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

From the IIMHL and IIDL Update List

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Welcome to this bi-monthly edition of Update 15 June 2018

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 2018 Building Bridges Beyond Borders

The IIMHL & IIDL Leadership Exchange 2018 did build bridges beyond borders! We have heard from so many of the more than 500 persons participating in + 40 Matches and in the two-day Network Meeting about their experiences of a truly positive, trusting and inspiring event. We also know that many of you have already started to plan for next steps in your collaboration and thus built bridges beyond borders!

In order to improve how we can help you create even more value of your membership in the network, leading up to and during next leadership exchange, we would like to ask you for 10-15 minutes of your time. We have now posted feedback & evaluation surveys (one for IIMHL and one for IIDL) in the event app IIMHL & IIDL 2018. You find them under "Dialogue". As we want to encourage you to respond ASAP, those responding before June 22nd will be enrolled in a lottery with excellent prizes that will remind you of Sweden!

FYI – regarding the app:

- We will keep the app active during a few months so please use it for sharing, networking and chatting
- In the INFO section in the app there are some resources that are designed to help you reflect upon the experience and what and how you can bring the learning back home

In this issue:

- **IIMHL Feature Article - Australia**

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

- **IIDL Feature Articles - Australia**

IIMHL Feature - Australia

Rural Suicide and its Prevention: A CRRMH position paper
Centre for Rural and Remote Mental Health, University of Newcastle, 2017

In 2016, the number of suicides per 100,000 people in rural and remote Australia was 50% higher than in the cities. This rate gets higher as areas become more remote and has been growing more rapidly than in the cities. The rate for Aboriginal and Torres Strait Islander people is twice that for non-Indigenous people.

The CRRMH believes that five focus areas are needed to address this situation. Two are for immediate action to prevent suicide deaths (now and into the future) and three are designed to prevent deaths in the future. The prevention of rural suicide is not the sole responsibility of health services or of mental health services. There are important roles for governments, private sector, health and welfare institutions, rural and remote communities, and individuals. To read in full:
https://www.crrmh.com.au/content/uploads/RuralSuicidePreventionPaper_2017_WEB_FINAL.pdf

Other IIMHL Articles of Interest - Australia

Conversations for Change: What should an age-friendly community look like in 2050?
Old Colonists' Association of Victoria, March 2018

A panel of distinguished thought leaders – Dr Helen Austin, Dr Owen Donald, Dr Sue Malta, and Rob McGauran - shared their views with us, together with guests who attended the lively discussion. This publication shares some of those insights.
http://apo.org.au/system/files/137031/apo-nid137031-675551.pdf

My Life My Lead - Opportunities for strengthening approaches to the social determinants and cultural determinants of Indigenous health: Report on the national consultations
Commonwealth Government of Australia, December 2017

The following four themes were consistent features of the verbal and written feedback provided:
• Culture is central to Aboriginal and Torres Strait Islander wellbeing and needs to be embraced and embedded across a range of Aboriginal and Torres Strait Islander and mainstream services—both as a protector and enabler of health and wellbeing.
• Racism within health and other systems must be addressed to remove barriers to better outcomes in health, education and employment.
• The impacts of trauma across generations of Aboriginal and Torres Strait Islander people must be acknowledged and addressed.
• Governments need to support long-term, coordinated, placed-based approaches that honour community priorities and embed participation.
http://apo.org.au/system/files/124986/apo-nid124986-524796.pdf

Mental Health and Suicide Prevention Service Review: Final report
Northern Territory Mental Health Coalition - 2018

The Northern Territory Primary Health Network (NT PHN) Mental Health and Suicide Prevention Needs Assessment (MHSP NA) took place over six weeks in early 2016. An identified limitation and substantial gap in the overall development of the Needs Assessment was a lack of regional consultations. The MHSP NA recommended that a minimum six-month timeframe be granted for a future needs assessment, to allow for comprehensive stakeholder consultation, Northern Territory-wide (NT) (Northern Territory PHN, 2016).
http://apo.org.au/node/126901

An Integrated Approach to Workplace Mental Health: Nine priorities for implementation in Australia
University of Tasmania, 2017

