



## **Key Themes from Tuesdays with Nexus** **14 July 2020 - 9.30am**

10 people attended this session from AOD, MH and MHCSS services. You can access resources and Key themes from past sessions on our website:

<http://www.svhm.org.au/nexus/tuesdays> – Thank you for your participation.

### **Presentation** from Philippa Hemus, Consumer Consultant, St Vincent's Mental Health

- Mental health teams have split into out-reach and in-reach teams depending on consumer need
- Initially people did really well in first COVID lockdown 1.0 but it has become evident that many are not coping as well in Lockdown 2.0
- Connecting with Case Managers is more difficult using telehealth, esp if don't have well established relationships
- Isolation impacting consumers +++
- Privacy issues of concern ie in homes/rooms, what if others can over hear
- Lack of group programs has impacted consumers in Lockdown 2.0
- Peer workers have been re-deployed and telehealth options have been offered and very popular
- DHHS has provided data and packages for phones with limitations on use
- Ilona and Katherine at Clarendon got \$50,00 funding for care packages – food, clothing and toiletries – very much needed and consumers reporting they have been able to eat well for the first time in a long time. Basic needs are often not covered under normal circumstances



- Gambling habits have changed – Pokies closure has given relief to some while other who use online have increased use.
- Alcohol use has increased across the board – consumers have reported feeling embarrassed about slipping up.
- Letters to support appointment attendances and selfcare options from clinical staff for consumers have happened sporadically to avoid instant fines for being out of home
- Post Lockdown 1.0 more referrals were seen at services and these have continued for most
- Communication by Case Managers has improved with Lockdown 2.0 – Consumers more aware of what is available
- Panis buying impacted consumers as many not able to afford to stock up and shelves were depleted
- Carer burnout is expected in Lockdown 2.0 as many carers were struggling last time
- More referrals to AIS occurring and discharges occurring faster due to concerns about infection etc

### **MH Royal Commission CONSULTATION PAPER - July 2020**

Chris from Nexus advised of a recently released Consultation Paper seeking feedback regarding a proposed Model of Service – please forward to your networks for comment (see link below)

**[https://consultations.health.gov.au/mental-health-services/adult-mental-health-centres/supporting\\_documents/Consultation%20Paper%20%20Service%20Model%20for%20Adult%20Mental%20Health%20Centres%20July%202020.pdf](https://consultations.health.gov.au/mental-health-services/adult-mental-health-centres/supporting_documents/Consultation%20Paper%20%20Service%20Model%20for%20Adult%20Mental%20Health%20Centres%20July%202020.pdf)**

Online survey closes 29/7/20:



<https://consultations.health.gov.au/mental-health-services/adult-mental-health-centres/consultation/intro/>

### **Mind Australia**

Has a new CEO Gill Callister

Teams have also been split into out-reach and in-reach

Keeping a flexible approach to engagement depending on restrictions

### **NEMSCHA Webinar**

- Trauma Informed Care and Responding to sexual Abuse Disclosure  
Wednesday 15 June 2020 2-4pm
- Contact Sarah.officer@svha.org.au
- Access: <https://www.sli.do/> Code: #V567

Next session:

**'Tuesdays with Nexus' - A weekly interactive online session**

<b>Date:</b>	<b>Tuesday's – 21 July 2020</b>
<b>Start time:</b>	<b>9.30 am – Victoria (AEST)</b>
<b>Duration:</b>	<b>30-45 mins</b>