

Queensland Alliance for Mental Health

The peak body for the mental health community sector



Queensland Alliance for Mental Health is the peak body for the mental health community sector.

We're working with you to create communities that value differences, promote wellbeing and create a sense of belonging for everyone.

We aim to achieve this vision by influencing, connecting, strengthening, and collaborating with, our communities to improve mental health and wellbeing.

Queensland Alliance for Mental Health is an independent charity which represents community organisations working in mental health.

What does Queensland Alliance for Mental Health do?

- We support, promote and represent community organisations working in mental health in Queensland.
- We promote the human rights of people with mental illness.
- We influence governments to support people's recovery in their own homes and communities.
- We advocate for services that promote mental health and community wellbeing.

What do we stand for?

Queensland Alliance for Mental Health:

- believes in recovery;
- believes in human rights, social justice and universal access to health care;
- believes that responses located as close to a person and their community as possible will best meet their needs; *and*
- supports the contribution of people with experience of mental illness in forming policy and design of services.

Our goals are:

- social inclusion and community wellbeing;
- a mental health system focused on people's recovery in their own homes and communities; *and*
- easy access to information and strategies that promote mental health.

We're working with you to create communities that value differences, promote wellbeing and create a sense of belonging for everyone

Queensland Alliance for Mental Health State Council President 2011, Cathy O'Toole



2020 Vision

This vision was developed with our membership

It is the year 2020:

“Recovery” is not a policy word but the ethos of the system: focused on supporting people on their own recovery journey, and providing resources and support to the community to promote mental health and wellbeing. There has been a massive investment in community-based mental health, delivering social, psychological and medical services in local communities.

Aboriginal and Torres Strait Islander healing centres for social and emotional wellbeing exist in many remote communities and also urban settings.

A network of rural/remote recovery hubs is providing mental health services to isolated and remote areas of Queensland.

Small, four bed “time out” houses exist in most communities, along with a range of alternatives to acute admission.

A number of traditional mental health units remain in hospitals around Queensland, as do three forensic units.

Most clinicians operate mobile services, treating people wherever they live.

So-called “talking therapies” are universally available through the Medicare system and NGO primary health care.

At least 30% of the mental health budget is invested in community organisations for sustainable delivery of services.

A range of services and strategies meet the needs of culturally diverse communities.

There is a major investment in peer support services, for both consumers and families/friends including: support groups; individual advocacy; innovative carer support; and education/training services.

The specific needs of women are recognised, and there are services relating to childbirth and other family support needs.



A widely publicised 1800 line provides information and referral to the public on mental health services.

Clients' rights are enforceable and well protected and a well-known and easily accessible complaints process exists.

Housing and employment systems respond to the needs of people with mental illness.

A major five-year community education and health promotion campaign to normalise the experience of mental illness, and improve community awareness has taken place. A national anti-stigma campaign has also been implemented, involving TV ads and grassroots community education.

To achieve 2020 Vision:

FUTURE INVESTMENT



NOW



FUTURE INVESTMENT



There must be a greater investment in community-based mental health services

Strategic Directions 2010-2012

1 **Develop influence through work with key organisations**

- Ensure that the community sector is integral to the National Health Reform agenda
Access relevant Government contacts; resource members with information to support initiatives.
- **Develop gap analysis of key government relationships**
Identify existing and required government relationships and joint funding opportunities.
- **Develop gap analysis of key corporate relationships**
Identify existing and required corporate relationships and joint funding opportunities.
- **Work with member organisations to develop government influencing skills**
Develop skills and resources to assist members in ongoing lobbying.

2 **Integrate diversity of culture into operational and service models**

- Develop cultural competency workshops for board, staff and key stakeholders
- Engage multicultural and Indigenous membership to determine how Queensland Alliance for Mental Health can be more relevant to them and what support we can offer
- Develop staff culture that heightens competence in cultural diversity and integration into operational procedures
- Investigate how other overseas organisations integrate diversity of culture

3 **Develop evidence-based support**

- **Map existing research in mental health community sector practice**
Map existing and potential research, identify existing and potential practice partnerships.
- **Broker partnerships between researchers and practitioners**
Broker new partnerships between health and social research organisations and members, including potential funding opportunities.
- **Influence the research agenda in health and social policy**
With members, influence the research agenda towards outcome measurement on social inclusion and recovery.
- **Develop an evidence base on the impact of Industry Body Practice**
Document the evidence behind the value and contribution of mental health community organisations towards improving social inclusion and quality of life.

4 **Develop society-changing programs**

- Establish an anti-stigma initiative for mental health social inclusion
- **Promote and develop mental health promotion in the community sector**
Work with members, researchers, and health promotion specialists to raise the profile of mental health promotion and possible funding sources.
- Provide new services to employers that will increase their productivity by reducing mental health discrimination in workplaces

Membership

Ordinary Membership

Ordinary members are not-for-profit, non-government community organisations or groups, located in Queensland, which have a significant role in serving the needs of people affected by mental illness or psychiatric disability.

Associate Membership

Individuals are invited to join as Associate Members. Organisations that are not eligible for Ordinary Membership may also join as Associate Members.

Join Queensland Alliance for Mental Health and:

- influence government policy on mental health;
- support a strong voice for the non-government sector;
- receive regular mental health news, notice of events and training;
- stay connected with mental health NGOs across Queensland;
- support recovery and the participation of consumers and carers; *and*
- be represented at the national level through the Mental Health Council of Australia and Community Mental Health Australia.

Your member representative

The member representative you nominate will be a key contact for your organisation's involvement with Queensland Alliance for Mental Health and receive direct communications from Queensland Alliance for Mental Health.

Representatives of Ordinary Members will:

- be entitled to vote at Queensland Alliance for Mental Health AGMs; *and*
- be eligible for election to the Queensland Alliance for Mental Health State Council.



For a membership application form, please visit our website's membership page at:
www.qldalliance.org.au

Queensland Alliance for Mental Health State Councillors (2011) ↗

Queensland Alliance for Mental Health provides a shared voice, shared information, collective action, and lets us know about other services out there

Queensland Alliance for Mental Health member



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ATO ENDORSED HEALTH PROMOTION CHARITY

