

# 'Partnerships in Mentoring'

A CMHDARN Research Forum

12 February 2015

community mental health drug and alcohol  
RESEARCH NETWORK







The Community Mental Health Drug and Alcohol Research Network is a collaborative project between Network of Alcohol and other Drugs Agencies (NADA) and Mental Health Coordinating Council (MHCC)



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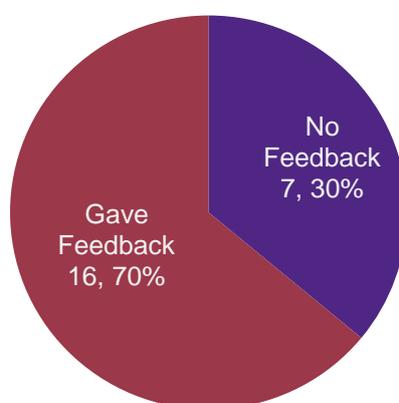
# Event Information

## Background

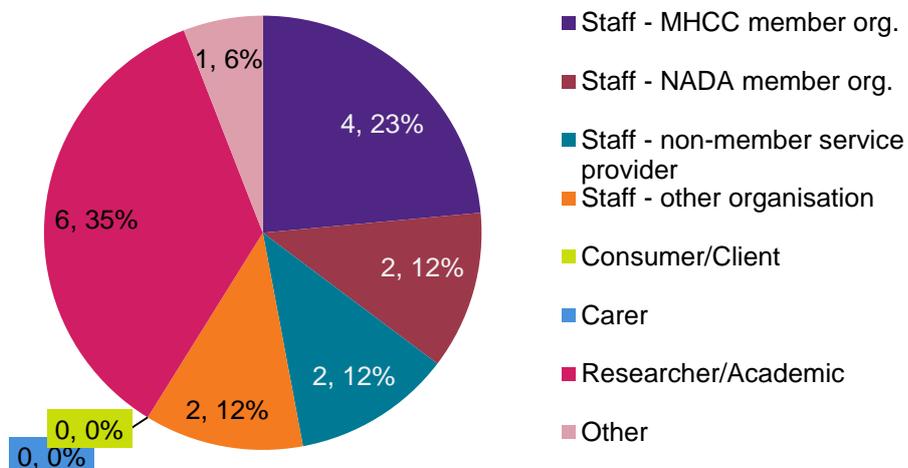
Date	Venue	Registrations	Attendees
2015 February 12, Thursday	Sydney	25	23

