

BETTER DAYS

SUMMER 2023



Mental health heroes recognised

The 2023 Queensland Mental Health Week Achievement Awards shone a spotlight on individuals, groups and organisations working to reduce stigma and empower those living with mental illness.

A panel of judges selected the overall winner as Queensland Ambulance Service for their Mental Health Response Program, providing suicide

awareness training for triple zero operators.

'Heard and Understood' was designed to increase the confidence of operators and help them to develop an empathetic approach to communicating with a person experiencing a mental health crisis.

Open Minds is delighted to congratulate the award winners and celebrate

the unsung heroes working to raise awareness and reduce stigma around mental illness.

The Awards continue to attract a high volume of quality nominations, with the judges shortlisting 33 commendable finalists from 88 submissions and selecting 11 winners.

Visit our website to read more about the category winners.

Chief Executive Officer Message

Welcome to this edition of Better Days. October was Mental Health Month, and with it came an opportunity to improve awareness and reduce stigma within our community.

The Queensland Mental Health Week Achievement Awards recognised those demonstrating an exceptional commitment to supporting people living with mental illness. It was an honour to celebrate the individuals, groups and organisations having a significant impact on countless Queenslanders, be it through innovative programs, advocacy or providing essential services.

During October I was pleased to attend a dinner hosted by Her Excellency the Honourable Dr Jeannette Young AC PSM, Governor of Queensland, in support of Queensland Mental Health Week. It was wonderful to come together with others working in community-based organisations providing life-changing support for vulnerable Queenslanders.

Our excitement is building to have the two new Head to Health centres opening in December at Kingaroy and Ipswich. The teams have been growing over the past few months so that

we are ready to provide much-needed mental health support in the local communities.

Now more than ever, individuals are seeking mental health support. We will continue to look for opportunities where we can provide better access to quality mental health services, and I'm certain with the help of the community, we'll continue to foster a long-lasting culture of mental health excellence.

It doesn't have to be Mental Health Month to encourage anyone who needs it to reach out for support. The more we talk about our mental health, the more we can work to reduce fear and stigma.

Wishing you and your loved ones a safe and happy festive season.

Kate Johnson
Chief Executive Officer



Zebb rebuilds his life

Zebb couldn't imagine himself working again after 18 months in a long-term psychiatric ward, but he has managed to turn his life around and find a steady job in construction.

After being discharged from hospital three years ago, he came to Open Minds for NDIS Community Access Support to help get his life back on track.

Earning money and having a steady income were important to Zebb to enable him to become more independent. After receiving support from Open Minds, he felt he was in a good mental space, and put the feelers out to his brother about gaining employment.

The stars aligned and Zebb's brother knew of a suitable job opportunity to work alongside him in construction.

Zebb has worked making concrete retaining wall blocks and road barriers for six months and thoroughly enjoys the challenge it presents.

"I'm loving life now; I'm loving my job. It's so rewarding, and I feel I really have purpose now. I feel like I'm being really productive."

Purpose and passion give life to entrepreneurial spirit

Tanya was a client of Open Minds for more than 20 years before she found her passion for pottery.

When a support worker introduced her to the craft she took to it quickly, soon realising she had a knack for creating beautiful artwork. Tanya then decided to start a small business 'Kwirky Krafts' and sell her creations at local markets.

Tanya said that she thoroughly enjoys being creative and working with pottery.

"I am passionate about both painting and hand building items using clay. When I'm feeling angry or upset, playing with clay helps me to feel better and brightens my day," said Tanya.

Tanya holds a Kwirky Krafts stall at the Moggill Markets on the 1st Saturday of every month and the Mt Crosby Markets on the 3rd Saturday of every month.



Supporting Ipswich and Kingaroy communities' mental health through Head to Health

Open Minds will be providing increased access to mental health supports for adults in the Darling Downs and West Moreton region after being appointed as the lead agency of the Head to Health services in Ipswich and Kingaroy.

