



MHCSA NEWSLETTER **April Edition 2011**

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Welcome to the April Edition of the Mental Health Coalition of South Australia.

In this Edition, we discuss the big national issue in mental health – which is whether the May budget will bring significant Commonwealth investment in mental health that we have all been waiting for. The Mental Health Coalition of SA has been actively advocating on this issue with the other state peaks via our collaboration with Community Mental Health Australia. The following is an extract from our media release last week.

NATIONAL CALL FOR \$3.5B FOR MENTAL HEALTH PROGRAM

Community Mental Health Australia has called on the Gillard Government to invest \$3.5b in the Federal Budget to support an urgent focus on integrated support services for housing, employment and social participation for the mentally ill.

Community Mental Health spokesperson Geoff Harris says “that, whilst recent announcements by Mental Health Minister Mark Butler have been heartening, a significant investment in funds is vital to ensure appropriate mental health services can be provided.”



“The Federal Government must continue its move to a more effective mental health system that provides support to people with mental illness where they live in the community,” Mr Harris said.

“There is irrefutable evidence that shows support in the community not only helps people build better lives, it also reduces their need for emergency and acute care services. Community mental health programs have a regional and rural emphasis. Accessibility via a range of referral sources including self referral and absence of gap payments improves accessibility to people from lower socio-economic backgrounds or to those not accessing mental health support.

We are calling for investment in ‘new models’ to deliver higher accountability and a focus on effectiveness in the areas of housing, employment and social participation.

“Connecting people affected by mental illness to their community with jobs, education, training and housing is part of the day to day work of community managed mental health services, assists with recovery from mental illness - saves money through reduced hospital admissions.

‘Increased, targeted investment from the Federal Government is urgently required,” Mr Harris said.



Mental Health Reform

Whilst we await the outcomes of the Commonwealth budget process, there has been considerable activity. Late last year the Hon Mark Butler was appointed to the post of Minister for Mental Health and has already conducted a whistle stop tour of the country talking to many consumers and carers about their experiences. In an open letter, Minister Butler outlines some of the learnings from his 'tour' and explains recent Australian Government investments in mental health.

The full letter is available by visiting the following link:

www.health.gov.au/internet/ministers/publishing.nsf/Content/mr-yr11-mb-mb031.htm

It is pleasing to note that the Australian Government has committed ongoing funding for most of the community mental health programs that are funded via the two relevant Departments DOHA and DHAHCSIA.

Funding for sub-acute care in SA

Although announced a few times previously, the Commonwealth investment announced as 'sub-acute' care is now showing positive outcomes from discussions between the SA Government and the Commonwealth.

It appears from the joint media release from Ministers Roxon, Butler and Hill that much of the sub-acute investment in SA will go to mental health care. More importantly it will be used to improve linkages between 'sub-acute' hospital-type settings and successful transition into the community.

The announcement is an example of the Commonwealth and SA Governments working well together to target Commonwealth investments into services that will complement and enhance SA Government approaches to mental health reform.

It is hoped that this may lead to more Commonwealth focus on community based approaches that extend support, where needed, for people with mental illness to lead a fulfilling life in the community including emphasis on housing, employment and social participation.

'To read a copy of the Ministers' release:

www.health.gov.au/internet/ministers/publishing.nsf/Content/mr-yr11-nr-nr038.htm

Hon Mark Butler MP



For the enthusiast - there is a lot of information on Commonwealth directions in mental health at:

www.health.gov.au/mentalhealth

www.yourhealth.gov.au/internet/yourhealth/publishing.nsf/content/home

EXPERTS call for action on Mental Health

Six experts, including Monsignor Cappo and Ian Hickey have called for investment of \$3.5b by the Commonwealth Government over 5 years.

The document outlines a range of what the 'experts' call 'best-buys' that are existing service types that the Commonwealth Government could invest in immediately.

Monsignor Cappo emphasises that the Blueprint includes a focus on 'step-up' and 'step down' beds to support people in an earlier or less acute phase of illness.

There is also a strong focus on employment, housing and other forms of social participation.

Also advocated is a Mental Health Commission. to deliver a higher level of accountability and focus. It is noted that this has been successful in New Zealand. WA and NSW have also decided to invest in their own mental health commissions.

