

community mental health drug and alcohol

RESEARCH NETWORK



# ***‘Building Your Evidence Base – Lessons from the Field’***

## **CMHDARN Research Forum**

**19<sup>th</sup> November 2013**

### **Feedback Report**

November 2013



**Community Mental Health Drug Alcohol Research Network**

Mental Health Coordinating Council  
Building 125, Corner of Church & Glover Streets  
Lilyfield NSW 2040

PO Box 668  
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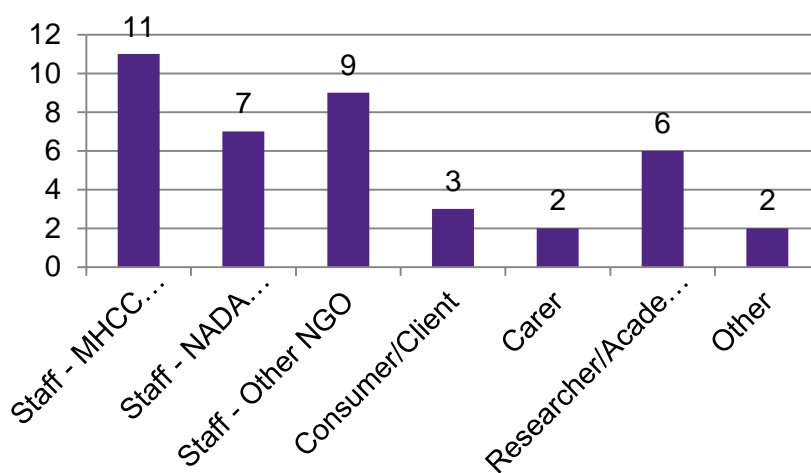
## Attendance

| Date                      | Venue  | Registrations | Attendance |
|---------------------------|--------|---------------|------------|
| 2013 19 November, Tuesday | Sydney | 68            | 45         |

## Participants

Among the attendees, 31 feedback forms were received back. The information reflected in this report will be from the said number of responses (31). As several people were ineligible to complete feedback forms (2), the potential number of surveys was 43. Thus, the response rate is 72.1%.

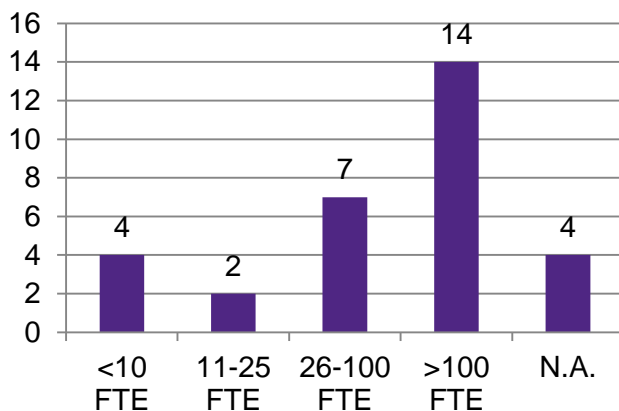
## General Participant Profile



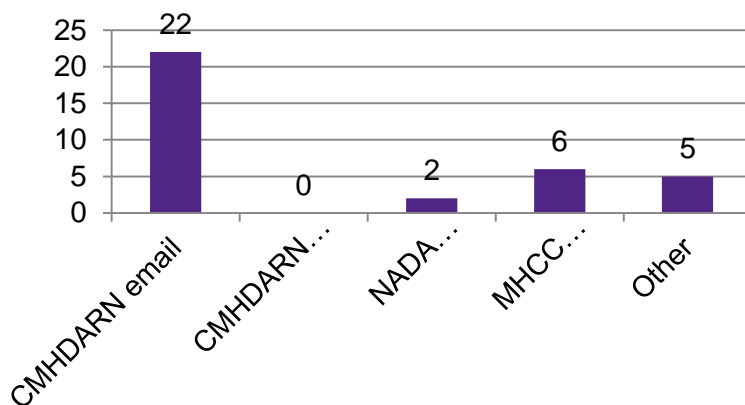
### Other:

- Sydney local health district
- On the board of "Action for People with Disability" & P.A.C. with ARAFMI
- MSIC
- \*MHCC member organisation: Research & evaluation
- \*MHCC member organisation: recently.

