International Initiative for Mental Health Leadership and International Initiative for Disability Leadership
Update

Welcome to this bi-monthly edition of Update 30 November 2017

IIMHL organises systems for leaders to share innovations, network and problem solve across countries and agencies. The overall aim is to promote mental health and well-being for everyone. This includes developing leaders who can create the best possible conditions for mental health in all sectors across the life-span. Equally, it includes developing leaders who can deliver the best possible outcomes for people who use mental health and addictions services and their families.

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 and we would be delighted if you would join us on Facebook.

IIMHL & IIDL Leadership Exchange 2018
Stockholm, Sweden, May 28 - June 1

IIMHL & IIDL 2018
Building Bridges
Beyond Borders

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https://iimhl.se

In this issue:

IIMHL Feature - Australia

Developing a Workplace Mental Health Strategy: A how-to guide for health services
beyond blue, 2017

This document was developed as part of the beyondblue Workplace and Workforce program. beyondblue is supported by the Commonwealth Department of Health to improve workplace mental health and address suicide. The specific purpose of this guide is to assist Australian health services to create mentally healthy workplaces.

This guide has been developed collaboratively, with input from a broad range of national stakeholders including representatives from government, unions, health industry bodies, academia and health services.

The real world knowledge and expertise provided by a steering committee of representatives from metropolitan and regional hospitals across Victoria has been invaluable

https://das.bluestaronline.com.au/api/prism/document?token=BL/1728

Other IIMHL Articles of Interest: Australia

The Fifth National Mental Health and Suicide Prevention Plan
Council of Australian Governments, October 2017

The release of the Fifth National Mental Health and Suicide Prevention Plan (the Fifth Plan) marks a significant point in the history of the National Mental Health Strategy which commenced in 1992. Over the next five years, the Fifth Plan will build on the achievements that have occurred in the first 25 years of national mental health reform
http://apo.org.au/system/files/114356/apo-nid114356-451131.pdf

The First Thousand Days: An Evidence Paper
Centre for Community Child Health, Murdoch Children's Research Institute, the Australian Research Alliance for Children & Youth, Bupa Australia, the Bupa Health Foundation, and PwC Australia, September 2017

This paper takes a comprehensive look at the latest evidence regarding the significance of the first 1000 days, and the biological, global, environmental and social factors that influence children's outcomes during this critical period of development (and beyond). The paper revealed that there are multiple influences on children's development, starting from pre-conception, and at the level of the individual child, the family, the community, and broader society.
http://apo.org.au/system/files/108431/apo-nid108431-436631.pdf

The Economic Value of Informal Mental Health Caring in Australia
Commissioned by MIND Australia: Technical report
Sandra Diminic, Emily Hielscher, Yong Yi Lee, Meredith Harris, Jaclyn Schess , Jan Kealton, Harvey Whiteford, March 2017

This 188-page report provides the first known estimate of the economic value of informal mental health care in Australia. It provides a nationally representative estimate of the number of mental health carers (consistent with our definition of a mental health carer) and primary carers in Australia in 2015. Further, it highlights the substantial hours of support provided by Australian mental health carers for people with mental illness each year.

To read this report in full:
https://gallery.mailchimp.com/c4f6b2fca0e12e49c424dea9f/files/be8a8c4d-3e2a-474a-a7a8-025ba23d8195/The_economics_value_of_informal_mental_health_caring_in_Australia.pdf

Guidelines for integrated suicide-related crisis and follow-up care in Emergency Departments and other acute settings
Black Dog Institute

This agency has recently published *Guidelines for integrated suicide-related crisis and follow-up care in Emergency Departments and other acute settings.* The Guidelines are available on the Black Dog's website by clicking here. These Guidelines have been produced by the Black Dog Institute's LifeSpan initiative using 'Delphi' methodology and are based on the input of leading clinicians and people with a lived experience of suicide. It is hoped that these guidelines can be used by those working in acute settings to inform service planning, better equip and support staff to work effectively with those at risk of suicide, and guide empathic, compassionate responses to people experiencing suicidal crisis.

