



NEWSLETTER

*Fortnightly e-newsletter of the Mental Health Council of Australia
Volume 2 Number 8
22 December 2004*

MHCA Newsletter is published by:

Mental Health Council of Australia
PO Box 174 DEAKIN WEST ACT 2600
Phone 02 6285 3100
Email: admin@mhca.com.au

MHCA Patrons:

Senator the Hon Helen Coonan, Minister for Communications, IT and the Arts
Prof Allan Fels AO, Dean, Australia and New Zealand School of Government
Mr David Galbally QC, Partner of Browne & Co.
Ms Jessica Rowe, Channel 10 Newsreader
Mr Peter Overton, Journalist, 60 Minutes

MHCA Executive Members:

Mr Keith Wilson, Chair
Ms Dawn Smith, Deputy Chair
Ms Judy Hardy, Treasurer
Mr Rob Knowles
Ms Ingrid Ozols

MHCA Secretariat:

Neil Wildman, Deputy CEO
Allison Diacono, Finance Manager
Stephen Morris, Senior Policy Officer
Ann Smith, Consumer Advisor/Policy Officer
Keith Mahar, Consumer Advisor/Policy Officer
Sharelle Day, EA to the CEO & Chair
Hedley Middlebrook, Administration Officer

MHCA CEO:

Mr John Mendoza
(commencing 24 January 05)

In this issue:

- **CEO's Report**
- **Upcoming Events**

▪ **CEO's Report**

Welcome to the MHCA Newsletter.

As we draw to the conclusion of 2004, I would like to take this opportunity to thank all the MHCA Member Organisations, our Board Members and our partners in the mental health sector for all their assistance over the past 12 months. I would especially like to single out the current MHCA Chair, Mr Keith Wilson and the recently departed CEO, Dr Grace Groom. Both individuals deserve special recognition for their tireless efforts for the MHCA and also the broader mental health sector in Australia.

I would also like to thank all the staff at the Secretariat for being part of such a dedicated team. Their collective efforts are immense and it really is a pleasure to work with such committed people. I know I speak for all of us by saying that whilst we look forward to a hard earned rest over the festive season, we are also excited by the challenge of working under the leadership of our new CEO Mr John Mendoza.

We wish you all a happy and safe holiday period and we look forward to working with you all in 2005. We hope you all have a very Happy New Year.

Neil Wildman
Acting CEO

.....
The MHCA office will be closed from 12pm Thursday 23 December 2004 until Monday 10 January 2005.

Mr Mendoza commences with the MHCA on Monday 24 January 2005.

▪ **Upcoming Events**



8th National Rural Health Alliance Conference

If you don't yet have a copy of the 2005 NRHA calendar, fear not.

It will be in your Conference satchel at the 8th National Rural Health Conference. In Alice Springs, 10-13 March 2005.

You will also be able to hear and see views on remote and rural health from 90 concurrent session speakers, 22 Keynote speakers, and posters.

There are Conference workshops on chronic disease and aged care. And a strong alcohol and other drugs stream.

The full program is at www.ruralhealth.org.au

It is only every second year and its location this time in The Centre means there is a focus on remote issues and Indigenous health.

All your registration can be done on-line – including for the eight pre-conference events.

And on-line you will find a link to Travel Makers, the Conference agents, who can book you accommodation and the best available airfare.

If you need a more personal touch, email conference@ruralhealth.org.au

Further information: call us at the Alliance on 02 6285 4660

Visit 'Publications and News' at www.ruralhealth.org.au
for all the Alliance's policy documents on rural and remote health.

THE 6TH CONFERENCE FOR CARERS OF PEOPLE WITH A MENTAL ILLNESS

www.carersnetwork.org/conferences/conferences.php

Date/Time: Friday 8th April, 2005 - Saturday 9th April, 2005

Venue: Crown Promenade Hotel 8 Whiteman Street, Southbank

Summary: **The Network** invites you to the 6th Conference for Carers of People with a Mental Illness, in Melbourne, on Friday 8 and Saturday 9 April, 2005.

On **Friday 8 April** we present the CALD Carers day, featuring information for carers from Greek, Italian, Vietnamese, Turkish and Maltese backgrounds.

This day will include:

- Testimonials from carers
- Ways to reduce conflict and support recovery
- Mental illness and substance use
- "Ask the doctor" sessions

On **Saturday 9 April**, the main conference will present information on:

- Training mental health professionals to work with families
- Guidelines for clinicians on working with families regarding confidentiality
- Optimizing treatment outcomes in schizophrenia
- Mental illness and substance misuse issues
- The needs and experiences of people living with depression, eating disorders, and anxiety disorders: the carers' perspective
- Employment that works – The Social Firm
- Fostering realistic hope: improving care for the person with borderline personality disorder

- Discussion of ways to reduce conflict and support recovery
- Update for carers on relevant, new initiatives.

An exciting new feature at the conference will be presentation of **Best Practice Awards**

We hope that this will be a dynamic conference allowing for considerable interaction between participants and presenters with opportunities for delegates, exhibitors and sponsors to meet throughout the duration. For all details see our website: www.carersnetwork.org.

The MHCA Newsletter is a forum to provide information to people interested in mental health matters in Australia. Contributions are sought on any topic relevant to the Australian mental health sector. Please contact the MHCA on 6285 3100 or admin@mhca.com.au. Some articles published within the MHCA Newsletter are provided by third parties and the contents do not necessarily reflect the opinions of the MHCA. [Home](#)