



From the IIMHL and IIDL Update List

Welcome to this bi-monthly edition of Update 15 February 2019

IIMHL and IIDL organise systems for leaders to share innovations, network and problem solve across countries and agencies. The overall aim is to promote mental health and well-being for everyone. This includes developing leaders who can create the best possible conditions for mental health and well-being in all sectors across the life-span. Equally, it includes developing leaders who can deliver the best possible outcomes for people who use mental health, addiction and disability support services and their families.

Update allows the rapid transfer of new knowledge through sharing information about upcoming Leadership Exchanges, as well as key national documents, training and webinars. Please feel free to share this e-bulletin with others.

We would be delighted if you would join us on Facebook.



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IIMHL Feature - Australia

Looking Where the Light Is: Creating and restoring safety and healing: A cultural framework for addressing child sexual abuse in Aboriginal and Torres Strait Islander communities

[Helen Milroy](#), [Rowena Lawrie](#), [Paul Testro](#)
[Healing Foundation](#), October 2018

In 2016, in response to the Royal Commission into Institutional Responses to Child Sexual Abuse, The Healing Foundation released a discussion paper titled *Restoring our Spirits – Reshaping our Futures*([link is external](#)). It set out a culturally based healing framework for understanding and responding to trauma experienced by Aboriginal and Torres Strait Islander people who were sexually abused as children within public and private institutions. A range of recommendations were made to create change at a community, family and individual level to address the ongoing impacts of trauma stemming from institutional abuse. One of the recommendations was for The Healing Foundation to develop culturally based healing responses to protect children who have been sexually abused from further harm and to address the needs of perpetrators of child sexual abuse to stop the cycle of intergenerational abuse.

In responding to this recommendation, The Healing Foundation brought together a Knowledge Circle of key Aboriginal and Torres Strait Islander service providers and survivors along with relevant non-Indigenous practitioners and researchers. The Knowledge Circle shared cultural, practice and research knowledge related to understanding, preventing and responding to child sexual abuse.

This paper sets out a culturally based practice framework for understanding and responding to child sexual abuse. The framework is designed to create and restore safety and healing for Aboriginal and Torres Strait Islander children, families and communities. It takes a holistic view of sexual abuse in terms of its causes and impacts on children, families, perpetrators and communities and proposes an integrated response to the complex challenges of those causes and impacts.

The concept of creating and restoring safety and healing connects the present with the past and future. It draws upon the enduring strength and resilience of Aboriginal and Torres Strait

Islander cultures to drive safety and healing for children, families and communities along with relevant literature on child sexual abuse, trauma and healing. The framework addresses:

- the context of child sexual abuse and gaps in current approaches to addressing it
- values led approaches
- key elements and strategies for creating and restoring safety and healing

<http://apo.org.au/system/files/198016/apo-nid198016-1034381.pdf>

Other IIMHL Articles of Interest - Australia

Awareness into Action: A holistic approach to cultivating mentally healthy workplaces in Australia

Allianz, Jan 2019

In this report, we seek to show that a mentally healthy workplace can only be achieved when it is a business priority. We do this by bringing together key research findings and other expert resources to put forward a holistic approach to help employers transform awareness into action that promotes positive mental health in Australia's workplaces.

Our view, supported by our own research and others, is that more needs to be done to close the gap between what employers are doing to support mental health in the workplace and workers' perception of what should and could be done.

To view this report in full:

https://www.allianz.com.au/images/internet/aalaus/Allianz_Awareness_Into_Action.pdf

The Social and Economic Benefits of Improving Mental Health

Productivity Commission Australian Government, Jan 2019

The Productivity Commission has been asked to undertake an inquiry into the role of mental health in supporting social and economic participation, and enhancing productivity and economic growth.

By examining mental health from a participation and contribution perspective, this inquiry will essentially be asking how people can be enabled to reach their potential in life, have purpose and meaning, and contribute to the lives of others. That is good for individuals and for the whole community. This is an issues paper giving background to the concepts.

<https://apo.org.au/sites/default/files/resource-files/2019/01/apo-nid215966-1273551.pdf>

Understanding How Best to Respond to the Needs of Australians Living With Personality Disorder

SANE, 2018

The purpose of this report is to review current evidence-based practice, service availability and experiences of treatment for Australians with lived experience of personality disorder, regardless of their circumstances. An overarching aim of this body of work is to improve management of and access to effective treatment and support services for this group.

Personality disorder involves pervasive and persistent patterns of thoughts, emotions and behaviour that significantly deviate from cultural expectations and cause clinically significant distress or impairment. Personality disorder, particularly borderline personality disorder (BPD), is often misunderstood and stigmatised, and associated with challenges for both those with lived experience and their carers, families and other support persons. This project was commissioned by the National Mental Health Commission to identify treatment and

support availability and access through three components: a literature review, an environmental scan and a qualitative study.

<http://apo.org.au/system/files/202831/apo-nid202831-1047036.pdf>

Mental Health Care in the Perinatal Period Australian Clinical Practice Guideline

The Centre of Perinatal Excellence, 2017

The Guideline is relevant to the care of all women in the perinatal period. In addition to screening and psychosocial assessment, the Guideline provides guidance on care for women with depressive and anxiety disorders, severe mental illnesses (schizophrenia, bipolar disorder and postpartum psychosis) and borderline personality disorder at this time.