## Participant Organisational Profile



## Event Information Source



### Other:

- Colleague
- Invitation
- Forwarded email from a colleague
- My supervising professor sent me the information
- Through my employer

## Evaluation

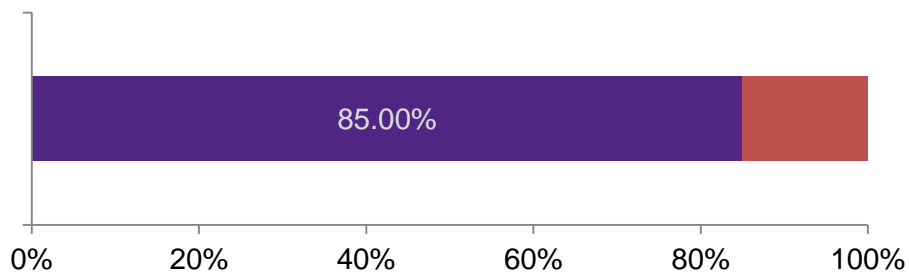
Evaluation for the workshop was conducted through surveying the attendees. Evaluation forms were distributed which were collected after the event.

## Results

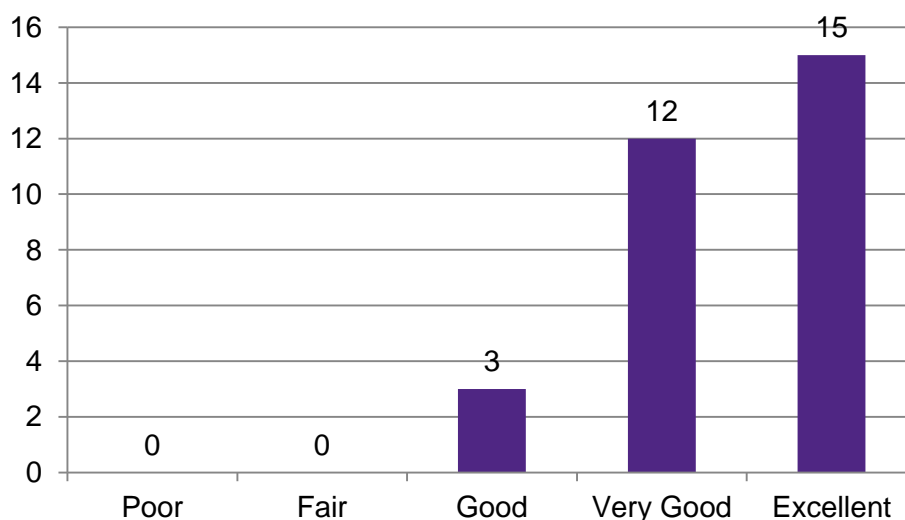
The graphs that follow display the average percentage rating received for the category. For example, “0%” would indicate that all participants rated the event as ‘Poor’ or ‘Strongly Disagree’ with the related statement, and “100%” would indicate that all participants rated the event as ‘Excellent’ or ‘Strongly Agree’ with the related statement. The number of responses received per rating is further shown in graphs.

