



# Winners of the 2008 Mental Health Good Outcomes Awards

## Government Organisation

Statewide Clinical and Service Enhancement Program, Western Australian Country Health Services

For ten years, the Statewide Clinical and Service Enhancement Program has been dedicated to improving mental health outcomes, particularly in the priority areas of WA's rural and remote regions. The unique statewide program is the state's primary provider of Telepsychiatry, which uses information technologies, in particular videoconferencing, to deliver cost-effective mental health care from a distance. As such, the program provides mental health services and education to some of WA's most geographically isolated and socially disadvantaged communities.

## Non-government Organisation (not-for-profit and private), sponsored by St John of God Health Care

Lamp Incorporated

For the past 11 years, LAMP INC has been successfully delivering a range of support services for mental health consumers and carers, their families and friends in the lower south-west of WA. Lamp has increased its services in the community this year with the launch of a social centre for consumers and carers in the Bridgetown/Manjimup region as well as two drop-in support services in Busselton and Margaret River. Through its Living Skills Program, Lamp engages consumers with a range of social and skills-building activities such as music and arts workshops.

## Consumer (group or individual), sponsored by the Multicultural Services Centre of WA

Pauline Miles

Pauline has been a consumer consultant for the past ten years. She is a champion for community-based creative art studio spaces for people with mental illness and her dedication was vital to the inception of the Reflections Studio in Northbridge. Pauline has for the past four years been part of the curatorial team installing the Open Minds Open Doors exhibition held at Alma Street Centre during Mental Health Week. She has presented at conferences on the relationship between arts and mental health, particularly the idea of arts for social change.





## John Da Silva Award for Carers (group or individual)

Ken Steele

Ken cares for his son who has a diagnosed mental illness. Ken has for many years been a passionate voice in the realm of human rights and the reduction of stigma. He is also involved in numerous public consultations, representing the carers' perspective on committees, groups and councils. Ken is a keen communicator, has been quoted in all manner of media, and is currently involved in running the Spirit of the Streets Choir which is enabling homeless and marginalised people to be heard.

## Freehills Award for Mental Health Employee

Leslie Nolan, Clinical Nurse Consultant, Selby Older Adult Mental Health, North Metropolitan Area Health Service, Mental Health

Les provides a voice for vulnerable older adult mental health patients in a busy and acute tertiary hospital. His warm rapport with patients and their families assists them in feeling calm and safe. He seeks their input to provide individualised care and ensures that discharged patients have access to appropriate community supports. He is an asset in developing the hospital's best practice principles of care, by supporting and educating staff and contributing to clinical management of complex behaviours.

## Edith Cowan University Award for Mental Health Promotion and Mental Illness Prevention

Rural Community Support Service, WACHS

The Rural Community Support Service aims to find effective ways to raise mental health awareness, decrease stigma, and increase mental health literacy within the great southern region. In running the first Mental Health First Aid training program in the great southern, it has sought to enhance the skills of regional mental health staff and help participants recognise the signs of key mental health problems and crisis situations. The program has expanded to include Youth Mental Health First Aid courses and hopes to include specialised Indigenous courses.

## Curtin University of Technology Award for Mental Health Research and Education

Dr Lizzie Finn, Curtin University's Centre for International Health

Dr Finn's study of GROW, the nationwide mutual help group, has made an important contribution to research on the positive recovery impact of mutual help groups for mental health. Indeed, her work has assisted in raising the profile of these groups in Australia. Dr Finn's research emphasises the importance of recovery via empowerment and quality of life within a community context.

## Media achievement (print or broadcast)

Andrew Denton, Anita Jacoby and Sonya Pemberton, 'Angels and Demons', ABC TV and Zapruder's other films

'Angels and Demons', the special episode of Enough Rope with Andrew Denton, provides viewers with a sensitive and memorable insight into the experiences of those with a mental illness. Whether it be at the 2007 Mental Health Services Conference in Melbourne or in an intimate interview, Andrew encounters people struggling with severe mental illness, in particular schizophrenia. The episode opened many eyes to the daily experiences of someone living with a mental illness.





## Dr Mark Rooney Award for Improved Outcomes in Child and Adolescent Mental Health

Multisystemic Therapy Programme, South Metropolitan Area Health Service, Mental Health

Multi-systemic therapy is a specialist intervention for children and adolescents with the severest of externalising behaviours. This intensive, 24/7 community-based intervention is designed to target the multiple sources that support a young person's dysfunctional behaviour. Multi-systemic therapy has achieved excellent outcomes in WA, as early intervention is cost-effective and is able to reduce the burden of suffering experienced by many.

## The Leanne Wood Award for Excellence

Carolyn Ngan, WACHS

Carolyn Ngan's significant contribution to mental health spans a career of 24 years, which includes many years as a clinician in the rural sector. At present, she is the Program Manager for the WA Country Health Services Mental Health Directorate, a role in which she provides leadership in the management of its key mental health strategies and planning. Over the years, Carolyn has shown her full commitment to promoting both mental health and the WA Country Health Service. A leader with compassion, Carolyn has dedicated much of her career to making a difference in mental health.

