CMHDARN CONNECT

Welcome to the eighth edition of CMHDARN Connect.

Here's a quick CMHDARN Update:

- CMHDARN I&E Grants for 2020-2021 have been awarded and the projects have all begun.
  The successful applicants and their project descriptions are below.

- On Friday the 20th of November, the latest CMHDARN Research Skills webinar (webinar 4) on Co-design and Co-production in research was held. Go to the CMHDARN website in the coming days to watch it in case you missed it. Please share widely!

- The Community Research Mentoring program is open for applications!

- The Research Ethics Consultation Committee is here to support you to conduct ethical research. For more details on how this program can benefit you, click HERE

- New CMHDARN Communities of Practice are being developed, see information below to sign up and become a member.

If you're new to the network or missed previous editions of CMHDARN Connect, you can now access them on the CMHDARN website or by following this LINK.

If you have ideas for future CMHDARN Connect articles or resources you want to share, please get in touch at info@cmhdaresearchnetwork.com.au

Warm regards,

Jo

CMHDARN Coordinator

CMHDARN RESEARCH ETHICS CONSULTATION COMMITTEE

Would you like to engage in ethical research to improve the delivery of services to consumers / clients in the mental health and alcohol and other drugs sectors?

CMHDARN has a committee to support your research!

For more information, please see 'Information for Applicants' or contact the CMHDARN Coordinator at info@cmhdaresearchnetwork.com.au

CMHDARN INNOVATION AND EVALUATION GRANTS 2020 - 2021

The Community Mental Health Drug and Alcohol Research Network (CMHDARN) supports member organisations of both the Mental Health Coordinating Council and the Network of Alcohol and Other Drugs Agencies to conduct Innovation and Evaluation projects by providing grants each year. In 2020/2021, CMHDARN is supporting three organisations to undertake projects related to both the mental health and alcohol and other drugs sectors. Below is a bit about each.

Flourish Australia

Flourish Australia is a leading community based, not for profit mental health organisation, that has been providing practical support for people with lived experience of a mental health issue, as well as their families and carers for over 60 years. Their vision is creating communities where everyone's mental health and wellbeing flourishes.

Working with a project titled "Behind the Scenes: Mental Health and alcohol use issues and hearing from the lived experience', Flourish Australia wants to explore current gaps and identify strategies to improve the effectiveness of current preventative alcohol related supports and services for those clients who identify as having co-occuring mental health and alcohol use related issues. The research will utilise the voices of both the people providing the services and those accessing the services and will be finalised in June 2021.

Mission Australia – Triple Care Farm in partnership with the University of Wollongong

Triple Care Farm (TCF), a Mission Australia alcohol and other drugs residential rehabilitation treatment program specialises in treating young people with co-occurring mental health and substance use issues.

The project funded by the CMHDARN Innovation and Evaluation Grants develops the capacity of TCF to conduct and establish their own program of research, thereby improving evidence-based client service and research potential. The project trials an electronic approach to collecting routine outcome measures (including mental health assessments) at TCF, testing feasibility and acceptability. The TCF project will gather client feedback on the new data collection approach as an aim of the project is to improve the engagement of young people in the process of data collection.

SMART Recovery Australia

SMART (Self Management and Recovery Training) Recovery is a free group program assisting any problematic behaviours, including addiction to drugs, alcohol, cigarettes, gambling, food, shopping, Internet and others. Guided by trained peers and professionals, participants come to help themselves and help each other using a variety of cognitive behaviour therapy (CBT) and motivational tools and techniques.

SMART Recovery Australia is utilising the funds provided by CMHDARN to conduct a qualitative study to explore the experiences of the SMART group facilitators and participants in the move to remote access due to the COVID-19 pandemic. Acknowledging the rates of co-occuring mental health and alcohol and other drugs issues are high amongst the cohort of people accessing SMART Recovery groups, this research will examine the impacts of remote mutual support groups and look at the adaptations necessary to continue to provide feasible and beneficial services going forward.

