

# Winners of the 2009 Mental Health Good Outcomes Awards

## GESB Government Organisations Award

**Family Pathways** (Princess Margaret Hospital) is a statewide specialist service for children from birth up to age 13 who have protracted, co-morbid and complex developmental and mental health issues. The program provides ongoing in-home support, consultation and collaboration with the children's carers and their residential staff.

## St John of God Non-government Organisations Award

**Fremantle GP Network** was established to assist GPs and primary care services throughout Australia. Its services included Better Outcomes in Mental Health Care Access to Allied Psychological Services, Fremantle GP Network Counselling Service, Street Doctor and headspace.

## WA Equal Opportunity Commission Human Rights Award for Consumers

**Jeremy Harris** is an ex-army medic and Stone Circle lead singer who used music to cope with the trauma of a parachute accident he suffered while in the army. He was instrumental in the drafting and implementation of a number of key reforms in the army's approach to mental health. This led to an increased awareness and proficiency in diagnosing Post Traumatic Stress and depression related warning signs throughout the army.

## John Da Silva Carers Award

**Kay De'Brett** cares for her son who was diagnosed with mental illness over twenty years ago. She is a trained mental health nurse and has over five years experience in carer representation at a systemic level. Kay actively advocates for improved supports and services for people with mental illness, their families and carers. She has a strong commitment to improving the quality of life for carers and consumers. Kay is a valued member of CarersWA and has the respect of her colleagues.

## Freehills Mental Health Employee Award

**Rachel Pittway** (Perth Home Care Services) is the Coordinator, Mental Health Services for Regional Homecare Services in Toodyay. She established a Young Carers Program which identifies and reduces risk factors in patients with a mental illness. It also strengthens and supports children and their families to enhance protective behaviours that contribute towards



better mental health and wellbeing. Rachel is passionate about pursuing opportunities for people to have varied and robust relationships that enrich their life experience.

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

**Mentally Healthy WA** is statewide initiative as part of Act-Belong-Commit campaign to promote the importance of physical, social and cognitive activity of mental wellbeing. The campaign has put mental health on the agenda in a range of community settings such as arts, sports and recreation, schools, the environment and volunteer sectors. Organisations have also begun to recognise that they can influence the mental wellbeing of members and the wider community.

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

**Gatekeeper Suicide Prevention Training Unit** (Telethon Institute for Child Health Research) was initiated in 1990 to provide youth suicide prevention training. The training workshops are designed to increase understanding and knowledge of suicide related issues as well as developing participant's confidence and skills. It is nationally acclaimed as an effective tool in the strategy to reduce suicide.

### **Maitri Aboriginal and CALD Mental Health Award**

**Youthlink** is a specialist youth mental health service offering service to young people aged between 13 and 24 with serious mental health problems. There are education and training workshops such as 'Working with Aboriginal and Torres Strait Islander Young People' designed to raise awareness, skills and confidence in engaging and working with young people of Aboriginal and Torres Strait Islander descent in a culturally sensitive and affirming approach. They provide an empathic understanding of the significant history of grief, loss and trauma across generations that have impacted on the Aboriginal and Torres Strait Islander community. Steven Feehan, of Aboriginal descent, and James Gibson, of Torres Strait Island descent, are two young mental health practitioners involved in the program.

### **Sonshine FM Media Achievement Award**

**Jolleh Abshar - "A Post Natal Depression Story"** promotes a positive outlook to Post Natal Depression. Using high profile sufferer Em Rusciano from 92.9fm, it helped people to understand what it is like to go through Post Natal Depression. The topic was handled with great sensitivity. The story helped to raise awareness that there is help out there for women and that they are not alone. The story was well-received by the public resulting in large number of hits to the program's website, which also directed them to related support groups.



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

**Youth Focus** is dedicated to the prevention of depression, suicide and self-harm in young people between the ages of 12 and 18. The organisation provides free holistic, early intervention and prevention services across much of WA. It collaborates closely with services to address the best interests and needs of young people and family to effect significant change for young people.

### **Hollywood Hospital Leanne Wood Award for Excellence**

**Lyn Mahboub** has been the Director of the Hearing Voices Network, a peer support group for voice hearers. Lyn has a long history of having made significant contributions to the development of mental health services and policy. Lyn is a sensitive, compassionate, caring and intelligent contributor and is recognised as a key driver of change in mental health and influencing service delivery in a way that is peer-oriented. She was recently a key organiser of The Mental Health Services international conference in Perth.