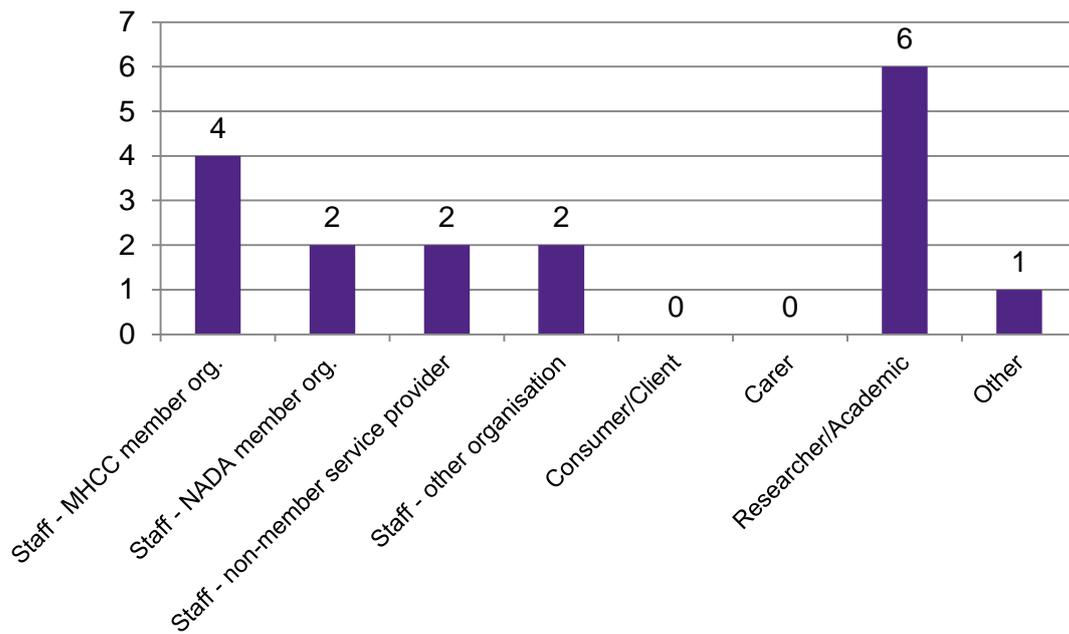
## Participants

### Participants with Feedback



### General Profile

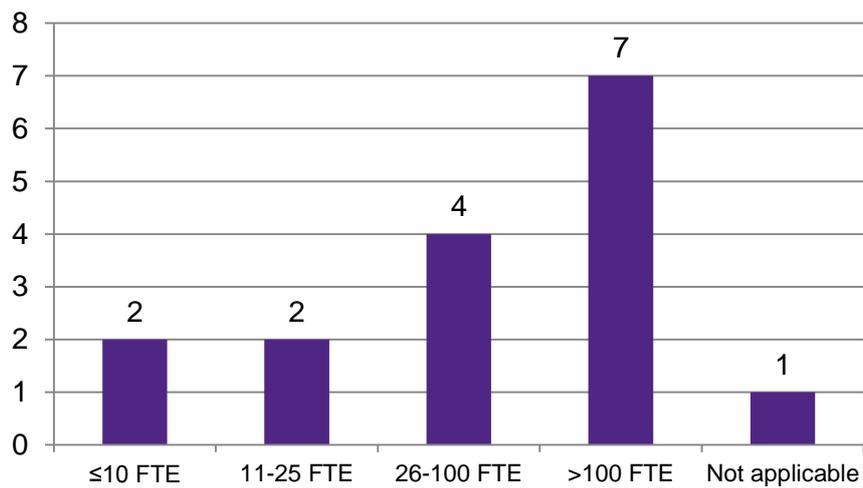




**Other:**

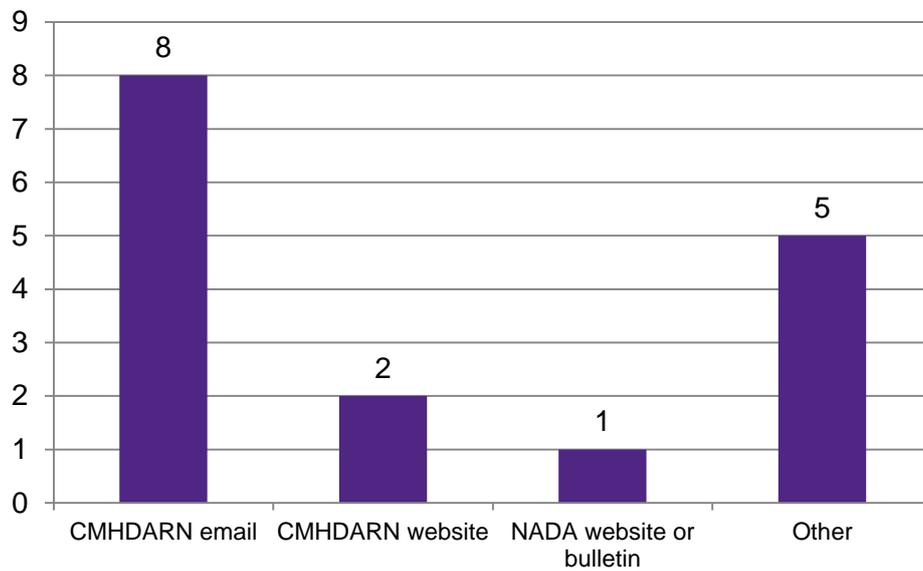
- \*RE: Staff-MHCC: "Staff from MHCC"
- \*RE: Researcher/Academic: "(CMHDARN member)"
- Not direct MH or AOD but clients present with these issues

**Organisation Size**



- \*RE: Employee#: "Approx 45 part time"
- \*RE: Employee#: "11-25 FTE Core, 25-100 FTE Core + casual."

## How Participant Knew about the Forum



### Other:

- 
- Word of mouth from colleagues
  - Involved previously
  - Direct communication with Deb x 2
  - CREMS x 2
-

# Evaluation

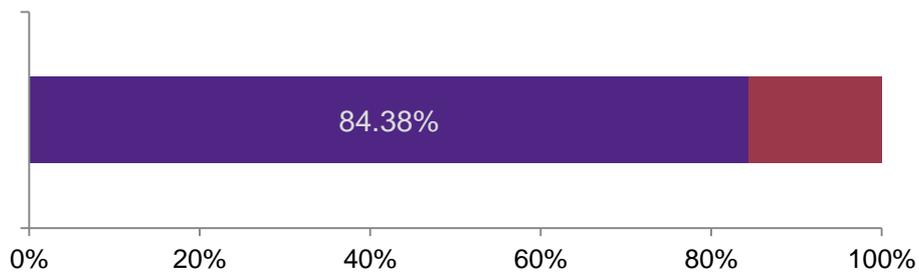
Evaluation for the workshop was conducted through surveying the attendees. Evaluation forms were distributed which were collected after the event.