Head to Health will offer free mental health support that will complement existing services and meet local demand. They will provide a safe and welcoming space for people who may be in distress or crisis or need help finding the right mental health services for their individual needs.

The Head to Health centres are a positive step forward for improving the wellbeing of Queenslanders and will improve the accessibility and quality of care for people seeking mental health support by offering a free, no referral service.

Open Minds is well-equipped to deliver quality mental health support to the Ipswich and Kingaroy communities with site opening soon.



headspace paving the way for progress



headspace was recognised at the Moreton Bay Regional Industry and Tourism Awards, named a finalist in the SRJ Walker Wayland Not for Profit Excellence Award.

The category recognises organisations that have delivered strong, community-based initiatives that positively impacts on, and delivers long-term benefits for the community.

A new model of care introduced at Open Minds' two headspace centres was one of several initiatives in the past 18 months that saw the team recognised.

headspace Operations Manager Nick Martin said the model was introduced at the Strathpine and Redcliffe centres, cutting wait times and giving more young people earlier access to mental health support.

Under the new model of care, clients assessed as suitable for support by headspace were given direct access to six to eight therapy sessions. Previously, clients assessed as suitable would be placed on a wait list to access services.

Justin shines in 'The Light We See'

With a passion for music, one of Justin's goals was to sing in a choir.

Justin joined the 'Absolutely Everybody Choir' with the support of Open Minds, and has since performed at QPAC, the Brisbane Powerhouse, and most recently the State Library.

The group took to the stage during Queensland Mental Health Week for their performance of 'The Light We See – an evening of songs and stories'.

"I've been singing since I was a kid. I used to dress up and dance like Michael Jackson when I was little," said Justin. "I love being on stage. It's awesome."



(L-R): Grant Blest (Open Minds Regional Manager), Justin and Kate Johnson (Open Minds CEO)

Our Core Services

NDIS Services



Daily Living



Positive Behaviour Support (PBS)



Supported Independent Living

Non NDIS Services



Coastal Supports



Community Living Support



Concierge Housing Supports



Head to Health Hub
(Lismore, Ipswich & Kingaroy)



headspace
(Indooroopilly, Redcliffe & Strathpine)



Housing and Support Initiative (HASI)



Youth Bloom Transitions Service



Community Re Entry Services Team (CREST)



2023 Annual Report

Our 2023 Annual Report provides an overview of the achievements and highlights across our group of organisations – Allinto, Arbourwell, Multicap and Open Minds.

The report's theme 'Bringing people together for a purpose' states our mission to unite individuals and communities through our quality services and support.

Some of our highlights included celebrating Open Minds 110 years, securing contracts to deliver mental health services in Kingaroy and Ipswich, implementing a new people system and commencing our journey to reconciliation.

As we embark on an exciting future of growth and diversification, we remain focused on our unwavering commitment to enable an independent and positive future for people with mental health and psychosocial disabilities.

Scan the QR code to view the 2023 Annual Report or to request a hardcopy to be mailed to your address, please email customerservice@openminds.org.au or phone **1300 673 664**.



New look space for Redcliffe headspace

Open Minds Redcliffe headspace has opened its fully renovated centre recently, bringing the quality of the space in line with the quality of care.

headspace Redcliffe first opened in its current location in 2014.

Be a voice for change in the mental health space

Almost half of all Australians will experience a mental health crisis at some point in their life.

Open Minds is encouraging those with lived experience to join a group of advocates leading change in the mental health space.

The Mental Health Lived Experience Peak Queensland (MHLEPQ) acts as a collective voice for consumers of mental health services across the

state, and any Queenslanders over the age of 18 who have experienced mental illness or suicidality are eligible for FREE membership.

Members are invited to provide advice, share personal perspectives and participate in research.

To become a member of the MHLEPQ visit <https://mhlepq.org.au/join-our-community/>.