Those of you with an interest in the outcomes of the Federal Budget will be able to see from the scale of new investment in mental health the extent to which mental health remains a 'second term priority'.

To read the Blueprint document please visit the MHCSA [web site www.mhcsa.org.au](http://www.mhcsa.org.au) and download the article from our home page.

Intermediate Care Centre Opens at Noarlunga

The second of the metropolitan Intermediate Care Centres opened by Minister Hill in Noarlunga in March. The MHCSA welcomed this event and wrote the following in our media release on the day.

'Today's opening of the Intermediate Care Centre in Noarlunga, South Australia is a significant step in the implementation of the 'Stepping Up' plan for mental health in SA,' according to Geoff Harris, Executive Director of the Mental Health Coalition of SA.

'The Intermediate Care Centre is the second of four to open in metropolitan Adelaide and will support people who are becoming unwell earlier in their illness cycle with the aim of avoiding a future crisis admission.

'The Intermediate Care Centre will also provide support for people to successfully make the transition from hospital to the community.'

'One of a range of reforms identified in the 'Stepping Up' plan for mental health reform in SA, Intermediate Care Centres will help to bring our mental health system into line with best-practice interstate and overseas.'

'There is still much more work required to improve our mental health system for the people who need to use it, however, the establishment of the Intermediate Care Centres is an important element of the reformed system.'



Minister John Hill opens the new ICC at Noarlunga

Facts about Community Mental Health Australia

Community Mental Health Australia is a collaboration of the peak bodies for mental health in each state and territory. Community Mental Health Australia represents over 800 organisations across Australia.



Members Logos & contact details from Community Mental Health Australia



Mental Health Coalition South Australia
www.mhcsa.org.au



Mental Health Community Coalition ACT
www.mhccact.org.au



WA Association for Mental Health
www.waamh.org.au



Mental Health Coordinating Council
www.mhcc.org.au



Mental Health Council of Tasmania
www.mhct.org



Northern Territory Coalition of Mental Health
Ph: (08) 8948 2665



Psychiatric Disability Services
of Victoria (VICSERV)

Psychiatric Disability Services of Victoria (VICSERV)
www.vicserv.org.au



Queensland Alliance for Mental Health
www.qldalliance.org.au



Resilience
*in*Change

**21st annual
TheMHS
Conference**

**6 – 9
September
2011**

TheMHS Conference - 'Resilience in Change'

This coming of age 21st TheMHS conference moves forward from contributing to the rebirth and revitalising of mental health services, to capacity building in resilience and adaptability, recognising that reform and change is an ongoing process. Extending on from the strengths of the past and acknowledging and discarding what has not worked is the driver of reform. This coming of age conference is focussing on Resilience in Change working hand in hand, providing a platform for consumers, carers, service providers, policy makers and other stakeholders to consider ideas, programming and collaborations which inspire determination, tolerance, endurance and growth in individuals and in the systems within which we work.

Abstracts that have been submitted for the 2011 conference are currently under review. You will be notified by TheMHS office in the latter half of May.

Contact info@themhs.org for further information

Adelaide Convention Centre Adelaide, South Australia

HealthSA, TheMHS and the MHCSA have collaborated to offer discounted registration for a limited number of representatives from specialist mental health NGOs who otherwise would be unlikely to attend. For Further information contact Fiona at the MHCSA. Applications for a discount are available at the MHCSA web site www.mhcsa.org.au

TheMHS Conference - Awards

The **Achievement Awards** program is a peer review process and acknowledges service excellence. A shortlist of finalists is selected from eight service categories, and the winners are announced at the Awards Ceremony held during the TheMHS annual conference.

The short list of finalists is published on the TheMHS website after entrants have been notified. Applications are no longer open further details are available at: www.themhs.org/achievement-



Media Awards

Applications close Thursday 21 April 2011

The aim of the Media Awards is to encourage positive, accurate and sensitive media coverage about mental health. Entries should encourage positive attitudes towards mental health and not just dwell on illness. The overall goal of the Media Awards is to communicate information, to reduce the impact of mental disorder, remove stigma and to encourage people to seek treatment early.

Print Award

There will be a print award for the best article or series of articles on topics related to mental health or mental illness. This includes newspaper and magazine articles.

Broadcast Award

There will be a broadcast media award for the best program, program segment or series of programs/segments relating to mental health or mental illness (including television drama). The entry must be broadcast either on radio, TV or online. This precludes material prepared for conferences/workshops which would belong in another category in the Service Awards.

