

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 mental health and wellbeing outcomes for every Tasmanian.

Our purpose

Improving mental health for all Tasmanians.

Our vision

All Tasmanians have awareness of and value their mental health and wellbeing.

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.

GUIDING PRINCIPLES

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 service system.

MHCT is focused on working with all stakeholders to reform the mental health system so it's 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 managed 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.

STAKEHOLDERS

We recognise the following as important participants in the achievement of the MHCT Strategic Plan:

- MHCT board and staff
- MHCT members
- Consumers and carers
- Community Mental Health Australia
- Government and government agencies
- Community sector organisations
- National mental health organisations
- The broader Tasmanian community



Contact Us:

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Mental
Health
Council
OF TASMANIA

STRATEGIC PLAN 2017-2020

MHCT STRATEGIC PLAN 2017-2020



Long Term Sustainability

What we will do

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

What this will look like

- Regular member consultation & review in a variety of formats
- Staff professional learning & development program
- Effective systems for data & information management & review
- Sound management & operational policy and practice
- MHCT is respected & valued as the peak body for Community Managed Mental Health (CMMH) Services
- MHCT has partnerships that demonstrate value to members & the Tasmanian community
- Increased awareness & understanding of the role & contribution of CMMH services

Influencing, Reform & System Improvement

What we will do

- Enable education & development of the sector and community
- Promote a recovery approach across all mental health services
- Promote better coordination of services & service access
- Increase awareness of the range of programs, services and resources available in Tasmania
- Provide members with opportunities to explore & share ideas regarding system reform & 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 & resources.

What this will look like

- Standards of practice to build workforce capacity & sustainability
- MHCT resources and communications reflect person-centred best practice
- A collective & united approach that supports system reform & improvement
- Members & other stakeholders have opportunities to inform & influence policy reform & implementation
- Greater access to information relating to service & program delivery
- Increased understanding of gaps & needs to support ongoing reform & system improvement

The Leading Voice in Mental Health

What we will do

- 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 & directed by our members
- Support quality improvement & evidence best practice in CMMH services
- Understand & articulate member's needs, issues & concerns
- Promote a collective view of our members to inform policy reform & the future needs of CMMH services
- Provide relevant information to policy makers & our members that is timely and current.

What this will look like

- MHCT is recognised & called upon by government, community & other key stakeholders
- Campaigns & programs to raise awareness & promote prevention are supported & facilitated by MHCT
- Govt. agencies & members have a clear understanding of the impact & implications of policy reform
- Events & information promoting best practice & innovation
- MHCT has the capacity to influence reform & system innovation
- Tasmanians are accessing information about mental health & mental illness