

REAL MENTAL HEALTH MATTERS LEADERSHIP BREAKFAST

APRIL 2017

The group considered the themes emerging from the qualitative feedback from service providers in 2016, and the consensus was to focus particularly on actions relating to a holistic, ‘whole-person’ view to mental health, which looks at wellness and strengths rather than just problems, and on the need to develop integrated services and workforce development.

Summary of possible action areas for the next few months include:



Using the Real Health Matters website and other digital means to create a virtual network of partners, including people who attended the breakfast, to pursue other actions.



Supporting the continuing education of existing health and welfare workers, with a focus on broadening skills in addressing mental health and wellbeing issues



Identifying a specific target issue for action over the next 12 months, potentially with the holistic view of individual health under a possible banner of ‘My Real Health Matters’



Providing input to the draft Queensland Mental Health Strategy, which is currently in a community consultation phase until 30 June 2017.



Offering a series of voluntary workshops on ‘lived experience’ for QUT students across health disciplines, led by people suggested by collaborating community organisations.



Pursuing the potential for participation in cross-sector initiatives with Brisbane South Hospital and Health Service as they arise.



Developing multidisciplinary group placements of students (potentially going beyond health, to include education or other faculties such as law), and joint supervision arrangements across organisations, learning from successes such as the student experiences in Kingaroy.



Contact realhealthmatters@qut.edu.au or visit our website www.realhealthmatters.org.au to find out more.