



Member Meeting Communique

February 2024

The Mental Health Lived Experience Peak Queensland (MHLEPQ) held a Member MeetUp on 28 February 2024. This was the fourth official Member Meeting of the MHLEPQ held at our offices at Shop 4, 67 Astor Terrace, Spring Hill, with the addition of the Annual General Meeting held in December 2023. The Peak has also travelled to host four official Regional Member Meetings, held in person in Toowoomba, Mackay, Cairns, and the Sunshine Coast. The next regional meeting is planned for Bundaberg and Cairns.

The February meeting was held in a hybrid format, open for all Members to join virtually using Microsoft Teams or to join in person at our office in Spring Hill. Members used the February meeting to discuss current MHLEPQ projects, and upcoming activities open for involvement.

MHLEPQ currently has 352 Members which is an increase from 202 members from the last member meeting held in September 2023. Members received a document with an overview of current MHLEPQ, that guided Member discussions.

The discussion covered:

Branding and Name

Members discussed current work with DSR Branding, exploring our current organisation name, and share their thoughts on some concepts completed by DSR. Members raised that the current name didn't resonate with them and that a new name should capture 'who we are'. The MHLEPQ will invite further feedback on this work to inform the MHLEPQ Board.

Advocacy Campaign

Members were informed about the work currently underway with Mettlesome to

develop a joint promotion campaign for lived experience advocacy in Queensland. Members ideas and feedback was invited including announcing requesting Members participate in a short online form soon to be available on the website.

Refresh Website and visual update

Members learned more about work underway to improve our website, and thanked MHLEPQ Member Natasha Oickle, who has been working with us on this piece of work and helping us complete our policy development and presentation and overall visual presentation.

Social Media

Members were invited to share Facebook or LinkedIn content ideas with Elloise or Clare directly to continue to push and promote our advocacy agenda. MHLEPQ informed Members of a Facebook Group, for Members only was on its way.

Shining a Light

MHLEPQ Member, Cate White and co-Author of The Shining A Light talked to the report, that was released at our AGM in December. MHLEPQ spoke to the report will framing our advocacy strategy over the next year where we systematically will work on advocacy campaigns around the recommendations of the report.

Elimination of Seclusion and Restraint

MHLEPQ shared the Position statement calling for a Queensland Health commitment towards the elimination of seclusion and restraint has now been completed.

Chief Psychiatrist Policy Project

MHLEPQ shared the special interest group to provide strategic oversight for the MHLEPQ input into the Chief Psychiatrist review of all policies under the Mental Health Act was now established. The first group of policies to be reviews is the Classification of Patients, Seclusion and Restraint and Use of ECG. 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 workers in identified Lived Experience roles in the public and community

mental health system. Members were invited to attend the upcoming webinar on 11th March at 5 pm to learn more about the work and discuss the next steps. n.

Psychosocial Special Interest Group

Following the discussion at previous member meetings around the "Bring back PhaMS" a special interest group has now been established and to help set our strategy on this issue. The group is led by member Jordan Frith.

Qld Supportive Accommodation Inquiry

The Queensland parliament is currently having an enquiry into Queensland supported accommodation and its adequacy. We have been consulted with members who have experience homelessness and seen inadequacies of current services. We will be providing a submission to the inquiry on this basis.

Qld Housing Strategy Mental Health

MHLEPQ spoke to advocacy into a housing that should include non-time limited accommodation options and not include temporary accommodation. It will be a mix of different housing types from converted motels to purpose build apartments and support 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 experience adverse trauma reactions to past events. MHLEPQ invited Members to express interest in being part of ongoing work in this space.

National Mental Health Consumer Alliance

MHLEPQ gave an update on our involvement in the National Mental Health Consumer Alliance and will be part of a national bid to establish the new National Consumer Peak. The bid is 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. MHLEPQ will provide further update with the outcome of the bid.

Advocacy Competencies

MHLEPQ spoke to some future work to start a project with Simon Katterl Consulting to work with members of the MHLEPQ to identify key advocacy 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

Around 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 work is done by member Hannah Wilson. MHLEPQ will share the findings, that consolidate all the responses with Members, when they are available.

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 and want a visit to discuss how we best advocate together. Members were invited to reach out to the MHLEPQ to connect within Members places of work. Further work to connect Peer Workers and the Peak is underway, and the MHLEPQ will continue to provide updates on the works development.

Collection of narrative contributions

Following the discussion at a previous Member meeting in which Members spoke about the importance of narrative in the lived experience advocacy space – a member connected with the MHLEPQ to discuss leading some work to establish a collection of personal narrative contributions from Members. Eloise presented this concept to the group, on behalf of a Member, and invited those interested in this work to reach out to further discuss the next steps.

General Feedback

During the meeting some Members, who joined via Teams, expressed their difficulty hearing the in-room discussions. The MHLEPQ noted they would connect

with the organisations IT supplier, to find an improve technical solution to better support hybrid style meetings.

The addition of the Current Projects document, that was supplied to Members at the meeting, was well received. The group agreed that this should be an ongoing addition that is supplied before the meeting as a background paper to allow for Members to review and bring questions or discussion points to the meeting, rather than reviewing the document as a collective. The MHLEPQ were in agreeance and will provide a Current Projects update document to Members prior to meetings in the future.

The next Member Meeting is planned for May 29th 2024, at 5 pm Qld time - MHLEPQ Office - Shop 4/67 Astor Terrace, Spring Hill or by Teams.