



Nexus

Integrated Care



Lived and Living Experience Cross Sectoral Collaborative Network

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Care

A person in a white lab coat is holding a child. The scene is overlaid with a network of string lights, creating a warm and interconnected visual. The background is a soft, out-of-focus blue and white.

Nexus Integrative Care

Nexus Integrated Care is based at St Vincent's Hospital Melbourne

Aims

- To build integrated care (MH and AOD) workforce capacity. Creating a more skilled, capable and confident workforce.
- Raising the awareness and profile of the need for integrated treatment/care for co-occurring mental illness and substance use or addiction.

How

Advocacy, Networks and Alliances, Resource Development, Education and Training.

A large, stylized question mark is painted in white on a weathered, grey brick wall. The question mark is composed of a thick, hand-painted outline. The background wall is made of bricks of various shades of grey and brown, with some mortar missing and peeling paint visible, giving it a textured, aged appearance.

Question

- *How would a LLEW Network help your organisation?*
- *(we will come back to this at the end of the presentation)*



Purpose

The network provides an opportunity to collaborate, share ideas, problem solve and hear from guest speakers from across the sectors and is dedicated to building stronger working relationships between LLEWs in Yarra and Boroondara.

Feedback

“Lots of LLEW are hungry for information and access to other services but are missing out”



History

- ***Nexus Integrated Care, as part of the Yarra and Boroondara Mental Health Alliance, scoped the need for a Cross Sector Lived Experience Workforce Network, in line with recommendations 28 and 35 of the Royal Commission into Victoria's Mental Health System.***
- ***The response was overwhelming with LLEWs from the AOD and mental health sectors across the St Vincent's Area Mental Health catchment endorsing the concept of a network.***



History

- *Since September 2023, the Network has met bimonthly, with over 60 members from 15 organizations participating*
- *This was an online only format where LLEWs listened to guest speakers*

New Phase

- When I came onboard as Lived Experience Project Worker, the LLEW CSC Network became part of my portfolio
- As a team we discussed the current format and wanted to try something a little different this time round while maintaining the original purpose of network





Going Forward

- We thought long and hard about the cross sectoral nature of the network and how we could bring tools and resources from LLEWs across the Boroondara and Yarra regions
- How can we bring the best out of the network members so they can utilise their lived experience to lift themselves personally and enhance their skillsets professionally?

Going Forward

- How could we create a safe place of connection where people would be able to share lived experience in a meaningful way?
- How could we talk about our challenges personally and professionally and create solutions together?





Vision

The Lived and living experience workforce cross sectoral collaborative network provides space and guides workers both personally and professionally by sharing resources, learnings and speakers from multiple organisations across the Yarra and Booroondara regions. In turn the network members become lived experience educators and leaders passing on knowledge and experience to the wider community and workforce. We do this in collaboration with partner organisations and continuously seek out new partnerships.



Aims

- To empower the LLEW with the right tools to work effectively with consumers and their families/carers and supporters
- To create a safe space through trust and connection where people can talk personally about their challenges
- To overcome challenges (personal or professional) with meaningful robust discussions
- To collaborate with members and guest speakers through shared presentations
- To seek out partnerships with multiple organisations

New Format

- Nexus decided to take different approach from the original format
- We made the decision to hold the network face to face instead of online or hybrid. We felt this was better for connection and collaboration. A better environment to create a safe space
- Currently the network has representatives from Tandem, SHARC, North Richmond Community Health, APSU and St Vincents



Values

- In the first meeting we agreed values were important to establish as well as a steering committee. Each member of the committee chose a value important to them.
- The values we decided on are:
 - **Honesty**
 - **Curiosity**
 - **Change is possible**
 - **Transparency**
 - **Relational Learning**



Meeting

Where: Neighbourhood
Justice Centre

When: Meet Bi-monthly

Duration: 1.5 hrs

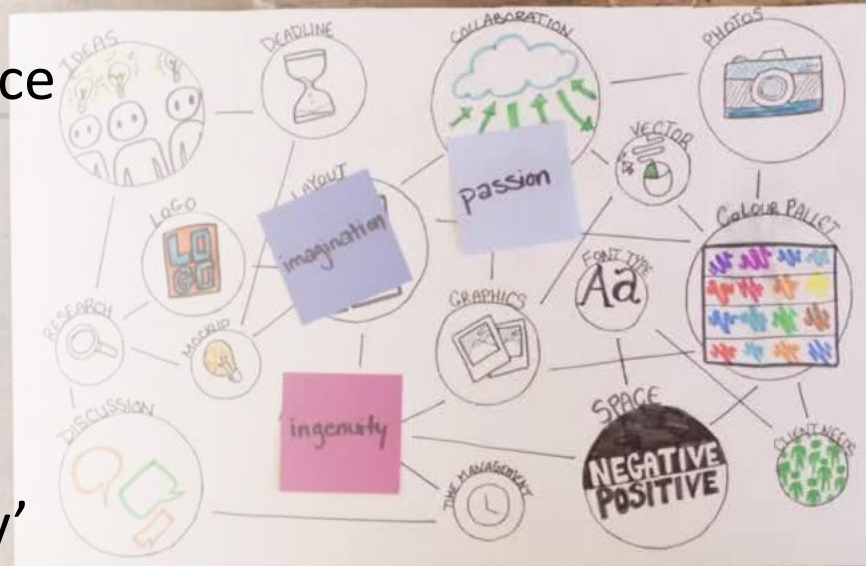
Highlights

- Carers Can Ask Presentation
- Tandem 5 modules Presentation
- Personal Recovery Journey presentation
- Cross fertilisation - Members of the network representing in other workforce meetings with additional organisations



Story

- Unlike other professions lived and living experience workers bring their whole selves to the workforce
- This is why the network supports people to share their experience not just professionally but personally aswell. The two are intertwined for us
- The impact of sharing one's 'story' or parts of the story in this setting provides learnings not seen anywhere else
- The power of vulnerability can bring a sense of hope not only to LLEW, but clinicians also



Story

- Disclosure is personal and private but in the right setting, a safe space, and done sensitively, can empower the person and the listener
- Lived experience education means using your toolkit based on experience of mental ill health to impart knowledge to others. Part of this toolkit can be utilising disclosure when necessary
- The Lived and Living Experience Cross Sectoral Collaborative Network is a space where LLEWs can develop their whole selves to benefit the workforce and the consumers and carers they work with. It is a place where LLEWs bring any challenges they face for solution focused outcomes.





Questions?