

Mental Health
Australia

Annual Report

July 2021 - June 2022

Mental Health Australia

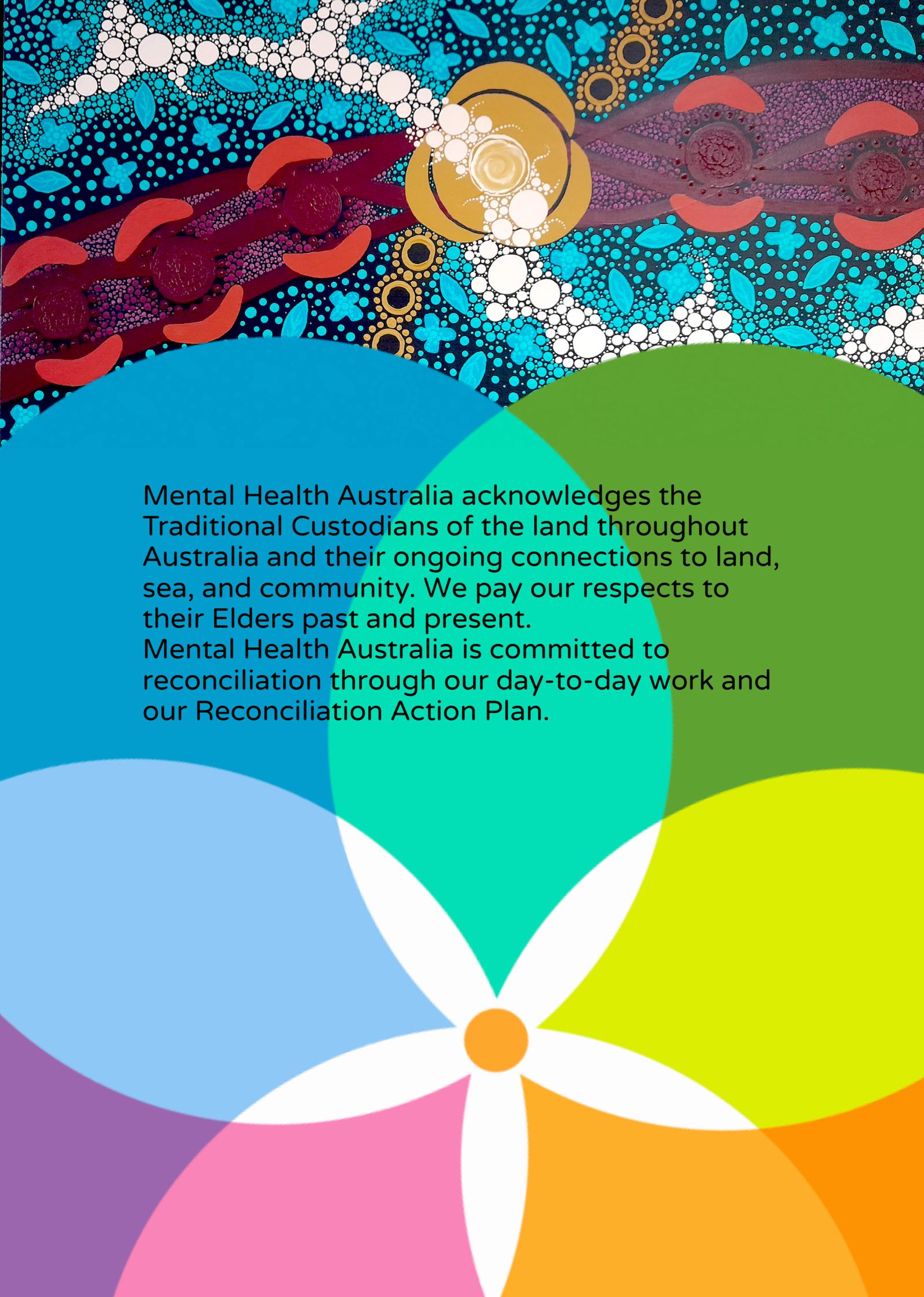
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Lvl 1/9 – 11 Napier Close

Deakin, ACT

mhaustralia.org



Mental Health Australia acknowledges the Traditional Custodians of the land throughout Australia and their ongoing connections to land, sea, and community. We pay our respects to their Elders past and present. Mental Health Australia is committed to reconciliation through our day-to-day work and our Reconciliation Action Plan.



From the Chair Matt Berriman

In December [2021], I took on the role of chair of Mental Health Australia. It's a post I hope to leave one day with a country in better mental health than when I started. Not only does that include a change in how mental illness is perceived and understood, but also greater access to effective and efficient services, person-led participation by consumers and carers, and fewer deaths.

I hope that Australians can start to see mental ill-health through

the lens of empathy, not judgment, that people struggling with any kind of mental illness can see there is always hope, even if they can't see it at the time.

Hope to me is like a beacon of light.

This year we have called for a suicide reduction target of 25% by 2025. Sadly, nine people die by suicide in Australia every day, leaving a trail of heartbreak and pain in their wake. Despite the frightening number of people with darkness and pain that feels unbearable, we still don't talk about it openly. Suicide is uncomfortable and confronting. People hide their stories and struggles for fear of being shamed and ostracised.

Similarly, we need to encourage people to see beyond the stigma that so often surrounds mental health issues, and to make mental health and wellbeing more visible in the community. We launched an election campaign that focused on the mental health issues in every election issue, we have rebranded our logo and we have continued to lead the sector in advocacy for reform.

More than ever, our nation needs a multi-faceted focus on mental health led by a united sector that engages stakeholders who are committed to ensuring that those who need it can access the right support when and where they need it.

A light has been shone on a myriad of mental health challenges in recent times, but we've also had a line-in-the-sand moment to reflect, review and now re-think where reform should be targeted.

There is a need for change that drives innovation and the establishment of solutions that will enable better support for current and future generations. As an entrepreneur, solving problems is in my DNA and there is no larger problem facing Australians at the moment than our mental health.

Chairing Mental Health Australia provides an opportunity to work with talented and committed people to help shape a complex and challenging system. I am honoured to lead Mental Health Australia after the ever so impactful Robyn Kruk and am looking forward to working with, and listening to, the organisation's directors, staff team, members, partners and broader stakeholders and sector as, together, we develop a refreshed approach to improving the mental health of all Australians.



From the CEO Dr Leanne Beagley

If last year was about change, this one has been about leadership. Our Board leadership changed as we farewelled Robyn Kruk and welcomed Matt Berriman into the role of Board Chair. It has been a great privilege to work with them both and indeed with the whole Board of Mental Health Australia.

Mental Health Australia led the sector during 2021-22 in providing “Advice to Governments on the National Agreement”, which we

distributed to national government leaders in collaboration with our state and territory peak partners. We joined the World Federation for Mental Health and have co-led the development of an Oceania working group to connect and build support for our pacific neighbours. We called for leadership on suicide reduction, and made the point through our election campaign that Every Election Issue is a Mental Health Issue. Along the way we were overwhelmed with positive support for our approach on these key issues and events.

