

MEETING OF MENTAL HEALTH SIG- Tues 21st September 2010
AMTA PROFESSIONAL DEVELOPMENT SEMINAR 2010

STEERING GROUP (volunteered on the day):

Linda Blyth- moderator

Christobel Moore- uploading onto AMTA website

Jeanette Milford- PDS discussion chair

APOLOGIES:

NATALIE JACK

LUCIA PHELAN (German trained RMT living in WA, working in mental health rehabilitation)

PRESENT:

JENNY LAVETT

Canberra, lobbying for positions in adolescent and hospital units

JACQUELINE TROTT

Sydney, private sector psychiatric hospital- affiliated hospitals led to work in eating disorder/acute/ICU/ drug and alcohol units

CAMERON HAIGH

Brisbane, ABI and mental health

Qld Health and clinical educator at Princess Alexandra Hospital

GUCKI REISSENBERGER

Regional Qld, grant funded, Connect and Create- music and photography

DOT NEWLAND

Facility for intellectual disability, includes dual diagnosis

LINDA BLYTH

Regional WA (Bunbury), MT and OT in child and adolescent mental health, interested in sensory modulation

FREYA DALGLEISH

Melbourne, Elderly groups in private psychiatric facility

ROB MCGRIGOR

Regional Qld (Toowoomba); Also RN

CHERIE BAXTER

Melbourne Singing leader with Arts Access and private practice

CHRISTOBEL MOORE

Brisbane private Foundation funded shelter for abused children

KYLIE FERRIS

Brisbane, private work

CRYSTAL LEE

Hong Kong, shelter, volunteering for women in corrections

JEANETTE MILFORD

Adelaide-Fulltime in public psychiatric hospital

Q&A DISCUSSION

Where are RMTs employed in mental health?

- Those present were about equally employed by gov't and non-gov't organisations

Are there specific small group concerns?

- Subgroups existed (e.g. child, adult, elderly clients) but group preferred to remain a broad-based mental health interest group

How do we maintain contact and support?

- Suggestion of monthly emails and 'Reply to all' - Linda offered to moderate discussion
- Collecting resources on website - Christobel volunteered to upload

Which models do we use in our work?

- Feminist, CBT, client-centred, mindfulness, Vocal Nosh model, community cultural development, psychodynamic, humanistic, strength-based, recovery, resource-oriented, wellness, sensory integration.

What info/docs would we like to find on the SIG page of the AMTA website?

- Contact details and work areas of SIG members
- Position information documents/job descriptions
- Flyers/handouts prepared for workplace or special events
- Award rates
- Research
- Grant submissions

QUESTIONS FOR FURTHER DISCUSSION:

- What does a psychodynamic music therapy session look like?
- How to deal with many part-time positions, not being present for meetings etc?
- How to expand positions and improve job security?
- How to cope with unsupportive managers?
- Do public health workers need professional indemnity insurance?
- How much documentation/evaluation is actually useful?
- Where is the research?
- Which journals or audiences should we promote our work to?
- How can we be better informed about mental health?

PLAN:

- To start Mental Health SIG as an e-list of mental health RMT's
- Linda to moderate list; Jeanette to oversee SIG
- Christobel to upload membership list to website including photos of members
- All members to use e-list for resource sharing, questions and answers and discussion
- When sharing documents through email list - members are encouraged to indicate consent for documents to be uploaded onto website