



*The Victorian peak body for carers of people with mental health issues*

## **STRATEGIC PLAN 2007-2010**

### **MISSION**

To ensure recognition of the contribution, experiences and needs of carers and families.

### **VISION**

Carers of people with mental health issues will be partners in treatment and service delivery and the lived experience of carers will be a key driver of policy and program formation.

## VALUES

1. Respect and recognition for the contribution that carers make to the lives of people with mental health issues
2. Justice and equity – all people affected by mental health issues should have the same access to services and to community life as other community members
3. Inclusion of carers in all aspects of mental health treatment and care
4. Recognition of the diversity of carers
5. Commitment to recovery, personal dignity and empowerment for people who have mental health issues
6. Passion and commitment - focussing all we do on achieving positive outcomes for consumers, carers and families
7. Innovation - using an experience-based approach to policy and program issues to respond to challenges in the service sector
8. Critical analysis - influencing the formulation of policy using an evidence-based approach
9. Partnership and collaboration

## ACTIVITIES



1. Advocate for policy changes and increased services that meet carer needs
2. Participate in program development, including reform of existing programs
3. Facilitate communication between carers and government
4. Establish partnerships among carers, consumers and service providers
5. Encourage research on best practice in carer support
6. Propose and support initiatives in the mental health system to enhance carer involvement in the planning, delivery and evaluation of treatment and services
7. Assist with education, training and referral to enhance empowerment of carers
8. Assist in the development of effective carer-focussed programs to meet the identified needs of carers (service system development)
9. Develop projects (including pilot programs) to meet carer needs, based on research and evidence base and needs analysis
10. Address carer isolation, eg. Carer Conferences in rural and metropolitan areas
11. Contribute to addressing the stigma of having a mental illness
12. Develop an effective communications strategy to reach and engage carers across Victoria
13. Advocate for greater compliance requirement and accountability in service sector
14. Respond effectively to the diversity of need among sub-groups of carers (e.g. CAMHS and CALD) including literature reviews and possibly work group activity to bring the experiences of these carers to the Network
15. Develop strategy to increase the capacity of the Network to respond to the identified needs of carers
16. Develop capacity to make the (evidence-based) case about the value of carers contributions
17. Develop partnership strategies on specific issues such as workforce development, program review and reform, production of resources, pilot programs etc.

## GOALS

1. Increased recognition by state and federal governments of the role and contribution of carers and families and improved response to their needs
2. Active and mandated carer involvement in the planning, delivery and evaluation of treatment and services for people with mental health issues
3. Effective communication between carers and government
4. Increased access to services for marginalised carers and consumers and increased service responsiveness to their needs
5. Increase in capacity-building/developmental programs, including training and education, to assist carers to meet the challenges of caring for people with mental health issues
6. Promotion of research to inform and encourage evidence-based development of resources, including written material, training programs and forums
7. Optimal contact and communication with Victorian carers and carer-focussed organisations
8. Effective submission-writing on policy and programs to influence outcomes for consumers, carers and families
9. A quality-driven organisation, identifying best practice in carer participation and engagement