

BETTER DAYS

SPRING 2022



Above, L-R: Open Minds Chief Operating Officer - Kate Johnson, Multicap Group Chair - Angela Tillmanns, and Her Excellency the Honourable Dr Jeannette Young AC PSM, plant our commemorative Wattle Tree. **Top right, L-R:** Support Worker, Gary Haddad, Her Excellency, and headspace Youth Reference Group member Jesse Cotter. **Bottom right:** Her Excellency and Kate Johnson.



Open Minds celebrates 110 years

It was wonderful to welcome our Patron Her Excellency the Honourable Dr Jeannette Young AC PSM, Governor of Queensland, staff and clients to celebrate Open Minds 110 years of supporting the community.

Open Minds began in 1912 as the Queensland Wattle Day League, raising funds for art scholarships and providing support for returned soldiers and people with disabilities. This foundation of supporting people

led us to our purpose today of enabling an independent and positive future for people living with mental illness and disability.

We were pleased to be presented with our Certificate of Patronage from Her Excellency. Open Minds Support Worker, Gary Haddad, and headspace Youth Reference Group member Jesse Cotter, shared their experiences with Open Minds.

In recognition of our historic connection to Wattle Day, which is

also celebrated on 1 September, a Wattle tree was planted at our head office location at Eight Mile Plains.

We acknowledge everyone who helped us celebrate and who has contributed to Open Minds' rich history, with special thanks to our clients for choosing us for their support.

We thank everyone who joined us for a lovely morning of reflection and celebration.

Message from the COO

Welcome to this edition of *Better Days*. Since our last edition, we have navigated extreme weather events and the COVID-19 pandemic, established a new partnership with leading disability provider, Multicap, and were appointed as lead agency of Lismore Head to Health Hub. In addition, we are extremely proud to recognise and celebrate our 110th year of supporting the community.

On 1 September, we were delighted to welcome special guests and our Patron, Her Excellency the Honourable Dr Jeannette Young AC PSM, Governor of Queensland as we celebrated Open Minds 110th year. The integrity of Her Excellency's patronage complements our rich history of supporting Queenslanders for more than a century.

Reflecting on Open Minds' 110 years highlights the resilience of our organisation since we began in 1912 as the Queensland Wattle Day League. The organisation has endured two world wars, two pandemics, the Great Depression and other challenges along the way. Our ability to blossom despite these challenges is thanks to

many exceptional people who have guided and enabled our vision to help people in need. I'd like to also thank the people who choose Open Minds for their supports and reinforce that you are our driving force every day.

We proudly hosted the Queensland Mental Health Week Achievement Awards (QMHWAA) on Friday 14 October for the 26th consecutive year. QMHWAA recognise and celebrate the achievements of those working diligently to reduce stigma and support and empower those living with mental illness.

We thank our sponsors for making this event possible and warmly congratulate the 11 winners. More information is available on page 4 of this edition.

Kate Johnson
Chief Operating Officer



Open Minds appointed lead agency for Lismore Head to Health Hub

Open Minds was appointed as the lead agency of Lismore Head to Health Hub in July and commenced as the new provider on 1 August.

The appointment affirms continuity of the Head to Health Hub in Lismore, previously established to provide much-needed mental health support to the community following the devastating floods in Lismore earlier this year.

This opportunity allows our dedicated team to expand our services in the area to support even more people,

particularly those impacted by the floods.

Head to Health adult mental health centres provide a safe and welcoming space for people and their family and friends, who may be in distress or crisis, or need help finding the right mental health services for their individual needs.

Lismore Head to Health is an Australian Government initiative commissioned by the Healthy North Coast Primary Health Network. We are pleased to work with Healthy North Coast to deliver this service.



L-R: Mental Health Nurse - Rachel Johns, Assessment and Intake Officer - Dione Baird, General Manager Integrated Mental Health Services, NSW - Rik Barker, Mental Health Worker - Kelly Keating.



Paul's vibrant new hobby adds colour to his life

Paul expanded his community participation to include a fortnightly art group with support from Open Minds.

Making the decision to join the art group was no small feat for Paul as he had previously been reluctant to incorporate anything other than shopping trips into the two days each week that he is supported by Open Minds.

Paul has been working with colouring mandalas, which is a form of art therapy that can help reduce stress and anxiety, increase focus, and encourage creativity.

"I find art very relaxing, and I love sharing my work when it's done," he said.

Joining the art group has given Paul the confidence to try new things.

Chris finds peace in his new home

Chris, aged 18, is delighted with his new home in Logan following stints in the mental health unit in hospital.

