



# Newsletter

25<sup>th</sup> June 2018

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## LATEST CoMHWA NEWS

### CoMHWA Recovery College Consultations

The Western Australian Recovery College Expert Panel is seeking your input for the development of a draft Model of Service for Western Australia Recovery Colleges.

Recovery Colleges complement existing mental health, and alcohol and other drug (AOD) support services by enabling self-directed recovery and mental health, and AOD learning opportunities in a safe and welcoming place. Generally, Recovery Colleges aim to support individual recovery through creating an education platform, and a reduction of stigma relating to mental health, and AOD problems. To find out more about the Recovery Colleges, please visit the Mental Health Commission's website: <https://www.mhc.wa.gov.au/recoverycolleges>

#### Upcoming CoMHWA Consultations

CoMHWA is holding two more consultations in Bunbury and Geraldton. Please visit our website to download the flyers for each location: [www.comhwa.org.au/recovery-college-consultations](http://www.comhwa.org.au/recovery-college-consultations)

Bunbury	Geraldton
Friday 29 <sup>th</sup> June 12.30pm – 3pm	Tuesday 3 <sup>rd</sup> July 11am – 1.30pm
South West Sports Centre 1 Rotary Avenue, Withers	Geraldton Multipurpose Centre 254 Marine Terrace, Geraldton

Our consultations are open to everyone: individuals, family members and carers, community members and health care professionals. \$35 per hour payment applies to people with lived experience, their families and carers.

RSVP's essential to Rebecca on 9258 8911 or [admin@comhwa.org.au](mailto:admin@comhwa.org.au)

## Paid Opportunity to Have Your Say on NDIS and Mental Health

**Are you on a NDIS plan to get mental health support? Would you like to share your experiences to help others?**

Consumers of Mental Health WA (CoMHWA) would like to hear from you. CoMHWA is an advocacy organisation by and for people with lived experience of mental health issues. We help people to speak up and be heard about the supports they need and want. By sharing your experiences, you can help others to access the mental health and wellbeing supports they need.

### What's involved?

- We pay you for your time (\$35 per hour) unless you choose not to be paid.
- We are seeking a number of people to take part over June and July 2018
- You can take part in a group discussion or a one to one conversation. We can meet you at a café near you or chat over the phone.
- We will talk about what it's been like to plan, find and choose supports in the NDIS.
- You can choose to have a support person attend with you.

DATE: Friday 13th July  
TIME: 2pm onwards  
PLACE: CoMHWA, 31 Manning Road, Cannington  
RSVP: essential to Rebecca on 9258 8911 or [admin@comhwa.org.au](mailto:admin@comhwa.org.au)

Please contact Reginah to find out more on 9258 8911 or [rkirumba@comhwa.org.au](mailto:rkirumba@comhwa.org.au)



## My Health Record Information Sessions at CoMHWA

More than five million Australians already have a My Health Record, which provides a summary of their key health information, delivering better health outcomes for patients and their treating doctors and specialists.

**Every Australian will be offered a My Health Record unless they choose not to have one during the three month opt out period that will run from 16th July to 15th October 2018.** Please save the date for two information sessions to be held at the CoMHWA office, **which will include information on how to opt-out of the system:**

DATE: Tuesday 17th July  
TIME: 2pm  
PLACE: CoMHWA, 31 Manning Road Cannington

DATE: Thursday 19th July  
TIME: 6pm  
PLACE: CoMHWA, 31 Manning Road Cannington

Please RSVP to Rebecca on 9258 8911 or [admin@comhwa.org.au](mailto:admin@comhwa.org.au) before 4pm, Friday 13<sup>th</sup> July.

## My Medicines and Me Community Workshop

It can be difficult to talk to doctors about the side-effects of mental health medications, however CoMHWA's My Medicines and Me workshops aim to help!

This free workshop focuses on developing skills to have deeper conversations about mental health medications. It covers how to support people seeking to be heard, how to self-advocate with doctors, what tools exist to discuss side-effects and how they help a person manage their mental health medications. The workshops also cover the practical methods of making shared, informed decisions about medication with doctors.

This workshop welcomes everyone, including; people on mental health medications, those supporting, caring for or working with people who take mental health medications and anyone with a general interest in recovery focused, person-centred mental health care.

DATE: Wednesday 15<sup>th</sup> August  
TIME: 5.30pm – 7.30pm  
PLACE: 31 Manning Road, Cannington  
RSVP: essential to 9258 8911, [admin@comhwa.org.au](mailto:admin@comhwa.org.au) or <https://m3qticket.eventbrite.com.au>

Light nibbles will be provided at the workshop, please inform us of any dietary requirements prior to the workshop. Spaces are limited, please notify CoMHWA if you are no longer able to attend.