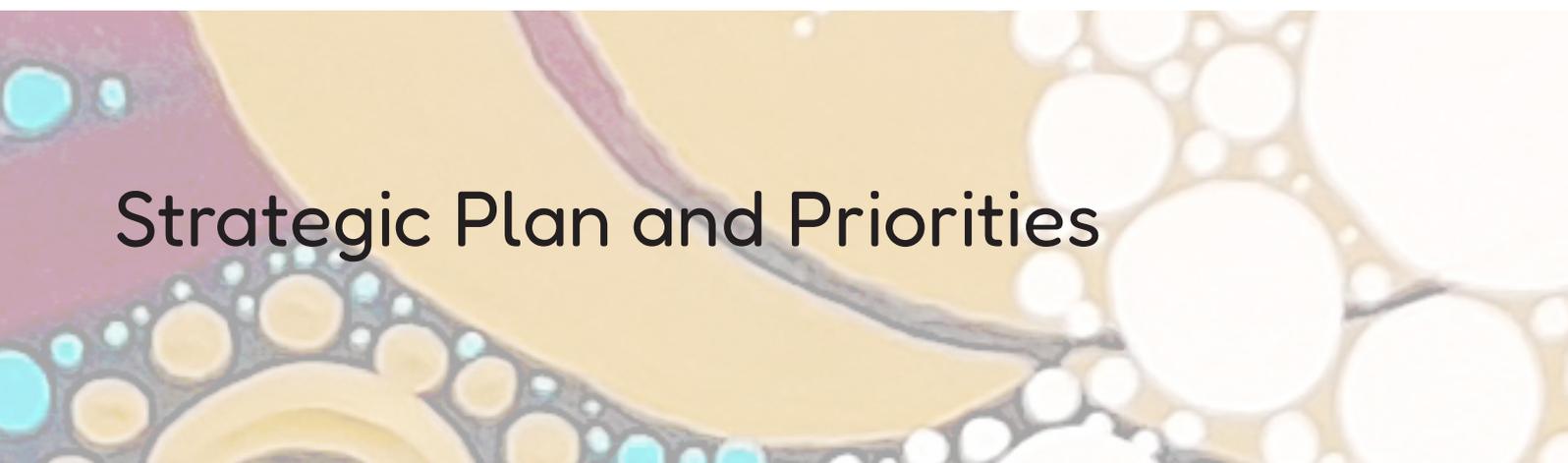
We have finished another year of great collaboration with the National Mental Health Consumer and Carer Forum and the National Register. We have expanded our advocacy through more than 20 formal speaking events to a combined audience of more than 1600 people, and have contributed written pieces to a range of partner organisations. This builds on the popular weekly CEO Update and the myriad of activities linked with the development and dissemination of a range of member-informed policy submissions.

The Embrace Multicultural Mental Health Project continues to lead in the enhancement of culturally safe mental health services with the support of our partners Federation of Ethnic Communities' Council of Australia (FECCA) and the National Ethnic Disability Alliance (NEDA), an active stakeholder group, and a truly wise set of lived experience advisors. Our research partnerships and contributions to national projects (as you will see in the report) are the cornerstone of our work in representing members across the country.

At the heart of Mental Health Australia are our members. In November I phoned as many as I could to ask "how's things?" and "What's top of mind for the election year"? These calls were fundamental in informing our approach to being a leading voice for system reform. The more we can align our messaging together, the stronger it will be and the easier it will be for those in government to hear. Internally, our people are our finest resource and despite the workforce challenges we are all facing, they have delivered against all set targets. It has been awesome to work with them over the past year. I pay particular tribute to Lachlan Searle who left us in December 2021, and to Amy Byrne and Kath Sequoia who were honoured with gifts and accolades for serving for 15 and 10 years respectively within our organization. It is the people that make the team shine.

Mental Health Australia continues to be in a strong financial position and it is a pleasure to report on another unmodified audit result. The audited financial statements for Mental Health Australia Limited for year ending 30 June 2022 have been finalised and are available for download on our website.

As I said last year, relationships are at the heart of our endeavour in the mental health ecosystem and we value the relationships with members, partners, funders and stakeholders. We thank you for your great work and your support this year and look forward to working with you through the challenges and opportunities ahead.



Strategic Plan and Priorities

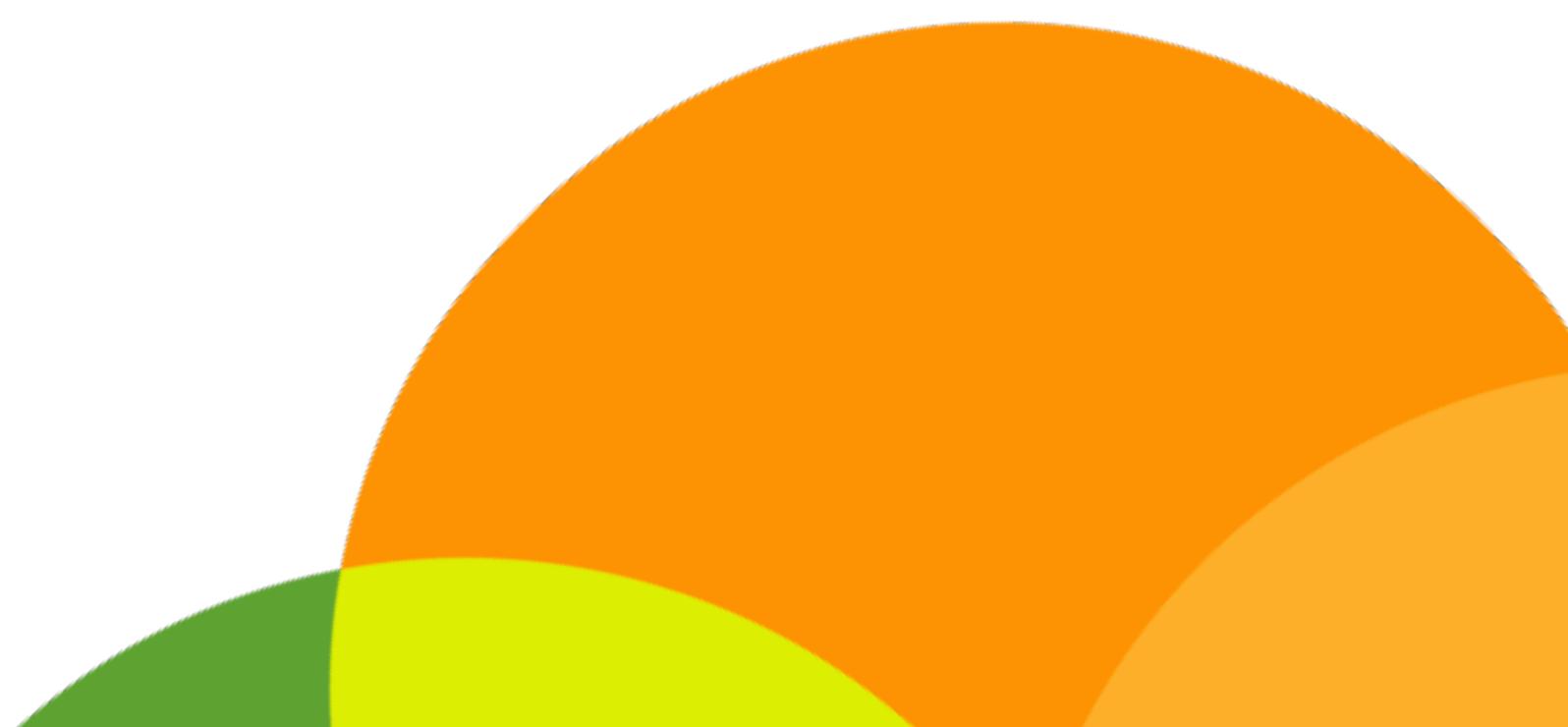


Strategic plan 2021 – 2024

Our mission is to create the best mental health system in the world, characterised by:

- Recovery.
- Accessibility, effectiveness, and efficiency.
- Person-led participation by consumers and carers.
- Policies, services, and programs that work seamlessly together.
- Mental health promotion, prevention, and early intervention.

