

Mental Health Council of Tasmania



Shareen Pearson

Business Support and Finance



Kaitlyn Graham

Project Officer



Meegan Davies

Sector Development Lead



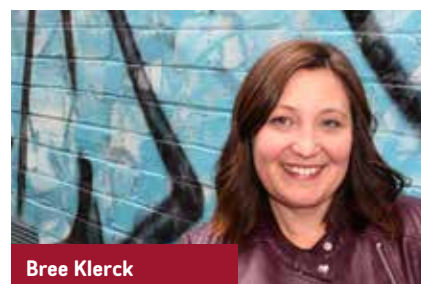
Brittany Szlezak

Member Services Officer



Julie Martin

Media and Communications Lead



Bree Klerck

*Project Officer,
Tasmanian Communications Charter*

→ A leading voice in the Tasmanian mental health system

MHCT Chair Report

Debbie Evans



Debbie Evans, Chair

OUR BOARD

Debbie Evans	- Chair
Darren Pullen	- Treasurer
Lance Skelton	- Board member
Jules Carroll	- Board member
David Tilley	- Board member

It has been another busy but significant year as the Chair of the Mental Health Council of Tasmania, and it is a privilege to support the work of Connie and the team.

I would like to acknowledge the support and efforts of my fellow Board members. It has been a pleasure working with each of you and I appreciate both the skills and the knowledge you have all brought to the organisation.

This reporting period included a state election cycle, which presented a significant opportunity for MHCT to consult with members and stakeholders about what we need to do to bring about system change for mental health service delivery in our state. This work allowed MHCT to consult with and speak on behalf of the community managed mental health sector and to progress the conversation and commitment from our political parties to embrace a co-designed and delivered mental health service with seamless supports for our communities.

Connie has led the team at MHCT with strength, clarity and compassion. It is a pleasure to work with someone so passionate and committed to both supporting and engaging with Tasmanians about mental health,

but also understanding and driving system transformation for our state.

As the Chair of the Mental Health Council of Tasmania, and in my role as CEO of Lifeline Tasmania, I am particularly proud of the work MHCT has undertaken over the past year, consulting with a wide range of stakeholders in the suicide prevention and mental health arenas in Tasmania to develop and deliver the Tasmanian Communications Charter: A State-based approach to mental health and suicide prevention. The project brings the community sector together with government and people with lived experience to promote a common language around mental health, mental illness and suicide for our Tasmanian communities.

I would like to extend my sincere congratulations to Connie and the MHCT team for their work over the past 12 months. The quality and integrity of the work is evident, and this ensures a strong future for MHCT and its important role as the peak body for community managed mental health services.

Debbie Evans

Chair

Mental Health Council of Tasmania



“A state election cycle allowed MHCT to speak on behalf on the sector and drive a commitment from our political parties to embrace a co-designed and delivered mental health service for Tasmania”

Who we are

OUR VISION

ALL TASMANIANS HAVE
AWARENESS OF AND
VALUE THEIR MENTAL
HEALTH AND WELLBEING

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



Mental Health Week, Hobart 2017

→ Advocating for a mentally healthy Tasmania

OUR ROLE

Provide leadership by advocating for continuous improvement across all facets of mental health and suicide prevention

Provide trusted advice to our Members and decision makers to enable a robust and contemporary mental health system

Be a collective, representative voice to ensure future sustainability of the sector, the community and MHCT

Form and support strong networks and collaboration to support sector development and capacity building. Promote the reduction of stigma and champion mental health awareness and the value of good mental health

Influence policy development and implementation in the interests of our Members and the needs of the broader population

What we do

OUR VALUES

Compassionate and respectful

We actively listen, seek understanding without passing judgement and value the diversity, knowledge and experience we provide through our interactions with others

Collaborative and supportive

We respect our role in the collective effort, standing shoulder-to-shoulder with others and acknowledge the importance of supporting each other in our aim to promote better mental health outcomes for all Tasmanians

