

# MENTAL HEALTH ADVISORY COUNCIL MEETING MINUTES

September 14, 2023

<b>Attendees</b>	Paul Parfitt (PP), Tracey Young (TY), Richard Oades (RO), Virginia Catterall (VC), Jessica Nguyen (JN), Jennifer Wilton (JW), Nafiso Mohamed (NM)	Mental Health Commission Djeran Room, Level 1, 1 Nash Street Perth WA 6004 and MS Teams  Thursday, 14 September 2023 08:30am – 12:00pm
<b>Chair</b>	Margaret Doherty (MD)	
<b>Deputy Chair</b>	Patricia Councillor (PC)	
<b>MHC Support</b>	Cecile Levacher, Kasey Roache	
<b>Guests</b>	Julia Knapton, Deputy Commissioner, Mental Health Commission Malcolm Jetta, Chief Executive Officer, Moorditj Youth Foundation Aboriginal Corporation Cleve Humphries and Shontae Jetta, Youth Support Officers, Moorditj Youth Foundation Aboriginal Corporation	
<b>Apologies</b>	Lee Steel (LS)	
<b>AGENDA ITEM</b>	<b>DISCUSSION</b>	<b>ACTION LOG</b>
<b>Acknowledgement of Country</b>	Paul Parfitt took a one-minute silence to acknowledge the Whadjuk people of the Noongar Nation. Respects were paid to Elders past, present and future for their knowledge and traditions.	
<b>Welcome and apologies</b>	Attendees were welcomed and apologies were noted.	
<b>Recognition of Lived Experience</b>	The Chair recognised those with lived and living experience and acknowledged the emotional labour that comes with sharing it for the purpose of collective learning.	
<b>Member Check In</b>	Members did a round table check in.	
<b>Reflection Item</b>	<p>Richard Oades presented the reflection item: Johann Hari: This could be why you're depressed or anxious   TED Talk</p> <p>Members discussed the following:</p> <ul style="list-style-type: none"> <li>• The importance of returning to basics of taking care of ourselves, which we sometimes forget to do.</li> <li>• Social prescribing – experiences of prescribing social engagement and connecting people to community and broader networks, including such activities as Men's Shed.</li> <li>• Reflection on the investigation into antidepressants, particularly Prozac, by Four Corners ABC: <ul style="list-style-type: none"> <li>○ Over prescription</li> <li>○ Short and long terms side effects, particularly following weaning off the medication, similarly to other medications.</li> </ul> </li> </ul>	<b>Note:</b> Tracey Young to provide reflection item for next meeting.

	<ul style="list-style-type: none"> <li>○ Efficacy of the medications, particularly when considering the need for a balanced approach which takes into consideration healthy social networks, balanced lifestyle, social prescribing, and support.</li> <li>• Naturopathy and utilising natural medicines and or cultural healing practices prior to seeking medical prescriptions: <ul style="list-style-type: none"> <li>○ In rural and remote areas particularly, practitioners are often quick to prescribe due to time constraints and the difficulty for patients to regularly access GP clinics.</li> </ul> </li> <li>• There are complexities around the root causes of anxiety and depression.</li> <li>• The social determinants of wellbeing are critical when considering mental health. Services need to allow time for reflection, listening and conversation. Ten- minute consultations with a primary care practitioner do not allow sufficient time for this to happen.</li> <li>• There is a need for a more balanced approach through informing service models to allow for this relational work.</li> </ul>	
<b>Conflicts of Interest</b>	No Conflicts of Interests declared.	<b>Note:</b> Secretariat to update the Conflict of Interest Register.
<b>Acceptance of previous meeting minutes</b>	Council members endorsed the 10 August 2023 meeting minutes following two amendments.	
<b>Action Log</b>	Action log noted by members.	
<b>Budget</b>	Members were updated that the MHAC budget is currently being reviewed post Independent Governance Review (IGR) outcomes.	
<b>Presentation One Julia Knapton, Deputy Commissioner, System Development</b>	<p>The Chair introduced Julia Knapton to the Council.</p> <p>Julia Knapton provided a verbal update on the outcomes of the Independent Governance Review (IGR):</p> <ul style="list-style-type: none"> <li>• Immediate priority is the direct next steps for the new governance arrangements, noting that at this point in time, the new governance arrangements are still under consideration.</li> <li>• A Ministerial Advisory Panel (MAP) will be the overarching governance committee and will be co-chaired by the Minister and a Lived Experience Leader. MAP will meet on a quarterly basis.</li> <li>• The Mental Health Alcohol and Other Drug and Wellbeing Joint Leadership Group will be Chaired by the Director General of the Department of Health and the Mental Health Commissioner.</li> </ul>	<b>Action 258: Send MHAC Aboriginal and Torres Strait Islander Recruitment Process to Julia Knapton</b>