CMHDARN's Community Research Mentoring Program

"The mentoring program can really assist you in identifying the best research questions and methodology" – Mentee

Applications are open for the Community Research Mentoring Program.

The program is open to MHCC or NADA members who want to develop and conduct research guided by an expert mentor. Designed to support practice-based research, the program helps to build the skills of the mentee and to equip them with knowledge about research processes and measuring impact and outcomes.

- Developing research question/s
- Guidance on how to conduct a literature search
- Advice regarding procedures and measures to include in an evaluation of a service
- Statistical advice to assist with the analysis of data collected by a service
- Advice on quantitative and/or qualitative studies within a service

What mentees have said:
"The mentoring program has really helped establish our practice-based research and navigating the many options on clear and relevant research methodology"

The mentor's experience:
"It has been fantastic being part of the CMHDARN mentoring program and to facilitate the application of research methods to real-world settings. I have thoroughly enjoyed developed relationships with the fabulous front-line workers I have been mentoring"

CMHDARN Communities of Practice - Bridging the Language Gap across the mental health and AOD research sectors

In a new initiative, CMHDARN is convening a Community of Practice with the aim of exploring in depth how to bridge (and hopefully dismantle) the language gap across the mental health and AOD service and research sectors.

We want approximately 25 people to come together in a zoom event (or two) to hear from some experts in the field and initially discuss:

- How to come to an understanding between the two sectors on language not only in service delivery settings but also in research spaces
- What is the best practice in research writing – how do we make it inclusive and understood across the sectors?
- What is recovery orientated language vs. medical model language?
- What constitutes stigma and discrimination in the sectors with language?
- How to utilise lived experience to shape the language that is used

If this sounds like something you'd be interested in, please email the CMHDARN Coordinator at info@cmhdaresearchnetwork.com.au. You will be added to the Community of Practice membership list and receive updates on coming events and specific resources.

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 if you have published recently and would like your work to be included in this great resource.

CMHDARN Community of Practice - Getting to know other practice based researchers

Being a practice-based researcher in the mental health and alcohol and other drugs sectors comes with benefits and challenges. This CMHDARN Community of Practice aims to bring together practice/service based researchers in these sectors to discuss topics such as:

- What partnerships are out there?
- What are the benefits / challenges to being a practice-based researcher?
- What is the role of co-design / peer led research in practice-based research?
- What is it like to be a practice-based researcher?
- How to build the skills necessary to be a practice-based researcher
- How to develop as a practice-based researcher
- What to expect as a practice-based researcher
- Road maps – various stages of research in practice
- Building partnerships
- Navigating grants

This Community of Practice will have a membership list, hold events (via zoom initially) and share resources.

If you are interested in joining this CMHDARN Community of Practice or have further questions, please email the CMHDARN Coordinator at info@cmhdaresearchnetwork.com.au.

Useful Resources from across the sectors

Research papers / books / reports

Contracting treatment services in Australia: Do measures adhere to best practice?
Stirling, R., Ritter, A. Rawstorne, P. & Nathan, S. (2020).
Click HERE

Background: Contracting non-government services to provide alcohol and other drug (AOD) treatment requires the specification of performance measures to ensure accountability for public funds. There is currently no standardised approach by funders to the measurement of performance of AOD treatment in Australia. Funding to non-government organisations (NGOs) is complex, with NGOs managing funding agreements from a range of sources that contain a large number of differing performance measures. This study aimed to assess performance measures used in contracts for NGO AOD treatment providers and how they align with best practice.

Methods: Performance measures contained in funding agreements for treatment providers were collected from a diverse

sample of both funders (n=8) and treatment providers (n=20) resulting in more than 1,100 measures. The list of measures was synthesized to a finite, non-duplicative list (n=537). Measures were assessed by three raters against 11 criteria (for example, measurable and timely) documented as best practice elements of performance measures (Council of Australian Governments, 2011a). Measures were also coded into different measurement types (such as outcome and process).

Results: None of the 537 unique performance measures used in funding agreements for treatment providers fully met the criteria for best practice in performance measurement. Whilst the literature and government policy is being directed towards outcomes-based funding and reporting, only 7.6% of measures were classified as outcome measures. The majority of measures were classified at output (41.3%) and process (23.6%) measures.

