



A message from
**Coordinator-General
Office for Mental Health
and Wellbeing**



Welcome to the first Office for Mental Health and Wellbeing Newsletter.

Thank you to everyone who participated in the Vision and Priority workshops, and to everyone who provided feedback online through the YourSay website. Around 120 people attend the workshops including people with lived experience, carers, non-government organisations and government, and 180 online submissions were received, which is an extraordinary response and demonstrates the commitment from our community to improve mental health and wellbeing.

Vision

During the workshops, 19 vision statements were presented by participants that clearly articulated their views and hopes for the ACT's mental health and wellbeing. Workshop participants highlighted the need for a community that supports each other, respects each other, that is safe and empowered, and that is accepting of all.

Of the many excellent statements one in particular aligned with the feedback received and been presented to the Minister, the Inter-Directorate Committee, the Mental Health Peak Committee and to internal and external stakeholders to ensure it is a vision that everyone can aspire to. The vision will be announced by the Minister soon.

Office Work Plan (100-day commitment)

I am pleased to advise we have achieved our commitment and have provided the Minister for Mental Health with a draft work plan for consideration. This plan would not have been possible without the co-design process to identify the priorities for the work required. It highlights the need for government, non-government and the community to work together to promote wellbeing, prevent mental disorder and to closely support our community experiencing mental health concerns.

Following feedback from the Minister for Mental Health, the work plan will go to Cabinet for endorsement. We are aiming to have this available for public release in late April 2019.



From L-R: Neville Perkins – Policy Officer Lifespan, Natalie Johnson – Change Leader, Natalie Edge – Administrative Support, Dr Elizabeth Moore – Coordinator-General, Lee-Anne Rogers – Change Leader, Ros Garrity, Assistant Director – LifeSpan Implementation

Lifespan

Lifespan is an evidence based suicide prevention strategy which is being implemented in the ACT. The second ACT Suicide Prevention Collaborative, with the theme of Lived Experience, was held at the Griffin Centre on Wednesday 6 March 2019. Over 50 people attended, and presentations were provided by Bronwen Edwards, CEO and Founder of Roses in the Ocean; Jo Riley, Lived Experience Participation Manager at Black Dog Institute; Shannon Malone-Brierley, Program Director, MIEACT; and Anthony O’Hara, Volunteer Educator and Board Member, MIEACT. The focus was on:

- the importance of incorporating the voice of lived experience in our suicide prevention work;
- the Black Dog Institute Lived Experience Framework which will ensure that lived experience is represented at all levels of ACT LifeSpan.

Particular thanks go to MIEACT for hosting the event, and to Roses in the Ocean and Black Dog Institute for their interesting and valuable presentations.



From L-R: Shannon Malone-Brierley – MIEACT, Ros Garrity, Assistant Director – LifeSpan Implementation, Jo Riley – Black Dog Institute, Bronwen Edwards – Roses in the Ocean

The next ACT Suicide Preventative Collaborative is schedule for 21 May 2019. Invitations will be sent closer to the event.

Question, Persuade, Refer (QPR)

As part of Lifespan, the Black Dog Institute have worked with QPR Institute to tailor the USA training for Australian audiences. QPR is a suicide prevention intervention that teaches lay and professional gatekeepers to recognise and respond positively to someone exhibiting suicide warning signs and behaviours. QPR training is designed to detect persons who are in the thinking or ideational phase of a suicide plan. QPR training may also enable natural helpers to identify people at risk who have already made one or more non-lethal attempts.

QPR online takes approximately 60 mins to complete and can be completed over multiple sessions. In addition, an individual who has finished QPR can continue to access the program for 3 years to refresh their skills and knowledge.

In the ACT, the Capital Health Network supports the training as a component of ACT LifeSpan. You can sign up to complete QPR Online here: <https://www.chnact.org.au/mental-health-programs-hp>

Future Engagements

Once the work plan has been endorsed and released, we will let you know of any future engagements that you can be part of, so we can work together to improve the mental health and wellbeing for our community.

Again, thank you for your support and for your contributions to this work! We look forward to continuing to work with you to achieve positive outcomes for our community.

Kind Regards,

Dr Elizabeth Moore