



From the IIMHL and IIDL Update List

Welcome to this bi-monthly edition of 30 August 2021

IIMHL and IIDL organise 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 and well-being 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, addiction and disability support 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. We would be delighted if you would join us on Facebook and Twitter.

Our regular Update will continue to feature matters of practice, policy and innovation from our member countries. We are aware that COVID19 and its impact currently features hugely in the thinking and practical work of you, our members.

With that in mind, we are continuing to produce our now regular briefings on COVID19 and its impact in relation to mental health as well as other specific topic areas. You can find these briefings on our website (<https://www.iimhl.com/iimhl-covid19-update-archive>), via our Twitter feed: @IIMHL and of course by email.

New Date and Format for IIMHL/IIDL Leadership Exchange 2022

Original Event Date: February 28 - March 4, 2022

New Event Date: October 2022

New Format: Online with blend of regional/in-person hubs, as travel conditions allow

Following the Special Update forwarded to all members advising of the new date and format for next year's Leadership Exchange, the latest information on this event will always be available at:

<https://www.iimhl.com/2022-christchurch>

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IIMHL Feature Article - Australia

Supporting children and families: How does co-design invite us to think differently?
Emerging Minds, 2020

This paper focuses on a series of reflective questions that invite practitioners to think differently about their work with children and families, especially those living in complex environments.

- Where should we focus?
- Who holds the power?
- Who gets to speak?
- What should we share?
- Who is allowed to struggle?

These questions emerged as the three authors – a lived experience consultant, a practitioner, and a researcher – engaged in a co-design process to develop this paper together.

<https://emergingminds.com.au/resources/supporting-children-and-families-how-does-co-design-invite-us-to-think-differently/#what-is-co-design>

Other IIMHL Articles of Interest – Australia

Mental Health Victoria: Summary Report Royal Commission into Victoria's Mental Health System
June 2021

The reforms envisioned by the Royal Commission into Victoria's Mental Health System mark the most significant development in mental health since the de-institutionalisation movement in the 1990s. To help build a shared vision of what the reformed system will look like, Mental Health Victoria has written a summary of the RC's Final Report.

It provides a snapshot of the Royal Commission's vision for system reform, encompassing all 65 recommendations from the Final Report across 7 key themes. It identifies key opportunities and challenges and highlights responses from key bodies across the sector. It also looks to the immediate next steps that will support the implementation phase of the reform project, to ensure that together we can achieve our vision of a world-class mental health system to benefit Victorians for generations to come.

https://www.mhvic.org.au/images/documents/Submission_and_Documents/MHV_Royal_Commission_Summary_Report.pdf

Websites

Indigenous Mental Health and Suicide Prevention Clearinghouse

Australian Institute of Health & Welfare, 2021

The main functions of the Clearinghouse are to:

- Identify and increase the accessibility of relevant research and evaluation efforts from government
- Prepare value-added resources that outline key issues relating to Indigenous mental health and suicide prevention and what government is doing to address these issues
- Advise on gaps in the available evidence, particularly research and evaluations
- Advise on priorities for future research and evaluation to fill identified gaps
- Bring together key experts to discuss these issues at public forums.

<https://www.indigenoumhspsc.gov.au/>

Blue Knot Foundation

National Centre of Excellence for Complex Trauma

What we do:

- Empower recovery and build resilience for the 1 in 4 Australian adults who experience the impacts complex trauma
- Provide support, education and resources for the families and communities of adult survivors of complex trauma
- Develop and disseminate best practice and research evidence around complex trauma
- Build national workforce capacity around complex trauma treatment, trauma-informed practice and managing vicarious trauma
- Drive innovation in complex trauma policy, practice and service delivery
- Embed trauma-informed policy, practice and systems change within organisations and the community

What is complex trauma?

Complex trauma is repeated, ongoing and usually interpersonal (between people). It often occurs in childhood from abuse, neglect and other adverse childhood events. It can also occur from repeated violence and trauma as an adult. Some people experience trauma right through their life.

<https://www.blueknot.org.au/>

IIDL Feature Article – Australia

Community attitudes to people living with disability: review of literature and best practice

Centre for Social Research & Methods, July 2021

People with disability consistently identify community attitudes as a barrier to greater access and inclusion across the seven outcome areas of the Australian National Disability Strategy 2021, namely:

1. Employment and Financial Security
2. Inclusive Homes and Communities
3. Safety, Rights, and Justice
4. Personal and Community Support

5. Health and Well-being
6. Education and Learning
7. Community Attitudes

<https://apo.org.au/sites/default/files/resource-files/2021-07/apo-nid313463.pdf>

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Join IIMHL / IIDL

Leaders in any sector that can affect the conditions for Mental Health and Addictions and leaders in Disability services can join IIMHL or IIDL free by using these links:

For IIMHL:

<https://www.iimhl.com/iimhl-join>

For IIDL:

<https://www.iimhl.com/iidl-join>

IIMHL and IIDL Briefings contain information, reports and articles that may be of interest to leaders and organisations. The information, articles and reports represent the views and opinions of the organisation referenced, not necessarily those of IIMHL and IIDL.

