

FROM THE CHAIR AND CEO

This has been another very busy year for MHLET focussing on promoting our new name and brand, the value of embedding lived experience and the core principles that support this type of engagement.

The Board proudly ratified MHLET's Strategic Plan 2024-2026 which was co-designed by our valued members. This document is a valuable tool to not only clearly outline what MHLET's values and objectives are to the community, but also shape the way MHLET operates in general. By ensuring that anything we undertake aligns with our objectives we have been able to achieve an enormous amount of work this year. This work, including the rebranding of MHLET, the development of a lived experience framework for health (commissioned by Primary Health Tasmania), incorporation of the National Mental Health Consumer Alliance and the development of an operational plan has been foundational work needed to ensure that MHLET is ready to grow sustainably.

MHLET has welcomed four new Board Directors with Dermot Barry taking over the role as Chair from Kim Backhouse who had completed her four year term. MHLET would like to thank Kim for her outstanding work on ensuring not only good governance but also overseeing changes to the constitution to ensure it was fit for purpose and the commencement of the strategic planning process.

The MHLET team has contributed significant time in developing a State Budget Priority Submission as well as two substantial federal government grant applications. We are confident that MHLET is moving into the next year with the capacity to deliver exciting new programs.

The Chair and CEO would like to thank the many hours of volunteer time given by members and the Board, our dedicated office team, and our funders, the Tasmanian Government and Primary Health Tasmania.

DERMOT BARRY
CHAIR

TASH SMYTH
CEO



LIVED EXPERIENCE ENGAGEMENT

SERVICE SNAPSHOT FY 23/24

PERFORMANCE METRIC	2021-22 FY	2022-23 FY	CHANGE 21-22 TO 22-23	2023-24 FY	CHANGE 22-23 TO 23-24
Instances of CRS	595	857	+44%	1353	+58%
Hours of CRS	1245	1945	+56%	2704	+39%
Average hours per CRS Instance	2.09	2.27	+8%	1.99	-12%
Instances of CRS: Statewide Mental Health Service	545	714		936	
Proportion of all instances	92%	83%	+31%	69%	+31%
Hours of CRS: Statewide Mental Health Service	1149	1623		1828	
Proportion of all hours	92%	83%	+41%	68%	+13%
Number of CRS Clients other than SMHS	8	19	+138%	18	-5%
Instances of CRS 'other clients'	50	143		417	
Proportion of all instances	8%	17%	+186%	31%	+192%
Hours of CRS: 'other clients'	96	322		835	
Proportion of all hours	8%	17%	+235%	32%	+159%
Individual Consumer Representatives	25	32	+28%	27	-15%
Instances of CRS: Northern Tasmania	100	115		184	
Proportion of all instances	19%	16%	+15%	14%	+60%
Instances of CRS: NW Tasmania	28	73		212	
Proportion of all instances	5%	9%	+161%	16%	+190%
Instances of CRS: Southern Tasmania	306	387		489	
Proportion of all instances	51%	45%	+26%	35%	+26%
Instances of CRS: Statewide	161	269		429	
Proportion of all instances	27%	31%	+67%	32%	+59%
Instances of CRS: National	NR	13		39	
Proportion of all instances		2%	-	3%	+200%



TRAINING AND DEVELOPMENT

MHLET has continued to deliver our information session on Consumer Representation to 6 participants. Once someone has attended this session they are provided with an individually tailored mentoring program which provides support in areas where MHLET and the Consumer Representative (CR) identify as needed. This may include one on one, face to face support, phone support, briefing and debriefing until CRs are ready to embark on engagement roles independently.

All CRs continue to have support when required from our CRS Coordinator and the office team as required. The work that CRs do is incredibly rewarding but sometimes can be intense and our CRS Coordinator is there to meet and talk through any challenges.

Another forum for CRs to build their skills is through MHLET's CR Knowledge Sharing and Skills Development meetings. These are statewide meeting held online for all MHLET CRs. These meetings give CRs an opportunity to share the positive experiences and impacts they have achieved as well as drawing on the collective knowledge of the group to work through any challenges.



I AM A PERSON
WITH LIVED EXPERIENCE.
I AM PROUD TO ADVOCATE
FOR POSITIVE CHANGE.



MEMBER ACTIVITY

This year has provided members with many opportunities to engage with MHLET which builds the organisation's collective knowledge enabling us to effectively inform decision makers in the mental health space. Some highlights include:

- Mental Health Week – Her Excellency the honourable Barbara Baker AC, Governor of Tasmania hosted MHLET members and stakeholders for a morning tea reception at Government House
- Mental Health Week – catered morning tea events held at Mental Health Inpatient Units in Hobart, Launceston and Burnie for consumers and staff and at Head to Health in Launceston
- Monthly regional members meetings held in Hobart, Launceston and Devonport
- CEO bi-annual online coffee catch ups
- Member face to face coffee catch ups held in Launceston
- Annual member survey
- Round table discussions x 3 – Employment for people with Psychosocial Disability, Accessing Emergency Departments and Lived Experience Engagement Framework (commissioned by Primary Health Tasmania)
- Regular Policy and Advocacy Group meetings
- Support provided for member representation at The MHS conference held in Adelaide



CONSULTATIONS AND ADVOCACY

- MHLET was commissioned by Everymind and Minds Together to facilitate consultations in Hobart, Launceston and Devonport with consumers to provide input in to what they would like to see in the development of an Early Distress Response Service.
- MHLET led the development and delivery of "Seven Steps to develop an organisational Lived Experience Framework" in collaboration with Mental Health Family and Friends and Health Consumers Tasmania
- Representation on The Premiers Mental Health and Suicide Prevention Council (CEO and CR)
- Participation in the Tasmanian Suicide Prevention Forum
- Collaboration with Working it Out (WIO) to provide LGBTQIA+ training to MHLET staff and development of an Memorandum of Understanding between MHLET and WIO
- Submission made to the public consultation of the Justice Miscellaneous Bill -Conversion Practices
- Submission for Consultation Feedback on the Optional Protocol to the Convention against Torture (OPCAT)'s central function: National Preventative Mechanism (NPM): Expectations on the treatment of people deprived of their liberty under MENTAL HEALTH LAW
- Submission made to the Establishment of the Child Safety Reform Implementation Monitor Bill 2024
- Formal response submitted to "Northern Territory Lived Experience Framework"



NATIONAL INITIATIVES

MHLET has become a founding member of the National Mental Health Consumer Alliance (The Alliance) which was incorporated in the 23/24 financial year. The Alliance is based on a federated model which ensures that Tasmania will have an equal voice at the table in advocating for what's important at a national level. The Alliance has work together to develop the grant application for \$3.5 million dollars to establish a national consumer peak body. If successful this will provide funding for a dedicated policy officer to coordinate MHLET's engagement and inform the national policy group.

MHLET's CEO has been strengthening relationships with Tasmanian's independent federal politicians including Andrew Wilkie and Jacqui Lambie. Andrew Wilkie has supported MHLET to formally request an increase in funding for legal representation to Tasmanian mental health consumers attending TASCAT hearings in regard to community treatment orders.

OUR FUNDING PARTNERS



**I AM A PERSON
WITH LIVED EXPERIENCE.
LISTENING RESPECTFULLY CREATES
VALUABLE COLLECTIVE KNOWLEDGE.**