Conclusion: Current measures in contracts applied by funders to treatment services do not adhere to best practice. The development and implementation of new performance measures is required to inform AOD policy and accountability of public funds. Further, identifying more robust performance measures has the potential to lead to reduced reporting burden on service providers and better monitoring of service quality and outcomes.

Alcohol and other drug (AOD) staffing and their workplace: examining the relationship between clinician and organisational workforce characteristics and treatment outcomes in the AOD field

van de Ven, K., Ritter, A. & Roche. A. (2019).

Click HERE

While there is a long-standing and commonly held belief that the characteristics of the alcohol and other drug (AOD) workforce and workplace can impact client treatment outcomes, the available literature has not been systematically reviewed to date. Knowing which characteristics may impact treatment outcomes can help maximise workforce development in AOD services. A systematic review was undertaken, to identify studies of five clinician and organisational workforce characteristics: (1) years of clinical experience; (2) level of education/qualifications; (3) staff turnover; (4) staff-to-client ratio; and (5) professional development, and their relationship to client treatment outcome. Each study was assessed for quality using the Cochrane risk of bias tool. The search identified 1317 records; only 12 studies directly examined the relationship between clinician and organisational workforce characteristics and AOD treatment outcomes. Our analysis revealed a limited number of studies, a lack of high-quality research, and highly variable evidence regarding the relationship between clinician and organisational characteristics, and treatment outcomes. At present, there is an absence of evidence to support a strong association in any direction. Importantly, these findings illustrate the need for higher quality and larger scale research that focuses on clinician and organisational characteristics, taking into account multiple intervening and mediating factors.

Aboriginal participatory action research: an Indigenous research methodology strengthening decolonisation and social and emotional wellbeing

Dudgeon, P., Bray, A., Darlaston-Jones, D. & Walker, R. (2020).

The Lowitja Institute have created this discussion paper that articulates how and why Indigenous knowledge and research methodologies need to be urgently recognised as critical components of transformative research in order to improve social and emotional wellbeing (SEWB) for Aboriginal and Torres Strait Islander people.

Key Findings/Recommendations:

- There are multiple and interrelated social, cultural, historical, and political determinants of Indigenous mental health and wellbeing. The determinants impact individuals differently at different transition points across the life course. They include risk factors associated with marginalization, exclusion, forced removal from family and Country, assimilation, racism and discrimination.

- First Nations people have unique cultural protective factors such as active engagement in cultural practices related to Country and community self-determination associated with a sense of connection to Country and kin for individual and collective identity. These factors are a source of strength and resilience for Indigenous communities. Programs and services that strengthen Indigenous self-determination and governance, support traditional cultural practices, and enhance these protective factors are crucial to Indigenous SEWB.

- Globally, the rise of Indigenous research methods and methodologies in recent years has shifted research beyond an acknowledgement of, or inclusion of Indigenous ways of knowing, towards a self-determining research praxis. Indigenous research methodologies are founded on cross-disciplinary research conducted by Indigenous scholars in challenging the ways in which colonisation was legitimised and sustained by colonial research practices and epistemologies.

Click HERE for the discussion paper and literature review

The next wave? Mental health comorbidities and patients with substance use disorders in under-resourced and rural areas
Warfield, S. et. al. (2020).
Click HERE

Abstract: The rapid spread of the coronavirus disease (COVID-19) has impacted the lives of millions around the globe. The COVID-19 pandemic has caused increasing concern among treatment professionals about mental health and risky substance use, especially among those who are struggling with a substance use disorder (SUD). The pandemic's impact on those with an SUD may be heightened in vulnerable communities, such as those living in under-resourced and rural areas. Despite policies loosening restrictions on treatment requirements, unintended mental health consequences may arise among this population. We discuss challenges that under-resourced areas face and propose strategies that may improve outcomes for those seeking treatment for SUDs in these areas.

