



Private Mental Health
Consumer Carer Network (Australia)

engage, empower, enable choice in private mental health

National Secretariat

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Achieving Positive Outcomes

Work Plan 2011-2013

Developed by the National Committee

1st March, 2011

Introduction

The *Private Mental Health Consumer Carer Network (Australia)* [Network] has come a long way since its **formal** inception in 2004. Over the course of its short history the Network has made significant impact on the mental health sector both in terms of private sector settings and the mental health system more broadly. This is represented now by wide recognition that the Network has significant presence as the Australian peak private mental health sector consumer and carer organisation and as the recognised authoritative voice of consumers and carers using private sector mental health services.

The Network's workload has progressively increased, particularly in the last three or so years with a great deal of activity nationally within mental health. This has come from within the private mental health sector and from external requests and invitations either to the Network itself or our representatives, to present the private mental health consumer and carer perspectives in a number of forums.

Since inception, we have appeared by invitation before **seven Parliamentary Inquiries**, have made **twenty seven formal Submissions**, have been invited to actively contribute and participate in **fifteen national Forums** and have representatives currently on **fifteen Boards or Committees**. **Project development and management** has

also been an important activity undertaken by the Network when we were first funded in 2007 by the Commonwealth to run a **national project** across both public and private mental health sectors titled the *Identifying the Carer Project*. This was completed on time and within the budget. A further two Projects following this theme were completed during 2010.

The Network has always been proactive in all undertakings and has worked vigorously in attaining the objectives and goals of our first Strategic Plan 2004-2006 and Work Plans 2007-2008, 2009-2010.

Structure of the Network

The Independent Chair Ms. Janne McMahon OAM, who is a consumer, heads the Network.

Each Australian state and the ACT has its own State Coordinator who form the National Committee, and meet for two, two day face to face meetings of the Network held in February and August each year, via teleconferences during the year and via email at all times.

Each state has an established State Committee, which meets formally twice per year for approximately 2-4 hours, usually at a private hospital within that state. The role of the State Coordinator is to represent the views at the national level of the people of their respective state. Representation on these committees is drawn from members of private hospital consumer carer advisory committees and consumer consultants together with people who have experienced care and their carers, from private sector settings within each state. Each State Committee has its own Terms of Reference under which it operates. These are consistent with the direction of the Network and work alongside and complementary to the National Committee.

A crucial and innovative activity of the Network has been the establishment of the Network's *Expert Advisory Panel*. The panel provides experts whom the Network can call upon to provide information on very specific issues, areas of fact and complexity, within their respective area of expertise. This informal group has been called upon on a number of issues to date.

The Network's activities including Reports of all meetings and our Work Plan, appear on our website: www.pmhccn.org

NETWORK OBJECTIVES 2011-13	NETWORK PRIORITIES 2011-13	NETWORK WORK PLAN 1 JULY 2011 – 30 JUNE 2013	TIME FRAME	RESPONSIBILITY	STATUS
<p>Objective 1</p> <p>Excel as the peak consumer and carer organisation for private mental health</p>	<p>1</p> <p>Maintain and develop organisational partnerships and engagement</p>	Support consumer and carer representatives on the PMHA	Ongoing	Nominated NNC Member	Support & information provided by the NC
		Engage with relevant professional organisations including but not limited to:			
		<ul style="list-style-type: none"> ▪ PMHA 	Ongoing	Chair/Nominated NNC Member	
		<ul style="list-style-type: none"> ▪ DoHA 	Ongoing	Chair	
		<ul style="list-style-type: none"> ▪ APHA Psychiatry Sub-committee. 	Ongoing	Chair	
		<ul style="list-style-type: none"> ▪ AHIA Mental Health Committee 	2011-13	Chair	
		<ul style="list-style-type: none"> ▪ AMA 	Ongoing	Chair	
		<ul style="list-style-type: none"> ▪ beyondblue 	Ongoing	Chair/bluevoices Representative	
		<ul style="list-style-type: none"> ▪ RANZCP 	Ongoing	Chair	
		<ul style="list-style-type: none"> ▪ APS 	Ongoing	Chair	
	<ul style="list-style-type: none"> ▪ ACMHN 	2011-13	Chair		
	<p>2</p> <p>Promote and expand the Network</p>	<p>THeMHS Conference Exhibition Stand</p>	Annual	Chair/NNC	<p>2011 THeMHS Adelaide</p> <p>THeMHS Summer Forum 2012 Sydney</p> <p>August 2012 THeMHS Cairns</p>
		<p>Identify conference opportunities</p>	Ongoing	Chair/NNC	<p>Organised World Psychotherapy Conference August 2011 Consumer Forum</p> <p>Network Booth Open Mind Fiesta – Mental health Week</p> <p>Keynote speaker Personality Disorders 4 November 2011</p> <p>Investigate opportunities for Network involvement through participation in:</p> <p>Altering States Conference May 2012</p> <p>WA Carers Conference October 2012</p> <p>MHSC Recovery Conference 2012</p> <p>VICSERVE Conference May 2012</p> <p>Diversity in Health Conference 2012 Sydney</p>