To find out more about the My Medicines and Me Project please visit: [www.comhwa.org.au/programs/about-my-medicines-and-me/](http://www.comhwa.org.au/programs/about-my-medicines-and-me/)

## NDIS UPDATES

### Peer Connect Roadshow – Demystifying the NDIS

The Federal NDIS is coming to Bunbury and the Peer Connect Roadshow is coming to your area! Don't miss this excellent opportunity to connect with your peers and learn about the Federal NDIS.

Karen and Kristen from Peer Connect are going to Bunbury to talk about the benefits of Peer Support Networks and to facilitate a practical peer led workshop for people with a disability and their families/carers to; "Demystify The Federal NDIS".

DATE: Tuesday 26<sup>th</sup> June  
TIME: 10am – 3.30pm  
PLACE: Sanctuary Gold Resort, Lot 100 Old Coast Road, Pelican Point  
RSVP: <https://www.eventbrite.com.au/e/peer-connect-bunbury-roadshow-demystifying-the-ndis-tickets-46480990895>

Please call Kristen at Valued Lives on 0488 165 880 for further information.



# CONSULTATIONS

## Recovery College Consultations around Perth

As mentioned earlier in this newsletter, The Western Australian Recovery College Expert Panel is seeking your input for the development of a draft Model of Service for Western Australia Recovery Colleges. There are a number of consultations going on around the State and Metro area including:

### **WANADA**

DATE: Wednesday 27<sup>th</sup> June  
TIME: 9.45am – 2pm  
PLACE: State Library of WA, Francis Street  
RSVP: <https://www.eventbrite.com.au/e/recovery-college-aod-consultation-forum-tickets-46928210541>

### **ConnectGroups**

DATE: Wednesday 27<sup>th</sup> June  
TIME: 5.30pm – 7.30pm  
PLACE: ConnectGroups office, 10 Almondbury Road, Booragoon  
RSVP: [info@connectgroups.org.au](mailto:info@connectgroups.org.au)

## Wanneroo and Communities Suicide Prevention Network

The Wanneroo and Communities Suicide Prevention Network is made up of those with lived experience, people bereaved by suicide, community leaders and service providers with interests in promoting positive mental health and the prevention of suicide. The group does this through encouraging conversations, raising awareness and sharing resources, knowledge, understandings, experiences and training. The network was established with the support of Wesley Mission Lifeforce as part of the National Suicide Prevention strategy.

For further information about the Network and how to join please contact Kat Houareau on 0407 382 643 or [wac.suicideprevention@gmail.com](mailto:wac.suicideprevention@gmail.com)

## A Symposium (Q&A): BPD and Recovery Oriented Practice

You are invited to the inaugural Perth Borderline Personality Disorder (BPD) network meeting. This symposium explores recovery oriented practice for consumers and carers within the WA sector for better outcomes. The aim is to adopt preventative strategies, and early intervention.

We will discuss and share information and strategy toward early intervention and prevention. Audience participation is invited with a view to an interactive and collaborative experience. This event will be used to identify and launch further events based on the feedback from the symposium.

DATE: Wednesday 27<sup>th</sup> June  
TIME: 6.30pm – 8.30pm  
PLACE: ECU Mount Lawley, Room 17.103  
RSVP: <https://www.mhpn.org.au/NetworkMeetingRSVP/784>

## Have Your Say on the Future of Men's Health

Western Australians are urged to get involved and have their say on the State's first policy to improve the health and wellbeing of men. Men are over-represented in most preventable causes of death - including suicide, cancer, heart disease, lung diseases and stroke - and have an average life expectancy nearly five years lower than women.

The WA Men's Health and Wellbeing Policy was an election commitment to address the high number of WA males dying from common, preventable health conditions. A two-month community consultation period for the policy is open, which will include two metropolitan community consultations, 14 regional forums and an online survey. Materials are also available to support organisations that wish to run their own mini forums with staff or consumers.

The purpose of the policy is to provide direction to the WA health system and its partners, so they can deliver strategies that improve the physical and mental wellbeing of men and boys living in Western Australia. Results from the consultations will inform the final policy, due to be released at the end of the year.

To view the policy, access the online survey or for more information, visit:

<http://ww2.health.wa.gov.au/News/Mens-Health-and-Wellbeing-Policy>

## Social Inclusion Forums

Inclusion Solutions is proud to be launching the **Social Inclusion Forums** to promote the development of inclusive communities across Western Australia. The second forum will be themed 'Community', with the aim of providing inclusive opportunities for all people within our community.