Responsive and adaptive

We analyse and respond to our constantly changing environment and we encourage work practice that promotes agility, versatility and proactivity

Leading and engaging

We lead with integrity to authentically engage and represent our colleagues, stakeholders and the broader community

OUR STRATEGIC PRIORITIES

Long Term Sustainability

- Grow and broaden our Membership base
- Increase the diversity and capacity of MHCT Staff
- Develop a Member and stakeholder engagement strategy
- Improve our governance, management and operational systems
- Establish mechanisms so Members are actively engaged and inform the work of MHCT
- Strengthen future sustainability through income diversification
- Build the reputation and profile of the MHCT and the work of community managed mental health services in Tasmania
- Build strategic and collaborative partnerships to increase coordination across the community sector

Influencing, Reform and System Growth

- Enable education and development of the sector and community
- Promote a recovery approach across all mental health services
- Promote better coordination of services and service access
- Increase awareness of the range of programs, services and resources available in Tasmania

- Provide Members with opportunities to explore and share ideas regarding system reform and service improvement
- Facilitate an independent review of the progress of mental health reform in Tasmania
- Develop a centralised access point for information relating to mental health services, programs and resources

The Leading Voice in Mental Health

- Build strategic alliances and partnerships
- Enhance recognition of the importance of mental health
- Advocate for improvements to the mental health system in Tasmania, as informed and directed by our Members
- Support quality improvement and evidence best practice in the community managed mental health services
- Understand and articulate Member's needs, issues and concerns
- Promote a collective view of our Members to inform policy reform and the future needs of community managed mental health services
- Provide relevant information to policy makers and our Members that is timely and current

Member update

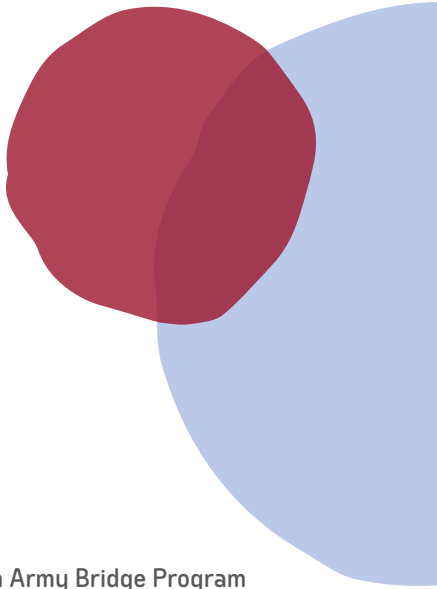
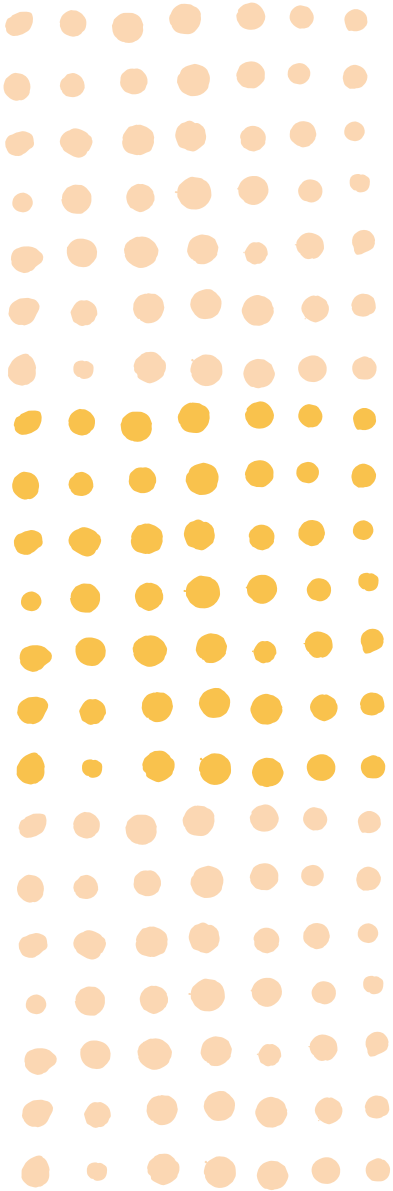
MHCT has been working with our Membership over the past 12 months to provide direct engagement and support, facilitate partnerships and collaboration with all stakeholders across Tasmania's mental health sector