## Results

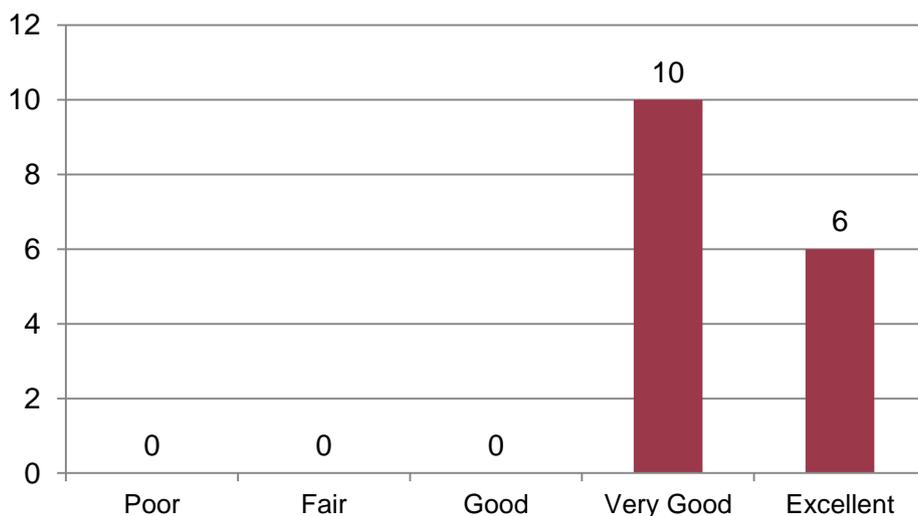
The graphs that follow display the average percentage rating received for the event. For example, “0%” would indicate that all participants rated the event as ‘Poor’ or ‘Strongly Disagree’ with the related statement, and “100%” would indicate that all participants rated the event as ‘Excellent’ or ‘Strongly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