- A Lived Experience Advisory Group and a Clinical Advisory Group will report to and provide advice to the Joint Leadership Group and the MAP.
- The existing governance arrangements are currently under review to avoid duplication.
- Recruitment processes, skills matrices, and competencies will be identified to ensure correct representation on these new advisory bodies.
- The broad parameters and structure of the new arrangements are planned to be in place by the end of the calendar year.
- The Alcohol and Other Drug Advisory Board is a requirement of the *Alcohol and Other Drugs Act 1974*. Alcohol and Other Drug (AOD) governance arrangements remain unresolved, with this arrangement to be clarified by the end of the calendar year. This work is being led by the Minister's office.
- The Department of Health (Health) and the Mental Health Commission (the Commission) will work together to implement the recommendations; however, funding and resources remain with the Commission, with no indication of any changes to this arrangement.
- The development of a new Mental Health and AOD Strategy will be undertaken in 2024.

## Members discussed:

- The Council is well placed, as an independent entity, to provide feedback and recommendation for the new arrangements, particularly about what has historically worked well. Members noted that advice was previously provided to the Commissioner regarding the IGR.
- Recruitment processes, particularly for Aboriginal and Torres Strait Islander people:
  - The use of the Aboriginal specific recruitment process created by the Council in 2020 was successful and resulted in long term members on the Council, including the Deputy Chair.
  - Being led by Aboriginal Elders-in-Residence at the Commission created a more culturally secure and relaxed experience.
  - Awareness of the importance of skills that individuals have gained through personal involvements and connections with community.
  - Importance of working with Aboriginal and Torres Strait Islander community to clarify who they want to represent and support them.
  - Management positions often lack understanding of competently working with Aboriginal Elders and culture resulting in deterioration of relationships.
  - Staff education within the Commission is essential to ensure work is undertaken in a culturally appropriate way.

	<ul style="list-style-type: none"> <li>○ The recruitment process for a senior position should consider the applicant's connection with community.</li> <li>○ Consider individuals' connections on the ground when recruiting for the new advisory groups.</li> <li>• Members noted that the Commission is supportive of LGBTIQA+ initiatives, including the creation of and recruitment to a dedicated level 8, LGBTQI+ position.</li> <li>• Members discussed the additional work required to resolve the AOD sector governance, including timelines, activities, and processes: <ul style="list-style-type: none"> <li>○ Members recommended lead up consultations with people with Lived Experience; and</li> <li>○ A recognition of co-occurring AOD and mental health as these conditions often co-occur.</li> </ul> </li> <li>• Members discussed the Mental Health and AOD Strategy, noting the importance of: <ul style="list-style-type: none"> <li>○ Incorporation of the history of previous learned lessons from other experiences of governance, recruitment, and funding allocation per agency, including the Stokes review and the Sustainable Health Review.</li> <li>○ Meaningfully engaging and consulting to better understand and inform what the changes mean for communities.</li> <li>○ Co-design of models of service, community consultation and operationalisation at a local level to be transparent and well-communicated.</li> </ul> </li> <li>• Change management: <ul style="list-style-type: none"> <li>○ There is a need for change management about how to work effectively in partnership. Previously, there has not been a change management program which includes how service and government leaders' partner and respectfully listen to Elders in the community.</li> <li>○ An effective change management approach is necessary to alter how people do business, rather than just changing the business that people do. As a result, there will be challenges defining how to measure the cultural change to ensure it is outcomes based.</li> <li>○ Recommendations to build community partnerships. Often in tendering processes, services are required to work in partnership, however there is no evaluation or appropriate consultation occurring with Culturally and Linguistically Diverse (CaLD) and Aboriginal and Torres Strait Islander partners. Often, consideration of these partners only occurs after the tender is granted.</li> </ul> </li> </ul>	
<b>BREAK</b>		
<b>Member Profile</b>	Patricia Councillor provided the member profile.	<b>Next member profile:</b> <b>Paul Parfitt</b>