### Overall Rating

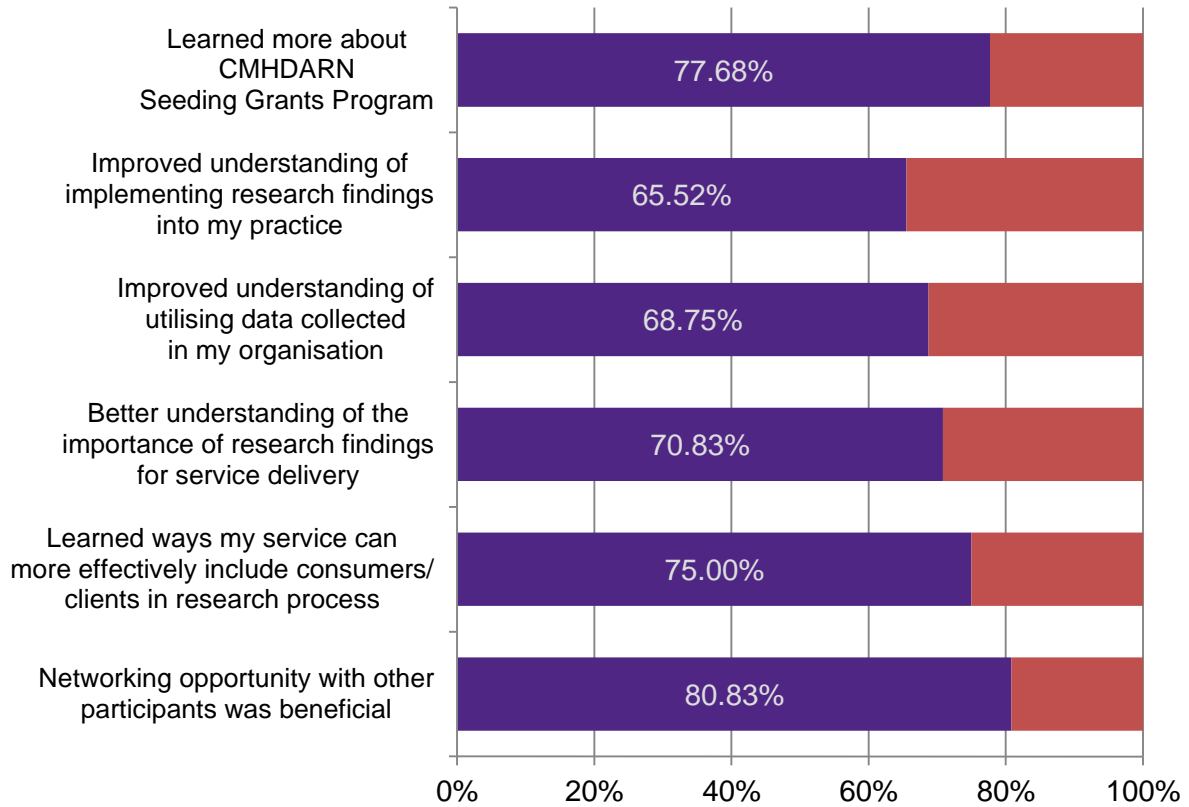
Overall Score of Event



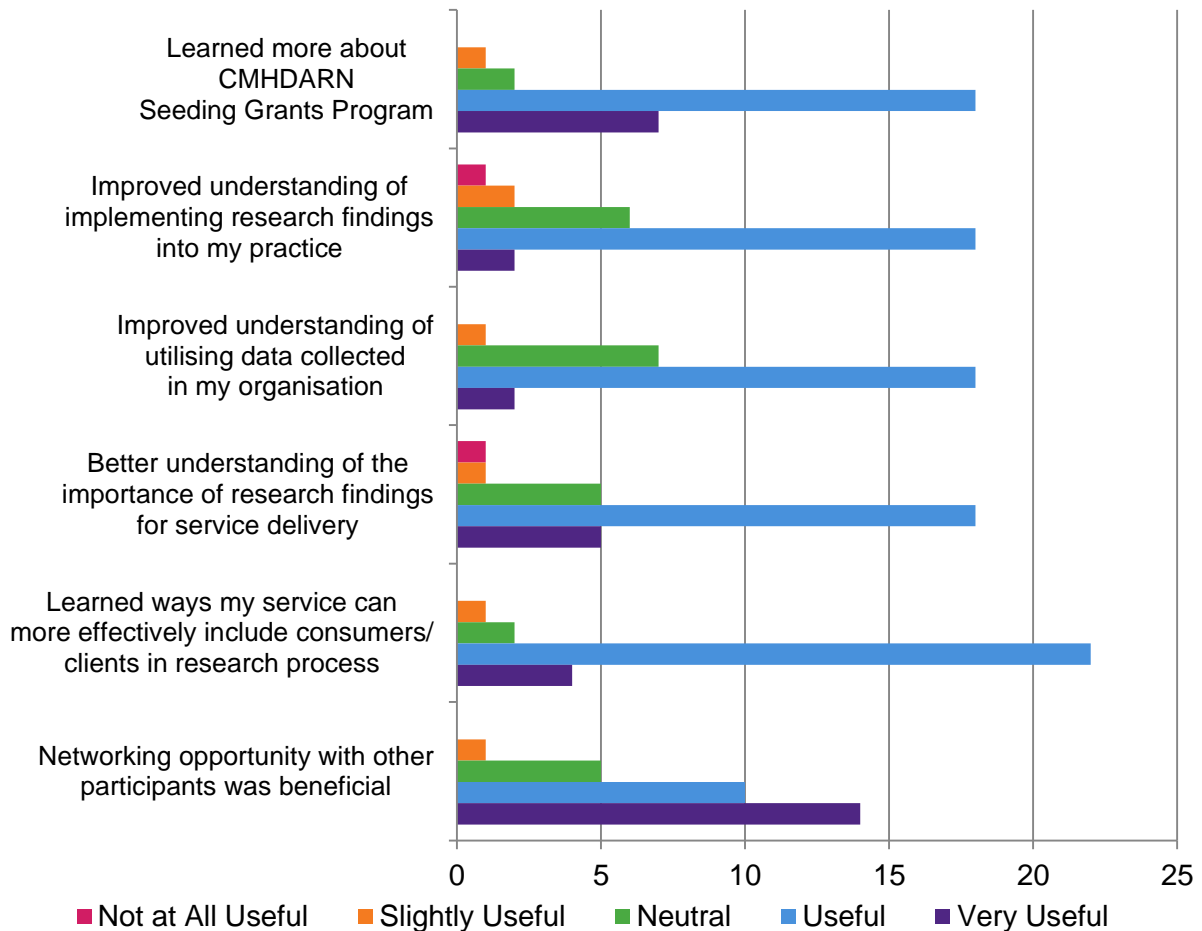
Breakdown of Overall Scores



## Forum Ratings

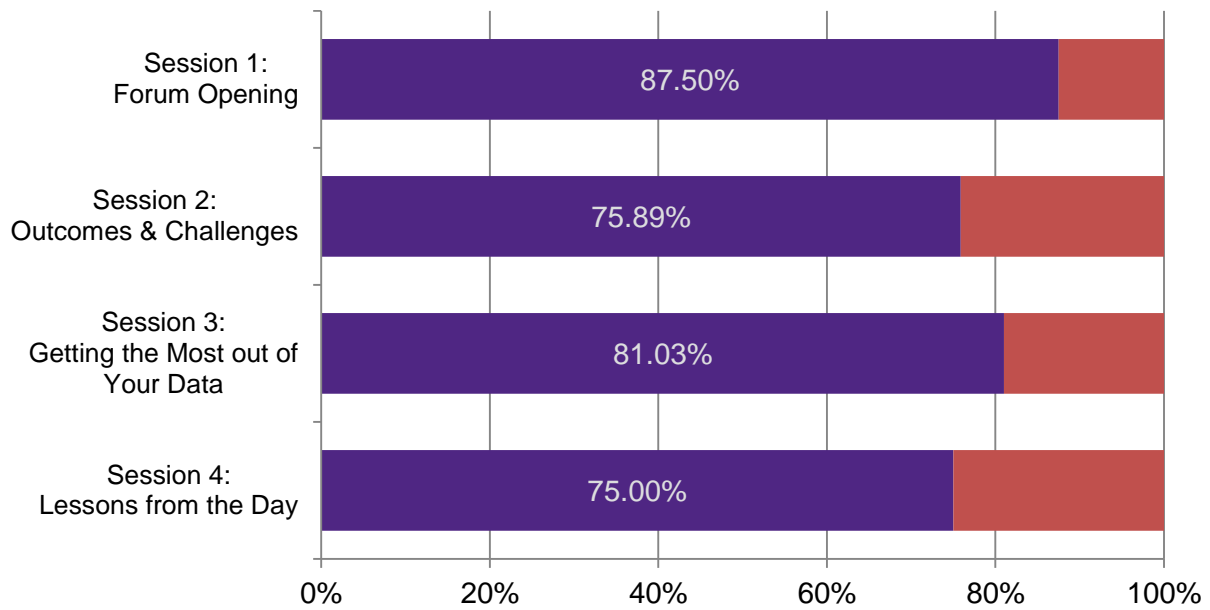


## Breakdown of Forum Scores

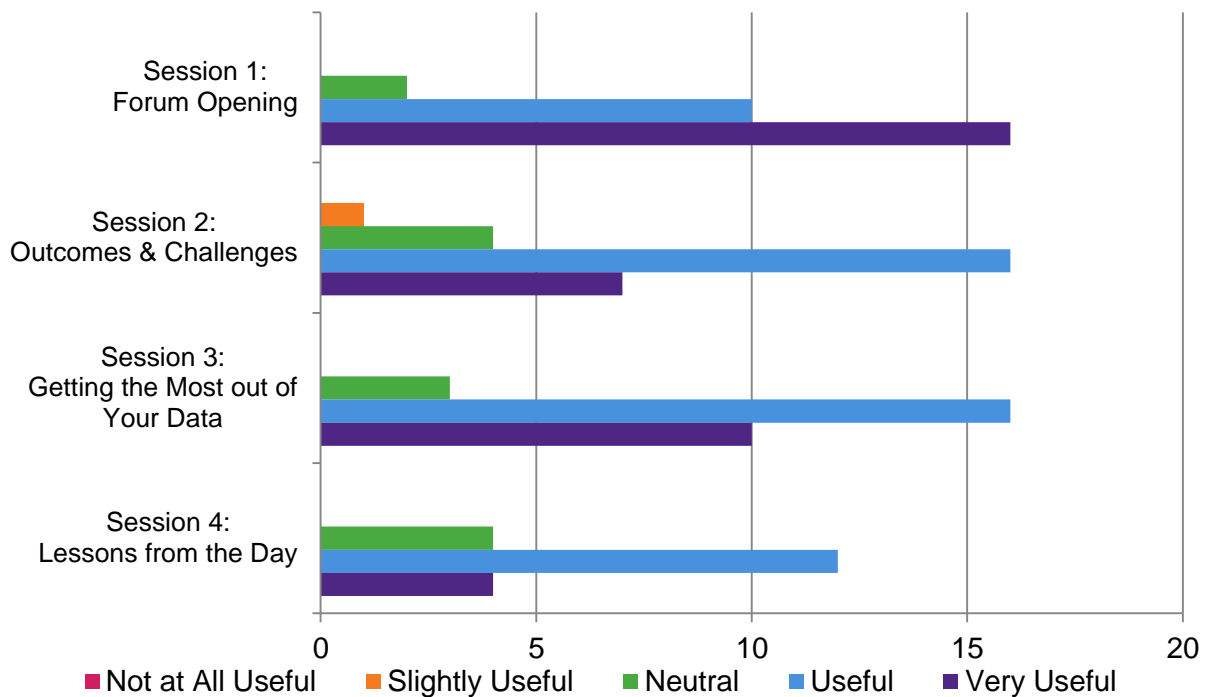


## Topic Ratings

Usefulness Scores per Topic Segment



Breakdown of Topic Scores



## Comments

### What was the session you gained the most from, and why?

#### Session 1: Commissioner Feneley

- John Feneley's - It gave me a better understanding of the future directions NSW Mental Health Commission may take moving forward.
- Session 1 - candid and heartfelt;
- Commissioner John Feneley provided a fluid, engaging and content rich perspective re. the activities of NSW Mental Health Commission
- 1. Hope instilled by J.F. especially relating to local gov't & prisons;
- Session 1. - Detailed, Global understanding.

#### Session 2: Seeding grants

- Seeding grants outcomes & challenges.
- I found the panel sessions interesting in terms of the range of research interests across organisations
- Hearing about others research & process - encouraging
- I was encouraged by the significant outcomes Nicole from Mission Australia shared. Will follow up Communities of Practice concept.