Impact of a policy change restricting access to codeine on prescription opioid-related emergency department presentations: an interrupted time series analysis
Elphinston, R. et. al. (2020).
Click HERE

Codeine is one of the most commonly used opioid analgesics. Significant codeine-related morbidity and mortality prompted regulatory responses, with the up-scheduling of codeine combination analgesics to prescription-only medicines implemented in Australia in February 2018. This study investigated the impact of codeine up-scheduling on the number of codeine and other (non-codeine) prescription opioid-related emergency department (ED) presentations in a large metropolitan tertiary

hospital. Clinical features of these presentations were also examined. Interrupted time series analyses assessed monthly changes in ED presentations from June 2016 - November 2019. In the month immediately after up-scheduling, there was a significant reduction of 3.97 codeine-related presentations (B = -3.97, p = 0.022), indicating a 29.66% level change, followed by a significant change in trend to fewer monthly codeine-related presentations (B = -0.38, p = 0.005). Non-codeine prescription opioid-related (B = -1.90, p = 0.446) and ED presentations overall (B = -118.04, p = 0.140) remained unchanged immediately post-up-scheduling, with a significant change in trend from upward to downward for non-codeine (B = -0.76; p = 0.002) and ED presentations overall (B = -19.34, p = 0.022). A significant reduction of 4.58 (B = -4.58, p = 0.009) in codeine presentations involving subsequent hospital admission immediately post-up-scheduling was found; but no immediate reduction in codeine-related suicide-related overdoses, length of inpatient stay or re-presentations (ps > 0.0125; adjusted for multiple comparisons). Restricting supply of codeine to prescription-only may have resulted in less harmful codeine-related use in the community, without a corresponding immediate decrease in other opioid-related harms.

Practitioner review: Co-design of digital mental health technologies with children and young people

Jones, R. B. et. al. 2020

Click [HERE](#)

Background: There is increasing interest in digital technologies to help improve children and young people's mental health, and the evidence for the effectiveness for these approaches is rising. However, there is concern regarding levels of user engagement, uptake and adherence. Key guidance regarding digital health interventions stress the importance of early user input in the development, evaluation and implementation of technologies to help ensure they are engaging, feasible, acceptable and potentially effective. Co-design is a process of active involvement of stakeholders, requiring a change from the traditional approaches to intervention development. However, there is a lack of literature to inform the co-design of digital technologies to help child and adolescent mental health.

Methods: We reviewed the literature and practice in the co-design of digital mental health technologies with children and young people. We searched Medline, PsycInfo and Web of Science databases, guidelines, reviews and reference lists, contacted key authors for relevant studies, and extracted key themes on aspects of co-design relevant to practice. We supplemented this with case studies and methods reported by researchers working in the field.

Results: We identified 25 original articles and 30 digital mental health technologies that were designed/developed with children and young people. The themes identified were as follows: principles of co-design (including potential stakeholders and stages of involvement), methods of involving and engaging the range of users, co designing the prototype and the challenges of co-design.

Conclusions: Co-design involves all relevant stakeholders throughout the life and research cycle of the programme. This review helps to inform practitioners and researchers interested in the development of digital health technologies for children and young people. Future work in this field will need to consider the changing face of technology, methods of engaging with the diversity in the user group, and the evaluation of the co-design process and its impact on the technology.

Aboriginal and Torres Strait Islander Communities, Families and Individuals: Experiences of stigma and discrimination related to problematic alcohol and other drug use

The Queensland Mental Health Commission (QMHC) appointed ACIL Allen Consulting in partnership with The Seedling Group to lead research into the impact of stigma and discrimination related to problematic alcohol and other drug use on Aboriginal and Torres Strait Islander communities, families and individuals living in Queensland. A key part of the research involved community consultations in five locations (Cairns/Yarrabah, Inala, Mount Isa, Rockhampton/Woorabinda and Thursday Island) that offer a 'snapshot' of the diversity in Aboriginal and Torres Strait Islander experiences in Queensland.

