



National Mental Health Consumer and Carer Forum (NMHCCF) Report

Name of Delegate:
State / Territory / Organisation:
Date of meeting: 25-26 February 2016
Consumer / Carer Representative (please circle)
<p>Issues and outcomes from the February 2016 meeting:</p> <p>Advocacy for increased consumer and carer participation and peer workforce Members discussed issues relating to consumer and carer participation and the need to proactively advocate for increased consumer and carer involvement and more peer workforce positions across public, private and community mental health sectors. Members agreed to establish a time limited working group to progress this issue. Work undertaken by this working group will include a review of literature, gap analysis and focus on evidence based information.</p> <p>Psychotropic iatrogenic disorders advocacy The NMHCCF Psychotropic Iatrogenic Disorders Advocacy and Working group, formed in October 2015, provided an update on the work they have done to date. The working group is focusing on issues related to the use of psychotropic medications and the severe, unintended effects to both physical and psychological health. This work will include a critical literature review, which will be used to produce a position paper and advocacy brief. NMHCCF members will then use these products to raise awareness of this important topic at a national level from the mental health consumer and carer perspective.</p> <p>Members also welcomed Professor Jon Jureidini to the meeting. Professor Jureidini is a research leader involved in the Critical and Ethical Mental Health Research Group at the Robinson Research Institute. Professor Jureidini spoke about issues relating to prescribing antipsychotic medications for mental health consumers and guidelines for quality use of medications. He spoke about the adverse affects of antipsychotic medication and the impact on physical health. He also talked about the importance of medication management involving an individual appraisal of both harms and benefits and the offer of alternative modalities for treatment.</p> <p>Language of mental health recovery training Information was provided on the e-learning course, <i>Language of Mental Health Recovery</i>, which is part of the Capacit-e Recovery Education Suite developed by the Mental Health Coordinating Council (MHCC). The course explores how language is used within mental health settings and the broader community. NMHCCF members expressed an interest in undertaking the course themselves and agreed to share the details with their respective organisations and promote the course through their networks. For more information visit the MHCC website, http://mhcc.learningcart.com.</p> <p>National Disability Insurance Scheme (NDIS) and Mental Health Janet Meagher and Dean Barton-Smith, NMHCCF members and members of the NDIS Independent Advisory Council, provided an update on some of the issues relating to the NDIS and the mental health sector, in particular the support needs for people with a psychosocial disability and the roll out and transition to the NDIS. Janet Meagher also provided an update about the work of the NDIA Mental Health Sector Reference Group (NMHSRG) and progress to date. Members were encouraged to visit the NDIS website, subscribe to newsletters and read the</p>

Communiqués which provide the key outcomes from NMHSRG meetings. The Communiqué from the December 2015 NMHSRG meeting can be found at, <http://www.ndis.gov.au/document/mhsrg-dec15>.

Australian Mental Health Outcomes and Classification Network

Tim Coombs from the Australian Mental Health Outcomes and Classification Network (AMHOCN), provided an update on the development of the following measures for consumers and carers:

- Living in the Community Questionnaire
- Mental Health Carer Experience of Service Provision
- Mental Health Consumer Experience of Service (i.e. the YES measure), and the questionnaire being developed for Community Managed Organisations.

Information was also provided on the National Outcomes and Casemix Collection (NOCC) Strategic Directions 2014-2024 and members discussed the involvement of consumers and carers in future development activities. More information can be found on the AMHOCN website, <http://www.amhocn.org>.

Update from SA Chief Psychiatrist and Mental Health Drug and Alcohol Principal Committee (MHDAPC) member

NMHCCF members welcomed Dr Aaron Groves, South Australia Chief Psychiatrist to the meeting. Dr Groves provided an update on recent developments in South Australia, including the *Mental Health (Review) Amendment Bill 2015* and the proposed amendments to the *Mental Health Act 2009*. Dr Groves also provided an update on the development of the Fifth National Mental Health Plan, noting that the Commonwealth is now engaging consultants to take responsibility for the development and associated drafting of the Fifth Plan. Members raised concerns about the reduced level of consumer and carer involvement in further work on the Fifth Plan and other mental health reform activities. The NMHCCF agreed to write to MHDAPC expressing their concerns and request attendance at their first meeting for 2016.

The (Virtual) Australian Association of Mental Health Consumers

Michael Burge, NMHCCF consumer representative, spoke about the lack of an official national voice for mental health consumers following the completion of the National Mental Health Consumer Organisation Establishment Project in May 2015. A group of passionate mental health consumers have recently developed a website to progress the consumer movement and raise the national voice themselves. NMHCCF members were asked to encourage mental health consumers to participate nationally and register. For more information see <http://consumersaustralia.org/>.

National Committees/Initiatives

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

- Safety and Quality Partnerships Standing Committee (SQPSC)
- Independent Hospital Pricing Authority (IHPA) Mental Health Working Group
- Mental Health Australia Grace Groom Oration
- Mental Health Australia Members Policy Forum
- Co-Chairs meeting with the Minister for Health and her advisers
- Fifth National Mental Health Plan teleconference meeting with NMHCCF Executive
- Fifth National Mental Health Plan Reference Group

Guest speakers

- Tim Coombs, Australian Mental Health Outcomes and Classification Network (AMHOCN)
- Prof John Jureidini, Research Leader and Child Psychiatrist
- Dr Aaron Groves, South Australia Chief Psychiatrist and member of the Mental Health Drug and Alcohol Principal Committee (MHDAPC)
- Frank Quinlan, CEO Mental Health Australia

Key Actions and Decisions Made:

- NMHCCF to establish a working group to focus on consumer and carer participation and peer work advocacy.
- NMHCCF working groups to review actions and plans in accordance with the NMHCCF Workplan 2015-2017.
- NMHCCF Executive Committee election to commence on 1 March 2016.
- NMHCCF members to contact their state/territory/organisation liaison representatives regarding the importance of consumer/carer involvement and participation in all mental health reform activities.
- NMHCCF to draft policy position statement in preparation for the Federal election.
- Next NMHCCF meeting will be held on 10 June 2016, with working group meetings and teleconferences to progress activities out of session.