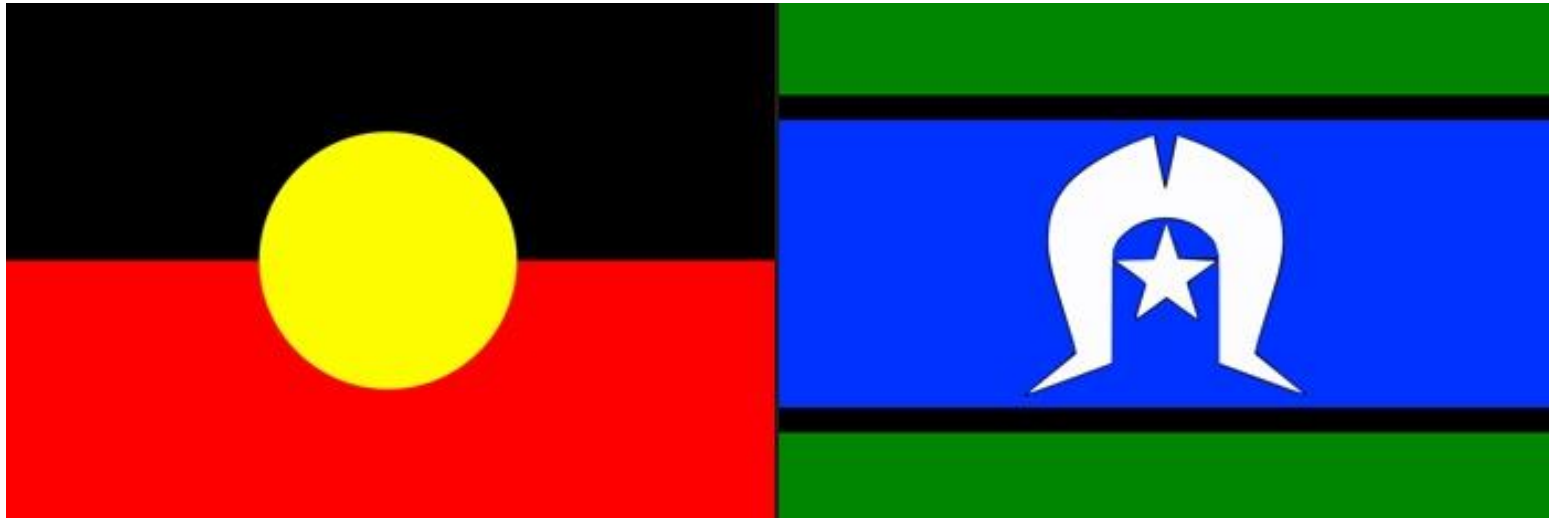




The Mental Health Act Peer Support Worker

Exploring legislation
through the lens of lived experience

Acknowledgment of Country



Background information

- * Innovative role, response to the Mental Health Act
- * Began October 2014 - Current
- * Created by Inner West Area Mental Health Service
- * Informing consumers through the lived experience perspective



Mental Health Act groups: John Cade Unit Level 1, Royal Melbourne Hospital

- * Began December 2014 - Current
- * Co-designed
- * Peer led, co-facilitated with Occupational Therapist
- * Weekly groups, alternating topics:
'Writing an Advance Statement
Choosing a Nominated Person'
'Knowing Your Rights, Under the
Mental Health Act (2014)'



Writing an Advance Statement

+

Choosing a Nominated Person

Developed by Martin Janssen
(Consumer Peer Support Worker)
and Donna Filippich
(Mental Health Tribunal Coordinator)
Updated March 2016



Starting the group:

- * Introducing roles
- * Lived experience story
- * Creating the space

What is an Advance Statement?

It is a legal document written by **you**.

It explains your treatment preferences and any additional information related to your mental health or wellbeing.

It applies if you have to receive **compulsory** mental health treatment, *e.g. while you are in hospital against your wishes*, though it is still useful if you have voluntary treatment.

The psychiatrist **must** consider any written treatment preferences in it before making treatment decisions about you.

Your treating team and any other supports you have can read any additional information so they can support you better.

What could I include?

• **Your preferences on treatment:** **(Medication, Electroconvulsive Treatment and Psychotherapy)**

What mental health medications have or haven't worked, and *why*?

*

*

Do you take any other medication, or have any physical conditions *e.g. allergies*?

*

Have you had electroconvulsive treatment?

*

Do you find talking therapy helpful?

