



**Mental
Health
Council**
OF TASMANIA



www.mhct.org

Annual Review

2018-19

→ A leading voice in the Tasmanian mental health system

Our year in review

CEO, Connie Digolis



Connie Digolis, CEO

The Mental Health Council has had an exceptionally positive but demanding 12 months.

We've seen the organisation grow in team members and therefore our capacity as an organisation has increased significantly. It feels as though we have reached a level of sustainability that ensures we are able to really achieve some of our significant goals as we move toward the end of the current strategic plan

Late in 2018 we implemented an organisational restructure that saw MHCT develop a management team that oversees the projects and functions of the council. This has allowed me to continue to focus on the strategic direction of the organisation as a collective entity. I am very proud of our organisation and the new work we have commenced. We have been able to make some significant progress toward supporting the development of a Peer Workforce in Tasmania. We are currently working on the Peer Workforce Development Strategy and we have delivered the Supported Decision Making and Peer Supervisor training.

In September 2018 we launched the Tasmanian Communications Charter with the aim to promote a common language around mental health, mental illness and suicide prevention. We also facilitated the 'Joining the

Dots' forums to explore the linkages between the key agencies in the mental health sector and working together with the community mental health sector.

In April 2019 MHCT provided a submission to the Productivity Commission Inquiry into Mental Health. Produced in consultation with several other organisations across Tasmania, the submission outlined a number of key recommendations to improve and reform the current mental health care system in Tasmania, and across the country, through development of an improved, community-based mental health care system that focuses on prevention and early intervention. These recommendations focus on developing a truly integrated model of care, which would allow people to access treatment and support before they become acutely unwell. The Productivity Commission's report is due to hand their final report to Government in May 2020, with the report to be released publicly following that.

I feel as though this groundswell of activity stems from a response to the community demand for action and engagement in mental health. Mental Health Week in October was a fantastic demonstration of the increase in community interest and

→ Advocating for a mentally healthy Tasmania

enthusiasm. The continuing success and growth of Mental Health Week in Tasmania led to doubling the value of grants we offered to organisations to help them host events and activities, with support from the Tasmanian Government. The increased funding was distributed between 45 organisations (an increase from 39 the previous year), which saw around 13000 people from communities across Tasmania coming together to participate in events and activities to celebrate the week.

Thank you to all our members for your continued energy, engagement and advice. Thank you to the fantastic team at MHCT, whose dedication and perseverance has been outstanding. Thank you to our board for their hard work over the past 12 months. In particular a huge thank you to Debbie Evans, our illustrious Chair, who has reached the end of her term at MHCT. Debbie, I am exceptionally grateful for your advice, guidance and support in your role as Chair. It has been a pleasure to work with you in this capacity.

I look forward to the next year ahead, knowing it will be another challenging and rewarding time, working toward a mentally healthy Tasmania.

Connie Digolis
CEO

Mental Health Council of Tasmania



Shareen Pearson

Corporate Services Manager



Julie Martin

Operations Manager



Bree Klerck

Project Officer, Suicide Prevention



Astrid Wootton

Project Officer, Peer Leader



Stephen Durney

Project Manager, Peer Workforce Strategy



Ezra Thomas

Project Support Officer



Cat Delpero

Media and Communications Manager



Nick Sullivan

Media and Communications Support Officer

MHCT Chair Report

Debbie Evans



Debbie Evans, Chair

It has been a privilege to serve as the Chair of the Mental Health Council over the past 12 months.

In September 2018 MHCT stood shoulder-to-shoulder with leaders from across the community managed mental health sector to call for a unified approach from government to providing mental health care and support at a community level, focusing on prevention and early intervention instead of a perceived need for more acute mental health beds in our hospitals. This call to action for 'A Better Way' to provide safe and seamless mental health services for Tasmanians has had ongoing and widespread implications, with the Tasmanian Government, the media and the community supporting an integrated approach to mental health care that will allow people, their families and carers to be treated and to recover in their homes, or if necessary, in mental health beds delivered by services working in communities.

That same month, to coincide with World Suicide Prevention Day, the Tasmanian Communications Charter was launched. The Charter brings the community sector together with government and people with lived experience, promoting a common language around mental health, mental illness and suicide in Tasmania. I am proud to have been able to support the launch, not only in my role as Chair, but also through

Lifeline's ongoing commitment to uphold the principles set out in The Charter when we became a signatory. It's also wonderful to see so many other MHCT member organisations signing the Charter and supporting its implementation across the state.

Having now served 3 terms on the Board my role has come to a close. Over that time the organisation has gone through a time of growth, reinvigorated focus, a renewed purpose and the whole team should be very proud of their achievements. In my role as Chair I have been fortunate enough to work with a group of passionate and dedicated board members. Each of them bringing skills to the table that have ensured we have a board that truly provides an effective governance role for this organisation.

I will miss my role on the MHCT board but thankfully in my role as CEO of Lifeline I will be able to still benefit from being a member of the council. I wish Connie and her team all the best for the future. I am especially thankful to Connie for making this role an easy and enjoyable one.

Debbie Evans

Chair

Mental Health Council of Tasmania

OUR BOARD

Debbie Evans - Chair

James Versteegen - Treasurer

Jules Carroll - Board Member

David Tilley - Board Member

Deb Fast - Board Member

Paul Campbell - Board Member

Lance Skelton - Board Member



Who we are

OUR VISION

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

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.





Huon Valley Mental Health Week Expo 2018

OUR PURPOSE

IMPROVING MENTAL
HEALTH FOR ALL
TASMANIANS.

