



## CMHDARN CONNECT

Welcome to the new iteration of the CMHDARN Newsletter. This newsletter will be sent out regularly and it will include articles from CMHDARN members, updates on CMHDARN projects, sector research happenings and useful sector resources. We hope you find this useful.

Please feel free to share *CMHDARN Connect* with others in your network and encourage those people to become members of the CMHDARN Network.

Warm regards,

Jo

CMHDARN Coordinator

### COMMUNITY RESEARCH MENTORING PROGRAM

Applications are open!!

Click [HERE](#) for more information and [HERE](#) for the application form

### Innovation and Evaluation Grant - Announcement

At the CMHDARN Symposium on the 5th of June, a new grant initiative was announced by the Mental Health Commission of NSW - the "CMHDARN Innovation and Evaluation Grant". This grant will run for a year and the successful project will address the theme of "What are experience and outcome measures telling us about the services we deliver?"

**CMHDARN is excited to announce that the *Sydney Drug Education and Counselling Centre (SDECC)* was awarded this grant after a competitive application and panel selection process.**

SDECC will explore the implementation of new tools that highlight strengths and protective factors for young people and their families seeking treatment for mental health and alcohol and other drugs issues in their project titled *Widening the lens: incorporating protective factors in feedback informed treatment for young people and their families*.

Please join me in congratulating SDECC. I look forward to reporting on their project as it unfolds over the next year.

## CMHDARN RESEARCH SHOWCASE

Have you published recently?

CMHDARN maintains a bibliography of published research by the members of NADA / MHCC / CMHDARN to showcase the important work that is happening in our sectors.

Please email [info@cmhdaresearchnetwork.com.au](mailto:info@cmhdaresearchnetwork.com.au) if you have published recently and would like your work to be included in this great [resource](#).

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## Introduction to the Matilda Centre

The Matilda Centre is a newly established Australia-based research centre at the University of Sydney. The Matilda Centre delivers research programs to prevent, treat and reduce substance use and mental disorders. With a focus on prevention, treatment and epidemiology, the Centre's research streams facilitate knowledge exchange and develop strategic partnerships with the aim of increasing the knowledge base around the effective prevention and treatment of mental and substance use disorders.

The [Matilda Centre website](#) is a relevant resource for AOD workers, school staff, academics and professionals with an interest in AOD prevention, harm reduction or health promotion. A wide range of resources are available on the website including online workforce training, school-based interventions, webinars, online portals, eHealth programs, fact sheets, clinical guidelines, manuals, booklets and more. More information about the [innovative and cutting edge research projects](#) being run by the Centre can also be found via the website.

To keep up to date with the latest research projects and information, please [subscribe to the Matilda Centre newsletter](#) or check out the Matilda Centre on social media.

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## RESEARCH CONNECTIONS

CMHDARN is working to connect research and researchers in the MH and AOD sectors to increase collaboration.

If you are conducting research (including evaluations) that you'd like others to know about, no matter what stage the project is in, please get in touch by the 20th of September and it will be included in the next CMHDARN Connect.

### Current research being undertaken in the AOD and MH sectors

*Understanding undergraduate nurses' attitudes and knowledge of drug and alcohol problems in their patients: An Australian perspective.*

Collaborative partners - Cate Wilson, Darren Smyth, Southern Cross University and RMIT Melbourne.

Aim of the study: to contribute to the understanding of student nurses knowledge and skill towards caring for patients with alcohol and other drugs use issues.

Current status: Ethics approval has been granted. A attitudes and knowledge survey around AOD has been developed using the delphi method and this distributed to undergraduate nursing students across multiple campuses.

## Useful Resources from across the sectors

### Research papers

*Evaluating the capacity building roles of the state and territory peak bodies in the Australian alcohol and other drug sector*

Abstract: The Australian alcohol and other drugs (AOD) sector has a diverse range of actors, including the non-government (NGO) service providers. Representing these services in each of Australian states and territories are AOD sector peak bodies. Their national network commissioned an evaluation of their capacity building (CB) activities and outcomes... For the full article - click [HERE](#)

*Royal Commission into Victoria's Mental Health System*

For more information visit [HERE](#)

*Performance Measurement in Mental Health and Addictions Systems: A Scoping Review*

Abstract: The purpose of this study was to evaluate how performance is defined, conceptualized, and measured in mental health and addiction service systems around the world... For the full article - click [HERE](#)

SHARE WHAT YOU READ: If you read a research paper / article or visit a website that you think is relevant to share with other CMHDARN members, send it to the CMHDARN Coordinator at [info@cmhdaresearchnetwork.com.au](mailto:info@cmhdaresearchnetwork.com.au). We are looking for papers / articles and websites that cover co-occurring mental health and alcohol and other drugs and also mental health and alcohol and other drugs sectors separately. I will collate the articles and develop a series of categories, to develop a resource that will sit alongside and complement the "CMHDARN Research Showcase".

## Webinar

*Engaging consumers: tricky or transformational?* ([link](#))

### **Develop your skills and understanding of engaging and supporting consumers**

In this recorded webinar, we delve into the role of language, consumers and research and hear consumers experiences of engagement. Watch to acquire insights into the significance of lived experience in relation to consumer participation, gain an understanding of the role which language can play regarding access and equity and increase your awareness about the developing role of consumers in research.

## Language Guides

[MHCC - Recovery Oriented Language Guide](#)

[NADA - Language Matters](#)

## Useful websites / resources

[Co-morbidity Guidelines](#)

This website provides *evidence-based information, training and resources* to assist with the management of co-occurring, or comorbid, **AOD** and **mental health conditions**. The content is based on the second edition of the "Guidelines on the management of co-occurring alcohol and other drug and mental health conditions in alcohol and other drug treatment settings" developed by researchers at the Matilda Centre for Research in Mental Health and Substance Use with funding from the Australian Government Department of Health.

[Trauma-informed Care and Practice Organisational Toolkit \(TICPOT\)](#)

A FREE quality improvement audit and implementation resource for developing a trauma-informed organisational and practice culture

## Other publications you might want to check out

*NADA Advocate*

Published quarterly, the Advocate raises significant issues relating to the non government AOD sector in NSW. Subscribe to develop your knowledge about, and be connected to, the sector. Click [HERE](#) for the latest issue and to hear from MHCC's Corinne Henderson on *Patient Reported Experience Measures in Mental Health*

Newsletter from the Mental Health Commission of NSW

Updates from the Mental Health Commission. Click [HERE](#) for the latest issue

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## Miscellaneous Sector News

### **Black Dog Institute - current job opportunities**

Black Dog Institute currently have a seven new positions being advertised within the Discovery & Innovation portfolio.

They can all be found on our BDI Website at: <https://www.blackdoginstitute.org.au/about-us/work-with-us/jobs-opportunities>

### **CMHDARN Symposium**

The program, abstracts and slides for the CMHDARN Symposium held on the 5th of June, 2019, can be found [HERE](#).

Please note: If you attended the Symposium and need a certificate of attendance, please email the CMHDARN Coordinator.

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The Community Mental Health Drug and Alcohol Research Network (CMHDARN) is a collaborative project between Network of Alcohol and Other Drugs Agencies (NADA), Mental Health Coordinating Council (MHCC) and the Mental Health Commission of NSW.

[Visit the CMHDARN website here](#)

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