## Overall Rating

### Overall Score of Event

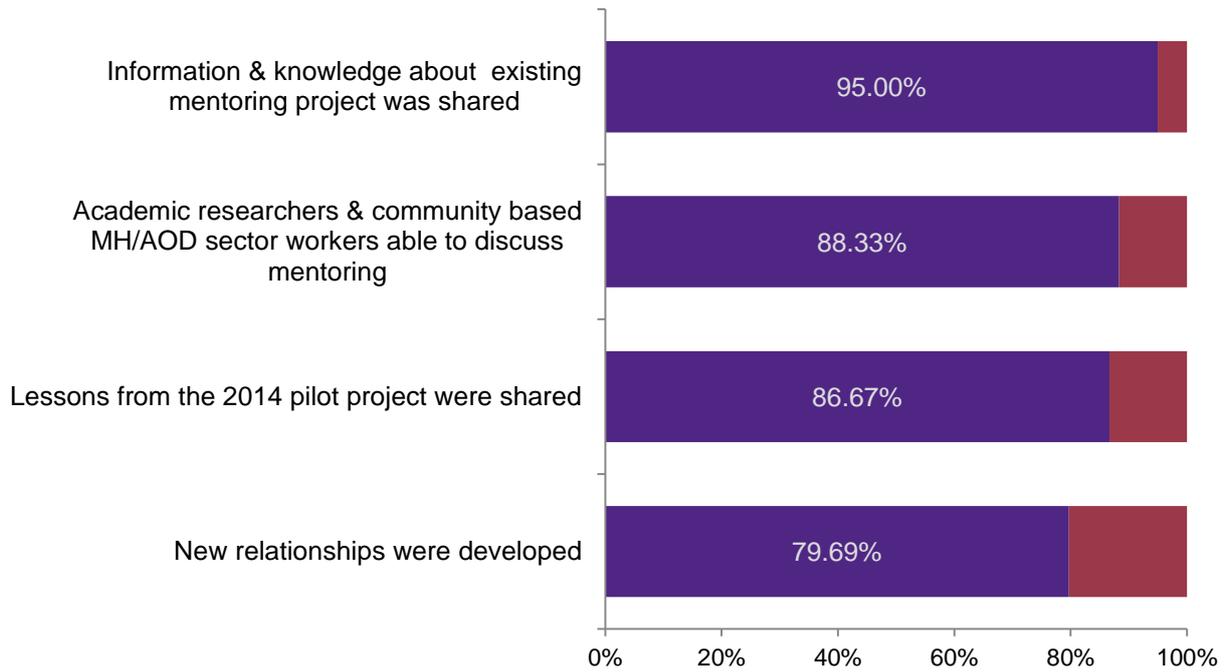


### Breakdown of Overall Score

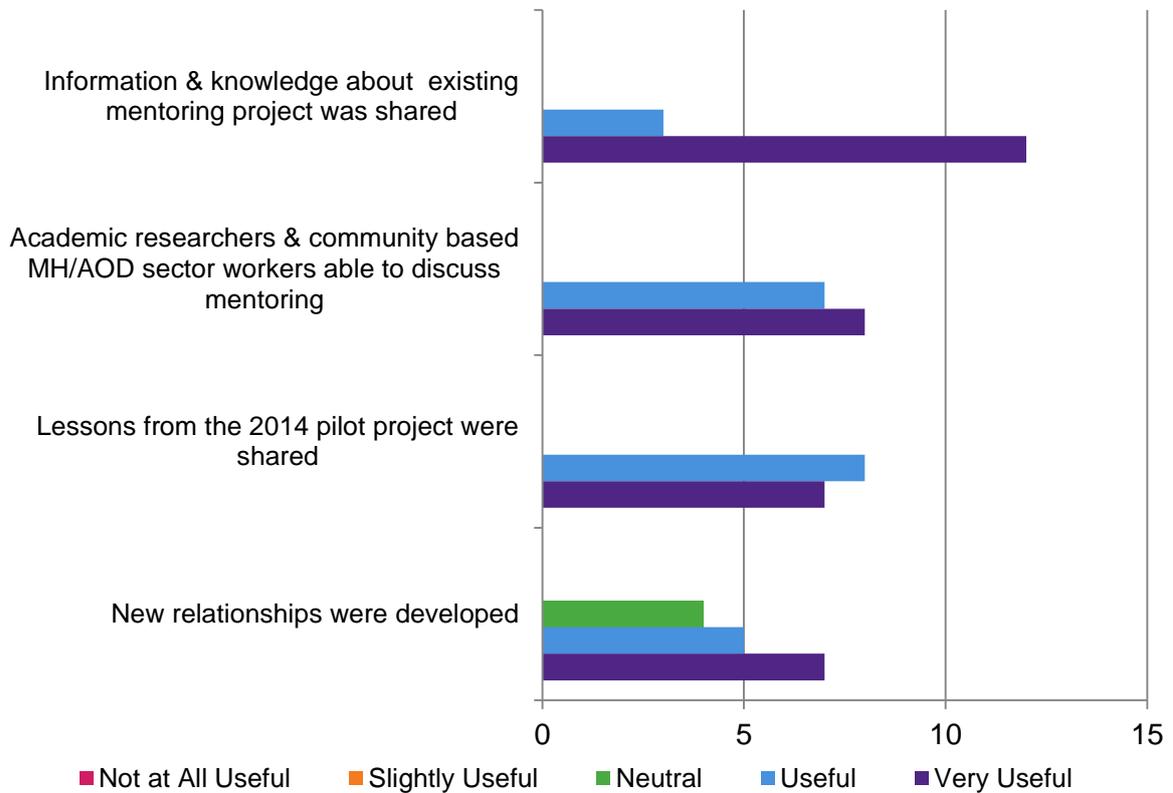


## Forum Ratings

### Forum Ratings



### Breakdown of Forum Ratings



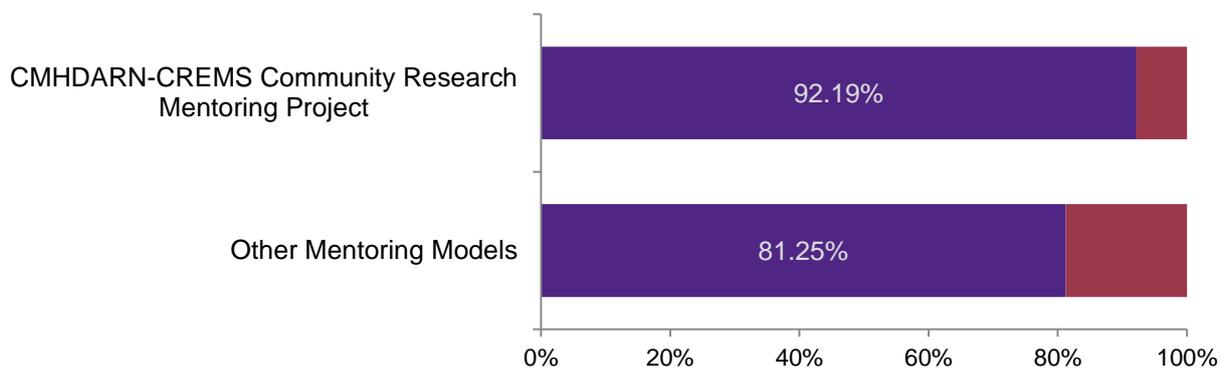
## General Feedback and Comments

- A very informative session - I learned a lot. Thank you! Perhaps it would have been good to have more time for discussion/interaction between attendees.
- Learning about the outcomes from 2014 was really great, but due to time constraints, there wasn't much opportunity to talk to clinicians/CMHDARN members.
- 2 best presentation AMY's + Gillian's
- Would be good to have more time for sharing knowledge
- Excellent opportunity for me to think outside the box. Gave me food for thought about establishing a mentoring relationship to assist in our evaluation.
- Great opportunity to meet people in services and hear some of the key areas of need.

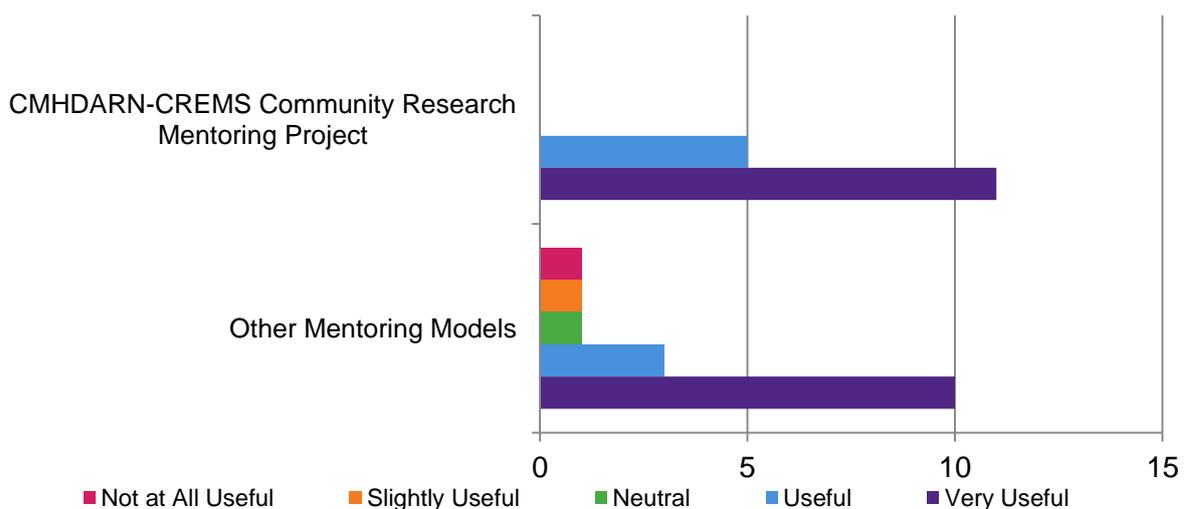
*\*Note: The original wording supplied by the participants has been retained.*

## Session Ratings

### Usefulness Scores per Topic Segment



### Breakdown of Usefulness Scores



## Feedback Comments

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

- I found it really useful to learn more about the CMHDARN-CREMS mentoring and it was excellent to hear real examples from Amy & Lexine. Very interesting.  
Networking with other professionals in the area.
- Amy's experience as a mentee was really useful - I'd heard about Alyna's Mentoring in CREMS meetings but it was really useful to hear what she found beneficial & how other mentor/mentee relationships worked
- \*RE: Useful sessions: Other models: "Gillian's"
- Jillian - learning how sustainable models can be implemented within work places.
- Dr. Gillian's: I worked in higher ed before and my own community/life experiences jived with her presentation
- Gillian's - due to the specifics she shared about her pilot, which is directly relevant to what I am preparing for in my role It was very useful to think about other models of mentoring and peoples thoughts/experience
- Info about the peer group mentoring
- General information about other mentoring approaches + Ideas for applications within our organisation
- Everything.
- All aspects - personal exp. of mentee; - Peer-led mentoring group study
- I gained most over morning tea breaks.
- Consumer participation and research-developing more responsive interventions & models of service delivery.
- Both Deb's and Emma's as it gave me background on two project and opportunities to be involved.
- Clarifying concepts and practice experience
- Other mentoring models and new definitions of mentoring/peer-support.

