

# CPN WRAP UP

## Message from Bridget Hamilton, Director CPN

Well hasn't 2019 flown by! The CPN team have been keenly supporting mental health nurses across Vic to do your best work.

From facilitating change with key nurses, to providing grass roots training, to evaluating innovative programs, to leading and contributing at conferences, realising good experiences and outcomes for consumers has been our aim.

This Newsletter highlights the ground breaking contributions of the consumer academic team at CPN, under the stellar leadership of Cath Roper.

We hope you take a moment to consider the good work you have done this year; wishing you a delightful Christmas and a Happy New Year from us all.

Bridget



## 2019's new team members



Megan Williams  
Programs, Events &  
Communications Officer



Indigo Daya &  
Rory Randall  
Consumer Academics



Helena Roennfeldt  
Consumer Academic /  
PhD Candidate



You can follow CPN on Twitter and Facebook to keep up to date with the latest information via @CPNunimelb



We were at the ACN Expo in April to help answer all of your mental health nursing questions!



Consumer Academics Indigo and Hamilton went to Canberra with Bridget to discuss the Victorian experience in Safewards. Pictured here helping MOOove the mental health system forward.



# 19

## PEER REVIEWED PAPERS

+

## 3 REPORTS



Nurse Academic and PhD candidate Teresa presented her completion seminar, "Heartscapes: A new narrative for understanding the complex interplay of mental illness and cardiovascular health" in September

## International Safewards Day

Wednesday 10 July was the inaugural International Safewards Day!

Safewards is an internationally recognised mental health program that aims to make mental health facilities safer for everyone. The model highlights for staff how they reduce conflicts and the need for restrictive interventions by preventing triggers that put patients and staff at risk.

View videos of Bridget and Consumer Academic, Hamilton about the importance of Safewards.



# 20th Collab Conference

The Victorian Collaborative Mental Health Nursing Conference (The Collab) celebrated its 20th anniversary in August. The annual conference applauds and showcases the specialist practice of mental health nursing and how this practice contributes to better health outcomes for consumers of mental health services.

The theme for this milestone conference was '2000 – 2019 Celebrating 20 Years of Commitment to Mental Health Practice' and was the largest Collab to date.

Congratulations to the First Time presenter winners Lorna Downes and Neil Turton-Lane who presented on 'Emotional CPR: Supporting people through emotional crises by Connecting, emPowering and Revitalising.



## SNAPSHOT



2 DAYS



430 REGISTRATIONS



21 EXHIBITORS



4 KEYNOTE SPEAKERS



32 FIRST TIME PRESENTERS

61 PRESENTATIONS



## TheMHS Award

Our Consumer Academic Program won an award at the 2019 TheMHS conference for service to mental health in The Education, Training or Workforce Development stream. It was given in recognition of the achievement of excellence, innovation and best practice in mental health services.

The award was presented to Daniel Pintado, Cath Roper and Vrinda Edan by The Hon Greg Hunt MP, Federal Minister for Health.



# The Royal Commission



Consumer leaders know well the connection between language, power, policy and the lived experience of mental health issues and services. Whether it is “mental illness”, “recovery”, “madness” or being “managed”, words are powerful tools that can help or hurt. This is the message consumer leaders Cath, Wanda, Alison Hall and Simon Katterl brought to the Royal Commission into Victoria’s Mental Health System. Wanting to know how to think and communicate respectfully about mental health, the Commission chose to listen to those who know first-hand the importance of language.

By using open dialogue strategies and a “You can’t ask that” forum, the Commission and consumer leaders discussed the impacts of framing, alternative ways of understanding our experiences, the personal meaning we give words and the ethics of who gets to use them.

## 4/5 Forums

We had six great 4s & 5s Forums in 2019.

Dr Rosemary Charleston and John Mizzi from CMHL kicked the year off with a CMHL Update and the launch of their website.

Kate Thwaites, Office of the Chief MHNurse and Frances Sanders, Office of the Chief Psychiatrist updated us on the Implementation of the Clinical Supervision Framework across Victoria and the findings of the Victorian state-wide survey.

In April we were lucky enough to have Dr Haley Peckham talk in Trauma-informed care starts in supervision.

Shingai Mareya, DHHS discussed the 2018-19 Vic Government funding for mental health nursing workforce as well as highlighting the key components in the transformation of services.

CPN Team Members Bridget, Wanda, Teresa and Rory led a reflection on Clinical Supervision Training. We finished up the year with Chief Mental Health Nurse, Anna Love who gave an overview of the year and what to expect in 2020.

