

MENTAL HEALTH ADVISORY COUNCIL MEETING MINUTES

December 9, 2021

Attendees	Lee Steel (LS), Paul Parfitt (PP), Tracey Young (TY), Richard Oades (RO), Emily Wilding (EW), Dr Pauline Cole (PCole), Virginia Catterall (VC), Patricia Councillor (PC)	Mental Health Commission Djeran Room, Level 1, 1 Nash Street Perth WA 6004 and MS Teams Thursday, 9 December 2021 08:30am – 12:00pm
Chair	Margaret Doherty (MD)	
Secretariat	Caitlin Parry (CP)	
Guests	Denise Kluck (DK), Wheatbelt Mental Health Services Jo Drayton (JD), Holyoake Jo-Anne Woodruff (JW), Holyoake Helen Morton (HM), Pingelly Somerset Alliance Caroline Heffer (CH), Principal Policy Officer MHC Peta Sands (PS), Principal Policy Officer MHC	
Apologies	Jessica Nguyen Malcolm Jetta	
AGENDA ITEM	DISCUSSION	ACTION LOG
1. Acknowledgement of Traditional Owners	The Chair acknowledged the Traditional Custodians of the land and paid respects to Elders, past and present.	
2. Welcome and apologies	The Chair welcomed everyone to the meeting and noted apologies.	
3. Recognition of Lived Experience	The Chair recognised those at the meeting with personal and family lived experiences and acknowledged the emotional labour that comes with it.	
4. Reflection:	Council members watched a portion of the Ted Talk by Johann Hari: Everything you think you know about addiction is wrong . Discussion ensued on: <ul style="list-style-type: none"> • The importance of language; • The antidote to addiction being connection; • The importance of bonding and building connections not only with the individual, but also their family; • How vital it is to assess people in a holistic way; and • Radical kinship – wrapping around people and creating tight and healthy connections. 	Note: Emily Wilding to provide the reflection item at the February 2022 meeting.

5. Conflicts of Interest	No conflicts of interest were declared.	
6. Acceptance of previous meeting minutes	Council members were advised that the minutes from the meeting held on 11 November 2021 were still being reviewed and would be circulated out of session for endorsement.	
7. Action Log	<p><u>Completed actions:</u></p> The Chair noted the completed actions. <p><u>Outstanding actions:</u></p> The Chair noted actions that were ongoing.	
8. Budget	Updated budget information as distributed prior to the meeting was taken as read by Council members.	
9. Pingelly Updates	<p>JD provided an update on the Western Australian Suicide Prevention Framework 2021 - 2025, noting there has been an addition to this framework with the introduction of a priority stream for Aboriginal and Torres Strait Islander people. The Moorditj Youth Foundation Aboriginal Corporation has been awarded the funding to implement this program in the Wheatbelt region. They are currently recruiting for a Community Liaison Officer to help address suicide prevention at a grassroots level. The program will also be rolled out in other Western Australian regions.</p> <p>Throughout the Wheatbelt, work continues on the six endorsed Community Health and Wellbeing Plans which are currently in the review stage. A plan is also being developed in the Shire of Meriden after several suspected suicides within the community. These plans are even more important now, as Local Government Area Public Health Plans must now address mental health, suicide prevention, alcohol and other drug misuse.</p> <p>It was noted there has been a large increase in training and education requests by both communities and professionals since the COVID-19 pandemic. Training provided to the Western Australia Police Force, St John Ambulance and the Department of Fire and Emergency Services has focussed around burn out and vicarious trauma resulting from COVID-19.</p> <p>It was noted the Cooperative Bulk Handling (CBH) organisation has generously provided significant funding for mental health initiatives in the Wheatbelt region. This includes online mental health first aid courses delivered by the Mental Illness Fellowship of Western Australia. CBH has</p>	

also liaised with all regional mental health services to publish a Regional Crisis Information Resource which has been widely distributed.