The Social Inclusion Forums will include presentations from industry professionals who are passionate about social inclusion, as well as presentations from community representatives from around the state with a lived experience.

DATE: Wednesday 18<sup>th</sup> July

TIME: 10am – 12pm

PLACE: Bendat Community Centre, 36 Dodd Street, Wembley

RSVP: <https://www.eventbrite.com.au/e/social-inclusion-forum-tickets-46391375854>

# EVENTS AND WORKSHOPS

## Fighting Poverty: Strategies for Change

Issues related to poverty, of homelessness, unemployment and marginalisation, are growing social hardships that require urgent attention. Almost weekly we see a new report expressing the grinding hardship experienced by folks on the margins, and yet governments continue to underfund and even cut the budgets of organisations unable to meet growing calls for help.

Come along for a panelled discussion on how collective action can build this pressure and end the unnecessary suffering that poverty causes.

DATE: Wednesday 27<sup>th</sup> June

TIME: 6.30pm – 8.30pm

PLACE: Uniting Church, City Hall, 97 William Street

RSVP: 0415 922 740

## Angelhands Guinness World Record Attempt on World PTSD Day

Angelhands are aiming to beat Canada's world record by gathering the most angels in one place to raise awareness of their great organisation and the work they do with people on their recovery journey from extreme trauma. This fun and friendly event will raise funds for the Trauma Recovery Angel program at Angelhands.

DATE: Wednesday 27<sup>th</sup> June  
TIME: 5.30pm  
PLACE: Perth Convention and Exhibition Centre  
RSVP: <https://www.trybooking.com/book/event?eid=373420>

## Introduction to Research – Consumer Training Workshop

This workshop provides an introduction to research including funding, ethics, research terminology, linked data and how consumers can be involved. This workshop is free, all workshop materials and lunch is provided.

DATE: Wednesday 18<sup>th</sup> July  
TIME: 9.45am – 2.30pm  
PLACE: Seminar Room 3&4, School of Population and Global Health, UWA  
RSVP: <https://involvingpeopleinresearch.org.au/find-out-more/previous-events-and-training/join/452-introduction-to-research-consumer-training-workshop>

## Five Languages of Appreciation

Showing and receiving appreciation helps create a more positive environment. This seminar based on the book by Gary Chapman and Paul White explores how to convey authentic appreciation to family, friends, co-workers and employees.

DATE: Tuesday 10<sup>th</sup> July  
TIME: 6pm – 8pm  
PLACE: Community Lottery House, Dorothy Street and Albany Highway Gosnells  
COST: \$18.50 per person  
RSVP: 9263 2121 or [education@anglicarewa.org.au](mailto:education@anglicarewa.org.au)

## Alcohol and Other Drugs Justice Briefing

WANADA has invited The Department of Justice to brief the alcohol and other drug sector on new developments that will better address alcohol and other drug issues in WA's corrections system. Learn more about Department of Justice alcohol and other drug related initiatives, including AOD Rehabilitation Prisons and the Justice Health Project. Places are limited so RSVP's are essential.

For further information please call WANADA on 6557 9400 or email [drugpeak@wanada.org.au](mailto:drugpeak@wanada.org.au)

DATE: Thursday 5<sup>th</sup> July  
TIME: 3.30pm – 5pm  
PLACE: Level 1, 1 Nash Street Perth  
RSVP: <https://www.eventbrite.com.au/e/alcohol-and-other-drugs-and-justice-briefing-tickets-47054717928>

## Free Digital Literacy Course

Centacare Employment and Training are offering a free digital literacy course that will give participants computer skills needed for the workplace, to prepare them for employment or further education. Participants will learn how to use computers and gain confidence with new technology and devices, learn how to use Microsoft Office programs such as Word, Excel, Outlook and PowerPoint, develop a professional resume and learn how to use websites such as mygov, SEEK, and more.

DURATION: 20 weeks / 200 hours  
TIME: 8.30am – 2.30pm  
PLACE: 4 / 1236 Albany Highway, Cannington

There are no start and finish dates for the program and students have the flexibility to learn at their own pace.

To see if you meet the eligibility criteria for the course, view the Centacare website; [www.centacarewa.com.au](http://www.centacarewa.com.au)

## WORKFORCE OPPORTUNITIES

### Start Court Consumer and Carer Representatives

The Mental Health Commission is looking for people to represent a consumer and family/carer perspective on the Start Court Safety Quality Risk Management and Business Committee. The Start Court operates within the Perth Magistrates Court. It offers mentally ill offenders a program that combines access to mental health services with regular appearances before a dedicated Magistrate. Successful engagement in the Start Court program can lead to the dismissal of charges or a reduced sanction (including in some cases the avoidance of imprisonment).

