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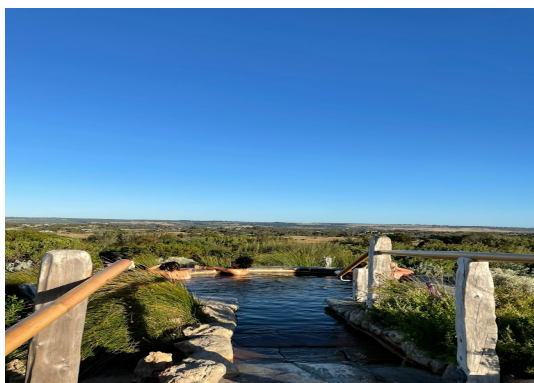
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START OF YEAR RELAX AND UNWIND
AT PENINSULA HOT SPRINGS

Thursday 23 March



We can guarantee good company, lovely surroundings, soothing mineral waters and refreshment at the end of the day.

Food at own cost, BYO (lunch) to picnic with us, but a refreshment will be provided by AMAH at the end of the day.

811-823 Dandenong Rd Malvern East.
Bus leaves Dan Murphy Car Park- 9.30am SHARP
Please arrive by 9.20am, allowing 15 minutes' walk from Caulfield Station, as time depends on the lights.

Our booking at PHS is timed, we cannot wait for latecomers - Return approximately 5.30pm.

Places are limited, booking is essential

Donation: Pensioners \$11 Non-Pensioners \$25
Includes, bus, entry, unlimited use of spa pools and small refreshment prior to return. Donations are very welcome.

To Book

1. deposit your donation to Westpac ISFAF Community One Account
BSB 033-169 A/c No: 258307,
2. make sure your deposit shows your name
3. email isfaf@alfred.org.au with proof of booking
4. expect a confirmation via email. If you don't receive a confirmation by 5pm Monday 20 March, please email elenikontos@icloud.com

Welcome to February 2023 and, following the Vic. Royal Commission (VRCMH), a New World in mental health. We await to see its effects on the ground, hoping to see improvements in the lives of our loved ones. A major outcome is the new Mental Health and Wellbeing Act which will take effect on 1 Sep. 2023. We have a speaker planned to discuss its effects which will be mentioned in coming newsletter(s), with other activities mentioned in this newsletter.

Today's sentencing of Tommy Bednar for the murder of his mother, our beloved member Judy, should be a reminder for clinicians to heed the voice of carers, but according to the media, a very similar situation occurred in Qld recently – carer asked mental health services for help, was ignored and ended up dead. To steal the words (and context) from Peter Paul and Mary... 'Oh when will they ever learn, when will they ever learn?'. Failing to take into account carers' long-term 24/7 experience compromises outcomes and can lead to tragedy.

A list of useful organizations is enclosed as a resource, especially for members who do not have internet access. Though things keep changing, it is worth keeping for future use.

Committee looks forward to seeing you on 14 March, 23 March and at the many events we are planning for 2023,

Best wishes to all, Judi

ISFAF SUPPORT GROUP MONTHLY MEETING

7.30 pm TUESDAY 14 MARCH 2023
(light supper from 7.10 pm)

SPEAKERS: Jo Pankhurst, Jen Bite, TANDEM

TOPIC: Family and Carer-led Centres, Carer Support Funding, Mental Health and Wellbeing Locals and the benefits available to Carers

Level 4, 549 St Kilda Rd, Melbourne
(Spotless / Downer Building,
slightly to the city side of Wesley College)
Free parking and tram stop at the door
Registration is not required. The meeting is free.
A small donation towards supper is appreciated.

Extract from Media Release from Premier:
23 January 2023
Supporting Mental Health Families and Carers

<https://www.premier.vic.gov.au/supporting-mental-health-families-and-carers>

'The Andrews Labor Government is getting on and delivering every recommendation of the Royal Commission into Victoria's Mental Health System – with eight new Family and Carer-led Centres opening across the state this year.

Supporting the families and carers of people experiencing mental health challenges the eight new centres across Victoria will be led by people with lived experience and provide tailored help, connect them to the right information and services, and provided access to hardship funds. The Labor Government today announced the providers of the \$54.5 million investment that delivers on a key recommendation to establish lived experience-led centres to support families, carers and loved ones of those experiencing mental health challenges.

There are currently more than 60,000 Victorians providing mental health care to family and loved ones, often going unpaid and without support which brings its own challenges and if often a long-term responsibility and these new Centres will provide families and carers with the support network they deserve.