There has been significant community engagement in Pingelly this year. This has included a stall at the Dowerin Field Day and the Newdegate Field Day where the theme was mental health in the bush and the event was opened by the Hon Steven Dawson MLC, Minister for Mental Health (Minister). In conjunction with R U OK? Day, the Liebe Group in Dalwallinu at their Spring Field Day, presented on men, maintenance and mental health. Mental Health Week was well patronised across the Wheatbelt, with the biggest event being Turn It Up Blue Day in Northam. Twenty-one organisations and services participated with interactive and engaging stalls. Three schools visited with approximately 500 attendees at the event. The Yirra Koorl prevention and wellbeing newsletter also continues to be distributed to approximately 750 stakeholders in the Wheatbelt region.

Work on tender submissions to the Mental Health Commission (MHC) is also a priority, to ensure the continuation of funding.

It was noted that Health Ways is funding a scholarship for youth aged twelve and above, where they will be able to advise what topics they would like more information on, via Facebook and Instagram portals. This will also be an education tool and provide information on where services can be accessed. The Australian Prudential Regulation Authority (APRA) scholarship has ceased so further funding is being sought to ensure this invaluable resource can continue.

Suicide in the Wheatbelt region continues to be a concern. The Western Australian Police Force and the Western Australian Country Health Service (WACHS) are providing immediate and ongoing support to those who are affected by suicide. It is hoped that funding for this will be provided at both Federal and State levels.

HM provided an update on the Staying in Place Program which has five components, one of which is the Pingelly Virtual Village which focuses on keeping seniors at home. Funding has enabled the expansion of this program and fifty Foundation members are being sought to help develop the programs and services. There has been wonderful media exposure and a marketing intern from the University of Western Australia (UWA) is currently assisting. There have been several other communities requesting to join the village, and expansion may be discussed mid next year.

HM noted she presented at UWA last week at an Ageing forum and will present at Edith Cowan University on ageing also. HM noted there are a number of other national organisations interested in the village and how it will be implemented.

JD provided an update on the [Pingelly Youth Strategy 2021-25](#). Funding from the Alcohol and Drug Foundation has been used to create a program called "Within Your Wallet" which addresses youth needs within the community. Feedback from 300 students identified they were not aware of available services in the alcohol and other drugs (AOD) and mental health space and how to access them. The aim of the project is to reduce AOD use and anti-social behaviour through awareness of services available. A wallet sized card will have details of websites and phone numbers, youth specific calendars etc. The card will also provide free access to projects such as sports and gym entry. The success of the program was noted with subscribers increasing from 39 in July 2021 to over 2000 at present.

DK provided an update on the Wheatbelt Mental Health Service Consumer Advisory Group (CAG) noting they are now known as a Consumer and Carer Advisory Group (CCAG). The CCAG wrote a letter to the Minister regarding transport and have since secured funding. A recent increase in funding has meant that the appropriately qualified people can be employed, including peer support workers however, the Wheatbelt location can provide a barrier to securing staff.

Other updates included the employment of one Psychiatric Liaison Nurse since the last visit with the CCAG continuing to advocate for additional staff in this area.

Additionally, an appropriate site has not been found for a step up step down program so this has not been progressed.

Physical health screening continues to be being undertaken by General Practitioners and liaison continues with them.

New members have joined the CCAG which takes membership up to 18 which is wonderful given the geographical limitations.

It was noted that the CCAG has now been included in the organisational structure and are therefore invited to regional team meetings for all employees across the Wheatbelt.

PP advised that extended hours will commence in the Wheatbelt of Holyoake and Mental Health in January which will be welcomed.

