



National Mental Health Consumer and Carer Forum (NMHCCF) Report

Name of Delegate:

State / Territory / Organisation:

Date of meeting: 26-27 October 2017

Consumer / Carer Representative (please circle)

Issues and outcomes from the October 2017 meeting:

The Australian Commission on Safety and Quality in Health Care (ACSQHC) Mental Health update

Members welcomed Andrew Moors, ACSQHC Senior Project Officer (Mental Health) to the NMHCCF meeting via videoconference. Andrew provided an update on work the ACSQHC is doing and how it relates to mental health consumers and carers. This included information on the soon to be released second edition of the Safety and Quality Standards and how they have been mapped against the National Standards for Mental Health Services to identify gaps and overlaps. Members also discussed with Andrew the *National Consensus Statement: Essential elements for recognising and responding to deterioration in a person's mental state* which was released in July 2017. NMHCCF members expressed an interest in being updated regularly on the work of the ACSQHC and to provide comment, and work together on relevant projects where mental health consumer and carer input is strongly needed. Further information on the ACSQHC can be found on their website at <https://www.safetyandquality.gov.au/>.

Reports from MOU Partners

Members welcomed their MOU partners to the NMHCCF meeting, including; Frank Quinlan, CEO of Mental Health Australia and Peggy Brown, CEO of the National Mental Health Commission. MOU partners provided updates on their current work and priorities and discussed ways they can work with the NMHCCF going forward. Further information about each organisation can be found at; www.mhaustralia.org; www.mentalhealthcommission.gov.au.

Australia and the United Nations – human rights in the context of mental health and wellbeing

Noel Muller, NMHCCF Executive member provided information on Australia's long historic association with the League of Nations and explained where and how the NMHCCF has provided input to date and how members can be informed and more involved.

Over the last number of years, the NMHCCF has provided input to various NGO Shadow Reports relating to Australia's performance (or lack of) in matters that focus on human rights; such as the Convention on the Right of Persons with Disabilities (CRPD) and the very recent International Covenant on Civic and Political Rights (ICCPR). There has been broad support by the NMHCCF membership that as a rights focused group, active involvement in such work gives an increasing understanding within our members and those we represent of the use of a human rights platform in our mental health advocacy. Further, it has provided wide exposure for the NMHCCF as a group and very importantly, a common bond with groups/organisations that hold similar beliefs and principles. It was agreed the NMHCCF needs to collaborate with other key NGO groups to strengthen our voice and expand our advocacy in this area.

NMHCCF Strategic Plan

The current NMHCCF Strategy ends in December 2017. It was proposed for the next four years the areas of the strategic plan will be to focus on the NMHCCF's core message of Listen, Learn, Advocate and Influence with priorities and activities to fall under those areas. Lorraine Powell, NMHCCF Executive member facilitated this session asking members to consider the recommendations from the recent NMHCCF Evaluation when identifying and developing the new strategic plan. Members agreed for a working group to be formed to consider the ideas put forward and develop a new NMHCCF Strategic Plan for 2018 – 2021.

NDIS and Mental Health

Mental Health consumers and carers are experiencing a large number of difficulties at all stages of the NDIS process. Members discussed the issues and agreed to use their lived experience to clearly define the issues, discuss options and set avenues for advocacy around having NDIS respond in more meaningful ways to the nature of and the needs of those presenting with 'disability' from a mental health point of view. Members agreed to draft a letter to the National Disability Insurance Agency (NDIA) focusing on the main points of concern to people with a psychosocial disability and their carers.

Consultation on the development of a long term monitoring and reporting framework

The National Mental Health Commission (NMHC) is developing a long-term monitoring and reporting framework (the Framework). The Framework will bring a national perspective to mental health and suicide prevention and consider the reform through the lens of consumers and carers, and their experiences. As part of the national consultation process, the NMHC wanted to ensure that the draft Framework is influenced by more thorough representation from consumers and carers and so consultants from the Nous Group attended the meeting to specifically consult with the NMHCCF and gain feedback on the current mental health monitoring and reporting priorities and any gaps in the mental health and suicide prevention monitoring and reporting landscape across Australia. For more information visit the NMHC website, <http://www.mentalhealthcommission.gov.au/>

National Committees/Initiatives

Updates were provided from NMHCCF representatives involved in the following national committees, activities and events:

- Consumers Health Forum roundtable with the Hon. Greg Hunt Minister for Health
- Consumer Privacy Network (CPN) OIAC meeting
- Ending ill-treatment of people with Disability Forum
- National Emergent Leadership Program in Mental Health Advisory Group Meeting
- Mental Health Principal Committee (MHPC) meeting to speak to agenda item on NMHCCF Evaluation
- National Mental Health Commission Lived Experience Steering Group for Consumer and Carer Engagement and Participation Project
- Mental Health Professionals Network, Spectrum Personality Disorder Service for Victoria and the Australian BPD Foundation launch of "*Toward a National BPD Training and Professional Development Strategy*"
- National Mental Health Commission Lived Experience Steering Group for Consumer and Consumer and Carer Engagement and Participation Project
- Safety & Quality Partnership Standing Committee
- The Australian Commission on Safety and Quality in Health Care (ACSQHC) Mental Health Advisory Group
- Primary Health Network Advisory Panel on Mental Health

NMHCCF Working Group Activities

All members either joined the Communication, Partnerships and Promotion Working Group or the Rights and Practices Working Group to progress actions identified in the work plan and consider the priorities going forward. The Chair of the Psychotropic Iatrogenic Disorders and Advocacy Working Group provided an update on the recent launch of the Critical Literature Review of the Direct Adverse Effects of Neuroleptics and the accompanying booklet for

consumers and carers. Members agreed to promote these documents on a national level and consider clear and consistent key messaging around this work. The Critical Literature Review and booklet can be downloaded from the website at <https://nmhccf.org.au/publication/media-release-launch-what-you-may-not-know-about-antipsychotics>

Guest speakers

- Andrew Moors, Senior Project Officer (Mental Health) ACSQHC
- Frank Quinlan, CEO Mental Health Australia
- Peggy Brown, CEO National Mental Health Commission
- Ian Thompson and Camilla Lonsdale, NOUS Consultants and Catherine Brown, Director Projects National Mental Health Commission

Key Actions and Decisions Made:

- To establish a Strategic Plan Working Group to consider the ideas put forward and develop a draft NMHCCF Strategy for 2018-2021.
- Members write to the National Disability Insurance Agency to highlight main points of concern to people with a psychosocial disability and their carers.
- To continue with the main actions and priorities for the current working groups in relation to rights and practices and NMHCCF partnerships and promotional activities.
- Next NMHCCF meeting is to be held in March 2018 (date and venue still to be confirmed)