To deliver on our vision for Mentally healthy people, mentally healthy communities, our work up to 2024 focuses on the following core objectives:

1. Promote a national voice for those with lived experience of mental illness and for those who love and care for them.
 2. Highlight the social determinants for mental ill health and advocate for lasting changes across the whole ecosystem.
 3. Deliver value to our members and the wider mental health ecosystem.
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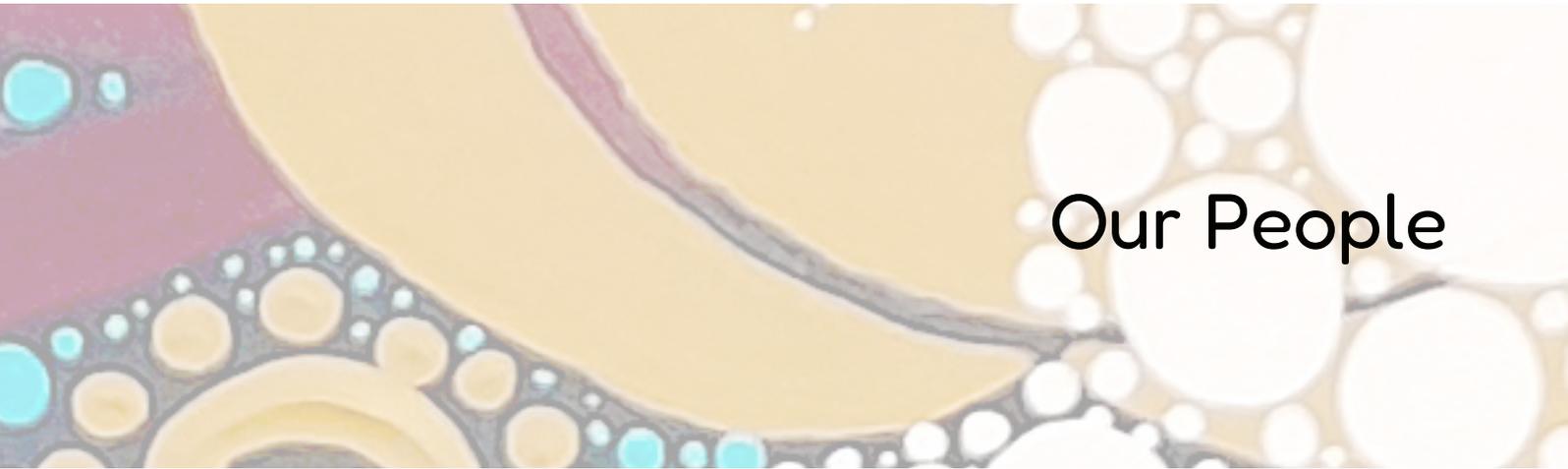


Untitled
by Melinda Brown
2021

Melinda Brown is a Ngunnawal woman currently residing in the Northern Rivers, NSW, Bundjalung Nation. Mel has a Masters of Indigenous Studies in Healing and Trauma. She is a counsellor, cultural trainer, artist, and author.

Mel's passion is educating people in relation to improving services to Aboriginal communities and understanding the complexity of issues which affect Aboriginal communities.

This artwork was commissioned for Mental Health Australia's Innovate Reconciliation Action Plan (2021- 2023).



Our People

Board Directors

Mental Health Australia is governed by a Board of up to ten Directors. Our Constitution requires that the Board consist of at least three and up to eight Elected Directors, and up to two Board Appointed Directors.



Chair, Mr Matt Berriman
Board Appointed Director.
From December 2021.



Dr Cathy Andronis
Elected Director



Mr Jeremy Coggin
Elected Director



Mr Ashley de Silva
Elected Director



Ms Georgina Harman
Elected Director



Mr Joe Hooper
Elected Director



Professor Sharon Lawn
(Nanai)
Elected Director



Mr Mark Orr AM
Elected Director



Ms Carmel Tebbutt
Elected Director

Staff

As of 30 June 2022:

- Dr Leanne Beagley
Chief Executive
Officer
- Sharrin Wells
Director, Corporate
Services
- Nikki Hogan
Director, External
Relations
- Harry Lovelock
Director, Policy and
Research
- Kathryn Sequoia
Corporate
Governance Advisor
- Kylie Bartlett
Senior Finance &
Corporate Services
Officer
- Odette Fuller
Team Support Officer
- Danica Browne
Manager Lived
Experience Programs
- Alice Tudehope
National Register &
NMHCCF Policy &
Projects Officer
- Wendy Anderson
National Register &
NMHCCF Project &
Admin Officer
- Ruth Das
Embrace Engagement
and Partnerships
Manager
- Ashumita Badhan
Embrace Project Officer
- Amy Byrne
HR Officer
- Emma Coughlan
Senior Policy and
Projects Officer
- Ingrid Hatfield
Senior Policy and
Projects Officer
- Hannah Carrigy
Partnerships
Coordinator
- Rebecca Reynolds
Communications
Officer
- Erin Stewart
Communications
Officer



Policy Submissions

- **Submission to Royal Commission into Violence, Abuse, Neglect and Exploitation of People with Disability 10 May 2022**

Mental Health Australia provided this submission to the Royal Commission into Violence, Abuse, Neglect and Exploitation of People with Disability to highlight the issue of institutional economic neglect in relation to the DSP, and to support the Royal Commission's inquiry into this area.

- **Submission to Royal Commission into Defence and Veteran Suicide 25 March 2022**

Suicide Prevention Australia and Mental Health Australia called on the Commission to prioritise voices of lived experience in its inquiry; consider broader reforms in mental health and suicide prevention to promote holistic, whole-of-government responses; and support implementation of the Commission's recommendations through advising on accountability mechanisms. This submission outlined 30 recommendations regarding both the conduct of the Commission itself and in response to its Terms of Reference.

- **Submission to National Housing and Homelessness Agreement Review 17 March 2022**

In this submission to the Productivity Commission's Review of the National Housing and Homelessness Agreement, Mental Health Australia called for:

- development of a national housing and homelessness strategy
- inclusion of experience of mental ill-health as a vulnerability factor across priority cohorts
- expansion of supported housing programs
- alignment of outcome targets with the National Mental Health and Suicide Prevention Agreement
- clearer roles and responsibilities for governments in the next Agreement, with increased Australian Government investment and accountability.

- **Submission to Consultation on New Disability Employment Support Model 1 February 2022**

Through this submission, Mental Health Australia provided recommendations to the Department of Social Services' consultation on the New Disability Employment Support Model to better support people with psychosocial disability into sustained and meaningful employment.

- **Submissions on revised Religious Discrimination Bill 2021 and related Bills 4 January 2022**

Mental Health Australia provided a submission on the Religious Discrimination Bill 2021 and related bills to both the Parliamentary Joint Committee on Human Rights inquiry and the Senate Legal and Constitutional Affairs Committee Inquiry

regarding the proposed legislation. Mental Health Australia expressed concern about unintended consequences of introducing legislation that, while introducing protections for some individuals, overrides the antidiscrimination protections of others. These submissions focused on the potential impact of the proposed Bills to increase discrimination against population groups who already experience disproportionate rates of mental ill health.

