



MENTAL HEALTH LIVED EXPERIENCE PEAK QUEENSLAND

NEWSLETTER

STORY. POWER. CHANGE.

MHLEPQ Newsletter

February 2024

Hello all,

We hope this edition of the MHLEPQ Newsletter finds you contented.

The February edition of our newsletter highlights activities on our agenda and that our community have been part of in a busy start to the year.

We warmly invite you to take a moment and read the latest edition of MHLEPQ Newsletter.

Here's what you'll find in this edition:

- [2024 - It's going to be a big one.](#)
- [February Member MeetUp](#)
- [The Peer Post - Change Makers in Action](#)
- [Psychosocial Hazards and Peer Work - webinar](#)
- [Policy Update](#)
- [We're on Facebook](#)
- [What is our Position? Recent MHLEPQ publications](#)
- [Bundy, we are planning to head your way.](#)

- [Thanks, Sunshine Coast, for our recent MeetUp - We'll be back.](#)
- [Support contact list PDF download](#)

Until next time,

MHLEPQ - Jorgen, Bec, Tim, Elloise, Clare, Calista, and Amanda.

We're in for a BIG 2024.

2024 has started off just how last year ended - BUSY!

Reflecting on all the projects and programmes of work the MHLEPQ are currently progressing, thanks to Members, it is hard to believe that our last newsletter wished everyone a happy holiday season!

We invite you to explore the snapshots below outlining what the Peak is currently working on.

Please feel welcome to reach out if there is a particular area of work you would like to learn more about or find out ways to be involved.

Current projects:

Branding and Name

We are working with DSR Branding to see if the MHLEPQ is the right name for us. We have done a brand analysis and 28 members completed a survey testing several words and terms describing the Peak.

Advocacy Campaign

We are working with Mettlesome to develop a joint promotional campaign with ARAFMI for lived experience advocacy in Queensland. It will be delivered separately but coordinated to ensure maximum effect. There will be interviews and member surveys as part of the development phase.

Website refresh and visual update

We are working with WK Digital to provide an update to the structure of

our website. This process will also align it with our general visual look. Member Natasha Oickle is working with us to complete our policy development and design as well as our visual branding.

Social Media

We are now on Facebook and YouTube as well as LinkedIn – so please follow and like us. All three platforms have different ways to promote and push our advocacy. We are continually looking for content so please talk to Elloise or Clare about your ideas.

Shining a Light

The *Shining A Light* report into coercive practices was released at our AGM in December. The report will frame our advocacy strategy over the next year, systematically working on advocacy campaigns around the recommendations of the report. A big thank to the members who worked on the project to complete it before the AGM.

Elimination of Seclusion and Restraint

The MHLEPQ position statement calling for a Queensland Health commitment towards the elimination of seclusion and restraint has been completed. We will soon start a campaign seeking endorsements of the statement to build momentum leading up to the Chief Psychiatrist's mandated policy review. Act.

Chief Psychiatrist Policy Project

We have formed a special interest group to provide strategic oversight for the MHLEPQ input into the Chief Psychiatrist review of all policies under the Mental Health Act. The first group of policies to be reviewed are the Classification of Patients; Seclusion and Restraint; and Use of ECT. The special interest group is led by members Melissa Pietzner and Christos Papadopoulos.

Psychosocial Hazards Project

We have completed the joint MHLEPQ and QLEWN report on psychosocial hazards faced by peer workers in identified Lived Experience roles in the public and community mental health system. The report will be released in the first few weeks in March and we will have a webinar informing members about the report on March 11th at 5 pm. We intend to develop a joint position statement between with QLEWN after a period of member consultation.

Engagement and Participation Framework project

We are currently developing an engagement and participation framework for the MHLEPQ that will be completed over the coming months. The purpose is to two-fold: to make it clear to external organisations what is expected when engaging with MHLEPQ members. And secondly, to have an internal framework that sets objectives and standards to follow.

Psychosocial Special Interest Group

We have established a Psychosocial Special Interest Group to help set our strategy on the issue that was discussed at previous member meetings around the "Bring back PhaMS" campaign, including that psychosocial supports should be included in all mental health programs.. The group is led by member Jordan Frith.

Qld Supported Accommodation Inquiry

The Queensland parliament is currently having an Inquiry into the adequacy of Queensland's level 3 supported accommodation.. We have consulted with members who have lived and living experiences of homelessness, housing insecurity and level 3 residential services. We have made a member-informed submission to the Inquiry that will soon be available on our website.

Qld Housing Strategy Mental Health

The Queensland Mental Health Commission is developing advice to the Minister on a housing strategy with a specific mental health focus. We have successfully advocated that any strategy should only include non-time limited accommodation options and not include temporary accommodation. Recommendations will include a mix of different housing types from converted motels to purpose-built apartments and options for community housing.

