



Community Engagement Education Package

**Community Engagement Education Package (CEEP) Project:
Supporting community inclusion for people with mental health conditions**

Co-Design Working Group - Get Involved!

Project Overview

The National Disability Insurance Agency (NDIA) has funded the Mental Health Coordinating Council (MHCC) to co-design a Community Education Engagement Package (CEEP) to assist community workers, volunteers and peers to better support people living with a psychosocial disability or mental health condition. These are people who are ineligible for, or do not want to have, a funded National Disability Insurance Scheme (NDIS) plan.

The strong community focus of the project is that “people with disability participate in and benefit from the same community activities as everyone else”.

What is Co-Design?

Co-design provides an opportunity for people who have a lived experience to contribute in a respectful, safe and supported environment.

MHCC sees co-design as not about tokenistic consultation, but about engaging people with lived experience in all aspects of the project.

How Can I get Involved?

We invite people with lived experience and their supporters – both paid and family/friends – to contribute to four Co-Design Working Groups in each of the two sites where the CEEP will be trialled, Western NSW/Dubbo and Central Eastern Sydney.

Participants can choose to attend alone or with a supporter. MHCC asks supporters to talk with participants before the Co-design Working Group and help them to think about their views on the issues that we will discuss on the day (see draft program over page). Each session will run for four hours and MHCC will provide lunch or afternoon tea. MHCC will hold the first of four Co-design Working Groups in:

- **SYDNEY** - 6/12/2018 - 9am-1.30pm
Redfern Oval Community Room
51 Redfern St, Redfern
- **DUBBO** - 10/12/2018 - 9am-1.30pm
Dubbo Neighbourhood Centre
Unit 1, 80 Gipps Street, Dubbo

We want to engage 8 – 10 people for each group. MHCC will provide you with a \$50 voucher for your participation.



Funded by the National Insurance Agency

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Community Capacity Building

The key question we will explore is:
“What are the challenges and needs of people with mental health conditions when connecting with community and mainstream services”?

The things we will talk about are:

What is recovery?

For many people, mental health ‘recovery’ can be confused with the word ‘cured’. If you are in recovery you are all better now, right? Wrong.

Both treatment and support are important for recovery. Recovery is possible through supports that give people hope and help them to establish valued social role/s and self-management skills to take control of life decisions. Social supports and self-direction help people feel belonging and wellbeing.

Co-design questions:

Key question - “What are the challenges and needs of people with mental health conditions when connecting with community and mainstream services”?

Community services are activities not supplied by government groups, available to everyone in the community, e.g., social, study and sporting interests.

Mainstream services are non-disability specific services and organisations, e.g., health, mental health, education, employment, justice, housing and child protection services.

- What are the challenges of people with mental health conditions when connecting with community and mainstream services?
- What are the needs of people with mental health conditions when connecting with community and mainstream services?

- How can people with, or at risk of developing, psychosocial disability participate in and benefit from the same community activities as everyone else?

- How can people with, or at risk of developing, psychosocial disability be connected and have the information they need to make decisions?

What do we want to achieve?

- People with, or at risk of developing, psychosocial disability participate in and benefit from the same community activities as everyone else.
- People with, or at risk of developing, psychosocial disability are connected and have the information they need to make decisions.

To get involved or for further information about the project or Co-design Group, please contact Rebecca Lewis:
rebecca.l@mhcc.org.au or 02 9555 8388 ext 113