- **2022-23 Pre-Budget Submission 23 December 2021**

As outlined in the pre-Budget Submission, Mental Health Australia advocated for significant and sustained investment in Australia's mental health system to support reforms required for all people experiencing mental ill health to receive adequate care.

- **Submission to Joint Standing Committee inquiry into NDIS implementation and forecasting 18 November 2021**

This submission highlighted concerns regarding insufficient availability of psychosocial supports outside the NDIS; interface and boundary issues between the NDIS and clinical mental health, employment and housing service systems; and identified ongoing reforms required to improve the delivery of recovery-oriented psychosocial support services through the NDIS. Mental Health Australia continues to call on Australian state and territory governments to ensure that every person with psychosocial disability can access the supports they need and which are most appropriate for them.

- **Submission to Senate Inquiry into NDIS Participant Service Guarantee Bill 12 November 2021**

In this submission, Mental Health Australia argued that while the Bill represents an improvement to current legislation, it risks introducing new terms regarding psychosocial disability that are not yet clearly defined. Mental Health Australia urged the Australian Government to engage with the mental health sector in establishing agreed guidelines for interpretation and implementation of the legislation.

- **Advice to the National Mental Health Commission on the National Stigma and Discrimination Reduction Strategy 12 November 2021**

In October 2021 Mental Health Australia held a Members Policy Hub with members and mental health consumers and carers on Reducing Stigma and Discrimination. This resulted in Advice to the National Mental Health Commission on the development of the National Stigma and Discrimination Reduction Strategy. The Advice welcomed the Commission's focus on structural stigma and discrimination, but noted that this should not come at the expense of reducing self and/or social stigma. The advice also welcomed the draft Guiding Principles developed by the NMHC, and provides recommendations on how best to approach each of them.

- **Submission to Inquiry into Provisions of GP and Primary Health Services to outer metropolitan, rural, and regional Australians 28 October 2021**

Mental Health Australia made a submission to the Senate Standing Committees on Community Affairs Inquiry into the Provision of GP and primary health services to outer metropolitan, rural, and regional Australians. Mental Health Australia's submission called for equity of access to mental health support across the country, and explained that doing so requires multiple systemic interventions.

- **Submission to consultation on NDIS legislation changes 7 October 2021**

In this submission, Mental Health Australia provided feedback to the Department of Social Services regarding proposed changes to NDIS legislation. Mental Health Australia raised concerns regarding how some additional powers granted to the NDIA may be implemented, and called for clarification and amendments to protect participant choice and control.

- **Submission to the Joint Standing Committee on NDIS Inquiry into NDIS Workforce 23 August 2021**

This joint submission by Mental Health Australia, Community Mental Health Australia, and the Mental Illness Fellowship of Australia highlighted issues not addressed in the NDIS National Workforce Plan, such as the collection of accurate workforce data, addressing inadequacies of current pricing, and improving capacity for workplaces and individuals to invest in training and development. It also provided recommendations designed to support a psychosocial disability workforce for the future including the creation of a National Centre for Workforce Development and a professional association for peer workers.

- **Advice to Governments on the Proposed National Mental Health and Suicide Prevention Agreement 13 August 2021**

This document provided a comprehensive view from the mental health sector on reform opportunities presented by the development of a National Mental Health and Suicide Prevention Agreement (the National Agreement). It was developed through a comprehensive consultation with consumers and carers, Mental Health Australia members, and other key stakeholders. It contained structures, priorities and initiatives to improve outcomes for individuals with lived experience of mental ill health and those who love and care for them.

- **Submission to Review of the Disability Support Pension Impairment Tables**

3 August 2021

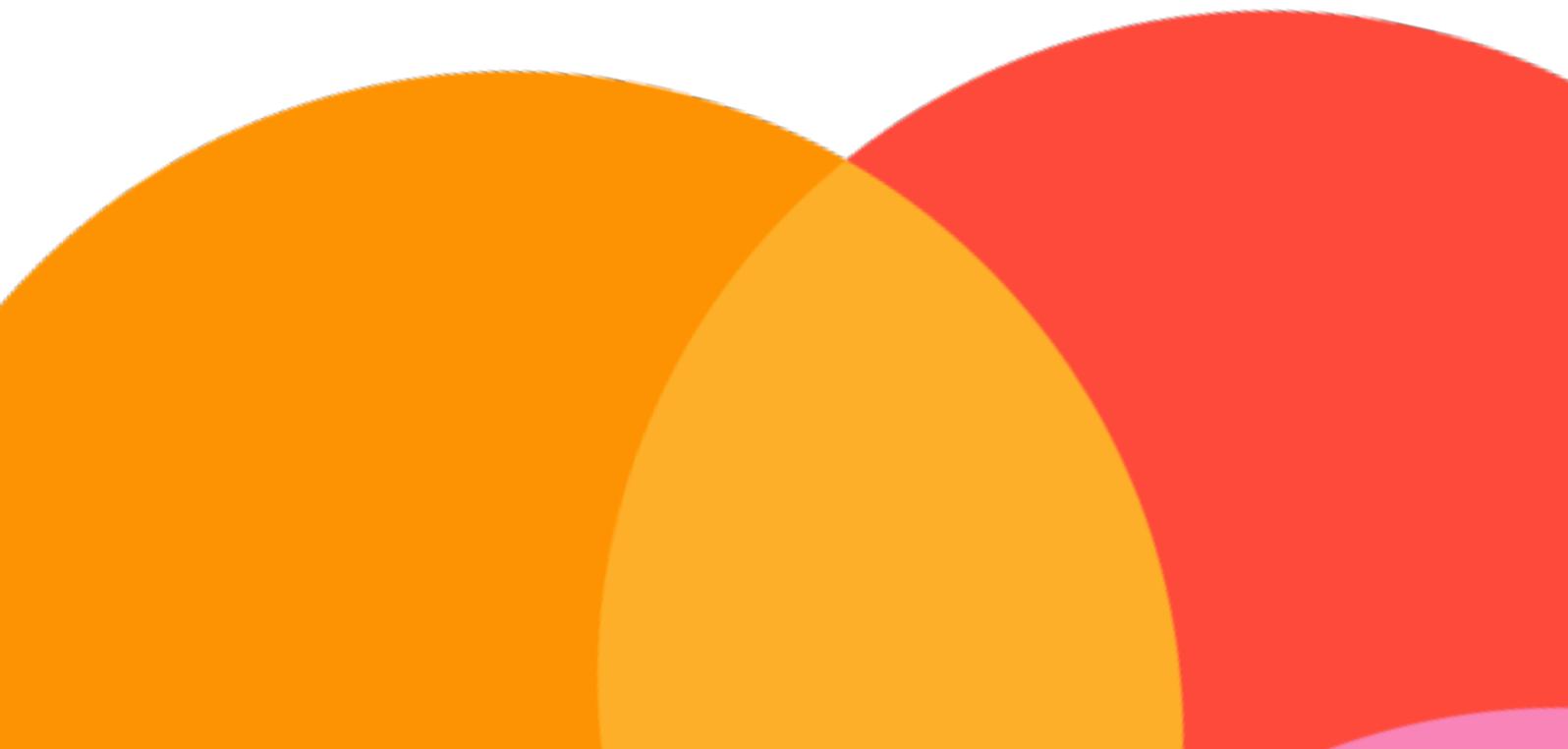
Mental Health Australia provided a submission to the Department of Social Services review of the “Impairment Tables” used to determine eligibility for the Disability Support Pension (DSP). Mental Health Australia emphasised the importance of the DSP for a fair social safety net, and described the reforms required to better align DSP policies with a recovery-oriented, trauma-informed approach.