Special Media Achievement Award

At the discretion of the panel, one or more entries with an outstanding regional/rural/community or other focus from the above two categories may be selected to receive this award. All enquiries and entry form to awards@themhs.org Application forms and further details are available at:

www.themhs.org/achievement-awards/media-awards



Welcome to Cape April - on for the entirety of April!

What is Cape April also known as Capril? It is the month to wear a cape in public whilst completing your day to day activities in order to raise awareness of depression and to promote action in the fight against depression.

This promotional activity for mental health first emerged when 3 hosts from the Triple M Radio show in Melbourne called 'Get This' - namely "Tony Martin", "Ed Kavalee" and "Richard Marsland" encouraged listeners, guests and hosts to wear capes during the month of April, take snap shots of their every day activities in these capes and send them into the radio station as proof.

Richard Marsland was the panel operator of this show and a veteran of 'Get This' and Triple M's 'Breakfast show' with Pete Hellier and Myf Warhurst. Richard originally from South Australia where he cut his teeth on SAFM's Breakfast show with Amanda Blair and channel 7's 'Am Adelaide' with Anne Wills before moving to Melbourne to work on Triple M. *He was a well know and liked individual in the entertainment industry.*

In December 2008 Richard Marsland took his own life, he had been secretly battling depression for a number of years. His work colleagues and friends were shocked and un-aware of his issues with depression and as a result of his death 'Capril' has taken shape as a major health promotion.

To take part in this event please contact: **Bernadette Young** E: bernadette@capril.org, **Megan Orrin** E: megan@capril.org or **Angus McLaren** E: angus@capril.org and register. Participants are encouraged to wear Capes in April during their everyday lives or at special fundraising events for Beyond Blue and post images and stories at the 'Capril' web site <http://capril.org/>.

There is an on-line blog on the site which features a varetiy of personal stories on depression.



MEMBER PROFILE - ACEDA



The names have changed but the philosophy remains the same...

Aceda has a mission statement; to assist all South Australians affected by panic and anxiety, obsessive compulsive, and eating disorders, and their supporters through education, information, support and advocacy. Our vision is for recovery, understanding, acceptance and inclusion. Our values are client centred, recovery focused and embrace lived experience with disorders.

These values are brought together through the amalgamation and incorporation of three long standing organisations that have each served the community of South Australia for over 25 years.

Aceda is a not for profit organisation with registration as a charity, for the purposes of tax deductible donations.

Our support team understands the issues surrounding all aspects of these disorders, with their own lived experience or close relationship with others with lived experience. We provide non-clinical face-to-face and telephone support, self-help and support groups, as well as individual and systemic advocacy. We liaise with other relevant services within South Australia, nationally and internationally.

Aceda is regarded as the peak body in South Australia in relation to referral support services for these disorders. Best practice recovery oriented services are available through our extensive service referral register that allows for engagement with the right supports at the right time of a persons journey of recovery.

Aceda strive for continuing quality improvement in all aspects of our service and welcome your comments on how we can continue to provide this to all South Australians.

Wayne Horwood - Executive Officer

Mental Illness Fellowship South Australia

ART EXHIBITION 4 – 9 May 2011

Celebrating Schizophrenia Awareness Week



Torrens Parade Ground (Drill Hall) Adelaide Cnr King William Road and Victoria Drive
For entry details please contact MIFSA, phone: 08 8378 4100 or go to www.mifsa.org

LAUNCH:

Tuesday 3 May 2011, 6 pm - 9 pm

To attend the Launch

RSVP MIFSA, phone 08 8378 4100



Schizophrenia Week COMMUNITY OPEN FORUM

Wednesday 18th May
from 1 - 4pm

At: the Goodwood Community Centre, 32/34 Rosa St Goodwood.

Subject is Physical Health for recovery by the voices of the people. With a panel of 5 individuals with lived experience on Schizophrenia, Bi-Polar, Depression, Anorexia, Post Natal Depression and Dissociative Identity Disorder.

There will be a puppet show performed in the banquet hall at the Goodwood Community Centre with a Mental Health theme.

FREE EVENT

**With Afternoon Tea
Everyone Welcome**

Theme for Schizophrenia Week is physical health for recovery!