Click HERE to read the full report

Alcohol and drug research with Indigenous peoples: where do we go from here? (Editorial)
Doyle, M. (2020)

Indigenous peoples hav e suffered as a result of colonisation or invasion, with alcohol and drug use disorders being among the many problems that have arisen. It is essential that research with Indigenous people fully involve members of relevant communities as active collaborators and research leaders. Continue reading HERE

Influence seekers: The production of grey literature for policy and practice
Lawrence, A, (2017)
Click HERE

Abstract. Public policy relies on diverse forms and types of information and communication, both traditional publications and a myriad of other documents and resources including reports, briefings, legislation, discussion papers, submissions and evaluations and much more – sometimes referred to as 'grey literature' as it is produced outside of the commercial or scholarly publishing industry. Grey literature production has proliferated in the digital era, becoming a key tool in influencing public debate and part of the evidence-base for public policy and practice, yet it is often overlooked as a form of scholarly publishing. This paper looks at the way organisations produce, publish and disseminate policy resources and seeks to uncover the hidden revolution occurring in the dissemination of knowledge and evidence. The findings indicate that organisations are making a large investment in time and resources, often paid for through public funds, to produce an extensive array of content on a regular basis with the aim of influencing and informing policy decisions. It is estimated that grey literature production could be worth over US$22 billion per year and yet much of this value is lost due to highly variable publishing practices and lack of long term management, with significant consequences for discovery, access and collection as well as public value and transparency.

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. We are looking for papers / articles and websites that cover co-occuring 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".

Webinars

Working together to support families where a parent uses alcohol and/or other drugs
Presenters: Debbie Scott, Shalini Arunogiri and Emma Bergwever
Facilitator: Brendan Quinn

Wednesday, 25 November 2020 1:00–2:00 pm AEDT.

Register HERE

Families where a parent uses alcohol and/or other drugs (AOD) may need a range of different supports, including from child protection and family support services. Research indicates that when collaboration between these agencies is limited, families are at greater risk of falling through the gaps.

This webinar will build on the learnings from Collaborative practice in child and family welfare: Building practitioners' competence, focusing on the opportunities that family-inclusive approaches offer in supporting families where a parent uses AOD. In particular, this webinar will outline:

- Research evidence on the intersections between parental AOD use and child protection concerns
- Principles and values that underpin the practice of professionals working in AOD and child protection
- Opportunities and strategies for building cross-sector empathy and working together.

Drawing on case studies developed through a recent Turning Point survey, presenters will reflect on ways that collaboration between AOD and child and family welfare services can help to ensure families get the support they need.

This event will be of interest to professionals working in the fields of AOD, domestic and family violence, child protection, family relationship services and related services.

How vulnerable is the alcohol and other drug treatment service sector
Watch HERE

Many community, health and welfare services are provided on behalf of government by non-government organisations (NGOs). For alcohol and other drug treatment, NGOs provide 70% of all treatment episodes in Australia (the remaining 30% are provided by government services). But are NGOs different from their government service provider counterparts in terms

of the treatment they provide, their workforce, and the way they are funded? Understanding differences between government and NGO providers is not only important to ensure that a comprehensive suite of treatment services is available and meets individual treatment needs, but to better understand the funding arrangements that provide alcohol and other drugs treatment services with security and sustainability.

This presentation will examine differences between Australian government and NGO alcohol and drug treatment providers in terms of (1) their treatment types and associated treatment settings, (2) their workforce, and (3) their procurement arrangements. We will also examine the extent to which treatment services are considered 'vulnerable'; particularly whether NGOs are more vulnerable than government providers. Understanding systematic and structural differences between these systems of care is important for future treatment planning.

Consumer participation in AOD services - supporting sustainable change, capacity building, and improved health and social outcomes

8 December, 2-3pm
Register HERE

Audience: Managers, frontline workers, consumer representatives

In this session we will provide a panel discussion to:

- Understand the importance and benefits of consumer engagement for AOD services
- Hear about NADA's consumer participation project and how it can support NADA members to grow consumer engagement
- Hear the perspectives and experiences of consumer engagement workers and peer workers in AOD services and their advice about what is important when engaging consumers representatives
- Understand how NGO AOD organisations can best support consumer engagement representatives working with their service
- Hear about NADA's consumer and peer worker network group

Digital Mental Health Standards Launch
Monday 30 November, 12:30pm - 1:30pm (AEDT)

REGISTER now for the launch of Australia's digital mental health standards

You are invited to join our expert panel for a live online event to release world-leading digital mental health standards.