Qld Trauma Policy

The Queensland Mental Health Commission is leading the development of a Queensland Trauma Strategy. The MHLEPQ has provided a submission calling for a public health approach to trauma seeking firstly to prevent events that can generate trauma reactions, to intervene and limit the impact of such events where they cannot be prevented, and to ensure agencies are trauma-informed when dealing with individuals who have experienced adverse trauma reactions to past events.

National Mental Health Consumer Alliance

We are participating in the National Mental Health Consumer Alliance and will be part of a national bid to establish the new National Consumer Peak. We are arguing in line with our position statement on the national peak that duplication should be avoided and collaboration promoted and that this will best be achieved through a national alliance of all peaks State, Territory and National.

Advocacy Competencies

We will soon start a project with Simon Katterl Consulting to work with members of the MHLEPQ to identify key competencies required for consumer advocacy in Queensland. We will look at existing standards, what training is currently available to meet these competencies, and to develop training where this does not already exist.

Member Human Rights Survey

On International Human Rights Day we surveyed members on their experiences around human rights in the mental health system in Queensland. We are currently generating a report from these surveys to further strengthen and inform our advocacy. This collaborative work is happening with UQ student and member Hannah Wilson.

CALD special Interest group

The issues of CALD communities and the mental health system have been raised at several meetings. The MHLEPQ is collaborating with ECCQ to create a joint committee to inform both ECCQ and the MHLEPQ and Mental Health issues in the various CALD communities in Queensland.

Peer workers outreach project

Peer workers are in key advocacy positions and often have extensive contact with marginalised consumers across the mental health system. Over the next two years it is MHLEPQs objective to visit every workplace where peer workers are working to discuss how we best advocate together.



February Member MeetUp

We always look forward to our Member MeetUps, designed to come together in open discussions on what is important to our community, and how we can continue to build the momentum of the Lived Experience movement.

Thank you to everyone who carved out some time to catch up! It was amazing to see some new faces that left as new friends and to all those who continue to show up to fight the good fight.

A huge shoutout to our Member, Priyanka, who joined our February Meetup from NEPAL! Thank you for your incredible commitment to positive change!

Change Makers in action.

Spotlight on the incredible advocacy and activism contributions of Members.

Explore and witness **change in action!**

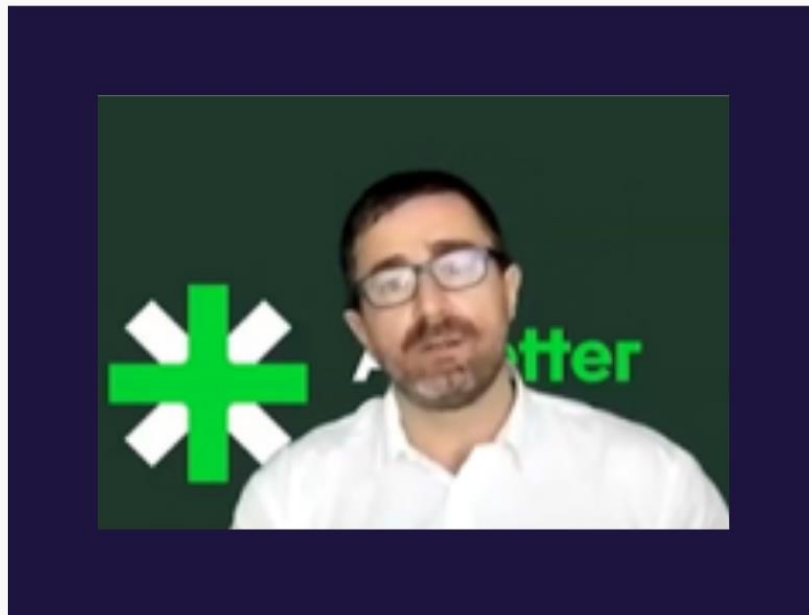
Brody and Belle in conversation with Dr Linda Steele, Associate Professor at UTS, on the lived experience of mentally ill people who've faced restrictive practices and the impact of mental health law...



For Only Human on 4zzz and Zed digital .
Listen back on On Demand!

Brody, MHLEPQ Member, and living Legend, hosted a segment on 4ZZZ's Radio program, "Only Human", with Dr Linda Steele, Associate Professor at UTS. They discussed in depth the lived experience of mentally ill people who've faced restrictive practices and the impact of mental health law.

[You can listen to the conversation on demand from the 4ZZZ website!](#)



James, MHLEPQ Member, and change maker, has published a range of resources, which they have generously shared with us all. You can take a *look, watch, and listen*, using the weblinks below.

