

Tuesdays with Nexus

Interactive online sessions

in partnership with NEMHSCA



Key Themes from Tuesdays with Nexus **22 February 2022 - 9.30am**

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

Presenters:

Topic: A Reflection on Stigma in the Mental Health & AOD Services

Mirella Rao
Senior Clinician
Nexus
St Vincent's Hospital Melbourne

Resources Shared:

Please see the resources for 2022 for the Powerpoint slides

We need a wellness model of mental health and substance use
Lived/living experience participation is assisting with the shift in the dialogue.
Invalidation in MH services – culture shift is required
Needing unconditional positive regard – Rogerian thinking
We change our values to accommodate our behaviours
HOPE is key to facilitating recovery – Gary Poehnell
Welcoming reframes the narrative

<https://www.svhm.org.au/our-services/departments-and-services/n/nexus/tuesdays-with-nexus>

Next Session 2021- Date: Tuesday – 8 March 2022 30 - 45 mins

To be advised