#### Session 3 Workshop

- 3. Made me think about what data I have access to.
- Session 3. The facilitator & presenters were excellent although there was a lot of data; they could have spent more time on this.
- I gained the most from Peter Kelley's presentation.
- Dr. P. Kelly - increased my thinking around what could be researched & how to move beyond evaluation
- Getting the most out of your data because I hate collecting data + not using it
- Adam Zimmerman: How to engage consumers
- Sess. 3. Really good information to use constructively within our service.
- Session 3 - great overview + tips from Peter Kelly
- Workshop - Adam's presentations.
- Session 3 - It presented innovative approaches of involving consumers in research process.
- Peter & Adam gave me Eureka moments
- I really enjoyed Adam Zimmerman's talk & learning how thoroughly consumers are involved in NEAMI

#### General

- To keep up to date with what is happening in the field.
- All were informative



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- Session 4 - Great ideas
  - Generally prompted reflections & ideas. Nothing was particularly new but research forum provided space & fuel for thought.
  - Passion for research & evaluation within the sector.; - Willingness of academics to partner & participate.
  - I personally enjoyed 2, 3, 4 equally & gained plenty of ideas & different methods I can use in the future.
  - All good. Adam Zimmerman - NEAMI seems to be doing great research work, embedded in the organisation

### How might you change your work practices, following this Research Forum?

- Be reminded that there are no short cuts in doing research. It is an intensive job and you need to see it through.
- The key thing was looking at the data I already have vs trying to get new data - also looking at partnering with an academic research partner.
- Will investigate current data collection + how we might use it for research proposals.
- More likely to review data outcomes & to look for opportunity to generate meaningful research which can be shared.
- Work towards motivating staff & consumers to explore why
- Find out more about Launching Pad & how we can get consumers more involved.
- Raises great issues for further research
- Make consumer participation processes more simple
- I have an increased desire to incorporate consumers into the research projects I will plan at my organisation.
- Work toward greater inclusion of Consumer Voice in Research scoping/planning and 'fieldwork' phases
- Aiming to use the data we collect to inform consumers of their health and as a therapeutic tool instead of just a data collection tool.
- Hold discussion of staff & consumers to ask them what should we measure (?), then work out how to do it.
- Research ideas for evaluating the impact of our peer workforce.
- Review practices used currently, implement new ideas gained from today's presentation.
- Pay attention to data sets and research in NGO sector when doing my academic research in future.
- To try & keep both staff & consumer in the loop more.
- Continue with research; Look for opportunities
- Advocate to embed a research culture in my org. starting with HR & position descriptions for frontline workers.
- Support all staff & consumers to engage in ®.

## Were you able to meet new people, and in what ways was this beneficial to you?

- No x 1

### Yes

- Yes x 3 (no comment)
- Made new contact with academic
- Yes, emerging patterns of drug use
- Yes - making connections, hearing what others are doing.
- Yes on my table - but not much more broadly.
- Knowledge of organisations & people working in this field. Though highly interdisciplinary - it seems psychology dominated & question definition of 'evidence' in this context.
- Meeting potential partners for future research projects.
- Yes it was useful as a AOD person I don't talk to mental health people much
- Yes, to learn about research capacity building at other organisations.
- I have contact number of people I have not seen for a while, and new contacts
- Yes - good chance to explore new ideas & opportunities & to learn from other services.
- Gaining new ideas & comparing notes - insightful.
- Met individuals who provided a perspective of non-research practitioners working with academics to produce worthwhile projects.
- Yes. Info sharing + useful contacts.
- Yes, interesting to discuss shared experience of establishing research culture in small NGO's.
- Excellent opportunity to build relationships with professionals and researchers in mental health (which is also my subject area)
- Yes, was able to get other peoples' opinions that are in similar fields very beneficial.
- Yes, new perspectives & opening opportunity for future work together.
- Helps me refer the many consumers & carers I talk to on to other service areas more focused on their particular lived experience
- Four different orgs. asked for our MPI disclosure tool. While I still need to get approval for this, it is exciting that ideas will be shared.