The access the Guideline:

http://cope.org.au/wp-content/uploads/2018/05/COPE-Perinatal-MH-Guideline_Final-2018.pdf

Monitoring Mental Health and Suicide Prevention Reform: National Report 2018

The National Mental Health Commission, 2018

The report considers the status of Australia's core national mental health and suicide prevention reforms, and their impact on the wellbeing of consumers and carers.

The National Report highlights progress in mental health reforms across Australia and key findings include:

- The significant reforms currently underway across the mental health and disability sectors.
- Recognition that that more work needs to be done, particularly to ensure access to services across the mental health system. However, we are pleased to see a strong culture of continuous improvement and collaboration around Australia.
- The importance of prevention, early intervention and a focus on the social determinants of health to reduce the impact of mental illness.
- The link between physical and mental health, the elimination of seclusion and restraint in mental health facilities and the delivery of the National Disability Insurance Scheme.

<http://www.mentalhealthcommission.gov.au/media/245211/Monitoring%20Mental%20Health%20and%20Suicide%20Prevention%20Reform%20National%20Report%202018.pdf>

Gold Coast Mental Health Suicide Prevention Strategy 2016 - 2018 Journey to Zero through Leadership, Support and Continuous Improvement

Gold Coast Health, 2016

This work was based on:

1. Leadership drives Cultural transformation that instils the belief that suicide of consumers under care can be significantly reduced by improving service access and quality through continuous improvement.
2. Staff Training will be provided in evidence based assessment and treatment interventions to ensure consistency in approach across the service.
3. Identify / Engage / Treat ensuring systems and procedures are in place to identify and respond in a timely way to people at risk of suicide, providing a patient centered assessment, support and treatment. This includes Aboriginal and Torres Strait Islanders, minority at risk groups and all groups across the life cycle.
4. Transition ensuring procedures and resources enable intensive support, at times of crisis and transitional points of care.
5. Improve and develop data driven quality improvement approach to inform system changes that will lead to improved consumer outcomes and better care for those at risk. These

priority areas will often interrelate and key actions will be grouped into smart solutions to ensure that all actions are measurable.

<https://clinicalexcellence.qld.gov.au/sites/default/files/2018-02/Gold%20Coast%20Health%20Journey%20to%20Zero%20Suicide%20Prevention%20Strategy.pdf>

23 Big Issues: Are they still relevant?

Douglas Holmes, 2018

This report was developed for release at the 2018 Adelaide TheMHS Conference. It includes and acknowledges where progress has been made on each of these issues, however since this work was started it has been discovered the 1974 Mental Patient Union report “Declaration of Intent” that had identified 24 similar issues (included at Appendix A).

Although the 2000 TheMHS Adelaide Consumer Forum, is seen as the starting point for the 23 Big Issues project, it is important to acknowledge the work done in previous consumer day committees, especially the 1999 TheMHS Melbourne Consumer day organising committee: with assistance from the Victorian Mental Illness Awareness Council (VMIAC)

www.vmiac.org.au, when they identified the first 20 Issues and started to focus the attention of people attending the consumer day on the importance of these issues.

<https://tamhss.files.wordpress.com/2018/08/23-big-issues-2018-themhs.pdf>

IIDL Feature - Australia

IIDL Development in Australia

Work is underway to establish a National IIDL Reference Group and a number of domestic development strategies for Australian IIDL members.

A recent national Workshop was held in Melbourne on 1st December 2018 and a number of resources are available:

- [Event Summary Report](#)
- [Event Agenda](#)
- [Keynote presentation delivered by Dr Michael Kendrick titled: “Leadership in Creating What Matters Most”](#)
- [Public Communiqué from the Emerging leaders Workshop in Sweden 2018](#)

The event was well attended with 55 participants and there was considerable momentum to establish a National IIDL Reference Group and to start some local leadership exchanges and increase opportunities for emerging leaders.

If you would like any further detail or the full Workshop report, please contact:

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Other IIDL Article of Interest - Australia

Improving Educational Outcomes for Children with Disability in Victoria

Castan Centre for Human Rights Law, Monash University. 2018

Although there have been wide ranging reforms and initiatives in the Victorian education system relating to children with disability, this report argues that students with disability continue to experience disadvantage and discrimination.

Recommendations covering law, policy, procedures and practice are given that are intended to strengthen the current reform process and protect and fulfil the rights of children with disability.

https://aifs.gov.au/cfca/2018/08/21/report-improving-educational-outcomes-children-disability-victoria?utm_source=CFCA+Mailing+List&utm_campaign=6dd2e13cc4-EMAIL_CAMPAIGN_2018_08_13_04_00&utm_medium=email&utm_term=0_81f6c8fd89-6dd2e13cc4-211260429

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Join IIMHL / IIDL

Leaders in any sector that can affect the conditions for Mental Health and Addictions and leaders in Disability services can join IIMHL or IIDL free by using this link:

<http://www1.iimhl.com/Join.asp>

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