MIFSA'S premier art exhibition is on again during Schizophrenia Week at the Torrens Parade Ground.

To attend you need to RSVP to MIFSA

P: 08 8378 4100 E: mifsa@mifsa.org

LAUNCH: Tuesday 3 May 2011, 6 pm - 9 pm

The Exhibition will be up in the Torrens Parade Drill hall from the 4th to the 9th of May. Opening hours for viewing to the exhibition are available by contacting MIFSA.

*Celebrating Schizophrenia Awareness Week
Visit www.mifsa.org for more details.*



\$30,000.00 Value in Prizes and Giveaways

Major Sponsors Harvey World Travel Glenelg, Beaumont Tiles, EFM Fitness, Jett Fitness, Blue Illusion, Kosmea, Kooyonga Golf Club, Jam Factory, ANMF SA, CMW Web FX, Raw Pearls

Red Faces 2011

Supporting Mental Health Awareness in South Australia & MIFSA

Saturday 7th May 2011

6.00 pm

"Top Room"

"Arkaba Hotel" Fullarton

Bryce Wastney NZ & Kate Hollingsworth
Medium Zoe McDonald SA Psychic
Ian Blaine Hypnotist NZ
SAFM DJ Abby Coleman & Kevin Giddy
Elizabeth Dabars Secretary ANMF SA
Fresh FM DJ "Katrina Leese"
Radio Adelaide DJ "Peter Godfrey"
Martin Pinnington & David Newman Guest MC's
"Bernard Booth" Auctioneer
Bon Darlington Singer
Allanahmay Simpson Singer NZ
Leanne Hoad Guest Judge
Jane Doyle Channel 7 News

Giant Talent Quest with Loads Of Talent & Guests & Prizes!!

Over 20 Door Prizes!!

Charity Auctions & Raffles

Win "LOTS OF FUN & Prizes & Audience Involvement!!"

ALL Proceeds go to MIFSA

www.mifsa.org



Sponsors RDMS Recording Studio, Marra Dreaming, Lyte Laser Rejuvenation, Belly Dance Arabesque, Mountainview B & B NZ, Dance Link Dance Studio, Toyota, Tatchilla Wines, Peter Kittle Motors, Boston Bay Wines, Hyperdance, St Halletts Wines, Penny Arnold Artist, Rockford Wines, Leanne Hoad Singing Studio, Arkaba Hotel, Time Out Retreat Tas, AG Security, Dulux Paints, Commander Centre, Kumpf

If You Have Enquiry or want Tickets Contact:-

Brenton Williams
0420653147
wilba33@adam.com.au

**Tickets \$25.00
Includes Hot Supper
& Goodies Bag**

no bars web site launched

NADA, our sister AOD NGO peak in NSW, has recently developed and launched the No Bars Website which is about supporting drug and alcohol services to work with criminal justice clients. The website was formally launched on Thursday 24th Feb 2011 by the Hon Michael Kirby, AC, AMG.

The first few weeks after prison release is a high risk time for people exiting the corrections system, not only in reverting to substance misuse but also for serious mental health issues.

www.nobars.org.au provides useful information for service providers who frequently, or who might in the course of providing general services, engage with people who are in the criminal justice system or have just been released from the corrections system.

Andris Banders
Executive Officer
SA Network of Drug and Alcohol Services

Please take the time to explore the site and contact the relevant people at NADA if you want more information or some hard copies of the information which also comes in a kit form.



Adelaide DISABILITY & AGEING EXPO 2011 EXHIBITOR REGISTRATIONS

for the 2011 Adelaide Disability & Ageing Expo are
NOW OPEN!

REGISTRATIONS CLOSE 10 June 2011

Register online at <http://exporeg.dirc.webfactional.com/>

For more information on Disability & Ageing Expos
visit <http://events.dircsa.org.au/>

or call DIRC on 8236 0555
Adelaide Event & Exhibition Centre, Wayville
Friday 12 August 2011
10am to 4pm



Heart of Australia fundraiser



assisting asylum seekers and refugees
IndoOz International presents

'Pragnya Wisdom'

An Indian Classical Bharata Natyam Dance Ballet based on the Bhagavad Gita and Bharata Natyam Solo Performances by dancers from Kurshid's Nritya Kendra.

on: Saturday 30 April 2011

at: Norwood Concert Hall

175 The Parade NORWOOD SA 5067

Tickets \$30.00

To order tickets contact Christine Gamble

P: 0410 029 064 E: cgamble@ucwpa.org.au

*Part cost of each ticket will go to assist
asylum seekers and refugees.*



A night of Comedy & Theatre..... FUNDRAISER

On Wednesday the 4th of May purchase a ticket to the show 'Rattle of a Simple Man' by the St. Judes Players for \$15 and \$8 from each ticket sale will go to GROW.