- A Better Culture

Interview article in partnership with joint the Royal Australian College of Medical Administrators and the Australian Government. Exploring reform to the culture of the medical profession in Australia.

<https://abetterculture.org.au/news-resources/insights-into-transforming-lgbtqa-sb-health-dr-james-allen/>

- National HREC Conference presentation

"The Value of Lived Experience".

<https://youtu.be/75evnmNsWCQ?si=marAAoFhZeX08KFP>

- Submission to the Kruk review

Exploring how overseas healthcare professionals enter the Australian workforce.

https://www.regulatoryreform.gov.au/sites/default/files/consultations/submissions/2023/Final%20Submission%20-%20Orbona%20Foundation_0.pdf

Psychosocial
Hazards QLEWN
& MHLEPQ joint
project

WEBINAR

The joint MHLEPQ and QLEWN report on psychosocial hazards faced by workers in identified Lived Experience roles in the public sector. Members will be invited to attend a webinar to hear about the report findings, and next steps.

**SAVE THE DATE:
11 MARCH, FROM
5 PM** INVITATION TO
FOLLOW

Policy Update February 2024

Our policy work continues to grow and develop, bringing with it more skills and expertise from our members. The Human Right to Mental Health survey that we released on International Human Rights Day last year (December 10), is now well into the analysis phase. Hannah Wilson, one of the MHLEPQs youngest members (and a University of Queensland student

in her 4th year of Bachelor of Health Science majoring in Public Health) has been collaborating with me on the thematic analysis and report writing for this piece of work. We spend a few hours each week thinking, analysing, and working on the mammoth task of bringing participants' perspectives into full view on this hugely important topic. Watch this space for the summary report, due in the next six weeks.

One of our longest-serving community members, Natasha, is now on board with our website restructuring work, in anticipation of the organisation's long-awaited name change and rebrand. We have a busy schedule of policy development and design ahead of us to make our website more informative, easier to navigate, and fit-for-purpose. Natasha brings incredible skills and passion to our community, informed by a rich background in marketing that included 6 years in Japan working for Disney!

I have had the great pleasure of working with two other members on a submission to the [Queensland Supported Accommodation Inquiry](#) recently. The inquiry was called for by the Public Advocate in their August 2023 report, [Safe, Secure and Affordable Housing?](#) on the topic of Level 3 Residential Services in Queensland. Both members shared their personal stories and system insights that sit behind the MHLEPQs submission to the Select Committee, a copy of which will be available on our website in the next few weeks.

In the spirit of keeping my update short and sweet, I'm very enthusiastic to share that a wide-ranging advocacy campaign for [Shining a Light: Eliminating Coercive Practices in Queensland Mental Health Services](#) is currently being planned. Possible activities include member-led presentations at National conferences and other state-based peak member meetings; joint advocacy with the other state Consumer peaks through the National Mental Health Consumer Alliance; and sharing through tertiary Lived Experience networks such as RMIT. We believe this is a powerful report with a huge scope and a strong foundation for reform activism around coercive practices. We will be sharing the developments over the next 18 months to 2 years of the work programme and will no doubt work with many of you on one of the emerging projects.

I am full of gratitude for the ways we are finding to work together. Thank you for all you do. Bec



We're on Facebook! Please Like, Share, and request to join our Members only private group!

MHLEPQ Position Statement: Elimination of the Use of Seclusion and Restraints in the Queensland Mental Health System

The Mental Health Lived Experience Peak Queensland calls for a change in Queensland Health policy on the use of seclusion and restraints in Authorised Mental Health Services.

We note that evidence suggests that despite the longstanding policy objective to reduce and where possible eliminate the use of restrictive practices in the mental health system, certain practices have not reduced and in fact increased over time in Queensland.

[Read the full statement, and the Shining the Light Report, on our website.](#)



**MHLEPQ CALLS FOR
THE ELIMINATION OF THE
USE OF SECLUSION AND
RESTRAINTS IN THE
QUEENSLAND MENTAL
HEALTH SYSTEM**

**Read the Position Statement on
our website**

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MENTAL HEALTH LIVED EXPERIENCE PEAK
QUEENSLAND

**BUNDABERG,
WE'RE COMING!**

DETAILS COMING SOON.

MHLEP
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QUEENSLAND



Sunshine Coast! Thanks for catching up with us over dinner, at the February Regional Meetup.

A huge thank you to everyone who turned up to the MHLEPQ catch up with members in Maroochydore. It was a great night of connection, discussion and pizza. Nine members joined us and we are excited to continue hearing your voices and collectively making real positive change in the Sunshine Coast. A special thanks to Rae Elliot and Community Focus Association who supported MHLEPQ in pulling the catch up together.

[Mental Health Supports contact list PDF download](#)



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