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# IIMHL AND IIDL UPDATE

**Welcome to this bi-monthly edition of Update for 30 April 2016.**

**IIMHL and IIDL aim to improve client outcomes through leadership development in the mental health, addiction and disability sectors.**

**Update allows the rapid transfer of new knowledge through sharing information about upcoming Leadership Exchanges, as well as key national documents, training and webinars.**

**Please feel free to share this e-bulletin with others.**


## IIMHL / IIDL Leadership Exchange 2017
### Theme: Contributing Lives, Thriving Communities
### 27th February to 3rd March 2017

The next Leadership Exchange takes place across Australia and New Zealand, with the Combined Meeting being hosted in the beautiful city of Sydney, Australia.

**We urge members to book accommodation for this event as early as possible** using the link below. Sydney is hosting many international events at this time (e.g. Mardi Gras) and accommodation will be at a premium. All rooms are King rooms or twin share (two single beds) for the excellent price of A$329.00, given the high cost of hotel rooms in Sydney.

[http://www.hilton.com/en/hi/groups/personalized/S/SYDHITW-GIIMH-20170226/index.jhtml?WT.mc_id=POG](http://www.hilton.com/en/hi/groups/personalized/S/SYDHITW-GIIMH-20170226/index.jhtml?WT.mc_id=POG)

## In this issue:

- **IIMHL Feature Article - Australia**
  - **Preventing Suicide by Young People: Discussion Paper**

- **Other IIMHL Articles of Interest - Australia**

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**IIMHL / IIDL 2015 Annual Report**
This can now be viewed on our website:
http://www.iimhl.com/files/docs/20160417.pdf

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# IIMHL Feature - Australia

**Preventing Suicide by Young People: Discussion Paper**
BoysTown, Oct 2015

From experience the current discourse about suicide in our community often fails to recognise the lived experience of young people. Implicit assumptions are often made that the pathways to suicide for young people, including associated risk factors, are similar to those for adults. This approach inhibits the development of a systematic and effective response to young people experiencing suicidal behaviours. Consequently this discussion paper aims to focus a spotlight on the unique experience of young people. It does this by providing a critical analysis of existing policy and evidence based responses relevant to young people.

This analysis subsequently identifies the existing gaps in our knowledge and promising but emerging intervention strategies that could be built on to improve the support young people receive. In doing so we are seeking to commence a conversation with policy makers, practitioners, researchers, and those with lived experience to improve our mutual understanding about the perspectives young people have about suicide. We wish to use this understanding and collaboration to inform the development of more effective responses to reduce suicidal behaviours both in our own services and across the mental health system.

http://apo.org.au/files/Resource/bt-discussion-paper-prevention-of-suicide-by-young-people.pdf

# Other IIMHL Articles of Interest - Australia

**Mental Health Peer Work and Promotion**

Mental Health Commission, 2015

The National Mental Health Commission is pleased to release the first batch of Mental Health Peer Work training and assessment materials, for registered training organisations (RTOs) across Australia to use. These allow RTOs to deliver the Mental Health Peer Work qualification for the consumer and carer peer workforce. ***The first three modules for The Foundations of Mental Health Peer Work can be downloaded from the National Mental Health Commission website at:*** www.mentalhealthcommission.gov.au/peerwork.

## Mental Health Stigma
Prashant Bharadwaj, Mallesh Pai & Agne Suziedelyte, 2015

The negative effects of stigma have been hypothesized to be as harmful as the direct effect of mental disorder.
We show that differential under-reporting of depression is correlated with age, gender, and ethnicity and that these characteristics also predict a lower probability of mental health treatment, suggesting that stigma can play an important role in determining health-seeking behavior.
http://www.iimhl.com/files/docs/20160428.pdf

## Indigenous Social and Emotional Wellbeing (SEWB)

Welcome to the Indigenous social and emotional wellbeing (SEWB) web resource - for people working, studying or interested in addressing issues that influence the social and emotional wellbeing (including mental health) of Aboriginal and Torres Strait Islander peoples.

This resource provides access to research and other knowledge that supports the work of practitioners and policy makers in the social and emotional wellbeing area. Consumer services and crisis support is beyond the scope of this resource and information on the availability of such services is available here.
http://www.healthinfonet.ecu.edu.au/other-health-conditions/mental-health

## Beyond the Fragments Preventing the Costs and Consequences of Chronic Physical and Mental Diseases
Maria Duggan, Australian Health Policy Collaboration
Issues paper No. 2015-05 December 2015

This paper is part of an Australian Health Policy Collaboration series outlining the compelling evidence about the challenges of making our health systems fit for 21st century conditions. It has a very specific focus on the needs of people with chronic and complex conditions which often involve concurrent physical and mental health problems. Evidence tells us that integrated responses to complex interactions produce better outcomes; achieving this will mean moving beyond the fragmentation that characterises our current approach. This paper suggests that we need to start thinking about integrated care as a broader shift away from fragmentation and towards improved population health. Achieving this will require coherent action at various levels, from government to the clinical front line. It is time to change course in policy, funding and service models.
https://www.vu.edu.au/sites/default/files/AHPC/pdfs/beyond-the-fragments.pdf

**Trauma-informed Care in Child/Family Welfare Services**
Australian Government: Australian Institute of Family Studies, 2016

This paper aims to define and clarify what trauma-informed service delivery means in the context of delivering child/family welfare services in Australia. Exposure to traumatic life events such as child abuse, neglect and domestic violence is a driver of service need. Policies and service providers must respond appropriately to people who are dealing with trauma and its effects in order to ensure best outcomes for individuals and families using these services. In addition to evidence-based programs or clinical interventions that are specific to addressing trauma symptoms, such as trauma-focused cognitive behaviour therapy, there is a need for broader organisational- or service-level systems of care that respond to the needs of clients with a lived experience of trauma that go beyond a clinical response. Some of the challenges identified in implementing and embedding trauma-informed care across services and systems are discussed.

https://aifs.gov.au/cfca/publications/trauma-informed-care-child-family-welfare-services/export

**Reach Out, 2016**

ReachOut Orb is a free, innovative and engaging 'serious' game designed for use in Year 9 and 10 classrooms – mapped to the Australian HPE and NSW PDHPE Curriculums and General Capabilities – to improve students' understanding of key factors and skills that contribute to improved mental fitness and wellbeing. This game helps students to:
- improve their mental fitness and wellbeing
- understand a positivity mindset
- identify and use their strengths
- develop and sustain positive relationships
- build resilience
- It is supported by the Australia Government.

http://au.professionals.reachout.com/orb

# IIDL Feature - Australia

**Social Action Partners: peer support for children and young people with intellectual disability and their families in Victoria**
Social Policy Research Centre UNSW, 2016

"The project's findings have policy implications for children, young people and parents' access to self-directed support options in the future; their control over managing their support; how to better cater to information needs; the importance of peer support, information sharing and opportunities for discussion in developing capacity for self-directed support; and the need to focus decisions about support arrangements on the aspirations of children and young people."
http://apo.org.au/files/Resource/social_action_partners_-_final_report.pdf

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**Join IIMHL / IIDL**
Any leader in mental health, addiction and disability services can join IIMHL or IIDL free by using this link: http://www1.iimhl.com/Join.asp

*Please note: We try to find articles, new policies, research that has been released or opinion pieces we think are interesting to reflect on. Sometimes those who receive these may feel is not accurate either for its use of data or not aligned with their views. IIMHL does not endorse any article it sends out as we try to rapidly share information.*