	<p>HM advised Pingelly Somerset Alliance had submitted a grant to the Building Better Regions Fund and have received funding for community skills and assets within the Wheatbelt region.</p> <p>Meeting attendees queried whether connections between these initiatives and the CO-Chairs of the Mental Health Network Sub Networks were possible. The Chair confirmed that if required, the Secretariat will be able to facilitate this.</p> <p>In conclusion, the Chair noted that the Western Australian Peer Workforce Framework and the National Lived Experience (Peer) Workforce Guidelines released on 1 December 2021 may be useful resources for ongoing work in Pingelly.</p> <p>Council members noted that the guest presenters today are all connected, working towards a common goal and are working well because of it.</p>	<p>Action 189: Secretariat to facilitate connections with the Sub Networks as required.</p>
BREAK		
<p>10. Community Mental Health, Alcohol and Other Drug Council Update</p>	<p>The Chair provided an update from the last Community Mental Health, Alcohol and Other Drug Council (CMC) quarterly meeting which was held on 7 December 2021.</p> <p>The Chair gave a broad overview of the governance structure (Mental Health Executive Committee (MHEC), Community Mental Health, Alcohol and Other Drug Council (CMC), Mental Health Leads Sub-Committee (MHLS) and its memberships). The top projects in the CMC’s scope were identified and discussed as follows:</p> <ul style="list-style-type: none"> • Roadmap for Community Mental Health Treatment Services; <ul style="list-style-type: none"> ○ A discussion paper will be circulated to the sector at the beginning of 2022 and will represent a good opportunity for reform; ○ An increase in funding has allowed for the employment of additional staff; ○ The CMC has requested that the Mental Wellbeing Framework has a community focus; ○ The CMC has requested the development of a language guide; and ○ It was noted there is a critical need for workforce planning to ensure enough workforce growth. • Graylands Reconfiguration and Forensic Taskforce; • Ministerial Taskforce into Public Mental Health Services for Infants, Children and Adolescents aged 0-18 years in Western Australia (ICA Taskforce); • Long Stay Patient Project; and 	

	<ul style="list-style-type: none"> • Mental Health Workforce Planning. 	
<p>11. Workforce Strategic Framework Update</p>	<p>Caroline Heffer and Peta Sands provided the Council with an update on the Workforce Strategic Framework (WSF) since attending the meeting on 8 July 2021.</p> <p>A letter from Jennifer McGrath, Mental Health Commissioner (Commissioner), regarding the Graylands Reconfiguration and Forensic Mental Health Service was tabled.</p> <p>The Mental Health Executive Advisory Group (EAG) has endorsed the implementation plan of the WSF. Work is now being undertaken on reporting requirements and initiatives to support the workforce more broadly. Recommendations from ICA Taskforce had identified the need for peer workers and this has been incorporated into the initiatives. Peer workforce recommendations were included in the ICA Taskforce budget proposal and this will be an internally funded package of initiatives that will go to Treasury for approval.</p> <p>As the current workforce is at critical point, the Commissioner would like to focus on how to increase the current framework in the immediate future.</p> <p>PC noted that the Department of Health in the North West are short staffed and recruitment is a lengthy process. The Council agreed that the language within advertisements and applications is critical. Additionally, recognition of prior learning will need to be addressed and training pathways reviewed.</p> <p>It was agreed that a lower entry level qualification may help attract more candidates in conjunction with a traineeship component. Additionally, there need to be pathways for peer workers to join the peer workforce prior to completing mandatory training as they may have the appropriate lived experience for a role.</p> <p>The WSF will address career pathways with peer support workers having a designated peer support manager and a peer coordinator of services. An increase in the number of scholarships is also being proposed.</p> <p>The Chair noted the National Mental Health Commission has recently appointed a Director of Lived Experience, as has Victoria. It was agreed that assistance is required at this executive level to support the newly created workforce and champion organisational readiness.</p> <p>In Pingelly, staff have been employed at differing levels, enabling people who are not qualified to be employed to undertake some of the tasks and grow the workforce. This has identified a number of great candidates that would otherwise not have been able to work.</p>	<p>Note: MHAC members to provide any further input into the WSF directly to the WSF team as required:</p> <p>Caroline.Heffer@mhc.wa.gov.au</p> <p>Peta.Sands@mhc.wa.gov.au</p>