We are seeking people who have personal experience of mental illness or caring for someone who has; and personal and/or professional experience with the criminal justice system.

Please return your completed Application form, addressing the selection criteria outlined in the Expression of Interest information to [engagement@mentalhealth.wa.gov.au](mailto:engagement@mentalhealth.wa.gov.au)

**Applications close 9.00am Monday 9<sup>th</sup> July.**

For further information can be found here or by contacting Margaret Slattery, Manager Diversion Programs on (08) 6553 0627, or [margaret.slattery@mhc.wa.gov.au](mailto:margaret.slattery@mhc.wa.gov.au)

### Mental Health Support Facilitators Required at Even Keel

Even Keel Bipolar Disorder Support Association are currently seeking volunteer Mental Health Support Facilitators to conduct groups in the Perth Metropolitan, Peel Region and Country Areas.

The Mental Health Support Facilitator plays an important part in our organisation. It is an opportunity to support the recovery of people living with a mental illness. Even Keel's mutual support and self-help group based services help individuals to identify and develop new skills and personal resilience to build a satisfying life despite having a mental illness diagnosis.

Even Keel Support Association is a West Australian based organisation, which was established in 1984. For many people, joining a support group is a major turning point in coming to terms with mental illness. Talking to others who have learned to cope can give new hope. Ongoing training and support will be provided.



People with a lived experience are encouraged to apply. For further information, please contact Tanya 0408 202 747 or 0438 194 259. Please email a current resume to [office@evenkeel.org.au](mailto:office@evenkeel.org.au)



# OF INTEREST

## Free Counselling at Cockburn Support Services

The Cockburn Support Service provides free counselling, information and support for City of Cockburn residents. This support is provided in a confidential and caring environment. We also provide information and referrals to help you connect with services and resources in the community including long-term counselling, disability support, children's services, domestic violence services, housing and employment, education and training and health and legal issues. Please contact the Cockburn Support Service for more information on 08 9411 3859 or at [customer@cockburn.wa.gov.au](mailto:customer@cockburn.wa.gov.au)

## Funding Boost for Sexual Assault Services

Source: <https://www.mediastatements.wa.gov.au/Pages/McGowan/2018/06/Funding-boost-to-sexual-assault-services.aspx>

Sexual Assault Resource Centre (SARC) clients will benefit from more counselling and outreach services after an \$800,000 funding boost from the McGowan Government. The Sexual Assault Resource Centre is a free and confidential service, which is part of the Women and Newborn Health Service, and provides specialist therapeutic counselling from seven outreach clinics for those affected by sexual assault (including rape) or abuse in the past. It also provides a 24-hour emergency sexual assault (rape crisis) service in metropolitan Perth. This involves medical care, a forensic examination and counselling support to people who have been recently sexually assaulted (or raped).

Please visit the website above to read the full article.

## More Young People to Benefit with New Dedicated Mental Health Unit

Source: <https://www.mediastatements.wa.gov.au/Pages/McGowan/2018/06/More-young-people-to-benefit-with-new-dedicated-mental-health-unit.aspx>

The new dedicated mental health youth unit in Bentley will be fully operational in the coming months, increasing the number of beds available for young people up to the age of 24. The East Metropolitan Youth Unit will provide a 12-bed specialised mental health inpatient service for 16 to 24 year-olds, adding to the 14 youth beds at Fiona Stanley Hospital, the 20 beds at Perth Children's Hospital for children and adolescents, and the eight youth hospital in the home beds provided by Sir Charles Gardiner Hospital.

Please visit the website above to read the full media release.

## Mental Health Stigma is Holding Back Progress

**By Gary Martin**

Source: <https://thewest.com.au/opinion/mental-health-stigma-is-holding-back-progress-nq-b88856987z>

Mental Health Australia's freshly minted report "Investing to Save" contains some important messages for all Australians when it comes to the mental health and wellbeing of those in the workplace and the broader community. In acknowledging that one in five Australians in any given year will experience mental ill health, the report highlights opportunities for governments and employers to generate more significant returns on their investment in mental health by recommending a raft of services to better support those affected by mental health conditions.

The fact remains, however, that no level of investment will truly respond to our burgeoning mental health crisis, estimated to cost the Australian economy \$60 billion annually, until we take more decisive action to address the supersized elephant in the room — the mental health stigma that prevails in our community.

Please visit the website above to read the full article.