Each Ticket purchased will include FREE entry into a door prize and refreshments.

Tickets are available by phoning FREECALL 1800 558 268 or E: sa@grow.net.au

Tickets \$15

for Wednesday May 4th at 7.30pm

444 Brighton Rd, Brighton - Ages 18+



Have Your Say Forums

for Carers and those that provide services to Carers

April, May 2011



Carers SA continues to gain much useful information for consideration by the Office for the Ageing for the Home and Community Care program through the 'Have Your Say' forums.

The forums have been held across the state to provide valuable insight into the difficulties facing family Carers and what should be done about them.

We are particularly interested in hearing from Carers and service providers of Carers for the frail, aged or younger people with disability.

There is a session for Carers in the morning and for Service Providers in the afternoon.

Upcoming forums are:

- Southern Adelaide: 14 April, St Francis Winery Resort, 14 Bridge St, Old Reynella
- Western Adelaide: 12 May, Lakes Resort Hotel, Brebner Drive, West Lakes
- Northern Adelaide: 18 May, John Harvey Gallery, James St, Salisbury

10:00 - 12:30: Carers: 2:00 - 4:30: Service Providers

To RSVP, or to make a comment or complete a postal feedback form - if you can't attend call 1800 815 549, 8291 5600 or email info@carers-sa.asn.au.

TRAINING NEWS

The MHCSA are very excited to be in our third year of successfully delivering Certificate IV in Mental Health. Over this time our training programs have been delivered to metropolitan and regional areas across South Australia, including Port Augusta, Kadina, Berri, Mount Gambier and Port Pirie.

The benefit of the MHCSA training programs are that because of our connection to industry we have been able to tailor them to assist hands on workers to understand the context, theory and practice relevant to their role and improve the quality of services, and most importantly by experienced recovery practitioners engaged in service delivery in the non government sector.

Our Certificate IV Mental Health training program for the first part of the year has included an intake of three rounds of metropolitan Certificate IV programs including a specialised program for Anglicare SA.

The MHCSA recently sought expressions of interest for involvement in a Community Managed Mental Health Sector (CMMHS) Workforce Development and Training Advisory Group and were pleased with the response. This group will be holding its first meeting in the month of April and the key roles for the group moving forward will involve advising the MHCSA regarding:

The development and implementation of a workforce development plan for the non government mental health sector in SA.

Priorities for education and training for the non government mental health workforce in SA

Communication of workforce development issues with relevant stakeholders.

We are looking forward to the new developments that will be happening over the next few months - so watch this space!!

You are invited to join...

The Big Circle

ArTs Collective

- **FREE EXHIBITION SPACES**
- **Inclusion in Mental Health Week Exhibition Trail.**
- **Be invited to participate in special projects.**
- **Receive information about exhibitions & competitions from around Adelaide**
- **Get assistance with marketing and presentation**

"The Big Circle" is there for artists who may be disadvantaged in some way or form, who might consider they have a disability or for anyone who may have experienced a mental health problem in their lives.

This service is free.

Contact us:
T: 8212 8873 **F:** 8212 8874
E: bigcircle@mhcsa.org.au
www.mhcsa.org.au

Mental Health Peer Workforce Competency Development Project

The Community Services and Health Industry Skills Council (CS&HISC) is currently undertaking a project to develop competency standards for the Mental Health peer workforce.

A draft qualification has been developed for the Mental Health peer workforce for inclusion in the CHC08 Community Services Training Package.

For managers and supervisors of this workforce and consumer and carer peer companions some draft skill sets have also been developed.

One round of consultation has already been completed; however Draft Two of the materials are now available for review and feedback.

