

Rethinking

MENTAL HEALTH

6.0

A Whole of Health Approach

ACON Rainbow Lived Experience Network Jack Freestone



#RTMH

**ACON'S RAINBOW MENTAL
HEALTH LIVED
EXPERIENCE NETWORK**

Overview

1. Why the network was established

2. Recruitment & selection

3. Training overview

4. Learning

5. Future plans

Why the NETWORK WAS ESTABLISHED

Gaps

- Formal support for community members to represent in consultative processes
- Training specific to sexuality and gender diverse people around lived experience representation
- Duty of care to community representing on sensitive issues

Opportunities

- Foster a leadership, representation and casual employment pathway
- Create a resource to serve the broader MH sector in NSW
- Co-production and consultation potential around ACON's MH programs and resources

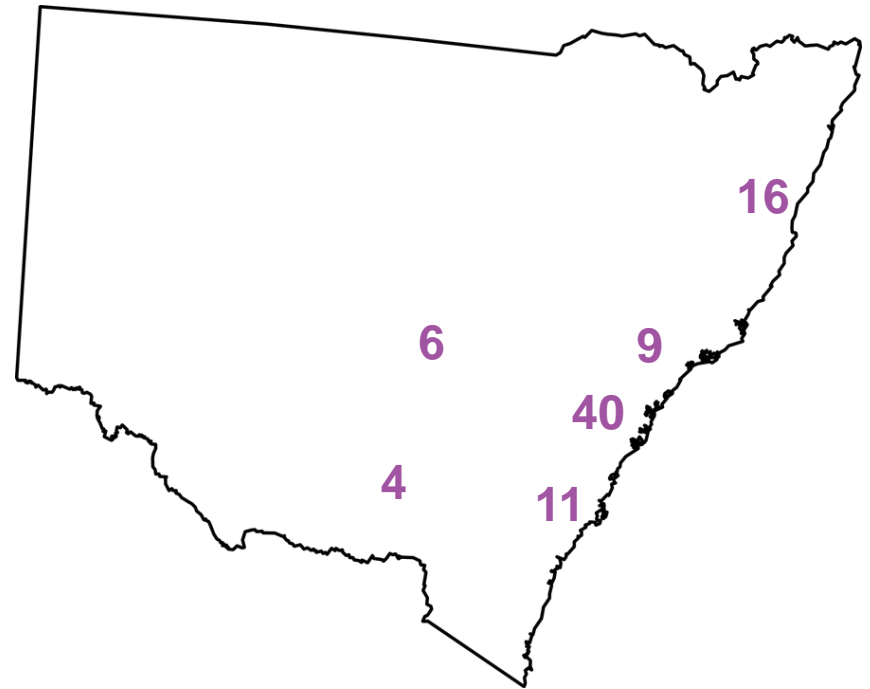
Mental Health Outcomes of sexuality and gender diverse people

- Compared to the general population:
- LGBT people are **twice as likely** to be diagnosed and treated for mental health disorders
- **41.1%** of homosexual/bisexual people aged 16 and over met the criteria for a mental disorder and had symptoms in the last 12 months.
- **37.1%** LGBT people aged 16 and over reported being diagnosed or treated for any mental disorder in the past three years

Source: National LGBTI Health Alliance, Statistics At A Glance, <https://lgbtihealth.org.au/statistics/>

Recruitment Process

- **86 sexuality and gender diverse people** applied to be a network member within 1 week of the network being promoted on Facebook.
- Applicants were asked:
 - Postcode
 - Sexuality
 - Gender
 - Intersex status
 - Cultural and linguistic diversity
 - Aboriginal and Torres Strait Islander status
 - Experiences of mental distress
 - Service use
 - Experience of caring
 - Representation and consultation experience



Selection and Network

Representation

Geographic

- 1 from Hunter New England
- 2 from Illawarra Shoalhaven
- 8 from Sydney
- Scheduled training in the Northern Rivers in 2020