## Nearly \$1.3 million in funding for One Tree Community Services

Source: <https://www.mediastatements.wa.gov.au/Pages/McGowan/2018/06/Nearly-1-point-3-million-dollars-in-funding-for-One-Tree-Community-Services.aspx>

One Tree Community Services Inc. has been given \$1,298,433, through a Lotterywest grant, to help support disadvantaged families throughout regional and remote Western Australia. For more than 30 years, One Tree has been delivering training, support and advice to outside school hours care, long day care, occasional care and family day care services throughout Western Australia.

The Belmont organisation works with more than 30 childcare and community centres in 18 regional and remote communities, including the Laverton Crisis Intervention Centre. They will use the Lotterywest grant for information technology, equipment and furniture. The State Government provided about \$320,000 (2017-18) to One Tree to deliver the Laverton Crisis Intervention Service which delivers family and domestic violence counselling services.

## Concerns for Students with Disabilities

By Emma Siossian

Source: <http://www.abc.net.au/news/2018-06-06/disability-survey-shows-bullying-and-segregation-students/9776636>

More than 56 per cent of students with disabilities had experienced bullying over a 12-month period, a national survey has found. The survey, by Children and Young People with Disability Australia, revealed students experienced a range of bullying including being punched, kicked, headbutted, cyberbullied, spat on and having food or rocks thrown at them. Some had been told to take their own lives.

The chief executive of Children and Young People with Disability Australia, Stephanie Gotlib, said the bullying could have ongoing negative impacts on the targeted students.

Please visit the website above to read the full article.

## Perth Children's Hospital Welcomes PMH Patients

Source: <https://www.mediastatements.wa.gov.au/Pages/McGowan/2018/06/Perth-Childrens-Hospital-welcomes-PMH-patients.aspx>

The wards of the new Perth Children's Hospital are finally open and staff are busy caring for the sickest and most vulnerable children in our State. From today (June 10), PCH will replace PMH as the State's only specialist paediatric hospital and major trauma centre, treating sick children from across Western Australia.

The biggest medical transfer of young patients in the State's history got underway at 7am this morning, when a convoy of 15 ambulances began the delicate and carefully planned transfer of inpatients from PMH to the new paediatric facility. All patients involved in today's move are being clinically assessed and monitored by medical teams throughout their journey - the safety of the children is the highest priority of the operation.

Please visit the website above to read the full article.

## ISHAR Multicultural Services



Did you know that ISHAR has a range of services such as a Neighbourhood Mother's Program, a Settlement Grants Program, Domestic Violence Support Group, Mothers Group and more? Please click [here](#) to see some presentation slides from ISHAR outlining their services and how to contact them.

## Department of Human Services “Intent to Claim” Rules

Department of Human Services’ (DHS) have shared information about DHS’ new “intent to claim” rules. From 1 July 2018, applicants will need to complete a claim in full before they can get a payment. This also applies to concession cards. Applicants will need to submit all supporting documents before DHS can start to process the claim. If the claim is successful, applicants will get a payment or concession card issued from the date the complete claim was submitted. DHS will no longer pay applicants from the date the claim was started or the date DHS was contacted about claiming.

For more information, visit the DHS website:

<https://www.humanservices.gov.au/individuals/news/intent-claim-stopping-1-july-2018>

## Access to Disability Pension Slashed by More than Half

**By Christopher Knaus**

Source: [https://www.theguardian.com/australia-news/2018/jun/08/access-to-disability-pension-slashed-by-more-than-half-data-shows?CMP=share\\_btn\\_link](https://www.theguardian.com/australia-news/2018/jun/08/access-to-disability-pension-slashed-by-more-than-half-data-shows?CMP=share_btn_link)

The government has dramatically cut access to the disability support pension in the past eight years, cutting the approval rate from 63% to about 30% this financial year. Successive governments – both Labor and Liberal – have implemented policies to tighten access to the payment, which supports those with a physical or intellectual impairment that hampers their ability to work.

Data provided by the Department of Human Services shows 24,809 of about 84,000 claims have been granted so far in the current financial year. That is a grant rate of 29.53%. The rate dipped to its lowest recent level in 2015-16, when just 26,842 of the 106,000 applications were approved – roughly one in four.

Please visit the website above to read the full article.

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**Are you a member of CoMHWa? Call us today and find out – it’s free to join and you’ll be a member for life!**

### Help CoMHWa Become More Environmentally Friendly!

CoMHWa is calling on members who receive this newsletter in the mail, to switch to our e-newsletter.

Many of the articles we include in our news are easily accessible at the click of a button when you receive this newsletter straight to your inbox.

You’ll also receive the news on the same day it’s written instead of waiting for it in the mail.

Send us an email on [admin@comhwa.org.au](mailto:admin@comhwa.org.au) to be switched over to our e-news today!