



Key Themes from Tuesdays with Nexus **6 October 2020 - 9.30am**

26 people attended this session – Thank you for your participation.

Update on the new state wide Mental Health Hubs- Extra support during the pandemic. Jo Hutton, Banyule Community Health

- Head to help program, MH response extension to lived stepped care program, commenced 14 September 2020, 12 months funding
- Holistic wrap around services, including intersectionality housing, Centrelink support FV, AOD, gambling, depending on level of acuity
- High need clients can have warm referrals to AMHS
- **1800 595 212** – Access number
- Recruitment has been undertaken – staff starting next week
- Work from home and outreach, as well as group programs to be undertaken
- 15 different hubs are across Victoria (9 metro, 6 regional)
- Fliers to be distributed – see attached
- No set number of sessions for clients to access services
- Available to people presenting with a dual diagnosis – no wrong door approach
- Impact of COVID-19 screened for in assessment
- If other funding is sourced then not able to access this
- <https://headtohelp.org.au/>

Update on the new Preventative Health program, Ayesha Maharaj, Neami National

- Launched recently – 2x nurses 2x health promotion officer – funded to June 2021
- Preventative moderate to severe medical care needs – whole of person care to overcome existing barriers, physical health checks, Cancer screenings (breast, bowel and cervical), smoking cessation and flu vaccination
- Capacity building, and care coordination part of the roles
- Eligibility – over 18 years, live in EMPHN catchment, Mod to severe MH issues, benefit time limited health screening (6 months), self-referral, no limitations re other funding
- Age and gender dependent, not excluding LGBTIQ (see brochure)
- Intake managed by nurses – Care coordination and collaboration key with consumer
- Not affiliated with Equally Well Victoria.
- Preventative Health Initiative



- PH: 1300 185 399
- E-FAX: 03 9012 4233
- Email: PHI@neaminational.org.au
- Website: www.neaminational.org.au/phi
(Referral Form and Brochure)

Priority areas on page 7:

<https://www2.health.vic.gov.au/Api/downloadmedia/%7B89E0C049-2706-4213-B3C1-97A407F620E7%7D>

Mental Health Week Activities

NEMHSCA Webinar:

Harm Reduction Webinar- An empowering person-centred approach to Substance Use and Mental Health – Available on Yarra Drug and Health Website this week

VTMH have a new website: <https://vtmh.org.au/>

CMHL have training updates out: <https://cmhl.org.au/>

Grace McLoughlan update

Grace is organising a fundraiser for mental health week to raise funds for Safe Haven Cafe - a fantastic non clinical, drop-in service run by peer workers.

Here is the link for the fundraiser and some more info.

<https://www.stvfoundation.org.au/fundraisers/gracemcloughlan/mental-health-week-fundraiser-for-safe-haven-cafe>

Update from Elise at Mind Australia

This National Carers Week (11-17 October) Caring Fairly will be collecting carer stories to share on their social media channels and website. Raising awareness is a vital step in growing community support and creating positive change for carers. However, we know that right now many people in the community don't know what it's like to be carer. To help change this Caring Fairly are asking carers to share their experiences so they can amplify their stories and make sure their voices are heard. They're asking carers to answer a few questions about being a carer through this form <https://actionnetwork.org/forms/share-your-story-for-national-carers-week/> They will then select some of the stories submitted to share on their social media and their website, across Carers Week 11-17 October, and beyond. Caring Fairly may also use stories to inform and support their ongoing advocacy work for carers, so it's a great opportunity to share your experiences as a carer and make sure your voices are heard.



Make sure you follow Caring Fairly on social media to keep up to date with the campaign and see the stories that are shared across Carers Week. You can also help make sure carers stories are seen by as many people as possible during Carers Week by like, commenting and sharing their social media posts.

Caring Fairly Facebook: <https://www.facebook.com/caringfairlycampaign>

Caring Fairly Twitter: <https://twitter.com/caringfairly>

Information about Caring Fairly:

Caring Fairly is a national advocacy and awareness raising campaign coordinated by Mind Australia. It exists to push for greater recognition, rights and policy and social reform for all unpaid carers.

Next session:

'Tuesdays with Nexus' - A weekly interactive online session

Date: Tuesday's 9.30am – 13/10/2020

Presenter: Jane Moreton, Project Manager – AOD Sector Capacity Building, Victorian Alcohol & Drug Association (VAADA)

Topic: "VAADA Updates in the AOD Sector during Lockdown 2.0"