- **Submission to Senate inquiry into Purpose, Intent and Adequacy of Disability Support Pension 9 July 2021**

In this submission, Mental Health Australia outlined the importance of the DSP as a component of a fair social security system, and the need to recognise the right of people with disability to an adequate standard of living and participation in employment and community life. Importance was highlighted for people with primary psychosocial disability, who make up the largest cohort of people receiving DSP yet continue to face significant barriers in proving eligibility for the payment.

- **Royal Commission into Violence, Abuse, Neglect and Exploitation of People with Disability – Employment Issues Paper 6 July 2021**

Mental Health Australia provided a submission in response to the Commission explaining the complex and bidirectional relationship between mental ill-health and unemployment. It provided a range of recommendations to ensure workplaces are mentally healthy, assist individuals with psychosocial disability to be appropriately supported to find and keep meaningful work, and to ensure that policy reflects the needs of people with psychosocial disability.





Advocacy and Projects



Embrace Multicultural Mental Health

Embrace Multicultural Mental Health (the Embrace Project) provides a national focus on mental health and suicide prevention for people from culturally and linguistically diverse (CALD) backgrounds. It works toward an equitable mental health system which reflects and responds to the needs of Australia's multicultural population.

Key objectives of the Embrace Project:

- Increase participation of consumers and carers from CALD backgrounds in mental health services
- Improve outcomes for CALD mental health consumers, carers, and their families
- Increase mental health awareness, knowledge, and capacity in CALD communities
- Improve cultural responsiveness and diversity of the mental health workforce.

Over the past year, the Embrace Project team has engaged with Alliance partners—the Federation of Ethnic Communities' Councils of Australia (FECCA) and the National Ethnic Disability Alliance (NEDA), the Embrace Lived Experience Group, and the Stakeholder Group to ensure Project activities reflect the issues affecting the mental health of CALD communities.

The Framework for Mental Health in Multicultural Australia (the Framework) is a free, nationally available online resource which allows organisations and individual practitioners to evaluate and enhance their cultural responsiveness. This year has seen an increase of 300 registrations, bringing total registered Framework users to 1639.

The Embrace Project website is a hub of resources for CALD communities and service providers. New resources and events are added on a regular basis. There are around 5,000 monthly page visits to the website. Social media and the quarterly newsletter also enable engagement with a range of target audiences.

The Embrace Project team has continued to focus engagement with Primary Health Networks (PHNs). In January we surveyed PHNs to ascertain the current level of work being undertaken in CALD mental health and to gauge their support needs for implementing the Framework for Mental Health in Multicultural Australia.

An Expression of Interest (EOI) was opened for PHNs to receive free targeted support to implement the Framework over a six or 12-month period. As at 1 April 2022, the Embrace Project supports eleven PHNs via regular meetings, training, facilitated learning workshops, Community of Practice (CoP) webinars, targeted resources, and site visits.

CALD Community Engagement Project

The Embrace Project commenced the CALD Community Engagement Project which strives to increase engagement and develop close partnerships with CALD communities. The Project will incorporate a co-designed communications and engagement plan to implement a set of activities with target CALD communities. Each year, three CALD communities will be selected to work with in continuation, and by the end of the fourth year (mid-2025), 12 communities will have participated.

As part of this Project, a Toolkit for Engaging with CALD communities was developed. In 2021/22, three organisations were selected to work with the Cantonese/Mandarin speaking community in Sydney, The Rohingya community in Melbourne, and CALD youth in Darwin.

This initiative will collaborate with selected communities to identify mental health issues and needs, and design culturally responsive solutions and resources.



Research Projects

The Embrace Project commissioned two research projects this year.

Mental health during the COVID-19 pandemic in Turkish, Vietnamese, and Italian communities.

Where Research conducted this research with funding from the National Mental Health Commission, highlighting the adverse affects and mental health issues experienced by these communities during COVID-19.

Research into stigma and mental health in specific to cultural communities.

A consortium from University of Western Sydney, University of NSW, and the University of Melbourne completed this research project which focuses on Arabic, Mandarin and Cantonese-speaking communities and Congolese communities.

Reports from both these research projects are available on the Embrace website.

Other outreach

The Embrace Project presented papers and exhibition booths at the FECCA national conference in June, which attracted a wide range of interest in Project activities.

Additionally, members of the Embrace Lived Experience Group were invited to provide questions to the ABC program Q & A during an episode on anxiety.

In 2021, as part of the budget measure Prioritising Mental Health, Pillar 4: Strengthening vulnerable communities, the Government announced \$5.1 million for Mental Health Australia to continue to promote mental health in CALD communities over the next four years, extending this work to mid-2025.

We are excited to build on the strong foundations the Embrace Project has achieved to date, and to further reach out to CALD communities to promote mental health literacy,

World Mental Health Day

Each year, Mental Health Australia receives a grant from the Australian Department of Health to deliver a World Mental Health Day (WMHD) campaign. World Mental Health Day is an internationally recognised day for building awareness and advocacy for issues and opportunities surrounding mental health. It falls each year on 10 October. The purpose of the campaign is to:

- Promote community connection
- Encourage help-seeking
- Redress stigmatising attitudes concerning mental health and illness.

The 2021 World Mental Health Day campaign ran for four months from July to October, promoting the key message to “Look after your mental health, Australia”. The campaign adopted a secondary tag line of “Look Up, Look Out & Look Forward”, encouraging further action to promote positive mental health and make a mental health promise in the lead up to Mental Health Month in October.

The social media reach for the campaign was in excess of 8.5 million with 16.5 million impressions, with more than 400 posts, including 60 personal video stories shared across all Mental Health Australia platforms during the campaign.

In 2021, Mental Health Australia partnered with 70 organisations who promoted bespoke and generic World Mental Health Day content during the campaign, including many Mental Health Australia members (ReachOut, Eating Disorders Qld, R U OK?) as well as partner organisations such as the NSW SES, the Australian National University, Monash Health, and the Department of Defence.

More than 1,500 individual mental health promises were made and shared on the campaign website at lookafteryourmentalhealthaustralia.org.au helping to reduce stigma and promote help seeking.



As in 2020, health care professionals were again surveyed about how they had looked after their own mental health during the COVID-19 pandemic. A further 200 staff at Monash Health in Victoria were engaged to promote World Mental Health Day.

During a year when citizens around the globe were contending with continued lockdowns, endless Zoom meetings, physical distancing, overwhelming emails and doom-scrolling, many were also grateful for the silver linings. The ability to stay connected online, to be able to video chat with family and friends and for many, to continue working – and schooling – from home. While our online world creates problems it also solves others.

The 2021 World Mental Health Day campaign was delivered digitally for the second year in a row. While the continuing COVID-19 pandemic prevented us from social and physical events and activities to help raise awareness of mental health, a digital campaign again enabled Mental Health Australia to think differently about messaging to reach diverse communities and to remind more Australians to “Look after your mental health, Australia”.



10 OCT
WORLD MENTAL HEALTH DAY



Research Activity

The Policy and Research Team are actively involved in various research activities. These include participating in advisory groups, providing letters of support, partnering in research proposals, and contributing to research activities. Activities to date include the following.