The University of Tasmania's Work, Health and Wellbeing Network is a collective of early, mid and established career academics, from the University of Tasmania (UTAS) in Australia, who share a common interest in how experiences of workplaces and jobs are connected with health and social wellbeing. In October 2016, the Health and Wellbeing Network convened a workshop with national and international workplace mental health experts to identify initial priorities for the implementation of an integrated approach to workplace mental health which form the basis of this white paper. The workshop was interactive and iterative and resulted in the identification, discussion and final selection of priorities. To read this document in full:
http://www.utas.edu.au/__data/assets/pdf_file/0008/972395/WHW-Network-White-Paper.pdf

"Into The Limelight"
Prahran Mission, 2017

Into The Limelight is a creativity and mental health initiative of Prahran Mission to engage

people living with mental illness with the processes of film-making. Over 8 months participants met regularly and attended film-making and acting workshops. This culminated in a series of film shoots where the 27 participants collaborated with film professionals in 2016/7 to create a set of short comic films written by accomplished writer and mental health advocate Neil Cole. The majority of people had diagnoses of Schizophrenia, as well as experience of other mental illness. Into The Limelight was supported by The State Government of Victoria | The Department of Health of Human Services and Creative Victoria.
https://www.youtube.com/playlist?list=PL_jFxw-u9-tQPjLR9TjlS8XeHHd9v-mit

Bright Futures: Spotlight on the wellbeing of young people from refugee and migrant backgrounds
Victorian Health Promotion Foundation, November 2017

Young Australians are more accepting of multiculturalism than older age groups, but incidences of racism have increased steadily over the last ten years having a serious impact on young people's mental wellbeing. Despite increasing knowledge in mental illness prevention and treatment, young refugees and migrants are less likely to access treatment and support due to mental health services not addressing a diversity of needs, and cultural beliefs and stigmas around mental illness.
http://apo.org.au/system/files/120626/apo-nid120626-484746.pdf

The First Thousand Days – Our Greatest Opportunity - Policy Brief
Centre for Community Child Health, Royal Children's Hospital Melbourne 2018

Key messages:
- The social and environmental conditions in which families are conceiving and raising children have a direct impact on a child's development.
- Developmental plasticity is at its greatest during the first 1000 days
- While experiences during the first 1000 days have profound and lasting effects, it is never too late to make changes that improve health and wellbeing.
- Optimising early childhood development requires an integrated and holistic approach to policy, programs and services.
http://apo.org.au/system/files/138311/apo-nid138311-681496.pdf

New Leaders: Australian Mental Health Leaders Fellowship
Australian Government, led by the National Mental Health Commission, 2018

Applications are now open for the Australian Mental Health Leaders Fellowship. The Fellowship is the first program of its kind in Australia, designed to meet the needs of emerging leaders with a passion and commitment to mental health. There are 40 funded places available to successful applicants who demonstrate a capacity and willingness to improve mental health outcomes for all Australians. The first cohort of 20 participants will commence in July 2018, with a second cohort to follow in October 2018.

The prestigious Fellowship was developed and funded by the Australian Government, led by the National Mental Health Commission.

The Fellowship will incorporate a mix of experiential learning, reflective practice and group activity supported by expert facilitators, coaches and mentors. The educational content will be designed and delivered by a world-class University, with mentors sourced from a pool of experienced health managers and leaders. To read more:
http://mentalhealthcommission.gov.au/australian-mental-health-leaders-fellowship.aspx

IIDL Features - Australia

Contemporary Practices in Disability Services - A Discussion Paper
Disability Services Commission, August 2012

Successive research has found people with disabilities have better outcomes when they can exercise genuine control over their lives and when services deliver quality outcomes. This document provides an overview of what people with disabilities say are attributes of contemporary practice in disability supports and services.
http://www.ideaswa.net/upload/editor/files/21_aug_forum_-_contemporary_services_discussion_paper.pdf

Practice Framework for Disability Services
Disability support services in Australia are currently examining their practices in light of a Government report that stated Prior to the NDIS, a report by the Australian Government in 2011 clearly demonstrated a need for organisations to adopt client-centred and more equitable, effective practices than the previous system:

"The current disability support system is underfunded, unfair, fragmented, and inefficient, and gives people with a disability little choice and no certainty of access to appropriate supports." This Practice Framework for is designed to be a best-practice guide for staff, grounded in core organisational values, legislation and evidence-based research.
http://possability.com.au/wp-content/uploads/2016/03/Practice-Framework-Disability-Services-WEB.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.