The Centres will provide a warm and welcoming space easily accessible and freely available to families, carers and supporters of all ages, with no need for a referral. The selected providers for the new Family and Carer-led Centres are:*

- Gippsland: Wellways Australia
- Hume: Gateway Health
- Loddon Mallee: Mind Australia
- South Western: Wellways Australia
- ****South East (metro): Star Health**
- North East (metro): Access Health and Community
- Western (metro): Jesuit Social Services

*The Centres will be co-designed and co-led by families, carers and supporters, in partnership with ****peak body Tandem** - a trusted voice for carers, families and supporters in mental health, Tandem worked across Victoria with people with lived and living experience of supporting a loved one to develop the Centres' service delivery model.*

The Centres are part of a \$93 million investment to support and promote the leadership of families and carers in mental health.

*This investment builds on the \$1.3 billion delivered for mental health and wellbeing in the **Victorian Budget 2022/23** to rebuild the mental health system.*

Work is underway on implementing more than 90 per cent of the Royal Commission's recommendations.

****highlighted by Judi B**

Ring, ring! Multicultural Health Connect national helpline now open

<https://www.healthdirect.gov.au/multicultural-health-connect>

Multicultural Health Connect is the first national helpline to help people in multicultural communities get health information and advice. The helpline is free and confidential, and run by workers from multicultural backgrounds. When someone calls Multicultural Health Connect, they will speak with a trained worker who understands and respects their culture, needs and concerns. They can help people in their language or with the help of an interpreter. This service is for anyone from a multicultural background, whether they're an Australian citizen or on a visa of any kind.

People can call Multicultural Health Connect to:

- get free health advice from a nurse
- find doctors, hospitals, support, and community health centres
- find nearby services that can help
- learn about COVID-19, including how to get a vaccination, manage symptoms of COVID-19.

Call **1800 186 815** from Monday to Friday, 11am to 7pm. The helpline is closed on public holidays. Multicultural Health Connect is not an emergency service.

Mental Health and Wellbeing Locals

The first six new Mental Health and Wellbeing Locals are now open in the local government areas of Benalla-Wangaratta-Mansfield, Brimbank, Frankston, Geelong-Queenscliff, Latrobe, and Whittlesea.

Mental Health and Wellbeing Locals provide an easy way to get treatment and support for people aged 26 years and over who are experiencing mental health challenges – including people with co-occurring alcohol and drug treatment and care needs.



Keep an eye out for the new Mental Health and Wellbeing Locals log

The Mental Health and Wellbeing Local service offering will scale up over time to deliver the full-service model. This means some providers are offering telehealth initially and will build up to face-to-face services, while others may offer wellbeing peer supports prior to introducing clinical treatments and therapies. Consumers can still access Mental Health and Wellbeing Hubs while the new services are being established. [Local adult and older adult mental health and wellbeing services](#)

Mental Health and Wellbeing Locals are being progressively established across the state. The locations for the procurement of the next round of Mental Health and Wellbeing Locals will be: Dandenong, Shepparton, Melton, Mildura, Lilydale, Bendigo and Echuca, Orbost and Bairnsdale. Further information will be promoted in the new year.

The Better Health Channel provides a wide range of local, topical health related information, including information about the Mental Health and Wellbeing Locals.

[Better Health Channel - Better Health Channel](#)

Independent Review of compulsory treatment criteria and decision-making laws

The Independent Review of Victoria's compulsory treatment criteria and alignment of decision-making laws is underway.

The Independent Review Panel led by Justice Shane Marshall AM, will examine both the compulsory assessment criteria and the compulsory treatment criteria in the Mental Health and Wellbeing Act 2022. The review will also consider how the Act can be more closely aligned with other decision-making laws.

The Terms of Reference for the Independent Review have been developed by a group of consumers, families, carers, supporters, workers in the sector and service providers.

[The Independent Review of compulsory treatment criteria and alignment of decision-making laws \(health.vic.gov.au\)](#)

Engagement update: Strategy towards elimination of seclusion and restraint

The Department of Health has appointed an External Working Group to provide expert advice on the strategy towards elimination of seclusion and restraint. The group was recruited through an open expression of interest process in September.

The group consists of people who have experience with seclusion and restraint and bring a range of lived and living experience (consumer and carer), workforce (including psychiatrist, psychiatrist registrar, mental health nurses, social worker and occupational therapist) and policy perspectives.

They will meet monthly from December to develop specific elements of the strategy using co-design principles.

Planning activities with system and sector leaders are underway and there will be further opportunities to contribute to the development of the strategy, including through surveys, focus groups and submissions in 2023.