Electoral mental health information

Mental Health Australia developed and provided one-page Federal Electorate Fact Sheets for Members that included mental health related data on the population at an electoral level to support election advocacy strategies and engagement. Fifteen issues papers were also developed based on the large body of evidence, reports, and references already available from the sector addressing Mental Health Australia's Election Platform: 'Every Election Issue is a Mental Health Issue'.

Social determinants of mental health

In line with Mental Health Australia's second Strategic Priority; "Target the social determinants for mental ill-health to deliver prevention, integration and sustainable change in people's lives", the Policy and Research team continue to develop policy and advocacy across the social determinants of mental health. In 2021-22, Mental Health Australia members prioritised the following five social determinants of mental health for Mental Health Australia to prioritise in policy and research efforts:

- Housing
- Social support and participation
- Stigma/Protection of Human Rights
- Employment and occupation
- Early childhood

Position statements and submissions were developed in consultation with consumer and carer representatives and our members on housing, social participation, stigma and early childhood. Work on employment will require scoping and initial engagement with members to commence policy development in 2022-23.

Incoming Government Briefs

In response to the 2022 Federal Election and subsequent change of government, the Policy and Research team drafted Incoming Government Briefs for the new Ministers, opposition spokespeople and independent members of Parliament. The briefs brought together relevant evidence and data to inform members of parliament strategic, political, and fiscal engagement on mental health reform. The opportunities covered issues across the following four core themes:

- lived experience leadership
- government leadership and accountability
- development of a community-focussed mental health system
- the mental health workforce
- issues across the social determinants of mental health.

These briefs were distributed with correspondence seeking future meetings and offering further briefings from Mental Health Australia.

Australian Digital Health Agency projects

In June 2022, Mental Health Australia successfully completed a project with the Australian Digital Health Agency (ADHA), facilitating qualitative engagement with the mental health sector and particularly consumers and carers to provide advice on My Health Record and Electronic Prescriptions. Mental Health Australia remains in contact with ADHA about potential future opportunities.

ALIVE – National Research Translation Centre

The ALIVE initiative continues to progress holding consumer and carer research seminars and workshops focussing on prevention across the life course, priority populations (Aboriginal and Torres Strait Islander people, and people living with severe mental illnesses) and mental health care at scale. Mental health Australia is a foundation member of the ALIVE initiative with a representative co-chairing the Intersectoral Policy and Practice Committee.



Events and Communications Activity

2022 Federal Election

Mental Health Australia delivered a strong election platform and engagement plan preceding the 2022 Federal Election, with a campaign promoting to all political parties that “Every Election Issue is a Mental Health Issue” and encouraging all Australians to ‘vote with mental health in mind’.

Mental Health Australia developed a suite of fifteen issues papers focused on social determinants and the importance of mental health to every election issue. These topics included:

- Climate change
- Cost of living
- Culture
- Disability support
- Gender affirmation
- Housing
- Mental health reform
- Multicultural Australia
- Natural disasters and the impact on our mental health
- The National Disability Insurance Scheme
- The COVID-19 pandemic
- Living in rural and remote Australia
- Stigma and Discrimination
- Workplace mental health
- Youth mental health

Mental Health Australia Members were also able to access comprehensive mental health profiles for every Australian electorate. Letters and the respective electorate profiles were sent to politicians and candidates. Election information and resources were also created for carers and consumers and available from the website and via social channels.



2021 Grace Groom Memorial Oration

An engaging and inspirational oration was delivered by former Prime Minister, the Hon Julia Gillard AC, to over 200 attendees in our first-ever 'hybrid' event. Guests were able to join in person at Gandel Hall in the National Gallery and also online.

Attendees greatly appreciated Ms Gillard's personal and political reflections on gender and the importance of enshrining mental health throughout all government departments and policies.



2021 Grace Groom Memorial Oration

to be delivered by Former Prime Minister of Australia and current Chair of Beyond Blue,
The Hon Julia Gillard AC

Gandel Hall, National Gallery of Australia
Wednesday 8 December
Drinks and canapes from 6:00pm
Dinner from 6:30pm
Tickets \$137.50 (includes GST)

Get your tickets



The Grace Groom Memorial Oration is one of the key annual mental health addresses for our sector, honouring the late Grace Groom, who was the CEO of the Mental Health Council of Australia from 2002 to 2005.

The 2021 Grace Groom Memorial Scholarship was awarded to ANU doctoral candidate Hayley Jackson.

Member Policy Forums

In December 2021 and March 2022, following a year of online-only forums, Mental Health Australia was once again able to invite members to Canberra to participate at in-person Member Policy Forums. We also continued to deliver online 'member policy hubs' to facilitate engagement with members in key national mental health policy issues throughout the year.

December's Policy Collaboration Workshop reflected on the impacts of the first year of the pandemic, and members gathered to workshop the key pillars needed for long-term implementation.

The first Members Policy Forum for 2022 was held on 31 March at Old Parliament House in Canberra. Then Assistant Minister David Coleman presented via pre-recorded video, while then Shadow Minister for Mental Health and Suicide Prevention Emma McBride spoke and provided an opportunity for Q&A. Mark Roddam, First Assistant Secretary, Mental Health and Suicide Prevention Division, Department of Health and Aged Care also provided a department update with Deputy Chief Medical Health Officer for Mental Health, Dr Ruth Vine.

2021 Video Forums and Webinars – Mini MPFs and Policy Hubs:

- 19 October - Pacific/Oceania Mental Health Needs: beyond COVID Webinar (a collaboration between World Federation of Mental Health and Mental Health Australia)
- 11 October – Members-only webinar launching Mental Health Australia's 'Report to the Nation'
- 21 September – World Mental Health Day Partner Webinar

Members Policy Hubs on Employment and Mental Health:

- 14 September – Meeting One
- 28 September - Meeting Two
- 9 August - Member Connect event: Mental Health discrimination in insurance with PIAC Senior Solicitor Ellen Tilbury
- 19 July – Members-only Webinar: Meet Assistant Minister for Mental Health and Suicide Prevention, Emma McBride MP

Members Policy Hubs on Social Participation:

- 11 April - Meeting One
- 26 April - Meeting Two
- 31 March – Members Policy Forum, Old Parliament House, Canberra
- 23 February – Mental health Roundtable on My Health Record and Electronic Prescriptions jointly by Mental Health Australia and the Australian Digital Health Agency