Dates and locations for the 2020 Forums will be sent out in early 2020.



# Listen Up Louder!

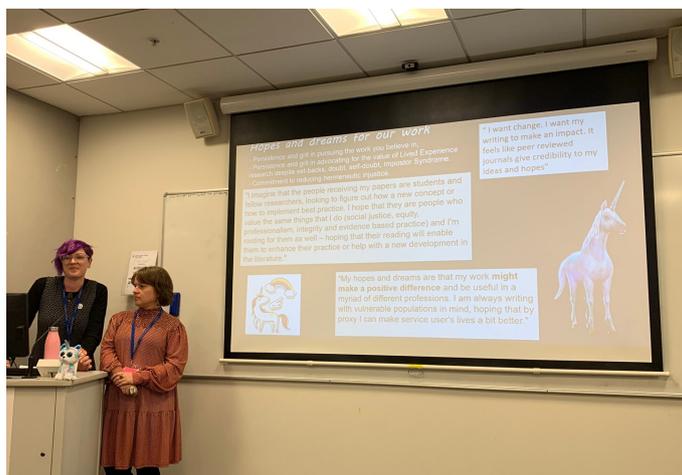
The VMIAC conference brought together activists, academics, practitioners, and change agents from across Australia and Internationally.

CPN Consumer Academics Cath Roper, Hamilton Kennedy, Indigo Daya, Rory Randall and PHD student Helena Roennfeldt presented on: Consumer Perspective Supervision, What Consumer Perspective means to us, making space for diverse experiences and views and eCPR.

Indigo Daya presented Minister for Health, The Hon. Marin Foley with a co-created collective vision and declaration on behalf of VMIAC and received a standing ovation from the audience.



## SUAS Conference



In November the CPN's Consumer Academics attended the Service User Academia Symposium (SUAS) in Wellington.

A highlight was first keynote speaker Jayasree Kalathill, historian of activism and advocacy of Black and Asian mental health service users. They encouraged us to research and work in a way that honours the histories of people from different backgrounds.

CPN's Helena and Rory presented "it's not all magic unicorn dust" which shared stories of difficulty and triumph in academic publishing. They considered what is lost in service of fitting prescriptive academic standards.

In her keynote Bridget Hamilton reflected on allyship, ethics and identity. Through giving a narrative account of the origins of her allyship, she encourages us and nurses to get together and work upon the problems that are near to us.

Read more about our takeaways from SUAS Conference

## ACMHN Conference

Bridget attended the ACMHN Conference in Sydney and presented on the evaluation of the Victorian Mental Health Interdisciplinary Leadership Network.





## Piri Pono Visit

While in New Zealand the Consumer Academic Program visited Crisis Alternative, Piri Pono. This is staffed by peer support workers and a nurse. Interestingly, here even the nurses have a lived experience of mental distress. Considering the findings of the Interim Report from the Royal Commission into Victorians Mental Health System, that there will be a new peer-led service, nurses with a lived experience might utilise this in future work.

## Society for Mental Health Research Conference

A broad range of research was on show at the 2019 Society for Mental Health Research conference. This year had a particular focus on non-medicinal interventions such as social psychiatry, dietary interventions, and non-pharmaceuticals. In addition to this was the novel work of the impressive Brain Park centre which seeks to utilise VR technology and gamified neuropsychological tools to work on issues such as Obsessive Compulsive Disorder and Addictive Behaviours. Other areas of focus were brain imaging of different disorders and techniques for reducing discrimination through school, workplace and online psycho-educational programs.

CPN's Helena Roennfeldt was part of a team that won the SMHR research pitch competition, this competition paired up researchers to co-create something for further investigation. Helena and Dr Magenta Simmons from Orygen combined their respective interests in youth peer support and service user experiences of presenting to emergency rooms to come with an idea to develop resources to prepare youth people presenting to ED in mental health crisis.



Read about the Society for Mental Health Research Conference here

## What's on 2020?



Dr Haley Peckham is making a quick visit to Melbourne in February to present two of her highly popular presentations 'Working with people with a trauma history: Understanding neuroplasticity can help in everyday practice' and 'Attachment theory & affect regulation theory: How experience shapes brains, emotions and relationships'. Both sessions have reached capacity but if you would like to join the waitlist please email [cpn-info@unimelb.edu.au](mailto:cpn-info@unimelb.edu.au) Ballarat Health Services are also hosting the two sessions and places may be available.