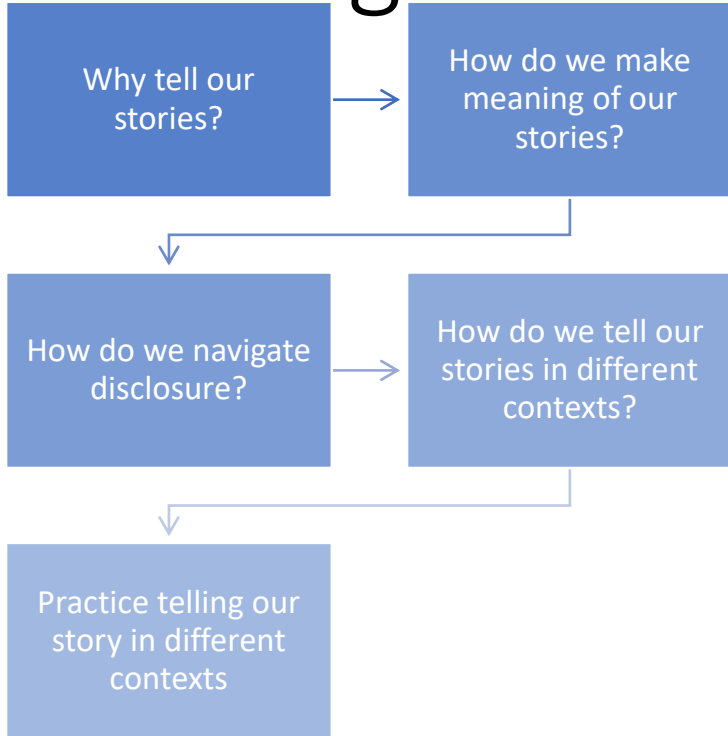
Demographic

- Transgender, intersex and non-binary representation
- Gay, lesbian, bisexual & pansexual representation
- CALD representation
- No Aboriginal or Torres Strait Islander people invited were able to attend training

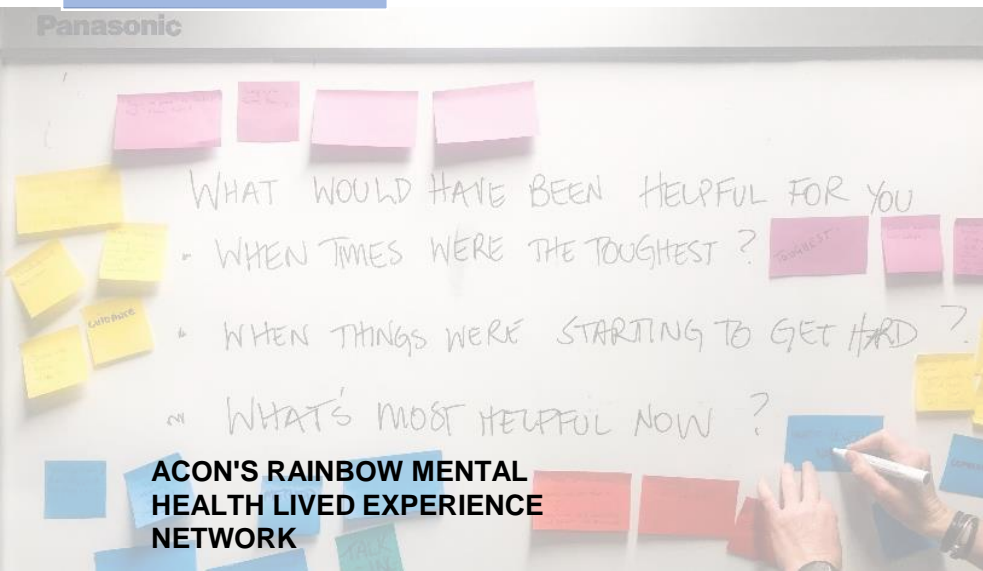
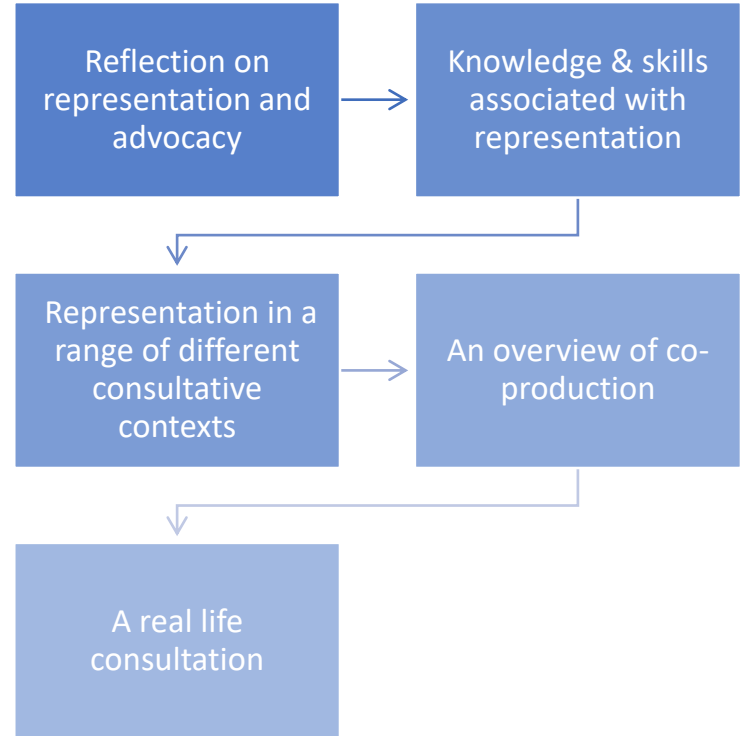
Lived experience