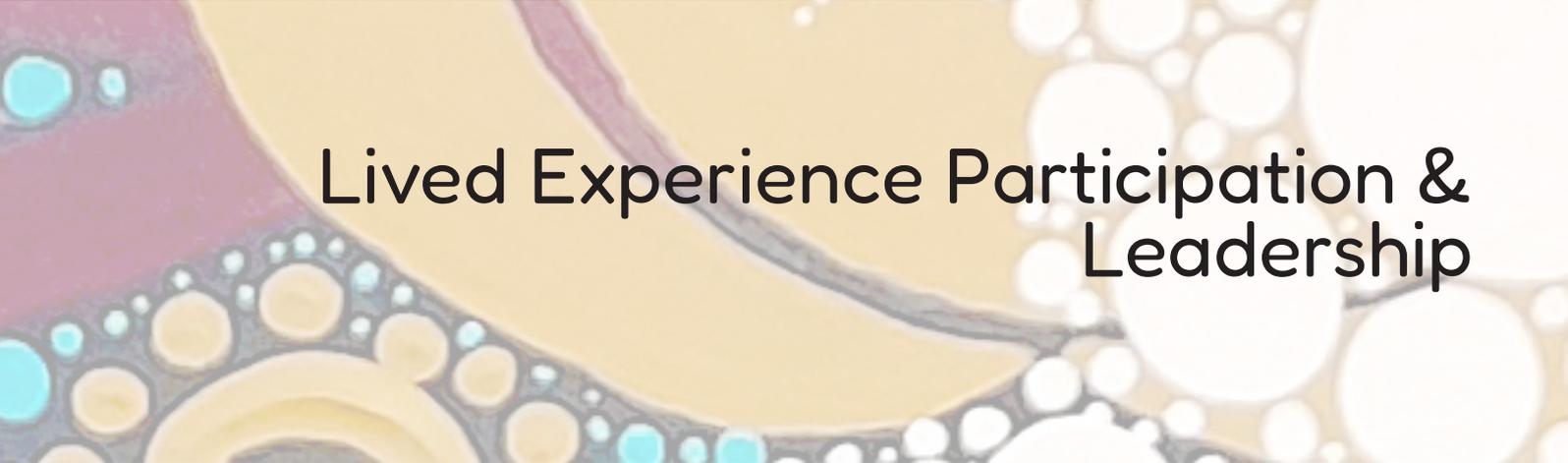


Social Media & Newsletter

The Weekly CEO Update continues to be a key communications tool for Mental Health Australia and reaches over 5,000 recipients. The purpose of the Update is to showcase sector-wide news from stakeholders such as member organisations and government bodies and provide reminders of upcoming events, surveys, conferences, and other relevant resources. The CEO's blog provides commentary on both key strategic issues and topical stories pertaining to mental health and, as well as being distributed via email, is also posted on LinkedIn and the Mental Health Australia Facebook page.

Regular content was also delivered to Twitter, Facebook, Instagram, and YouTube. Over the year, Mental Health Australia's social media following grew:

- Facebook: 31,000 to 33,997 followers
- Twitter: 35,000 to 38,264 followers
- Instagram: 5,700 to 9,767 followers



Lived Experience Participation & Leadership

National Mental Health Consumer & Carer Forum

The National Mental Health Consumer & Carer Forum (NMHCCF) is a combined national voice for consumers and carers participating in the development of mental health policy and sector development in Australia.

The NMHCCF is auspiced by Mental Health Australia.



The NMHCCF continued to meet via videoconference through 2021 and early 2022. Forum videoconference meetings were held on 27 August, 22 October and 8 December 2021, and 25 February 2022.

The NMHCCF were able to meet face to face on 27-28 June 2022.

The NMHCCF also has several working groups that meet regularly via videoconference to progress the Forum's core business. These are:

- Member Engagement and Operating Guidelines Working Group
- Consumer and Carer Leadership Working Group
- MARCOMMS (marketing and communications) Working Group
- Psychosocial Disability Working Group

In addition, various time-limited, task-focused project steering groups (PSGs) have been established beneath these main working group structures. They meet on an as-needed basis and are time limited to the duration of the project. In 2021-22, regular meetings were held with the following PSGs:

- Lived Experience Clearinghouse Project Steering Group
- Lived Experience Training Project Steering Group
- Lived Experience Governance Project Steering Group
- Carer Experience of COVID-19 Research Project Steering Group

Mental Health Australia is working closely with the NMHCCF to support and progress priority activities. The NMHCCF Co-Chairs continue to meet regularly with the Mental Health Australia CEO to discuss strategic issues and NMHCCF priorities. The Co-Chairs also meet with the Secretariat monthly, as does the whole of the Executive Committee.

Mental health reform activities

Activities in this reporting period include:

- Preparing submissions on key mental health, suicide prevention and psychosocial disability issues
- Launch of new and revised publications available at: <https://nmhccf.org.au/our-work>
- Representation on national committees, working groups and at conferences
- Sector engagement
- Implementation of the NMHCCF workplan
- Website redesign

Copies of all public submissions are available from the NMHCCF website.

Launch of NMHCCF website & publications

The NMHCCF has been working through 2020/21 to develop a new website. The website was officially launched on 21 February 2022 and assists with showcasing the Forum's work and supports membership activities.

The new website can be viewed at nmhccf.org.au

Consumer and carer leadership projects

The NMHCCF is progressing four projects, in collaboration with the National PHN Mental Health Lived Experience Engagement Network (MHLEEN).

The projects are:

- Development of a curated central repository, or Digital Library, of mental health consumer and carer leadership-related knowledge and leadership initiatives throughout Australia. The Clearinghouse of resources will be available via the NMHCCF and MHLEEN websites.
- Co-design of a Mental Health Lived Experience Governance Framework and Toolkit to guide organisations and jurisdictions when engaging with people with lived experience. The Framework will be completed by late 2022 and the Toolkit completed in mid-2023.
- Developing a scoping paper on Lived Experience training programs. The paper will review the training needs, available programs and gaps and make recommendations. The Training Paper will be available later in 2022.

- Running the Yale University's LET(s) Lead Advanced lived experience leadership program. The first cohort, 15 people, focussed on mental health consumers. The first phase of the program consists of 10-weekly online seminars that cover concepts such as developing a personal vision, transformational change, appreciative inquiry, strategy, and change management. This section ran from February until April 2022. In the second phase of the course, participants will be matched with the mentorship of a community leader nationally or internationally according to a self-chosen piece of work contributing to the lived experience sector. The program concludes in November 2022.

NMHCCF publications review project

The NMHCCF has completed its review and revision of its current publications to ensure that they are relevant and up-to-date. A lived experience consultant was engaged to:

- Conduct a review of all published NMHCCF documents to identify which require information, references, and language to be updated.
- Update documents with relevant information and consistent, contemporary language, consistent style, and application of search engine optimisation (SEO) principles.
- Update the NMHCCF Consumer and Carer Participation Policy to reflect contemporary policy and practices.

Seventeen publications have been revised and three new publications developed, including a Discussion Paper on Lived Experience Research.

The publications have been uploaded to the new website and are available at: nmhccf.org.au/our-work

Psychosocial disability work

The NMHCCF receives from the Australian Federation of Disability Organisations (AFDO) for two items of work. The first is to support, engage and promote the Disability Royal Commission (DRC) to people with disability, their families, and supporters. The second is to undertake relevant submissions and provide expert advice to the DRC.

Activities include: (see over page)

- Participation in regular Disability Representative Organisation meetings and workshops with both the Department of Social Services and the NDIA
- Submission to the National Disability Insurance Scheme's Consultation Paper: Supporting you to make your own decisions
- Submission to the Department of Social Services on the NDIS Act Review
- Revision of the NMHCCF's Psychosocial Disability brochure
- Continue to promote the issues impacting people with psychosocial disability
- Work with the DSS to seek the views of people with lived experience of psychosocial disability to inform the new Disability Employment Strategy

Research project on Carer Experiences of COVID-19

In 2021-22, the Forum has continued to progress a research project, funded by the National Mental Health Commission, to develop an evidence base on the experience of mental health carers of the COVID-19 Pandemic and gather data on mental health carer self-care and coping strategies. Monash University was engaged to lead the project and a project steering group, with a wide range of stakeholders providing project oversight.

National Register

The National Register is a pool of 60 trained representatives who work at the national level to provide a strong consumer and carer voice in the mental health sector. Members have opportunities to apply for national level representative positions, attend events and training, and network with peers and the broader mental health sector.