The Australian Commission on Safety and Quality in Health Care is releasing the National Safety and Quality Digital Mental Health (NSQDMH) Standards following wide consultation with consumers, carers, health professionals, digital mental health service providers and other experts.

The one-hour webcast will feature an expert panel discussion on the opportunities and challenges of delivering mental health services via digital platforms. The panel will also explore how the standards will make a difference to the quality of care in the digital space. The event will be hosted by Sophie Scott, award-winning ABC National Medical Reporter.

The NSQDMH Standards encompass digital mental health care including counselling, treatment and peer-to-peer support services delivered via telephone, videoconferencing, websites, SMS, webchat and mobile apps.

Indigenous accountability: How can all research be more accountable to First Nations people?

December 8, 3-4pm

Register HERE

Professional research associations have been encouraging, and more recently mandating, that researchers contribute to the transformative processes of decolonisation, emancipation and empowerment of Aboriginal and Torres Strait Islander peoples. The Australian Association for Research in Education (AARE), for example, now requires all presentations to explicitly state how they have adhered to Indigenous protocols and epistemologies. This requirement does not necessitate that researchers reject effective methodologies but rather that they interrogate how these methodologies may be put to service in the transformation of colonial power.

This presentation illustrates this process using a current linkage project, Engaging Families in Early Education. The project aims to contribute to knowledge about effective service delivery in high poverty contexts. Our work in high poverty contexts means we need to consider Aboriginal and Torres Strait Islander people as potential participants, so we have been concerned about Indigenous protocols across many projects over time. We have passed each and every aspect of our methodology through the eye of the needle of Indigenous epistemologies and will discuss our findings. It is our hope that AARE's call for researchers to account for the impact of their work on Indigenous peoples will be taken up by other professional associations.

NDARC Seminars

Many many webinars that explore AOD use, policy, research and more within Australia and more broadly from the National Drug and Alcohol Research Centre at the University of NSW.

Useful websites / resources

Telephone and Video Conferencing: How to identify and respond to substance use

This is a GUIDE for health professionals to assist with the transition to telephone and video consultations. It addresses the fact that in times of stress, people may start using or increase alcohol, tobacco and other drug use. The manual guides the reader through technical considerations, effective communication skills, special consideration in telephone and video consultations, risk assessments and managing challenging behaviour. It includes a section on the ASSIST and explains how to use the ASSIST effectively during a telephone or video consultation. The manual concludes with a chapter on personal reflection, clinical supervision and debriefing.

Message Guide - Drug Stigma

This message guide has been written for people who talk about drugs and drugs policy in Australia, including those who use drugs themselves, and are concerned about the high levels of stigma associated with the issue. The guide was commissioned by the Alcohol and Drug Foundation, Uniting NSW.ACT and the New Zealand Drug Foundation and developed by Common Cause Australia in consultation with a range of diverse range of stakeholders including people with lived experience of drug use and drug stigma.

Watch the webinar associated with the guide HERE

Alcohol, tobacco and other drugs in Australia online report

The AIHW has updated the Alcohol, tobacco and other drugs in Australia online report (previously released on 26 June 2020) with data from a number of publicly available sources.

The sections and factsheets within this report have been updated to include the latest available data from the following sources:

- 2019 National Drug Strategy Household Survey
- National Wastewater Drug Monitoring Program Report 10
- UNODC World Drug Report 2020
- OECD Health Statistics 2020
- ADAPT Study
- Ecstasy and Related Drugs Reporting System
- Commonwealth Bank of Australia – card spend data
- Drug Use Monitoring in Australia
- Penington Institute Australia's annual overdose report 2020
- ASSAD 2017 Statistics & Trends: Australian Secondary Students' Use of Tobacco, Alcohol, Over-the-counter Drugs, and Illicit Substances. Second Edition
- Quantifying the Social Costs of Cannabis Use to Australia in 2015/16

Carers NSW - Caring for someone with a dependence on alcohol or another drug
Resources to help support those who care for someone who uses alcohol or another drug

When someone uses alcohol or another drug the people around them are impacted. They can find themselves taking on the responsibility of caring for that person, often without any support for themselves.

