



# COLLABORATION WITH OTHER SECTORS

CHAIR: GILLIAN CLARK, PROJECT OFFICER MENTAL HEALTH ROYAL COMMISSION

1. Co-designing a national Prompt Response Network: Victorian perspectives
2. Yarra and Boroondara Mental Health Alliances create cross sectoral collaboration, optimism and allyship
3. Drug Outreach Lawyer (DOL) – A 21 year collaboration with the AOD sector

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# Yarra and Boroondara Mental Health Alliances create cross sectoral collaboration, optimism and allyship

Mirella Rao, Nexus

Kevan Myers, Nexus

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# Yarra & Boroondara Mental Health Alliances create cross sectoral collaboration, optimism and allyship



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Katherine Barling Carer Consultant



Under the stewardship of Mary Aikenhead Ministries

Boroondara  
Mental  
Health  
Alliance

# YMHA & BMHA create cross sectoral collaboration, optimism and allyship

Alliance Definition (Cambridge Dictionary)

*An agreement to work with someone else to try and achieve the same thing*

49 services including: community health, gambling support, peak bodies, homelessness sector, clinical and community mental health and Alcohol and Other Drugs

*“Meeting as an Alliance can be transformational as it fosters a creative, trusting, supportive space”*

# Purpose / Aims

Statement of Purpose - The Yarra Mental Health Alliance fosters trust and honesty amongst its members and meetings provide a reflective safe space to share and learn about what is happening within the sector.

The Boroondara Mental Health Alliance (BMHA) is a localised expression of the aims of the EMHSCA.

BMHA Aim - To improve the mental health and well-being of the residents and service users of the City of Boroondara and foster collaboration in the local service system.

*“The opposite of integration is dis-integration”* Alliance member

# Highlights 2022

**21 Alliance meetings and events / 187 attendances**

**85 individuals attended including people with lived experience, carers and peer workers**

**Mental Health Week Forum at St Mark's Community Centre with Mental Health Complaints Commissioner Treasure Jennings and ReSpin lived experience gambling harm**

**St Vincent's Mental Health Transformational Plan, survey and input**

**NRCH : community led mental health survey of public housing residents**

**Yalinguth, Fitzroy Aboriginal Heritage Walking Trail**

**Homelessness Week Walk : Boroondara Community Outreach, Kew Uniting Church**

**Live stream Your Life Your Voice YouTube Channel**

**Assisting Communities through Direct Connection (ACDC) an initiative of Community Mental Health Australia in partnership with University of Western Australia**

# What members said

*The opportunity to connect helps to decrease isolation*

*The networking helps to find out what's going on in the sector and community*

*It's an avenue to disseminate up to date information*

*Network intelligence*

*Informs practice*

*Links to ideals of social prescription*

*Enjoyed events e.g., walking tours helps to create energy and connection*

*Good to be able to share information with both Alliances*

*Good to be able to link people to other services and information*

*Good forum to promote services*

*Collegiate support*

*Promotes integrated care, as recommended by the Royal Commission in the Victorian Mental Health*

# A place to flourish

*Flourishing – the capacity and opportunity for workers to be the best version of themselves*

*In turn helps to build a system which is responsive, creative, and effective*



Connecting Alliances / creativity /  
fresh thinking / the arts/ lived  
experience / ...people in our  
neighbourhood ....



Artist, mental health arts advocate Heidi Everett

# More people in our neighbourhood ... Compassion in Healthcare / Human First



Social work lecturer Dr Debbie Ling / Artist, activist Güler Altunbas

# A place to find your people

Membership is voluntary and still people come because it is where can people flourish

It takes years of work to create a culture, a reputation, an expectation

A place where people are motivated ...get results

A predictability a stability in a changing world

Years without funding but still people attend

A place where people are noticed

People are not bystanders

A place where people can imagine

# How is it done? A place to develop and harness practice wisdom

Be welcoming

Be respectful

Make time for discussion

Prepare and reflect / steering intentional collaboration group facilitates

Opportunity to ask questions of peers

A place of courage

A place to explore roles

A place where multiple perspectives can be held

# Quotes from members

*Thank you again for allowing me to be a part of such a wonderful group*

*I do hope to keep in touch as I do feel that we are part of a bigger team working towards better mental health care for our consumers in Victoria*

*A big thank-you to everyone for your collegiate support, making me feel very welcome in the network*

# Expanding possibilities

*Collaboration gives the freedom to come out from the narrow scopes of life to the field of endless possibilities*

Amit Ray

*If you have knowledge, let others light their candles at it*

Margaret Fuller

# Conclusion

Everyone in the service sector has a role to play in improving someone's mental health

There is a need to incentivize collaboration and fund KPIs around networking and collaboration

Effective alliances can create optimistic and supportive workspaces so crucial to combat worker fatigue and nihil-ism

RCVMHS Recommendation 59 “support the professional wellbeing of the mental health and wellbeing workforce”



# Alliance Members December 2022