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		Explore further opportunities (commercial or otherwise) to promote the Network at the national and state level.	Ongoing	Chair/NNC	Carers Workshop Northpark Clinic 2012 Linkage with other internet websites Ongoing sales of Network books Undertake recruitment of Friends of the Network through liaison with professional, community and other organisations Undertake recruitment of new Network Members through liaison with consumer & carer organisations. Request private hospitals and other stakeholders include a link on their website to the Network website.
		Monthly e-news alert	Monthly	Network Admin Officer	Every month
		Appoint Patron/s	Ongoing	Chair	Professor Allan Fels appointed 2011. Continue to approach other high profile Australians
		Maintain and regularly update the website	Ongoing	Deputy Chair/PMHA Director	Insert links to appropriate organisations and help lines
		Distribute promotional brochure Driving Change to private hospitals	2012	Admin Officer	July 2011
		Establish ordering system for promotional brochure	2011-12	Admin Officer	Done
		Investigate development of additional promotional material including poster and business cards	2011-12	Chair/NNC	Business Cards done Develop promotional Network materials within budget <ul style="list-style-type: none"> • Poster for distribution to private hospitals and other services • Approach RANZCP for inclusion of poster in 1 Australasian Psychiatry Issue • Approach APS for inclusion of poster in APS m1 issues Name badges
	3 Maintain effective relationships with consumer and carer organisations	Engage with other national and state consumer and carer organisations.	2011-13	Chair/NNC/Admin Officer	
		Support the establishment of a national peak body for mental health carers	2011-13	Chair/NMHCCF Representatives	
	4 Ensure the Network currently represents the diversity of private mental health consumers and carers	Examine available data in the following key national reports that contribute to comprehensive information about mental health services in Australia. <ul style="list-style-type: none"> ▪ National Mental Health Report ▪ Mental Health Services in Australia ▪ COAG National Action Plan on Mental Health 2006-2011: Annual Progress Report ▪ PMHA-CDMS Annual Statistical Report 	2011	PMHA Director/Deputy Chair	