Carers NSW has developed resources to assist those caring for a family member or friend with a dependence on alcohol or another drug. These resources have been developed following conversations with carers, in order to share some of their experience with others who might find themselves in similar caring roles.

This information is also a valuable education resource for those working with families and carers of people who use alcohol or another drug.

Click HERE for the website and resources

Mindframe

Mindframe is a national program supporting safe media reporting, portrayal and communication about suicide, mental ill-health and alcohol and other drugs.

Mindframe is managed by **Everymind** and is funded by the Australian Government's Department of Health under the National Suicide Prevention Leadership and Support Program.

Mindframe aims to:

- Provide leadership within the sector.
- Build the capabilities of the sector and other stakeholders.
- Innovate and disseminate education, resources and information.
- Increase research to support the evidence base.

Mental health Academy

Founded in 2007, Mental Health Academy (MHA) is a leading provider of online professional development (CPD) education for mental health professionals.

Through our state-of-the-art learning platform, we connect you with global mental health experts and hundreds of hours of learning – all conveniently accessible online, 24/7.

We exist to empower people. We'd love to be part of your learning journey.

Translating research into practical tools – the Organisational Check-Up

Accountability, quality standards, continuous improvement and best practice are common catch phrases of contemporary organisational and corporate environments in AOD, public health and many other sectors. For most AOD organisations, the values and expectations underlying the jargon relate to a deep commitment to ensuring high quality, responsive and equitable service provision for clients and stakeholders

The Organisational Check-Up Toolkit (the Toolkit) contains evidence-based assessment tools addressing key workforce development issues for AOD organisations. It is designed to support and facilitate the exploration, assessment and evaluation of workforce development issues and activities in AOD organisations.

Due to be released in late 2020 - check the [NECTA website](#) for updates

IIMHL & IIDL Leadership Briefing XXXV
[Health & wellbeing for frontline mental health and addiction workers in the COVID-19 environment](#)

This report updates the April 2020 report - a speedy review of how IIMHL countries are supporting staff wellbeing in the COVID-19 environment. Most resources cited here are from August 2020. Each link contains lists of relevant resources. The focus is on Government information and national health agencies and mental health/addiction agencies. The aim is to share information quickly across countries.

Centre for Research Excellence: Indigenous Health and Alcohol

Creating the best opportunities for Aboriginal and Torres Strait Islander peoples to find solutions to alcohol problems through research.

We will do this by:

- Everyone working together
- Building on the knowledge, skills and capacity in individuals and communities; then adding to their research skills
- Having a research agenda that is based on the priorities of Aboriginal and Torres Strait Islander health professionals and communities, and is informed by what is known through research already
- Research that sees the big picture as well as the fine detail
- Supporting Aboriginal or Torres Strait Islander people with an interest in research, to find their way in that field, and to develop the skills and networks to become independent researchers

Through these steps we aim to support Aboriginal and Torres Strait Islander communities to stay strong and secure, and to reduce the harms from alcohol.

Other publications you might want to check out

MHCC - View from the Peak

Published throughout the year, View from the Peak is the Mental Health Coordinating Council's publication about all things mental health. Click HERE for the latest issue.

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.

Newsletter from the Mental Health Commission of NSW

Updates from the Mental Health Commission. Click HERE for the latest issue

Events / Surveys

Events

2020 NDARC Annual Research Symposium (happening now!)

The National Drug and Alcohol Research Centre (NDARC), UNSW Sydney is hosting *'The 2020 NDARC Annual Research Symposium'* as a virtual event for the first time.

NDARC, UNSW Sydney, will host webinars every Thursday in November to showcase, 'Research, policy and practice: Resilience through times of change.'