One of our most important initiatives for members is the regular meetings of the Regional Mental Health Group. Coordinated by our Member Services Officer, this group comes together in the South, North and North West to discuss and progress state and local issues affecting the community managed mental health sector, and the meetings are a mechanism for roundtable debate, information-sharing and collaboration on key sector issues and initiatives.

In addition, a range of Member-only opportunities, communications, events and activities have been made available to the MHCT Membership over the past 12 months, including NDIS consultation and submission development, seminars and workshops, campaigns, a Member survey, and sector-specific updates and announcements.

MHCT has a diverse Membership of community organisations, individuals and associate Members, all of whom are engaged with the mental health sector in our state. This past year has seen a number of new Members join us, and we thank all of our Members for their continuing support of the work of our organisation.



Our Members

MEMBER ORGANISATIONS

- Advocacy Tasmania
- Anglicare Tasmania
- Baptcare
- Bethlehem house
- Caroline House
- CatholicCare
- Colony 47
- Choose Life Services
- Club Haven
- CoRES Australia
- Cornerstone Youth Services (Headspace Launceston)
- Engender Equality
- GROW
- Flourish
- Life Without Barriers
- Lifeline Tasmania
- Langford Support Services
- Mental Health Carers Tasmania
- Migrant Resource Centre
- Mission Australia
- Relationships Australia
- OzHelp Foundation
- Richmond Fellowship (RFT)
- Rural Alive and Well (RAW)
- Royal Flying Doctor Service (RFDS)

- Salvation Army Bridge Program
- Teen Challenge Tasmania
- The Hobart Clinic
- The LINK (Headspace Hobart)
- WISE Employment
- Wellways
- Working It Out
- Youth, Family & Community Connections (YFCC)

INDIVIDUAL MEMBERS

- Emmanuelle (Emmy) Bostock
- Daryl Lamb (life member)
- Karalyn Hingston
- John Quee Nyangua
- Matt Hill
- Patrick Carlisle (life member)
- Renate Hughes
- Therese Ryan

ASSOCIATE MEMBERS

- Carers Tasmania
- Epilepsy Tasmania
- Lambert Training & Events
- ORS Group
- RESPECT Occupational Therapy

MHCT Highlights 2017-18

ADVOCACY, ENGAGEMENT AND REPRESENTATION

MHCT made a number of submissions and presentations to both state and federal government inquiries and committees, including: Submission and Presentation to the National Inquiry into the Accessibility and Quality of Mental Health services in Rural and Remote Australia; a Submission and Presentation to the National Joint Standing Committee into Market Readiness for the NDIS; and a Submission and Presentation to the Legislative Council Committee into Acute Health Services in Tasmania. All submissions involved consultation with our Members and key stakeholders to shape our approach to ensure responses were reflective of the real-world experiences of those working within, and engaging with, various mental health services state-wide. All MHCT submissions, publications, media releases and e-news are available at www.mhct.org

SUPPORTING POLICY DEVELOPMENT

MHCT works collaboratively with our Members and stakeholders to develop sound, evidence-based and sustainable policy positions on issues that impact people living with mental illness and their carers. MHCT reaches out to its Members regularly to request input on policy positions or submissions and welcomes feedback from its Members. In addition, MHCT's Sector Development Lead continues to review and disseminate State and Federal policy implementation.