	<p>It was noted that the WSF will look at service design and should address alternative career pathways. Flexibility will be key as one size does not fit all. Job descriptions will be vital and, on the job, training important. The Lived Experience workforce needs to be expanded and candidates will need experience that relates to the client's requirements.</p> <p>The Chair advised there are a couple of courses that may already have suitable training programs. The Mental Health Coordinating Council in New South Wales had a Peer Champion's Program which was a weeklong course resulting in a Certificate Four in Peer Work. This course recognised prior learning and experience. Curtin University has also developed a course solely in mental health and not AOD however it has not yet been offered. First year is a Graduate Certificate in Mental Health, second year is a Diploma in Mental Health and third year is a Master's Degree.</p> <p>The Council discussed organisational readiness and who will be responsible for training to ensure organisations are ready. This has been built into the work Peer Work Positives program that Consumers of Mental Health WA has developed. Ruah Community Services (Ruah) have a peer partnership with Fiona Stanley Hospital and nursing and clinical staff have requested that Ruah undertake more training as it was found to be greatly beneficial. Work from these two organisations should be drawn upon and it was agreed that change had to start with management first.</p> <p>The Chair noted there are currently few family career peer workers completing a certificate four and this needed addressing as well as filling a family carer adviser position.</p>	
<p>12. 2021 Reflection</p>	<p>The Chair provided a reflection on 2021 noting the many guest presenters that attended meetings, the advice that had been progressed to the Commissioner and the membership status. Additionally, PC was welcomed as the new Deputy Chair of the Council.</p>	<p>Action 190: Secretariat to re-circulate the Stakeholder Connect sign up to members.</p>
<p>13. Discussion on presentations and advice to the Commissioner</p>	<p>N/A</p>	
<p>14. Other Business</p>	<ul style="list-style-type: none"> • PP to raise the issue of transport in the Wheatbelt at the CCAG prior to the statutory review, providing an opportunity for consultation. 	<p>Action 191: Paul Parfitt to raise Wheatbelt transport issue with the CCAG.</p>

	<ul style="list-style-type: none"> • The MHC to follow up with the WA Local Government Association (WALGA) to identify what processes are in place to ensure that mental health mandates within the State Public Health Plan for Western Australia are being addressed, monitored and fulfilled. • Proposals for next year’s MHAC agenda included: <ul style="list-style-type: none"> ○ A guest from the Aboriginal Health Council; ○ Geraldton site visit. The Secretariat will be in touch with the Council in January to ascertain attendance; ○ The Chair of the AODAB to be invited to provide a six-monthly update; ○ The ICA Taskforce to be invited to provide an update after the report has been endorsed; ○ The Royal Australian and New Zealand College of Psychiatrists to be invited to provide an update; ○ The Commissioner for Corrective Services to be invited for an update; and ○ The Service User Academia to be invited to discuss possible training and development to help people think differently, given the transformation within the peer workforce. 	<p>Action 192: Secretariat to liaise with the appropriate MHC personnel to contact WALGA to ensure monitoring is being undertaken.</p>
<p>15. Values Representative</p>	<p>PC was the Values Representative for the meeting and noted that:</p> <ul style="list-style-type: none"> • The Council at a whole embodies the spirit of hope and that change is in fact possible; • The Council fulfilled the values; • Next year the format will be changed and the values will be discussed by the Council as a whole. <p>Council members discussed the video ‘Angela Merkel Can’t Stop Rolling her eyes’ Tracey Ullman https://www.youtube.com/watch?v=Tszidfg32DQ</p>	
<p>Meeting closed at 11:50am</p>		
<p>NEXT MEETING</p>	<p>Thursday, 10 February 2022. Mental Health Commission</p>	