- Anxiety, depression, bipolar, PTSD & bereavement
- Inpatient, subacute & outpatient
- LGBTI specific and mainstream services
- Caring experience

Day 1 Training Content OVERVIEW



Day 2





FEEDBACK FROM NETWORK MEMBERS

THANKS TO EVERYONE INVOLVED IN ORGANISING AND FACILITATING FOR ALL YOUR WORK. I FELT LISTENED TO & RESPECTED.

I LOVED LEARNING HOW TO SHARE MY STORY STRATEGICALLY AND IN VARIOUS CONTEXTS.

THIS TRAINING HAS PROVIDED ME MORE CONFIDENCE TO BE AN EFFECTIVE NETWORK MEMBER.



ACON'S RAINBOW MENTAL HEALTH LIVED EXPERIENCE NETWORK



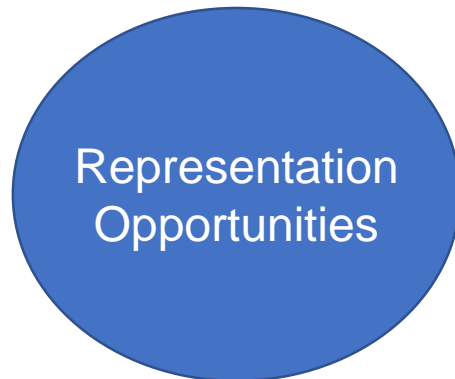
Learning

- ✓ Degree of community interest
- ✓ Information and service needs of our community
- ✓ Training a valuable community building process
- ✓ Recognition of the barriers to actively participate in consultative processes:
 - ✗ Ambiguity of purpose
 - ✗ Worth of lived experience
 - ✗ Status as experts
 - ✗ Confidence



Representation Opportunities

ACON invites sector partners to engage the Rainbow Mental Health Lived Experience Network members in a range of consultative processes going forward



To engage the network please email jfreestone@acon.org.au

•ACKNOWLEDGEMENTS

•THIS PROJECT WAS FUNDED BY MENTAL HEALTH COMMISSION OF NSW

•INSIDE OUT & ASSOCIATES WERE CONTRACTED AS CONSULTANTS TO DEVISE AND DELIVER NETWORK TRAINING

•JACK FREESTONE
•MANAGER, ALCOHOL AND DRUG AND MENTAL HEALTH PROGRAMS

•EMAIL:JFREESTONE@ACON.ORG.AU