OUR ROLE

Provide leadership by advocating for continuous improvement across all facets of mental health and mental health services.

Provide trusted advice to our members and decision makers to enable a robust and sustainable mental health system.

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

OUR VALUES

- ▶ COMPASSIONATE AND RESPECTFUL
- ▶ COLLABORATIVE AND SUPPORTIVE
- ▶ RESPONSIVE AND ADAPTIVE
- ▶ LEADING AND ENGAGING

What we do

As the peak body for mental health in Tasmania, MHCT is accountable to its members and the Tasmanian community to achieve the goals outlined in our Strategic Plan. Through the past 12 months we would like to acknowledge how our work has reflected our 3 overarching strategic priorities:

LONG TERM SUSTAINABILITY



member organisations



Doubled the amount of Mental Health Week Grant funding to

40k



associate member organisations



individual members

We now have a team of



capable and dedicated staff

As an MHCT member, you have the opportunity to share your events and ideas with:

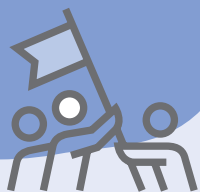


Facebook followers



monthly eNews subscribers

THE LEADING VOICE IN MENTAL HEALTH



Held the Inaugural Youth Arts Awards as part of Mental Health Week 2018



9

Regional Mental Health Group meetings across Tasmania



In consultation with members we made

10

submissions to government to help inform state and federal policy



We facilitated conversations between industry, state and federal funding bodies through the Jointing the Dots Forum



We presented at the Australian College of Emergency Medicine Conference, and the Australian Rural and Remote Mental Health Symposium



We presented the mental health needs of Tasmanians to:

- > the Rural and Remote inquiry
- > the Productivity Commission
- > the National Mental Health Commission



We launched the Tasmanian Communications Charter

14 + 307
organisations individuals

have signed the Tasmanian Communications Charter

INFLUENCING REFORM AND SYSTEM IMPROVEMENT



WE ALSO



supported clients transitioning to the NDIS through our Community Inclusion and Capacity Development (CICD) project



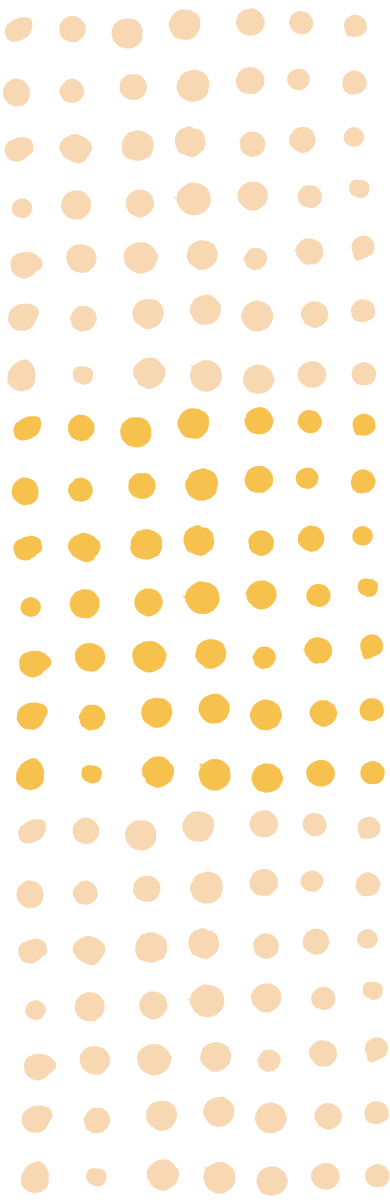
contributed to the Mental Health Integration Taskforce Report and Recommendations

called for a stronger prevention approach to mental health through A Better Way

started developing a Peer Workforce Strategy

worked with the Mental Health Integration Taskforce

created a Mental Health Hub proposal for the north of the state



Our Members 2019–2020

MHCT is continually inspired by the compassion and drive from our members to improve the mental health of all Tasmanians.

ORGANISATIONS

Advocacy Tasmania

Anglicare Tasmania

Baptcare

Bethlehem House

CatholicCare Tasmania

Caroline House

Choose Life Services

Club Haven

Colony 47

CORES Australia

Cornerstone Youth Services
(headspace Launceston)

Engender Equality

Flourish Mental Health Action in
Our Hands Inc.

Grow

Langford Support Services

Lifeline Tasmania

Life Without Barriers

The Link Youth Health Service
(headspace Hobart)

Mental Health Family and Friends

Migrant Resource Centre

Mission Australia

OzHelp Foundation

PSYCH2U

Psychology CAFFE

Red Cross

Relationships Australia Tasmania

Richmond Fellowship Tasmania

Royal Flying Doctor Service Tasmania

Rural Alive and Well

Rural Health Tasmania

Salvation Army Bridge Program

Teen Challenge Tasmania

The Hobart Clinic

Wellways

Working It Out

yourtown – Kids Helpline

Youth, Family and Community

INDIVIDUAL MEMBERS

Darryl Lamb (Life Member)

Colin Ayton

Stephen Yam

Mark Davis

Diana Taylor

Emmy Bostock

Karalyn Hingston

Kate Griggs

Laura Smith

Matt Hill

Patrick Carlisle (Life Member)

Renate Hughes

Sonia Cook

Therese Ryan

ASSOCIATE MEMBERS

Epilepsy Tasmania

Lambert Training and Events

Tas TAFE

RESPECT Occupational Therapy





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CONTACT US

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