**An Invitation to people with Mental Health and Alcohol and other Drug Issues and their Carers/Family/Supporters**

The Royal Commission into Victoria’s Mental Health System wanted a future mental health and wellbeing system where people with lived and living experience (LLE) both consumers and carers, are in significant leadership positions, working with others to lead and influence change.

The Commission also recommended the establishment of Interim Regional Bodies (IRBs) to provide advice to the Department of Health as it plans, develops, coordinates, funds and monitors a range of mental health and wellbeing services in each region.

The IRBs are designed to generate local activity ranging from the development of community programs through to monitoring the performance of treatment services.

The IRB in BSW is running a number of projects to capture key voices. One of these projects is about the leadership of people with lived and living experience (LLE) of mental health issues, psychological distress, or mental health diagnoses and alcohol and other drug issues and their carers/family/supporters.

This project will consider three aspects of LLE leadership and empowerment:

1. Consumer voice and choice in care and treatment and appropriate inclusion of family, carers and supporters
2. The involvement of people with lived and living experience and expertise in governance and advisory roles
3. The role and capacity of the LLE workforce across and at all levels of the regional mental health system and AOD sector.

Focus groups are being held in the region on the following dates and you are invited to attend. These will either be in person or online and you chose your preference. If you can’t attend we will look at other options for your involvement. For further information and to register contact SHARC **95731740** or email **slittle@sharc.org.au**

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| Group | Date | Time | Location | Venue |
| Carers | 23rd November | 11:00am – 12:30pm | Geelong | Geelong Library51 Little Malop Street,  |
| Consumers | 23rd November | 1:00 – 3:00pm | Geelong | Geelong Library51 Little Malop Street, |
| Carers | 24th November | 11-12:30 | Colac | Colac Library173 Queen Street, |
| Consumers | 24thNovember | 1:00-2:30pm  | Colac | Colac Library173 Queen Street, |
| Carers  | 30th November | 1:00-2:30pm | Drysdale | Boronggook Drysdale Library2-8 Wyndham Street |
| Consumers | 30th November | 11-12:30 pm | Drysdale | Boronggook Drysdale Library2-8 Wyndham Street |
| Carers | 1st December | 1:00pm | Apollo Bay | Marrar Woorn  Neighbourhood house 6 Pengilley Ave |
| Consumers | 1st December | 3:00pm | Apollo Bay | Marrar Woorn  Neighbourhood house 6 Pengilley Ave |
| Carers | 2nd December | 2:00pm | ONLINE |  |
| Consumers | 2nd December | 3:30pm | ONLINE |  |
| Consumers | 4th December | 2:00pm | Corio | John Drysdale Library Cox Rd Norlane |
| Carers | 4th December | 3:30pm | Corio | John Drysdale Library Cox Rd Norlane |

A payment of $180 plus GST will be made to each participant in acknowledgement of time and expertise. This will be managed at the focus group.

**SHARC** **acknowledges the Traditional Owners of country throughout Australia and recognises their continuing connection to land, waters and culture.  We pay our respects to their Elders past, present and emerging.**