- Session One: Substance use in the COVID-19 era: Research findings and clinical implications. Thursday, 5 November: 1:30pm - 3:00pm (AEDT).
- Session Two: Research partnerships: Engaging with families, communities and services. Thursday, 12 November: 1:30pm - 3:00pm (AEDT).
- Session Three: E-cigarettes and tobacco: Policy, trends and interventions. Thursday, 19 November: 9:00am - 10:30am (AEDT).
- Session Four: Illicit drugs: Research and clinical responses. Thursday, 26 November: 9:00am - 10:30am (AEDT).

Registration is free and you can watch sessions you've missed by clicking HERE

2020 Australian & New Zealand Addiction Conference
7-9 December 2020
Gold Coast or virtual registration

Register [HERE]

In the world of addiction, nobody faces the same journey.

Prevention, treatment and recovery is not one size fits all, and when it comes to physical, mental and behavioural addictions, breaking the stigma is essential.

At the Australian & New Zealand Addiction Conference, you have access to the latest research, projects and strategies to help meet the diverse and complex needs of your clients.

Now in its sixth year, the event has gained significant recognition in the industry as a result of its all-encompassing conference program, highlighting a range of mental, physical and behavioural addictions.

Unite with fellow addiction, behavioural, and mental health professionals, further your knowledge and empower your clients on their recovery journey.

Understanding and Responding to Trauma
December 15-16
Register [HERE]

MHCC is pleased to offer FREE places in our sector-leading Understanding and Responding to Trauma course, over two days on December 15 and 16.
Join us at the Aboriginal Health & Medical Research Council building in Little Bay for this essential mental health training.

Understanding the prevalence and significance of trauma in mental health is the first step in responding. Many people who experience mental distress have had trauma in their lives, as a result of either family dysfunction, school or workplace bullying, violence, conflict, neglect and abuse.
Workplaces and services that do not respond effectively to the impacts of trauma can create further harm. Trauma survivors are at risk of being re-traumatised in service and health care settings that are not trauma-informed.

This course is for workers in mental health and community services who support people who may have experienced trauma.

- Understand current thinking about trauma informed care and how to apply this in the workplace+
- Learn how to respond and support people who have experienced trauma
- Discover the difference between trauma-informed services and trauma therapy
- Explore the impact of intergenerational trauma, particularly in Aboriginal communities
- Develop strategies for managing vicarious trauma
- Promote safety via safe relationships and safe environments

theMHS Perth Virtual Conference

9-12 February 2021

Register HERE

The Mental Health Services (TheMHS) Conference is Australasia's leading and most diverse mental health conference – and we will be holding our annual conference online in February 2021.

The theme for the conference is 'Balancing the System'.

There is widespread acknowledgement that in order to address the increasing pressures on mental health services across Australia and New Zealand to improve quality of life, we need to balance the mental health system through investment in prevention and community support.

To achieve this, we need to bring the clinical and the community together in a more substantive and coherent way.

Public mental health systems are experiencing significant and ever-increasing demands on acute and clinical bed-based services.

This not only represents challenges to outcomes for individuals but also brings into question to sustainability of the current model.

This conference will explore how communities can come together and make a balanced system a reality.

NADA Conference 2021: Enhancing Connections
22-23 April 2021

This conference will attract delegates from across NSW, the broader Australian alcohol and other drug (AOD) treatment sector and other health and human services. Showcasing interventions designed to improve outcomes for clients, this event will inform with new ideas, engage with the evidence base and provide networking opportunities.

REGISTRATIONS are now open
Earlybird ends 5pm 11 February 2021.

Surveys

Research Australia Survey

Research Australia, in partnership with Deakin University, is conducting a survey of the Health and Medical Research (HMR) sector to gain insights into the impact of the COVID-19 pandemic on l research activities. The objective of this survey is to

- inform policy recommendations and proposals for improving the resilience of the HMR sector in response to the impact of COVID 19

- identify specific issues and opportunities that have arisen through the Australian HMR sector's experience of this pandemic event

To take the survey, click HERE

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