All feedback on Draft Two materials are to be submitted by Thursday 21 April 2011 to Vanessa.dayeh@cshisc.com.au



Minister John Hill with Cert 4 Graduates from 2010

For information on the changes that have occurred since Draft One visit the below link.

www.cshisc.com.au/index.php?option=com_content&task=view&id=545&Itemid=162

And for all review materials please visit the below link.

www.cshisc.com.au/index.php?option=com_content&task=view&id=545&Itemid=162&limit=1&limitstart=6

The MHCSA have 2 sets of printed review tools still available, should you wish to have a copy please contact:

Christine Inkster, Workforce Development and Training Manager on P: 8212 8873 or via E: christinei@mhcsa.org.au

Camberwell Assessment of Need (CAN) Workshop

The MHCSA are holding a Camberwell Assessment of Need (CAN) Workshop on the Wednesday 11th of May 2011 from 9am – 1pm.

The purpose of this session is to:

- Develop an understanding of the rationale and principles that underpin the use of CAN.
- Be able to structure a CAN interview
- Be able to assist clients in identifying their needs and to develop and review an ISP
- Have an enhanced ability to support clients in meeting their needs
- Be able to use self-protection strategies
- Be able to make appropriate referrals based on identified needs.



Minister John Hill with Cert 4 Graduates from 2010

Target Audience: Workers within the Community Rehabilitation or Clinical Mental Health Sector.

Costs: Members - \$65 Non-Members - \$80 Morning Tea will be provided.

**Registration Forms are available at the MHCSA
P: 8212 8873 or Email: training@mhcsa.org.au**

They are also downloadable at our web site: www.mhcsa.org.au



IN OUR BACKYARD

News of MHCSA Projects

Your Information wanted in as part of a -
statewide Sector Drive

The MHCSA is hoping to provide accurate information brochure on Mental Health Services during Mental Health Week for the general public. To complete this we are compiling a directory of NGO Services.

The information provided to us will be displayed in a brochure and on the MHCSA Web Site. It will offer information to people with mental illness and their families about where to seek help.

As part of this drive we need to ask you what services your organisation provides, the location and who is eligible to attend. This is a great opportunity to market your services to people who need them and the broader community.

Please contact Tracey Davis at the MHCSA on tracey.davis@mhcsa.org.au, ring 08 8212 8873 or visit our web site to download the information form.

Urban Pathways Meetings

Urban Pathways meetings have commenced for 2011. We currently have 25 organisations participating as part of our group with 5 team leaders coordinating events in their region.

Jo Rugless from Centacare for the **South**

Tarnia Parker from Centacare for the **West**

Tracey Davis from MHCSA for the **City Business District**

Michael Szczepanik from MIND for the **East**

yet to nominated member from Anglicare for the **North**

Catherine Couper from Rasa for the **Adelaide Hills**

If you are planning an event for Mental Health Week or would like to join in with an event, at a stall site or as a volunteer please contact Tracey Davis at the MHCSA.

Current events listed for Mental Health Week 2011 include:

The Margaret Tobin Awards and the Launch of Mental Health Week at the Festival Theatre, Stress Less Walk in Rundle Mall, The Rural Grants in Country SA, Big Circle Mental Health Week Exhibition Trail, Open Your Mind Poetry Competition and Mindfields Book Anthology launch, a music event at Nexus Cabaret, Cracking Up workshops and performances during Mental Health Week, Metro Malls with an Expo at Colonnades and stalls at other locations and Stress Less in the Workforce.

Rural Grants Release for 2011

Communities throughout South Australia will celebrate Mental Health Week from the 9 - 15 October 2011. All over the state communities will connect to spread the word that Mental Health is relevant for everyone.



The Mental Health Coalition of South Australia has been funded by the Department of Health to manage a small amount of funding (\$17,000) to support rural Mental Health Week Activities. This amount is spread through the mental health sector via the Rural Grants. Organisations are encouraged to apply for partial funding of their own Mental Health Week event from this fund. Your area is invited to participate.

In 2011 we will celebrate the theme 'Open Your Mind' for the last time with a new theme starting in 2012. Funding applications are invited from government and non-government mental health service providers for activities and events in regional SA that promote mental health & stigma reduction during Mental Health Week.

Regional Funding Application Forms in PDF are available from the MHCSA Web Site www.mhcsa.org.au the Rural Grants section under Mental Health Week. Simply complete and email, post or fax to the Mental Health Coalition together with your estimated budget by 1/7/11.