## Future Coverage

### Are there any research areas you would like to see covered in future CMHDARN activities?

- Have competent people present as happens at CMHDARN forums.
- Researcher-practitioner partnerships/collaboration - what do practitioners find most helpful in collaborative research process
- Practical strategies for consumer involvement
- Positioning of the self/selves in research. Auto/ethnography.
- Help in identification of funders and research partners.
- Employment and wellbeing
- Using research to inform policy, argue for funding of specific services, support innovation;

- 
- Publishing research & disseminating results ->how can you help it cut through?
  - Building internal NGO research capacity (ie. less dependency on University/Academic capacity)
  - Training opps for practitioners to gain research skills.; - Interpretation of research data
  - Role of consumer organisations in mental health research; - Role of consumer-led research in consumer-led advocacy/self-advocacy.
  - Not at this stage.
  - Being a drug/alcohol network there is a strong invest in that, I would like eating disorders (EDs) to also be considered as a significant, real co-morbidity with mental illness. EDs seem to be not included in the mental health sector.
  - TICP + R in data collection;
  - Assessment of research environments in NGOs since introduction of TIC + P
  - Guidelines; - Some more work on ethics
  - Risk population!!!; - Consumers who are difficult to engage in due to violent/aggressive behaviour.
- 

## Feedback Comments

### General Feedback and Comments

- \*RE: Overall rating: The second half was a 4, The first half was a 2.; The woman from MSIC gave a great presentation!
- Maybe some more facilitated networking.
- A very interesting day for a runaway academic!
- Interesting food for thought in regard to potential projects that might value add
- Excellent day, great ideas, great level of passion
- Reinforced existing knowledge. Would help if we heard if the Seeding Grants Program has a future!
- What an excellent pool of talent & experience within the room!
- Triggered a lot of thoughts to take back to my own organisation with new ideas to pursue. Thanks.
- The forum was 'interesting' but as a research practitioner (Private Sector) of 15+ years much of the info presented was not new to me.
- Excellent workshop- contribute collaborative mental health research practice.
- Very inspiring; Great to get together, learn about other projects
- Very enjoyable
- \*RE: Session 1: 4 - Interesting; - Great venue, easy access. Great food - thank you. Session (1) was too long & could have ended at 10:30am. I was ready for a toilet break having been here since 8:45 for registration!

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*\*Note: The original wording supplied by the participants has been retained.*

## Appendices

### Appendix A: Agenda

# RESEARCH FORUM:

## *Building Your Evidence Base - Lessons from the Field*

### Program

|               |  |
|---------------|--|
| 8.45am        | <b>REGISTRATION</b>  |
| 9.15am        | <b>Introduction and Welcome to Forum</b><br>Facilitator - Deb Tipper, Project Officer, CMHDARN   |
| 9.30-10.00am  | <b>Session 1: Research Forum Opening</b><br>John Feneley - NSW Mental Health Commissioner<br>Facilitator - Larry Pierce, CEO, NADA   |
| 10.00-10.20am | <b>Session 2: CMHDARN Research Seeding Grants Outcomes and Challenges</b><br>Overview - Deb Tipper   |
| 10.20-11.00am | <b>PANEL 1: Looking for Knowledge</b><br>Nichole Sullivan - Mission Australia<br>Susan Gomola & Belinda Volkov - MDECC<br>Rhonda Wilson & Meredith Gilmore - ARAFMI  |
| 11.00-11.20am | <b>MORNING TEA</b>   |
| 11.20-11.35am | <b>Spotlight On Seeding Grants - Short Presentations</b><br>Grenville Rose - Aftercare<br>Ian Flaherty - Sydney Medically Supervised Injecting Centre  |
| 11.35-12.15pm | <b>PANEL 2: Looking for Wisdom</b><br>Janice Ollerton - Break Thru People Solutions<br>Jo Lunn - WHOS<br>Charlotte Pritchard - Jarrah House  |
| 12.15-12.35pm | <b>Spotlight On Seeding Grants - Short Presentations</b><br>Joanne Mathieson - Break Thru People Solutions<br>Judy Panter - RichmondPRA  |
| 12.35-1.20pm  | <b>LUNCH</b>   |
| 1.20-3.00pm   | <b>Session 3: Getting the Most Out of Your Existing Data</b><br><b>Workshop and small group discussion</b><br>Facilitator - Bradley Foxlewin, NSW Deputy Mental Health Commissioner<br>'Understanding your Data - Qualitative and Quantitative Data'<br>Dr Peter Kelly - University of Wollongong<br>'Building the Consumer Voice into Your Data and Practice'<br>Adam Zimmermann - NEAMI National |
| 3.00-3.30pm   | <b>Session 4: Building Your Evidence Base: Hints/Techniques from the Day</b><br>Facilitator - Tina Smith, Senior Policy Advisor Sector Development, MHCC   |
| 3.30-3.45pm   | <b>CONCLUSION</b>  |