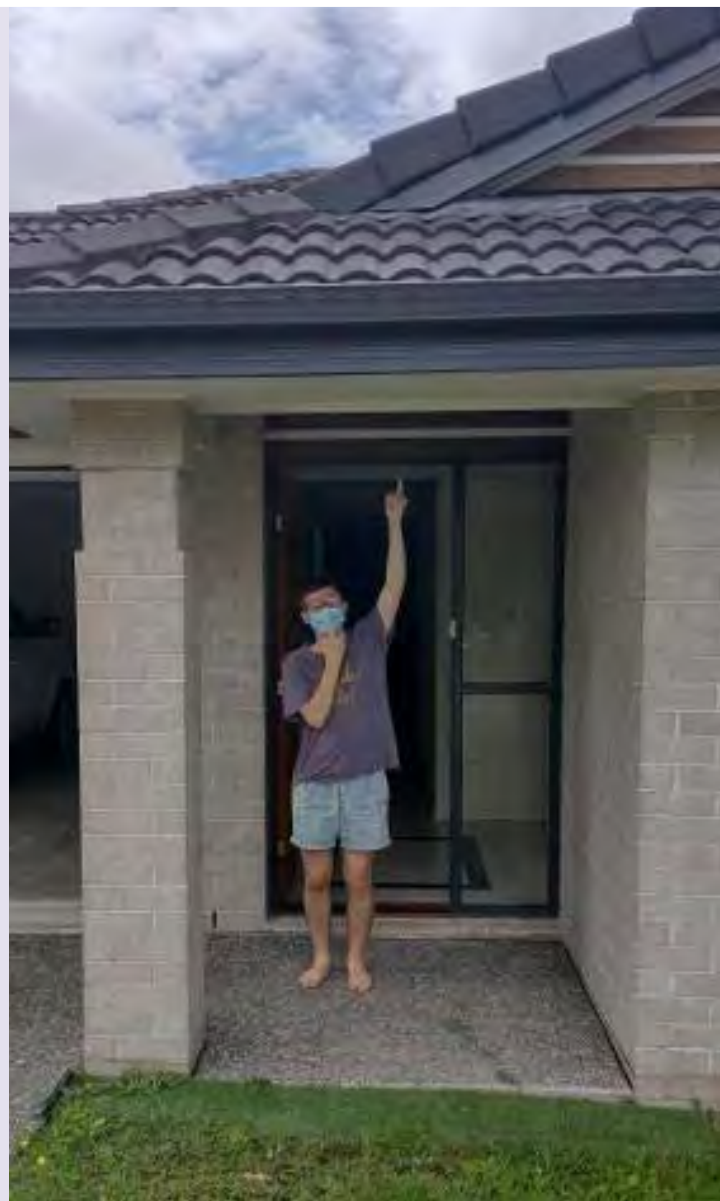
Living with ADHD and an intellectual disability means that Chris requires Support Coordination and Positive Behaviour Support teams who fully understand his needs.

"I'm proud that I made it into my new home," Chris said. I've been given good advice from my team, and I've been implementing those strategies which has made a real difference to my life.

"Open Minds has really helped me grow my skills. I haven't been back into hospital for over two months now which is great."

When Chris was released from the child safety system, his Open Minds Support Coordinator worked with him to find suitable supports to ensure they know how to respond to his triggers and keep him out of hospital.

"He's come so far. His success story is a fantastic example of how well someone can thrive with the right funding and the right supports in place," said his Support Coordinator.



Our Core Services

NDIS Services



Daily Living



Supported Independent Living



Support Coordination and Specialist Support Coordination



Positive Behaviour Support (PBS)

Non NDIS Services



Coastal Supports



Community Living Support



Housing and Support Initiative (HASI)



Youth Bloom



Community Re Entry Services Team (CREST)



headspace
(Indooroopilly, Redcliffe & Strathpine)



Mental Health Hub Morayfield



Concierge Housing Supports



Lismore Head to Health Hub



Gary celebrates 25 years with Open Minds

With an admirable 25 years of service under his belt, Open Minds Support Worker Gary Haddad has a wealth of experience to share.

Reflecting on his long and valued career, Gary acknowledges that Open Minds' growth has enabled his professional development.

He has enjoyed a variety of roles including Acting Lifestyle Coordinator, Case Worker, and co-facilitator of adventure-based programs and learning activities.

One thing that hasn't changed for Gary is his passion for helping clients achieve their goals. "I love helping clients to get out of their comfort zones," said Gary. "It doesn't matter how big or small their achievements are, it's all progress."



Queensland Mental Health Week Achievement Awards



Open Minds warmly congratulates the 11 winners of the Queensland Mental Health Week Achievement Awards held in Brisbane on Friday 14 October.

The panel of expert judges selected Accoras as the overall winner of the Earle Duus Memorial Award, for its Attachment and Biobehavioural Catch-Up (ABC) intervention pilot project.

The Awards are a major event during Queensland Mental Health Week and we thank our sponsors for making the event possible.

Please visit openminds.org.au/news for more information about this year's winners.