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<p>Objective 2</p> <p>Advocate to address the systemic needs and improve the lives of mental health consumers and carers</p>	<p>5</p> <p>Identify areas for improvements in treatment and care and advocate for best practice</p>	Participate in developing, and implementing new models of service delivery for consumers and carers in the private sector.	2011-13	PMHA C&C/NNC	CCMWG/QIPSC
		Develop and promote Network positions on identified issues.	2011-13	Deputy Chair/NNC	Development of Policies 8,9 & 10
		Monitor and publish psychotropic medications listed for consideration by the Pharmaceutical Benefits Advisory Committee.	2011-13	Admin Officer	Ongoing monitoring of the PBAC website and liaison with Network Expert Advisory Panel with a view to Network submissions
		Awareness of prescribing practices to identify medications that could be listed on Pharmaceutical Benefits Schedule.	2011-13	Chair/NNC	Liaise with appropriate members of the EAP with a view to potential submission to the PBAC
		Advocate for improved services for people with a diagnosis of Borderline Personality Disorder.	ongoing	Chair/Deputy Chair	<p>BPD Expert Reference Group (BPDERG) established 2010. Ministerial appointment of Network Chair in personal capacity.</p> <p>NHMRC agrees to develop BPD Clinical Practice Guidelines for Australia. Network to review & provide commentary as required during consultation.</p> <p>National BPD 2011 Surveys and analysis of results. Summary Report endorsed by PMHA for distribution to BPDERG January 2012.</p> <p>Seek funding, or pro bono, support for additional statistical analysis of two Primary BPD Survey Reports for PMHA approval for public release and distribution.</p> <p>Initiated annual BPD Awareness Day for 5 October each year. Development & publication of promotional materials.</p> <p>Seek political support for formal declaration of BPD Awareness Day.</p> <p>Seek funding and partner organisations to convene annual BPD Awareness Day Conference.</p>
		Participate in the development of a national strategy for trauma informed care.	2011-13	Chair/Deputy Chair	Network ongoing involvement with Advisory Committee looking at development of National Strategy for Trauma Informed Care
	Explore greater use of PMHA-CDMS Data for the benefit of consumers and carers in the management of their illness.	Ongoing	NNC	PMHA-Quality Improvement Project	
	<p>6</p> <p>Participate in developing, implementing and reforming mental health policy and practice.</p>	Scope current reforms and proposals for their impact on private mental health consumers and carers.	2011-12	Deputy Chair/Mr Hill	
	Provide targeted input into mental health policy issues from the private sector consumer and carer perspectives	Ongoing	NNC		
	Actively seek participation on all relevant Committees, Working Groups, Inquiries etc.	Ongoing	NC/Chair/Deputy		
<p>Objective 3</p> <p>Ensure sustainability of the Network</p>	<p>7</p> <p>Strengthen, support and maintain the Network</p>	Survey of members.	Annual	NNC	Collect stories of hope and recovery from Network Membership for publication.
Engage with the wider membership of the Network wherever possible.	Ongoing	Chair/NNC/Admin Officer			
Develop and review Network operational documents	Ongoing	Deputy Chair/NNC			
<p>8</p> <p>Strengthen, support and maintain the Network's State Committees</p>	Expand the membership of State-based committees	As required	Chair/NNC/Admin Officer		
Ensure ongoing viable State Committees in each State	Ongoing	Chair/NNC/Admin Officer			
Secure funding to enable remuneration for State coordinators and reimbursement for State committee members	2011-13	Chair			

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	9 Secure ongoing funding for the Network	Participate in negotiations AMA Agreement for Services 2011-13 and secure ongoing funding from the RANZCP and APS.	2012-13	Chair	
Objective 4 Build capacity to undertake new directions	10 Explore opportunities for development of research and projects around areas of identified need for consumers and carers	Identify possible consumer and carer related projects and/or research.	2011-13	Chair/NNC	<p>Seek DoHA funding to for a research officer to conduct the following projects.</p> <ul style="list-style-type: none"> • Completion of analysis of BPD Survey data. • Best Practice in Carer Engagement Project • Consumer and Carer Engagement within private sector mental health • Private sector consumer and carer input to Mental health Commission's Report Card <p>Develop information on Consumer & Carer Projects for inclusion on the Network website.</p> <p>Continued involvement & distribution of research findings from the Carer as Partners research project</p>
		Progress recommendations of Carer Identification Project	2011-13	Chair/PMHA Carer Representative	
	11 Pursue opportunities for education and training	Engage with relevant organisations to explore ways to develop consumer and carer perspectives in the education and training of health professionals.	2011-13	Chair	
		Engage with relevant organisations to explore opportunities for input into the education and training of private mental health sector consumers and carers.	2011-13	Chair	