For more information on the project contact:  
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# RESEARCH FORUM:

## *Building Your Evidence Base - Lessons from the Field*

### Confirmed Speakers

#### **John Feneley - NSW Mental Health Commissioner**

John Feneley is NSW's first Mental Health Commissioner. Mr Feneley has broad experience and expertise within the mental health sector, mental health policy and law reform. His former roles include Deputy President of the Mental Health Review Tribunal, Assistant Director General at the NSW Attorney Generals Department, and Deputy Commissioner of the Independent Commission Against Corruption. He has also served on the Board of the Schizophrenia Fellowship, and government boards and committees such as the Youth Justice Advisory Committee, the Child Death Review Team and the Legal Profession Admission Board.

#### **Dr Peter Kelly - University of Wollongong**

Dr Kelly is a Senior Lecturer and Cancer Institute NSW Early Career Research Fellow based in the School of Psychology, University of Wollongong. He is a registered Clinical Psychologist and has been awarded membership of the Australian Psychological Society (APS) College of Clinical Psychologists. He has extensive clinical and research experience working with individuals diagnosed with severe mental illness and substance abuse problems. He currently holds a number of research grants and consultancies that focus on the development and implementation of clinical interventions to improve outcomes for people diagnosed with co-occurring mental illness and substance abuse problems. He has published over 30 peer reviewed journal articles or book chapters, with the majority of this work focused on the non-government sector. Prior to completing his PhD, Dr Kelly was employed as the Chief Executive Officer at Kedesh Rehabilitation Services. Kedesh is a large organisation that provides both residential and outpatient treatment for individuals diagnosed with substance abuse problems and co-occurring mental illness.

#### **Adam Zimmermann - Neami National**

As the Research Coordinator at Neami, Adam is responsible for many of organisations internal research and evaluation activities. He also plays a key role in overseeing and supporting research projects being conducted within Neami by external agencies. Before moving into the field of mental health research, Adam worked in various social work and strategic development roles. He has a Bachelor of Health Science, a T.A.F.E qualification in Project Management and is currently completing a Masters of Public Health.



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# RESEARCH FORUM:

## *Building Your Evidence Base - Lessons from the Field*

### CMHDARN Research Seeding Grants Panels and Spotlights

#### PANEL 1

| ORGANISATION                                      | RESEARCH SEEDING GRANT TOPIC SUMMARY   |
|---|--|
| NSW AOD Youth Services<br>Mission Australia       | <i>The effectiveness of the Mission Australia Youth AOD Community of Practice (CoP) initiative</i> |
| Manly Drug Education & Counselling Centre (MDECC) | <i>Planting the seeds of change in a drug affected family - a practical study</i>                  |
| Central Coast ARAFMI                              | <i>What Makes A Difference for Young Mental Health Carers</i>                                      |

#### SPOTLIGHT ON SEEDING GRANTS 1

|   |   |
|---|---|
| Aftercare   | <i>Knowledge, Attitudes, Hepatitis C and Working Alliance</i>   |
| The Sydney Medically Supervised Injecting Centre (MSIC) | <i>Developing the research skill base of clinicians and a research reference group in a medically supervised injecting centre</i> |

#### PANEL 2

|                             |  |
|-----------------------------|--|
| Break Thru People Solutions | <i>Managing Personal Information: Good Practice Disclosure strategies for jobseekers with mental health and/or drug &amp; alcohol problems, to enhance recovery through employment</i> |
| WHOS                        | <i>Development of WHOS Research Capacity</i>   |
| Jarrah House                | <i>Building capacity for research into the effectiveness of Jarrah House Programs: taking stock and planning the future</i>  |

#### SPOTLIGHT ON SEEDING GRANTS 2

|                             |  |
|-----------------------------|--|
| Break Thru People Solutions | <i>Managing Personal Information: Good Practice Disclosure strategies for jobseekers with mental health and/or drug &amp; alcohol problems, to enhance recovery through employment</i> |
| RichmondPRA                 | <i>Building the capacity of mental health consumers to Self Manage their Physical Health Checks</i>  |



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