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

YES x 12

- Learning about local services, interagencies & potential collaborations
- Yes. Build relations that can improve work @ my agency, turn attention to CALD population, and ideas to inform one or two projects I have in mind
- Yes - able to meet potential mentees. Very beneficial to hear about their needs
- Yes, it's good to start to learn about the barriers that ppl in other sectors experience.
- Yes. New Knowledge and experience.

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- To learn what other services and Fields were doing.
  - Yes, able to see the potential relationships that can be build with academics.
  - I hear about ATSI projects, share contacts and listen to service provider perspectives
  - Yes, potential mentors.
  - Where other people are at, reports from the field
  - Yes, possible mentees.
  - Yes - generally formed new local connections as well as meeting ppl. experienced in the Mentoring space.

#### NOT REALLY x 2

- I think it would have been nicer to have a bit more of an interactive format with discussion opportunities built in to the programme.
- Not really. I found Gillian's presentation interesting but not really useful or particularly relevant for the day – was much too long for the day & prevented us from meeting/talking to clinicians. The time would have been better spent talking to community workers.

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#### Do you have any general comments?

#### Thank you x 4

- very interesting session & I look forward to being involved in the future!
- Excellent. Thank you.
- Thank you Deb for all of your work! =)
- Well done! - Thanks Deb.

#### General

- I hope to see this program move forward - it is so important & valuable. There are clear mutual benefits for mentor/mentee.
- Valuable experience
- Frameworks less useful for me but useful for the program overall
- Perhaps a group activity would have been beneficial to engage more directly with the group.
- Approachable environment
- Generous sharing

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

# Appendices

## Appendix A: Programme

### CMHDARN ROUNDTABLE: *Partnerships in Mentoring*



#### Aim

To bring together researchers and people from the MHDA sectors to discuss the Community Research Mentoring Project, with a view to expanding options available to the mental health and drug and alcohol sectors for mentoring and exploring a range of models of mentoring.

#### Outcomes

1. Information and knowledge about the existing mentoring project are shared.
2. Bring together academic researchers and community based mental health/ drug and alcohol sector workers to mentoring.
3. Lessons from the 2014 pilot project are shared, including outcomes from evaluation survey.
4. New relationships are developed between CMHDARN, mentees and mentors.

<b>8.45-9.15am</b>	<b>REGISTRATION</b>
<b>9.15-9.45am</b>	<b>Welcome and Introduction</b> <b>Deb Tipper</b> - Facilitator, Project Officer CMHDARN <u>Setting the context</u> - Why Mentoring? About the MHDA sector - issues around research capacity Relationship building - research into practice Mentoring - CMHDARN Experience
<b>9.45-10.30am</b>	<b>CMHDARN - CREMS Community Research Mentoring Project</b> <u>Lessons from the 2014 experience</u> <b>Dr Emma Barrett</b> - Research Fellow, NHMRC Centre of Research Excellence in Mental Health and Substance Use (CREMS) National Drug and Alcohol Research Centre <u>Our experience in 2014</u> - Mentees - Amy Crowe - Mentors - Lexine Stapinski
<b>10.30-10.45am</b>	<b>MORNING TEA</b>
<b>10.45-11.30am</b>	<b>OTHER MENTORING MODELS</b> <u>Peer Group Mentoring Framework</u> <b>Dr Gillian Nisbet</b> - Lecturer, Work Integrated Learning, Faculty of Health Sciences, Sydney University <u>Mentoring Consumer Researchers</u> <u>Video Presentation "Good Practice Disclosure - Strategies for Jobseekers"</u>
<b>11.30-12.00pm</b>	<b>Future Partnerships - Getting Involved in 2015</b>
<b>12.00-12.30pm</b>	<b>Conclusion</b>
<b>12.30-1.30pm</b>	<b>LUNCH</b>



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The Community Mental Health Drug and Alcohol Research Network 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.