



## National Mental Health Consumer and Carer Forum (NMHCCF) Report

### Summary of meeting 25-26 October 2018

<b>Name of Delegate:</b>
<b>State / Territory / Organisation:</b>
<b>Date of meeting: 25-26 October 2018</b>
<b>Consumer / Carer Representative (please circle)</b>
<b>NMHCCF activities</b> <p>Since the NMHCCF face to face meeting in June 2018, the NMHCCF has:</p> <ul style="list-style-type: none"><li>• Made a submission to the Community Affairs References Committee inquiry – <i>Accessibility and quality of mental health services in rural and remote Australia</i>. NMHCCF Deputy Co-Chairs also appeared at the inquiry's public hearing in Canberra</li><li>• Made a submission to the Community Affairs References Committee inquiry – <i>My Health Record system</i></li><li>• Signed the 'Life in Mind Australia' National Communications Charter</li><li>• Finalised the NMHCCF Strategic Plan and Workplan for 2018-2021</li><li>• Established new working groups to complete the work in the NMHCCF 2018-2021 Workplan</li></ul> <p>All NMHCCF submissions are available at <a href="http://www.nmhccf.org.au">www.nmhccf.org.au</a>.</p> <b>Reports from MOU Partners</b> <p>Members welcomed their MOU partners to the NMHCCF meeting; Frank Quinlan, CEO of Mental Health Australia and Lucy Brogden, Commissioner and Chair of the National Mental Health Commission (NMHC). MOU partners provided updates on their current work and priorities and discussed ways they can work with the NMHCCF going forward.</p> <p>Key issues discussed with Mental Health Australia:</p> <ul style="list-style-type: none"><li>• The Productivity Commission (PC) has announced an inquiry into the role of mental health in the Australian economy. The NMHCCF will write to the PC on the role the NMHCCF can play in the PC's inquiry.</li><li>• Parliamentary Advocacy Day and Mental Health Australia's Members' Policy Forum is on 27 November in Canberra. The NMHCCF is invited and members of the NMHCCF executive are attending.</li></ul> <p>Key issues discussed with NMHC:</p> <p>The current MOU with the NMHC is due for renewal. The NMHC and NMHCCF discussed alternate ways of formalising their relationship.</p> <p>The NMHCCF Co-Chairs will continue discussions with the NMHC on the MOU.</p> <b>Australian Digital Health Agency (ADHA)</b> <p>The ADHA gave a presentation on My Health Record (MHR) with a focus on how the MHR can benefit consumers and carers, and addressed concerns consumers and carers have about privacy and MHR. Members noted that the opt-out period has been extended to 15 November 2018.</p> <b>Terminology for lived experience workers</b> <p>A peer work feasibility study by Consumers Health Forum (not publicly available) identified that there is a great deal of inconsistency around the language used for peer work positions. Each state seems to be</p>

handling this individually. For the role to gain recognition and understanding it is essential that we have consistent terms for various roles nationally.

The NMHCCF will develop an advocacy brief to provide clarification around terminology.

### **Human Rights Project in Victoria & SQPSC update**

The Office of the Chief Psychiatrist, Victoria, through consumer leadership is undertaking the 'Promoting Consumer Rights Project.'

This project has implications for Offices of the Chief Psychiatrist within all jurisdictions, particularly as they relate to individual safeguarding of rights within each state and territory mental health legislation.

NMHCCF members discussed:

- Issue of rights being denied to consumers, particularly in regard to sexual safety concerns and whilst being treated within high dependency units.
- That consumers have limited ability to compare policies particularly as they pertain to psychiatric care.

### **Aged Care Royal Commission**

On Tuesday 9 October 2018, the Prime Minister announced the Terms of Reference for the Royal Commission into Aged Care Quality and Safety. Mental health is included under the terms of reference. The NMHCCF discussed that the terms 'disability' and 'psychosocial disability' are not in the terms of reference. There was concern over people with disabilities under the age of 65 being placed in nursing homes because there is no alternative.

The NMHCCF will monitor this issue and consider a submission to the Aged Care Royal Commission.

### **Pre-Budget Submission**

A Senior Policy Officer from Mental Health Australia spoke to the NMHCCF about the pre-budget submission process, including things the NMHCCF might want to consider as they develop their own pre-budget submission

Members identified key priorities to include in a pre-budget submission. The NMHCCF will describe measures to address key priorities and concerns and submit a pre-budget submission.

### **Australian Mental Health Leaders Fellowship - Consultation Session with NMHCCF member**

The Australian Mental Health Leaders Fellowship is a leadership program run by the NMHC.

Participants in the program ran a consultation session with the NMHCCF on their lived experience and knowledge of the process of entering and accessing the mental health system for the first time.

The perspectives and ideas that come through in the consultation will be used to design potential solutions to support improvements to entry processes that the participants in the program will report back to the NMHC.

The NMHCCF will also review the recommendations before the participants report back.

### **Working Groups**

The following NMHCCF working groups were established in June 2018 to progress the activities described in the 2018-2021 workplan.

- Consumer and Carer Inclusion working group – this group is focusing on ensuring NMHCCF publications are current, accurate, solutions-focused documents.
- Operating Guidelines Review working group - updating the current NMHCCF Guidelines.
- Forum Member Engagement working group - ensuring members are accountable to the work of the NMHCCF, to each other, to NMHCCF constituent and to the reporting bodies represented.
- Marketing and Communications working group - providing strategic direction and leadership to raise the NMHCCF profile and influence advocacy efforts within the mental health sector.

Members spent time at the end of each meeting day to progress working group activities

**Guest speakers**

- Frank Quinlan, CEO Mental Health Australia
- Lucy Brogden, Commissioner and Chair of the National Mental Health Commission
- James Wilson, Director, Community Partnerships and Insights, Clinical & Community Partnerships and Richard Kilian, Manager, Partnerships and Engagement at the Australian Digital Health Agency.

**Key Actions and Decisions Made**

- NMHCCF to develop a pre-budget submission
- NMHCCF to write to the Productivity Commission (PC) on the role the NMHCCF can play in in the PC's inquiry in to the role of mental health in the Australian economy
- The next NMHCCF meeting will be in March 2019