For further information on the Rural Grants please contact Tracey Davis at the MHCSA or Bronwyn Ryan at Country Health SA by calling Ph: 08 8648 5702 or via email: Bronwyn.ryan@health.sa.gov.au

CLOSING DATE: 1st July, 2011.

Poetry Competition launches for 2011

As part of Mental Health Week a Poetry Competition is jointly run by the SA Writers' Centre and the Mental Health Coalition. This competition is open to everyone (not just those who have lived with or experienced a mental illness) and has six categories.

Poets are requested to write poems of 4-12 lines about an aspect of Mental Health and enter under one of the following categories.



- Masters:** Individuals who are 65+.
- Youth:** 12 to 18 years old.
- Open Rural:** Applicants from country areas (all ages).
- Indigenous:** Aboriginal /Torres Strait Islanders.
- Multicultural:** Individuals with multicultural descent.
- Carers:** A person caring for someone with a mental health issue or illness.
- Open Metro:** Individuals who live in the local metropolitan area(18-65yrs).

The winners will be announced at the Mental Health Words Evening on Thursday the 13th of October, 2011 at 6.30pm at the SA Writers' Centre. The Words evening will be hosted by celebrity Mark Aiston and feature comedians from the Cracking Up Comedy Project.

The winners will receive an art piece with the words of their poems interpreted on the piece by artist and ticket writer Sue Morrizi. This year the MHCSA together with the SA Writers Centre will also be launching "Mindfields" an anthology of poetry from the competition from 2008 to 2010 at the Words Evening.

Please contact the Mental Health Coalition of SA or visit our web site to download the application form. Entries can be sent into the MHCSA via Post, by Hand Delivery or by Email.

CLOSING DATE: 9th September, 2011.



Cracking Up continues in 2011

With beginners classes, come and try sessions and advanced training.

Would you like to learn stand up Comedy? Learn to create your own routine for a performance at the Nexus Cabaret as part of Mental Health Week 2011? If so we would love to hear from you.

As part of Mental Health Week 2011 the MHCSA are taking individuals with a lived experience and teaching them to make others laugh! You will have the opportunity to train with comedians and actors with experience in the Australian Comedy scene.

There will be a come and try session in June at the Box Factory. To attend please contact Tracey Davis at the MHCSA. For more details or a registration form visit www.mhcsa.org.au

Arts and Culture

Purple Orange is the shopfront of the Julia Farr Association. Each year we hold an art exhibition showcasing the works of artists living with disability and artists whose submitted work explores themes relevant to the disability community. The theme of this year's exhibition is Personal Leadership. Work should reflect the artist's interpretation of Personal Leadership what does it mean to you? What are the barriers and drivers to achieving this?



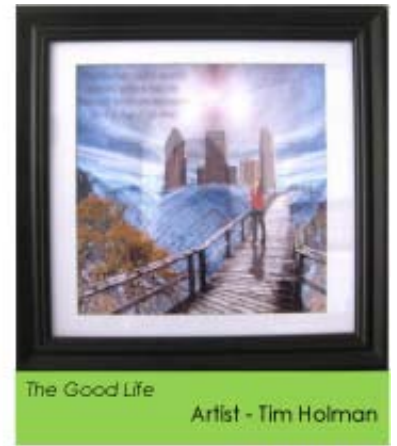
1st Place

Calling all artists - 2011 Art Exhibition

LAST YEAR'S
Peoples choice winner



Joint Second Place



Joint Second Place

Artists are encouraged to interpret the theme broadly and explore issues relevant to themselves, the disability sector, and/or the broader community. Submissions are due by 31 May 2011, and the exhibition will be opened on 27 June 2011.

Please contact Rachel Lawson by email at rachell@juliafarr.org.au or phoning (08) 8373 8333 for further information and to download terms of exhibition and submission.

CLOSING DATE: 31st May, 2011

To include your information in our Newsletter or 'On the Grapevine E-News' or to join our mailing list please contact Administration or Tracey Davis at the MHCSA.

Happy Easter from the staff at the MHCSA!



Contact Details MHCSA:

Level 1/408 King William Rd, Adelaide SA 5000

T (08) 8212 8873

F (08) 8212 8874

E tracey.davis@mhcsa.org.au

E administration@mhcsa.org.au

W www.mhcsa.org.au