<p><b>Presentation Two Moorditj Futures Program</b></p>	<p>The Chair introduced Malcolm Jetta, Shontae Jetta and Cleve Humphries to the Council.</p> <p>Malcolm Jetta, Shontae Jetta and Cleve Humphries provided a presentation on the Moorditj Futures Program:</p> <ul style="list-style-type: none"> <li>• The Moorditj Futures Program is based in Pingelly, Narrogin and Northam and is funded by Western Australian Police Force's (WAPOL) Community Services Funding Program for an initial two years.</li> <li>• It is designed to assist Moorditj Youth Foundation Aboriginal Corporation (MYFAC), WAPOL and its partners to reduce the prevalence of Aboriginal youth related crime within the Wheatbelt community. The program: <ul style="list-style-type: none"> <li>○ Provides Aboriginal mentoring, case management, reintegration support, court support, as well as support getting to and from school, maintaining medical regimes, and attending advocacy meetings.</li> <li>○ Works closely with the Police and Community Youth Centres, Department of Justice, and WA Police.</li> <li>○ Provides opportunities for youth to go back out onto Country to create a connection to Country.</li> <li>○ Encourages education by providing support to ensure children attend school, including alternative learning options to gain re-entry into school.</li> </ul> </li> <li>• Cultural support and cultural care plans are currently being developed for children and young people in care.</li> <li>• Social determinants are impacting young children's lives, particularly with only one refuge for people experiencing homelessness in Northam.</li> <li>• Funding has been allocated to support individuals leaving the prison system and to provide advocacy for people attending court.</li> <li>• The Community Liaison Officer program is funded by the Commission.</li> <li>• There is a need for additional funding to resource staff and purchase organisation vehicles which are used to transport to and from school and appointments.</li> </ul> <p>Members discussed:</p> <ul style="list-style-type: none"> <li>• The diagnosis and management of Fetal Alcohol Spectrum Disorder (FASD) and in particular the extended gap between diagnosis and treatment, noting that MYFAC encourages families to seek a diagnosis in order to best support and treat the child or young person in question.</li> <li>• Importance of positive relationships between schools, training providers and employees to avoid a siloed approach within and between services.</li> </ul>	
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<b>Discussion on presentations and advice to the Commissioner</b>	<p>Members discussed advice to the Commissioner:</p> <p>New governance arrangements:</p> <ul style="list-style-type: none"> <li>• Affirm the strategic direction and contemporary recovery-oriented change management approach and structural approach, including the Aboriginal recruitment process for the new governance arrangements.</li> <li>• Ensure culturally secure processes are used for recruiting appropriate Aboriginal and Torres Strait Islander members.</li> <li>• Ensure the inclusion of AOD Lived Experience (Peer) expertise in the discussions regarding the governance of the AOD sector.</li> <li>• Ensure that the co-occurrence of mental health and AOD is captured to ensure that the people accessing the services have appropriate services and representation within and across both sectors.</li> <li>• The Outcomes Framework needs to ensure broad as well as culturally informed outcomes, particularly for Aboriginal and Torres Strait Islander and CaLD peoples.</li> </ul> <p>Moorditj Futures Program</p>	

	<ul style="list-style-type: none"> <li>Funding is currently through the Crime Prevention program at WAPOL due to the program focussing on prevention.</li> <li>Ensuring recognition and appropriate funding of programs that are proven to work.</li> <li>It is important that tendering and contracting processes conducted by the Commission are culturally sensitive and appropriate for services they provide, noting it is critical that Aboriginal and Torres Strait Islander communities' requirements and needs are heard and responded to effectively.</li> </ul>	
<b>Other Business</b>	No other business discussed.	
<b>Values Reflection</b>	Council members provided value reflections and acknowledged the innovation, hope and practical aspects provided throughout the meeting.	
<b>Meeting closed at 12:00pm</b>		
<b>NEXT MEETING</b>	<b>12 October 2023</b>	