Building Thriving Communities through Social Connection
SANE, 2017

People with complex mental illness often experience increased stigma due to lack of understanding from the broader community. Social isolation is common for people affected by complex mental illness, especially those living in regional remote areas, and has a significant impact on wellbeing, recovery and community participation. Peer support is a largely untapped resource for those affected by complex mental illness. It is proving to be a cost effective way for individuals and carers to build connections and work through their shared experience of emotional and psychological pain. Online peer support can provide emotional support, companionship and opportunities for meaningful social engagement that can influence help-seeking, effective coping strategies and sense of wellbeing.
https://gallery.mailchimp.com/c4f6b2fca0e12e49c424dea9f/files/20d14c40-694d-4298-b313-34a3131dd4b8/Thriving_Communities_SANE_2017.pdf

"The Big Anxiety" - Website

The Big Anxiety brings together artists, scientists and communities to question and re-imagine the state of mental health in the 21st century.

The Big Anxiety is not business as usual for the arts. It is a call to action – an occasion for artists, scientists and communities to work together. We have asked all our artists and collaborators what their projects can *do* for people – how they can help us to shape our lives and environments. We want to deliver projects with effect, encounters that spark connections and actions.

A radically new kind of international arts festival, in which every project is an open conversation, designed to promote curiosity, awareness and action, The Big Anxiety presents over 60 events across Greater Sydney, tackling the major anxieties of our times, as well as the stresses and strains of everyday life. Whether through hi-tech interactive environments or one-on-one dialogues, our goal is to create the rich engagements we need for our collective mental health.

The Big Anxiety is an initiative of UNSW Sydney in association with the Black Dog Institute and over 25 partners in the cultural, education and health sectors.
https://www.thebiganxiety.org/about/

Contact: marketing@thebiganxiety.org

Anxiety Disorders: Your Guide, 2017
The Royal Australia & New Zealand College of Psychiatrists

This guide provides information and advice about anxiety disorders. It has been produced by psychiatrists – medical doctors who are experts in mental health – with input from consumers and carers. It is based on up-to-date scientific evidence.
This guide is for:
• people who have an anxiety disorder
• people who think they might have an anxiety disorder
• their family and friends.
https://gallery.mailchimp.com/c4f6b2fca0e12e49c424dea9f/files/7b91e6f5-a2bd-457b-8cb7-8b4c1e32e31e/Anxiety_disorders_your_guide.pdf

Schizophrenia: Your Guide, 2017
Royal Australia & New Zealand College of Psychiatrists

This guide provides information and advice about schizophrenia in young people and adults. It has been produced by psychiatrists – medical doctors who are experts in mental health – with input from consumers and carers.
It is based on up-to-date scientific evidence.
This guide is for:
• people who have been diagnosed with schizophrenia
• people who think they might have symptoms of schizophrenia
• their family and friends.
https://gallery.mailchimp.com/c4f6b2fca0e12e49c424dea9f/files/a74f20d7-6e97-4d61-8e30-9c4b30708eaa/Schizophrenia_your_guide.pdf

IIDL Feature - Australia

Working in Complexity: Ethics and Boundaries in Community Work and Mental Health
Australian Social Work, 2016, Vol. 69, No. 2, 181-193

Lynda Shevellar[a] and Neil Barringham[b]

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While codes of ethical conduct are important, they do not always fit neatly in the organic community settings in which some workers engage. Professional standards from accrediting bodies are easy to sign up to, yet much more difficult to put into practice. Drawing upon community connection practice in recovery-oriented mental health work, this article names the professional boundary tensions peculiar to less structured fields of engagement.

We suggest that for workers in these fields, there has been a disconnection between the theory, the experience, and the public discourse of professional boundaries. We argue that such disconnection can create uncertainty, anxiety, and secrecy, creating

exactly those cultures we wish to avoid. Ultimately this leads to greater harm for vulnerable individuals, as well as the workers and organisations that serve them. The alternative is to engage in what we name a "risky conversation," to expose this disconnect and engender a new type of professionalism.

http://www.iimhl.com/files/docs/20170829.pdf

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