*

Exploring:

- * The different uses of Advance Statements
- * What you could possibly include
- * What has or has not worked in our mental health journey

• **Other strategies that help with your mental health and recovery**

How do you like to relax? *e.g. listen to music*

*

Do you have any hobbies? *e.g. art, exercise*

*

Who would you like to be contacted to support you? *e.g. Friends, current workers*

*

• **Things that have been unhelpful in the past**

Are there any people you don't want to support you? *e.g. certain family members*

*

Is there anything that stresses you, or affects your mental health negatively? *e.g. triggers*

*

What type of environment impacts your mental health? *E.g. busy versus quiet*

*

• **Things that need to be looked after if you are unable to do so**

Do you have any children, pets, plants? Who?

*

Would you like someone to help look after your finances if you are in hospital or in crisis?

*

How would you like work or study to know if you need time off?

*

When can my Advance Statement be overridden?

Your psychiatrist can make a decision different to what you wrote if

1. Your treatment preference is unavailable
2. It is not considered as a clinically appropriate choice

They must explain why, you can request written reasons and get a second opinion.

Please note: Any information besides treatment preferences does not legally need to be considered or followed.

What is a Nominated Person?

A key person in your life, you can only have one nominated person at a time.

Someone who can help you present your views, support you to make decisions and exercise your rights. They cannot make decisions on behalf of you.

They **must** be contacted and consulted at certain points in your **compulsory** treatment, *e.g. when medications are being changed*, though they can still be involved if you have voluntary treatment.

Any person can be nominated provided they are willing, available and able to fulfill the role. They **must** write a signed statement on your nomination form, agreeing to be the nominated person.

Who could you nominate?

*

How can I make my Advance Statement or Nominated person official?

They can be made at **any time**, as long as you understand what it means to make one, and last indefinitely.

Ask your treating team for a template, or find one in the guides (next page).

Alternatively create one on a blank piece of paper, or print it out on a word document.

You can revoke them at any time, this is explained in the guides (next page).

You need to put the date, your full name and signature on the documents.

Your signature needs to be witnessed by an authorised witness.

Who is an authorised witness?

A medical or clinical mental health practitioner, or a person who can sign a statutory declaration (such as a lawyer, pharmacist or police officer).

The witness **must** write: that they believe you understand what an Advance Statement or Nominated Person is and the consequences of making one, that they saw you sign your statement or nomination, and that they are an authorised witness.

Clinical mental health workers can witness your signature, put a copy on your file, and put a notification on your online file.

Exploring:

- * The role of the Nominated Person
- * What support people we have
- * ‘nuts and bolts’ information

Where should I keep the documents?

It is best to print or photocopy multiple copies.

You could scan and keep an electronic version, and store it on your computer or phone.

Keep copies somewhere safe that can be easily found.

Give copies to your treating team and other key people in your life, let them know under what circumstances they are allowed to read your Advance Statement, as it may contain sensitive information.

It is good to review who you have chosen and what you have written regularly.

Who could you give copies to?

*

Advance Statement guide:

http://www.vmiac.org.au/pub/mha/vmiac_guide_to_advance_statement.pdf

Nominated Person guide:

https://www.easternhealth.org.au/images/services/mentalhealthact/aguide_for_consumers_carers_and_families_about_the_role_of_the_nominated_persons_and_carers.pdf

Guide to give to your Nominated Person:

https://www.easternhealth.org.au/images/services/mentalhealthact/A_guide_for_people_in_the_role_of_the_nominated_person.pdf

You can contact Martin on (03) 8679 9140, at Inner West Area Mental Health Service, Thursdays 9am - 5pm.

Finishing the group:

- * 'tips and tricks'
- * Handing out templates
- * Referring to fuller guides
- * Contact details for follow up questions

JCU1 Consumer Group Evaluation Form

Group Attended:

Date:

Please tick the box that applies to you:

1. Have you attended this group before?

◇ Yes

◇ No

2. Was this group?

◇ Helpful

◇ Somewhat Helpful

◇ Unhelpful

Please explain:

3. Has this group made you feel more informed about the topic discussed?

◇ Yes

◇ No

Please explain:

4. Would you attend this group again?

◇ Yes

◇ No

5. Do you have any suggestions about how this group could be improved?



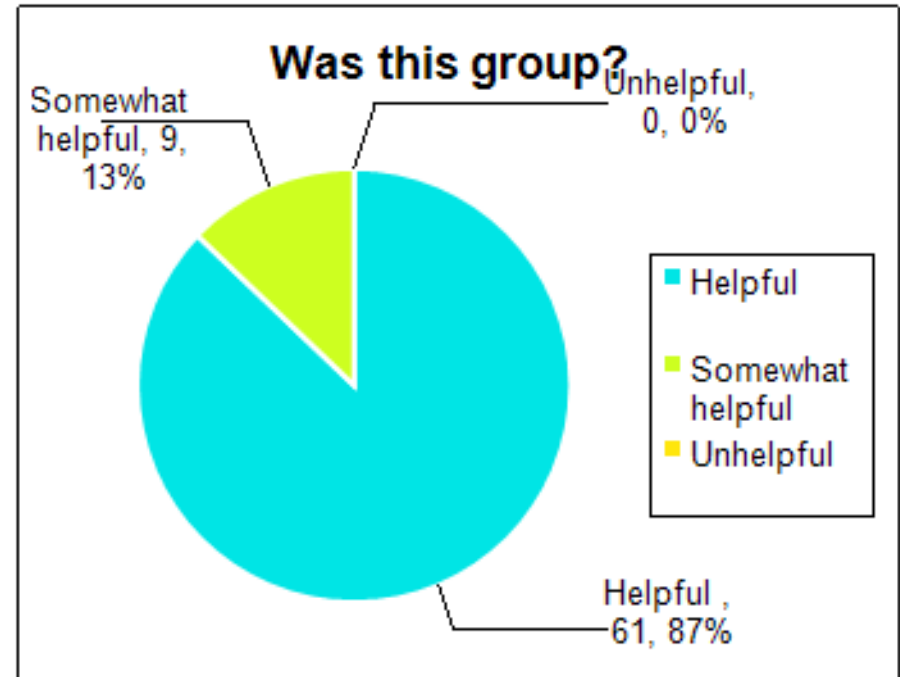
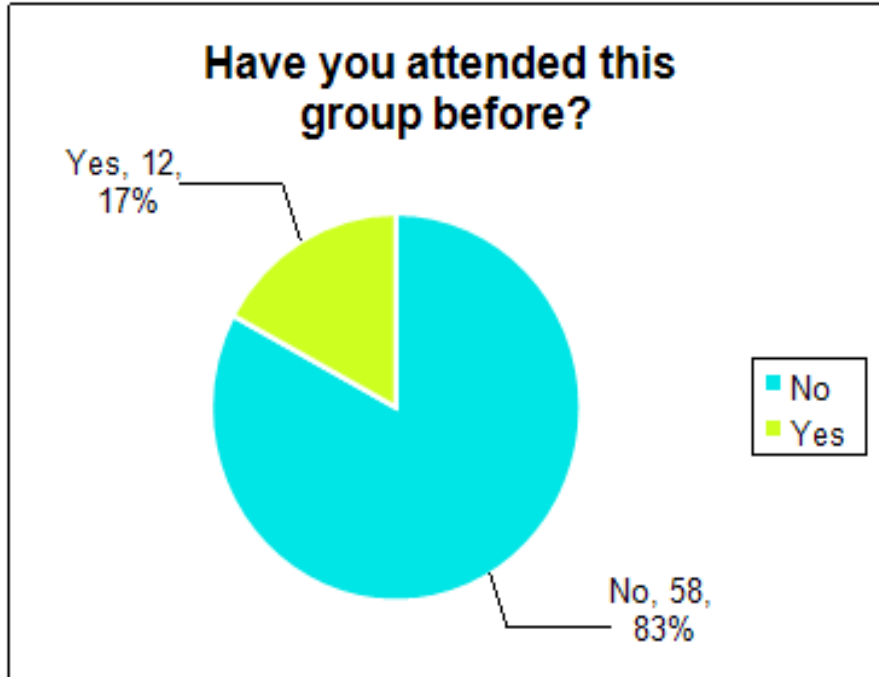
Group evaluation form:

- * Voluntary
- * At the end of the group

Thank you for your feedback

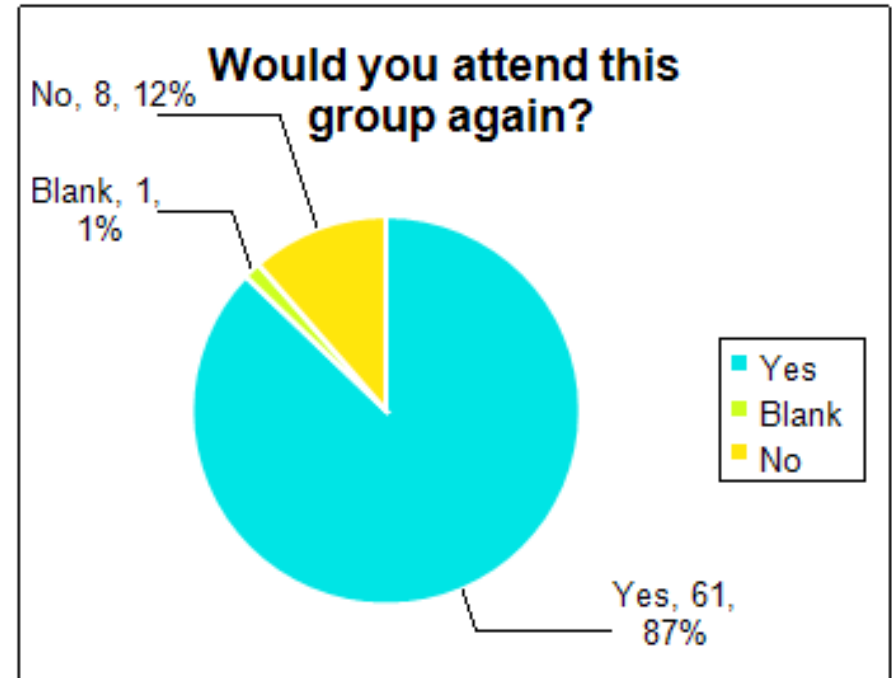
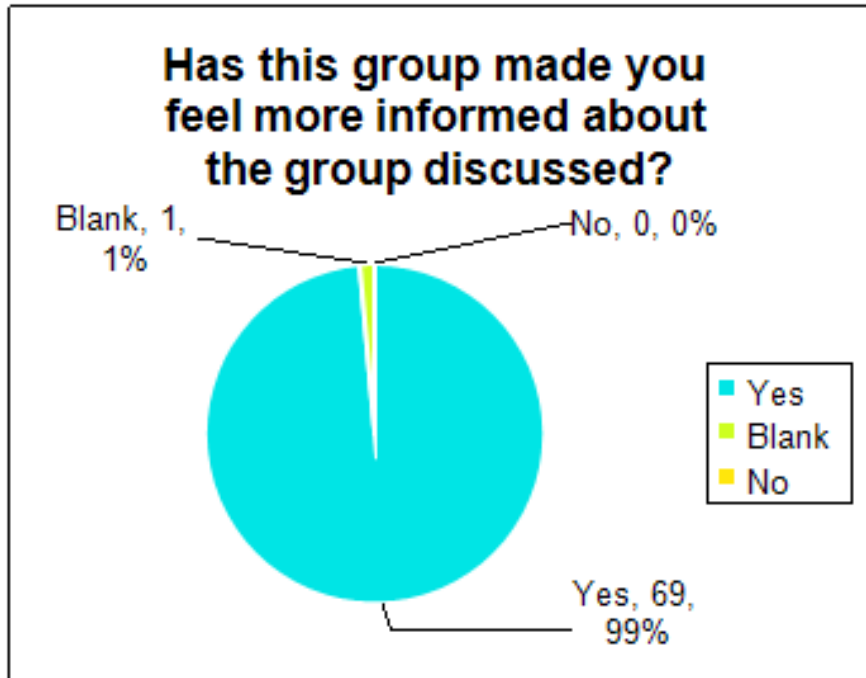
AS/NP Group Feedback Data

- * 6th of February 2015 - 13th of May 2016
- * 70 evaluations completed



AS/NP Group Feedback Data

- * 25 groups run, 83 attendees, 3.3 attendees per group
- * 82% completed feedback forms



AS/NP Group Qualitative Comments - Examples

- * "I didn't know there were changes to the mental health act, that can benefit the individual"
- * "Didn't know anything about it, so good to know and I will do one now"
- * "I know what I can put in it, I choose a nominated person cause I didn't know I could have one"

AS/NP Group Qualitative Comments – Examples (continued)

- * "To be able to communicate with others on the same wavelength or page"
- * "...must make you feel proud that you're helping out people like yourself and what you been through! Top job..."
- * "...Very emotional and inspiring!"
- * "It helped me to think of things that would help me"