Selection of consumer and carer representatives

The NMHCCF/National Register Secretariat engages with organisations, National Register and NMHCCF members, and the consumer and carer selection panel to identify suitable representatives for national committees and other representative opportunities. The selection panel is chaired by the Interim Lead - Lived Experience Programs.

In 2021-22, the consumer and carer selection panel has conducted thirteen selection processes, choosing seventeen consumer representatives and fifteen carer representatives for the following opportunities:

- Australian Commission on Safety and Quality in Health Care Digital Mental Health Advisory Group
- Australian Department of Health:
 - Better Access Stakeholder Engagement Group
 - National Initial Assessment and Referral for Mental Health Care Older Persons Working Group
- National Initial Assessment and Referral for Mental Health Care Expert Advisory Group
- Australian Digital Health Agency Advance Care Planning Workshop
- General Practice Mental Health Standards Collaboration Working Groups:
 - Culturally and Linguistically Diverse
 - LGBTQI+
 - Refugees
 - Veterans
- Independent Hospital Pricing Authority:
 - Mental Health Working Group
 - Clinical Workshops
- Mental Health Australia Members Policy Hub on Social Participation
- National Disability Insurance Agency Mental Health Sector Reference Group
- National Health and Medical Research Council Grant Assessment Committee
- National Mental Health Commission Lived Experience Participation Forum
- National Mental Health Consumer and Carer Forum Carer Experience of COVID-19 Research Project Advisory Group



2021/2022 Annual Issues and Opportunities Workshop

Each year, Mental Health Australia hosts an Annual Issues and Opportunities Workshop for members of the National Register and NMHCCF. Consumer and carer representatives from the Embrace Project also attend the workshop as guests.

These two-day workshops aim to further develop representatives' advocacy, policy development and leadership skills. The workshop also provides an opportunity to discuss national issues important to mental health consumers and carers, and network and share representative experiences.

The 2022 Annual Issues and Opportunities Workshop was held in Melbourne on Thursday 5 and Friday 6 May 2022 and was attended by 61 mental health consumer and carer representatives.

This year's workshop was conducted as a hybrid event – 52 people attended in person and 9 people joined the workshop via Zoom. The theme “Building Courage, Strength and Resilience to Promote Change” provided a thought-provoking program and opportunities to advance participants voices as consumers and carers.

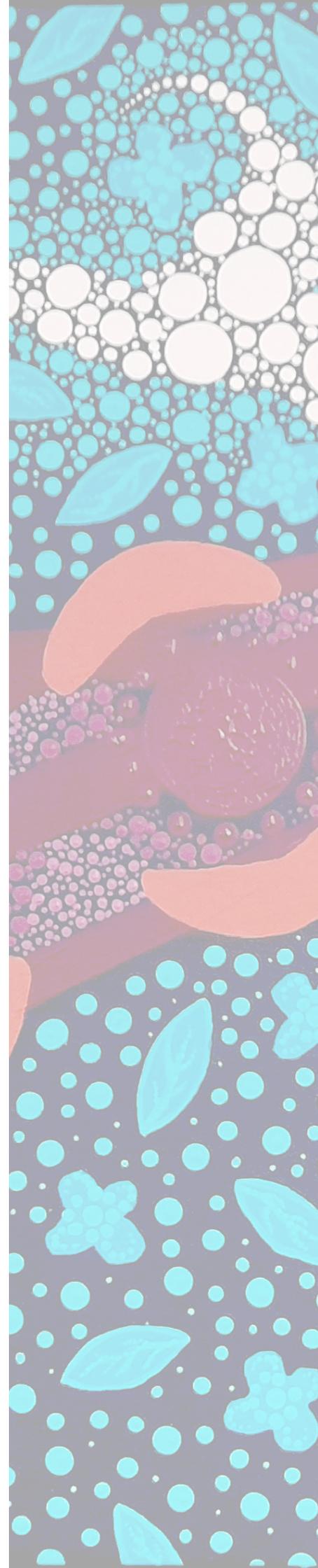




Mental Health Australia Members

Member organisations as of 30 June 2022

ACT Mental Health Consumer Network
Allied Health Professions Australia
Anglicare Tasmania
Anxiety Recovery Centre Victoria
Arafmi
Australasian Confederation of Psychoanalytic Psychotherapies
Australian Association for Developmental Disability Medicine
Australian Association of Social Workers
Australian BPD Foundation
Australian Clinical Psychology Association
Australian College of Mental Health Nurses
Australian Counselling Association
Australian Kookaburra Kids Foundation
Australian Psychological Society
Australian Red Cross
Australian Rotary Health
Australian Society for Psychological Medicine
Batyr Australia Limited
Being - Mental Health Consumers
Beyondblue
Bipolar Australia
Black Dog Institute
Black Swan Health
Blue Knot Foundation
Brain and Mind Centre
Breakthru
Brisbane North PHN
Butterfly Foundation
Care Connect
Carers ACT
Carers Australia
Catholic Social Services Australia
CatholicCare NT
CatholicCare Victoria
Central Coast Family Support Service
Centre for Mental Health Research
Centre for Muslim Wellbeing
CoHealth
Connections
Consumers of Mental Health WA
Converge International
Dementia Australia
Dietitians Australia
Eating Disorders Queensland
Emerging Minds
Employee Assistance Professional Association of Australia
JobCo Employment Services
Junaya Family Development Services
JUNOLGBTIQ+ Health Australia





Lifeline Australia
Lived Experience Australia
Lutheran Services
Marathon Health
Meaningful Ageing Australia
Mental Health Carers Australia
Mental Health Coalition of SA
Mental Health Community Coalition ACT
Mental Health Coordinating Council
Mental Health Council of Tasmania
Mental Health First Aid Australia
Mental Health Partners
Mental Health Professionals Network
Mental Health Victoria
Mental Illness Education ACT
Mental Illness Fellowship of Australia
Mentally Healthy WA
Mentis Assist
Micah Projects
Mind Australia
Mind Medicine Australia
Multicap*
National Aboriginal Community Controlled Health Organisation
National Rural Health Alliance
Neami National
NT Mental Health Coalition
Occupational Therapy Australia
On The Line
Orygen, The National Centre of Excellence in Youth
Ostara Australia Limited
OzHelp Foundation
Parent-Infant Research Institute
Pathways SouthWest Inc
Perinatal Anxiety and Depression Australia
PHN Cooperative
Primary & Community Care Services Ltd
Psychosis Australia Trust
Psychotherapy and Counselling Federation of Australia
Queensland Alliance for Mental Health
Queensland Centre for Mental Health Research
R U OK? Foundation
ReachOut Australia
Relationships Australia
Richmond Fellowship of Australia
Royal Flying Doctor Service of Australia
Ruah Community Services
Rural & Remote Mental Health
SANE Australia
Sleep Health Foundation
Society for Mental Health Research
Soldier On

Speech Pathology Australia
Spiritual Health Association
Better Health Network**
Stride
SuperFriend
Tandem
TeamHEALTH
The MindShift Foundation
The Movember Foundation
The Pharmacy Guild of Australia
The Royal Australian and New Zealand College of Psychiatrists
The Royal Australian College of General Practitioners
TheMHS Learning Network Inc
Tully Support Centre
Victorian Mental Illness Council
WA Association for Mental Health
WayAhead - Mental Health Association NSW
Wellways
Youturn Youth Support

* Formerly known as Open Minds

** Formely known as Star Health Group