MOVING TOWARD A MENTALLY HEALTHY TASMANIA CAMPAIGN

Following on from our state election platform document, MHCT developed a grassroots campaign, 'Moving Toward a Mentally Healthy Tasmania', to drive a better mental health system and ensure better mental health outcomes #forallofus. The campaign provided MHCT with a platform to deliver resources and stories for Tasmanians to share with

friends and family and to encourage everyone to demand a better mental health system for our state.

TASMANIAN COMMUNICATIONS CHARTER

Funded by the Tasmanian Government, MHCT commenced work in late 2017 on the Tasmanian Communications Charter: A State-based approach to Mental Health and Suicide Prevention. Evidence shows us that talking openly and safely about mental health and suicide prevention is a really tangible way we can all contribute to reducing stigma. The Charter development is supported by a Working Party, comprising twenty NFP organisations, agencies and government departments. The next phase of the project will focus on building community capacity through the development of programs to educate and encourage safe talk around suicide, suicide prevention and mental health. Read more about the Charter and get involved www.tascharter.org

→ Influencing mental health reform and system improvement



A CONVERSATION WITH PAT MCGORRY AND TASMANIAN POLITICIANS



In February 2018, MHCT held a public forum in Hobart, ‘Moving toward a mentally healthy Tasmania – what does success look like? A conversation with Professor Patrick McGorry AO’ where Pat, Tasmanian Health Minister Michael Ferguson MP, Labor’s Sarah Lovell MP and Greens’ Rosalie Woodruff MP explored how, collectively, we can bring about a strong and resilient system for mental health, wellbeing and suicide prevention in our state. Professor McGorry’s presentation, and other resources are available at www.mentallyhealthytasmania.com

TASMANIAN MENTAL HEALTH LEADERS FORUM



The Tasmanian Mental Health Leaders Forum (TMHLF) is a platform for strategic planning and collaborative action between principal stakeholders within the Tasmanian community managed mental health sector. Comprised of CEOs and senior managers from MHCT Member organisations, the group met quarterly to identify and examine key issues and factors impacting the Tasmanian mental health sector at state and national levels with a view to guiding sustainable sector development.

REGIONAL MENTAL HEALTH GROUPS



MHCT partners with local organisations in the south, north and north-west of Tasmania to facilitate Regional Mental Health Group (RMHG) meetings on a regular basis. The groups provide an interface between the regions and MHCT, ensuring local issues and initiatives are fed into MHCT’s strategic and sector planning. MHCT welcomes participation from frontline and executive staff within the sector as well as stakeholders in the broader community, private and public health arenas.

MENTAL HEALTH WEEK IN TASMANIA



MHCT coordinates Mental Health Week, which coincides with World Mental Health Day on 10 October. In 2017, the theme, ‘Stronger Together’ was developed in consultation with the sector to drive increased engagement and participation across the state. The theme brought communities together to raise awareness about mental health and wellbeing, reduce stigma and encourage people to seek help when they need it. MHCT oversees both the Mental Health Week Steering Committee and the annual MHW Small Grants program to support MHW activities and events, which is funded by the Tasmanian Government.

PSYCHOSOCIAL DISABILITY ACCESS TO THE NDIS MEETING SERIES



In late 2017, MHCT met with the State Government’s NDIS Implementation Team to develop a joint strategy to support mental health consumers, carers and service providers through NDIS transition in Tasmania. Local, State and Commonwealth agencies involved in transition agreed a coordinated approach was required. As a result, the Psychosocial Disability Access to the NDIS meeting series commenced in early 2018, bringing together the National Disability Insurance Agency (NDIA), Department of Health and Human Services (DHHS), Mental Health, Alcohol and Drug Directorate (MHADD), Primary Health Tasmania (PHT), Department of Social Services (DSS) and MHCT. Key topics for examination included: improving communication between stakeholders responsible for transition; clarifying continuity of supports for clients not eligible for NDIS; local solutions to provider-identified pressure points in NDIS service delivery; and mitigating workforce impacts of NDIS transition.



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