

Tandem Participation Register – Call out for Expressions of Interest (EOI)

Join a 2-hour consultation to help Tandem inform the Victorian Government’s strategy towards eliminating seclusion and restraint in mental health settings

Lived and living experience engagement opportunity facilitated by Tandem

****Content note: Please be aware that the information below contains content that some readers may find distressing. Consider how and when you read this information.***

Overview of project and lived experience required

Tandem would like to hear from families, carers and supporters of someone who have experienced, witnessed or felt at risk of being restricted in a Victorian mental health setting.

This could have occurred in a hospital/unit or when the CATT team, police, or ambulance is called.

We would like to invite you to a consultation session if the person you support has ever been:

- Left in a confined space, on their own, without the ability to leave. The door could be locked, or the person could be compelled to stay in the confined space due to the use of threats, force or the presence of a person guarding the space
- Given high doses of a drug that does not treat their mental health condition but puts them to sleep and/or impacts their ability to think straight or move freely
- Held down or carried against their will by health workers, security guards or police
- Strapped down with belts, handcuffs, or harnesses
- Denied access to mobility aids such as walkers and wheelchairs, to restrict their movement

These experiences are described by health services as seclusion and restraint.

The 2021 Royal Commission into Victoria's Mental Health System advised that these methods were often dehumanising for individuals and traumatic for consumers and family, carers and supporters. The commission also found these methods ineffective in promoting recovery or preventing harm.

In response to these and other findings, the Commission recommended that the Victorian Government work towards eliminating these practices in mental health and wellbeing service delivery within the next 10 years (Recommendation 54.3).

A strategy to support the delivery of this reform is currently under development. As part of the engagement process, the government has funded Tandem to undertake a consultation to ensure the voice of family, carers and supporters are considered.

The consultation will be undertaken in two stages:

1. An environmental scan of family, carer and supporter submissions to the Royal Commission into Victoria's Mental Health System will be undertaken to identify, collate and analyse views on restrictive practices.
2. Consultation groups with family, carer, supporter, and kin to review the environmental scan findings and provide insights, additions, and recommendations. The consultation group will also be asked to respond to the Victorian Government's vision and underlying principles of the strategy for eliminating seclusion and restraint.

Findings and recommendations from the consultation groups will be presented as a report tabled at the **Victorian Government's External Working Group for Elimination of Seclusion and Restraint Strategy and project governance groups**. The report may be published on the Department of Health website and Tandem may use the findings in advocacy publications.

Do you have something to say about the government's plan to eliminate seclusion and restraint? This is your chance to have your say.

Remuneration

- **\$175.00 – Tandem/VMIAC pay scale at the 'Involve' Half day rate**
- This payment covers the scheduled session, plus 1 hour pre-session preparation and 1 hour post-session feedback

Time commitment

You can choose to participate, either online or in person on one of the following dates:

1. **Zoom Session – Wednesday 26 April – 6pm to 8pm OR**
2. **In Person Session – Thursday 27 April – 12pm to 2.30pm in Abbotsford, lunch provided**

If participating online, you will need a computer, tablet or smartphone and a stable internet connection. Tandem may also be able to assist in searching for internet and IT support services available at your local library. Please don't hesitate to include any further access needs in your expression of interest or contact us to discuss this in more detail using the contact details below.

Participant safety

We recognise that talking about experiences of seclusion and restraint can be upsetting. To support your participation, we will provide the following:

- Information about safely sharing your lived experience
- Access to the Tandem support and referral line before, during and after the consultation
- Access to briefing and de-briefing sessions on Zoom to help you prepare for the session (optional)
- In-session peer support from a member of our Tandem Support Services team
- Facilitators with lived experience in supporting someone with experience of mental health distress
- Permission to ask the group to stop a discussion if you are finding the content difficult, or to take a break or leave the session at any time.

Ensuring the session is inclusive

We encourage people from diverse backgrounds, identities, ages, and experiences to apply and we commit to providing an inclusive environment through:

- Providing multiple options for modes of communication (e.g., chat box, emails, phone calls, voice recordings)
- Using plain language, avoiding jargon, explaining acronyms and abbreviations
- Being mindful of sensory differences
- Being open and flexible to people's needs
- Being strengths-focused
- Being culturally safe
- Being trauma-informed
- Being aware of and attend to power differences

How to Express your Interest

Places for this consultation are limited to 10 people per session, so we need some information from you to help ensure you have the lived experience required to participate. Here are instructions for submitting your EOI.

- **Submit your Expression of Interest (EOI) to mhregister@tandemcarers.org.au by **10am, Wednesday 5 April 2023**, using one of the following methods:**
 - Written responses in the body of your email or attached as a document
 - Recorded using video or audio and sent via email
 - Over the phone - Please get in touch to arrange an appointment via the Tandem Participation Register - phone (03) 8803 5555 or email mhregister@tandemcarers.org.au
- **Use the subject line: 'EOI Family, carer, and supporter consultation on seclusion and restraint'**
- **Respond to the following questions:**
 1. Full name
 2. Email address
 3. Phone number
 4. Preferred pronouns (he/him - she/her - they/them)
 5. Preferred consultation session:
 - **Zoom Session – Wednesday 26 April – 6pm to 8pm OR**
 - **In Person Session – Thursday 27 April – 12pm to 2.30pm in Abbotsford, lunch provided**
 6. Description of your caring relationships: friend, parent, partner, young carer, work colleague, kin, or other
 7. Where you live in Victoria: Metro, regional, rural
 8. A few words (up to 250) describing why you would like to contribute to this area of Victorian [mental health and wellbeing reform](#) and what lived experience you will bring to the consultation. Use the background information provided above (pages 1-2) to inform your response. It doesn't need to be long; bullet points and rough notes are fine
 9. **Confirmation that you consent to Tandem** contacting you to arrange your participation in a consultation group session – Yes/No
 10. Confirmation that you agree with the **Information management, data collection and privacy statement (PDF) attached to this email** – Yes/No
 11. Do you have additional needs to support participation?
 12. Optional inclusion: Your Intersectional identity/communities: First Nations peoples, culturally and linguistically diverse (CALD), LGBTQIA+, non-binary, person of colour, older person, living with a disability, neurodiverse, or other identities/communities not listed here.

Contact - Tandem Participation Register

If you have any questions about this lived and living experience engagement opportunity, please contact the Tandem Participation Register Coordinator:

- Phone (03) 8803 5555
- Email mhcregister@tandemcarers.org.au
- Monday to Friday, 9am to 5pm

Free Tandem Support and Referral Line - 1800 314 325

If you need support, contact our Tandem Support and Referral Line. This free service provides support, information and referral to the family members, friends and carers of people living with mental health challenges and is open during office hours.

- Phone 1800 314 325
- Email info@tandemcarers.org.au
- Monday to Friday, 9am to 5pm

Please note that we are not a crisis service. If you or someone else may be at risk of suicide please contact: Lifeline [13 11 14](tel:131114) - Suicide Helpline [1300 651 251](tel:1300651251) - Kid's Help Line [1800 55 1800](tel:1800551800)