[Opportunities to participate in engagement activities will be promoted in this bulletin and on the Health. Vic website.](#)

Help available to support rural and regional workforce recruitment

The Department of Health opened a new program in July 2022 to help rural and regional services recruit more mental health and wellbeing workers to support their communities.

The Regional Mental Health Workforce Incentive Scheme aims to attract and retain new workers to regional services. The program provides workforce relocation and incentive grants to help attract workers to rural and regional services across Victoria. The flexible grants help support costs such as accommodation, relocation, childcare, school fees and vehicle costs.

As part of the program, successful job candidates, including international candidates, are supported to move, settle and integrate into rural and regional Victorian communities with the introduction of community navigator roles. The program also supports recruits and their families to integrate into their new region through new community navigator roles that help build social connections that retain the workforce for longer. The program is being led by the Rural Agency Workforce Victoria (RWAV).

[Regional Mental Health Workforce Incentives · RWAV](#)

Victorian Collaborative Centre for Mental Health and Wellbeing.

A recommendation of the VRCMH was the establishment of Collaborative Centre to:

- lead best practice for the inclusion of people with lived experience across the mental health system
- conduct interdisciplinary research to guide new treatments and services
- educate the mental health workforce through practice improvement, training and professional development programs
- work with services and research organisations in rural and regional areas

The inaugural 10 member Board has been appointed, with two members professing lived experience of having suffered mental illness/psychological distress and two with family/carer/supporter perspectives.

Terry Laidler (Chair),
Maria Katsonis (Deputy Chair),
Lisa Brophy, Gill Callister, Sheree Lowe, Steve Moylan, Gerard Naughtin, Phong Nguyen, Fionn Skiotis and Amelia Walters.

Announcements of further appointments are expected shortly, including academic and mental health service partners and ten Lived Experience Advisory Panel (LEAP) members, including a Chair.

The Collaborative Centre's 2022-23 objectives, functions, establishment activities and key outputs are outlined in the publicly available [Victorian Collaborative Centre | health.vic.gov.au](http://health.vic.gov.au)

Providers announced for Mental Health Statewide Trauma Service

The Victorian Government has announced the consortium to establish the Mental Health Statewide Trauma Service.

More than 150 community and sector stakeholders participated in engagement activities to support the development of the service principles included in the tender process. Participants included people with lived and living experience of trauma and their families, carers, and supporters.

A consortium of service providers has been announced to design and deliver the Mental Health Statewide Trauma Service. The consortium includes:

- Phoenix Australia (lead consortium agency)
- Victorian Aboriginal Child Care Agency (VACCA)
- Australian Psychological Society
- Mindful
- Foundation House - the Victorian Foundation for Survivors of Torture
- Berry Street
- Orygen
- SANE
- Royal Women's Hospital - Centre Against Sexual Assault (CASA House)
- Austin Health - Psychological Trauma Recovery Service, Mental Health Division
- The Bouverie Centre
- The Royal Melbourne Hospital – NW Mental Health
- Thorne Harbour Health [Mental Health Statewide trauma Service](http://health.vic.gov.au)

Diverse Communities Mental Health and Wellbeing Grants: successful recipients announced

The Victorian Government recently announced the

recipients of the 2022 round of the Diverse Communities Mental Health and Wellbeing Grants program.

The program provides \$4.2 million in grants to organisations that support and promote the mental health and wellbeing of Victoria's diverse communities.

In line with the Royal Commission's definition, 'diverse communities' includes culturally and linguistically diverse people, LGBTIQ+ people and people with disability.

The grants will help community organisations that support diverse communities to strengthen community connections, promote mental health literacy and provide better pathways to the mental health system.

A total of 22 organisations received funding through this year's grants round, and applications for the 2023 program will open mid next year.

[See the full list of successful organisations on the Health.Vic website.](http://health.vic.gov.au)

DATES TO DIARISE

Please check <http://ispaf.org/> for updates

MARCH

Tues 14: Monthly Support Meeting
7.10pm Light Supper
7.30pm Speaker from Tandem
(see page 1 for details)

Thurs 21: Day Outing- Peninsula Hot Springs
Bookings essential
(see page 1 for details)

ONGOING

1st & 3rd Thursday of the month - Walk n Chat

Meet: Outside North Point Café
(Beach end of North Rd Brighton)
Must book, contact 0425 723 746 in the morning
Generally, walkers meet at 1 pm, non-walkers at 2.15pm in café
(Refreshment funded by AHCS)

AlfredHealth
Carer Services



2nd Tuesday of the month: Monthly Support Meetings 549 St Kilda Rd

7.10pm Light supper
7.30pm Speaker
(see page 1 for details)
Bookings not needed. No charge but a small donation towards supper is appreciated.

