

NDIA requires service providers to provide client's personal information for future planning

Mentis Assist is committed to, and abides by the laws that protect our clients' and carers' rights to privacy. These are defined by a variety of laws and regulations such as the Information Privacy Act 2000, the Health Records Act 2001 and the Commonwealth Privacy Act 1988.

When first starting with Mentis, clients are given a consent form to sign letting us know if they allow or refuse permission for Mentis to collect personal information, such as the services received from Mentis, statistics such as age, sex, suburb etc. and to allow this to be provided electronically to the relevant funding body. The information does not identify who the client is, their date of birth or where they live so their privacy is respected. If consent is not given, these statistics would not be provided to the relevant funding body.

Recently however, the Victorian Department of Health and Human Services (DHHS) was issued with a 'Section 55' Notice under the National Disability Insurance Scheme Act (2013).



This notice requires DHHS to provide National Disability Insurance Agency (NDIA) with the personal details (names, date of birth, address, contact details, disability type and services provided in the last 12 months) of every client in the HACC and Outreach (MHCSS) programs by mid-October, 2016. This means, that under the NDIS Act (2013), Mentis was obligated by law, to provide this information.

NDIA requires this information to assist them to rollout the Scheme over the next 2-3 years, by better understanding the services needed and by whom.

For further information, visit:

www.vic.gov.au/ndis

Funding news: Improved Access to Housing project

The Department of Health and Human Services has provided funding for Peninsula Health Mental Health Services (PHMHS) for an 'Improved Access to Housing' project, which they have contracted Mentis Assist to deliver. The aim of the project is to strengthen relationships with private rental providers and to enable their clients to have greater opportunities to secure private rental accommodation. At the same time, Mentis will be providing information to the Recovery Care Clinicians on all housing options available. This project will be based at the Davey Street Clinic in Frankston beginning early November and ending June 2017.



Mentis Assist and Peninsula Hot Springs join forces

Peninsula Hot Springs and Mentis Assist have been working together to promote mental health awareness and the benefits of hot springs, wellbeing and relaxation to assist in the recovery of mental illness.

Through the promotion of RUOK? Day and Mental Health Week, Peninsula Hot Springs has raised \$881 on behalf of Mentis which will be used to provide our HACC eligible clients a special day out and to treat our younger clients to a fun filled day of treats and surprises. Look out for our next newsletter with all the details on these exciting days.

If you are feeling, tired, stressed or need to take some time out for yourself to relax, why not try bathing at Peninsula Hot Springs. Offering seasonal wellbeing activities, over 20 bathing experiences including cave pool, reflexology walk, Turkish steam bath, sauna and many more, as well as pampering packages, Peninsula Hot Springs is the place to go to unwind.

For more information on Peninsula Hot Springs, visit: www.peninsulahotsprings.com



Mentis Assist hosts 2016 Peninsula Mental Health Art Exhibition

Congratulations to Andrea Kilburn, winner of People's Choice Award for her artwork 'Sacred Geometrics'.

On 6th October, the 2016 Peninsula Mental Health Art Exhibition was officially launched at Cube 37, Frankston Arts Centre. This year's artwork was fantastic and we thank all the local artists who submitted their work.

Steve Bastoni, Actor/Founding Director of Peninsula Short Film Festival and local resident, did a fantastic job as MC on the night and showed a short film he Directed, about mental illness called 'The Gift' which has already won many awards.

Thank you also to David Wemyss-Smith, Manyung Gallery for his ongoing support of Mentis and for presenting the People's Choice Award and Chris Crewther MP, for his support of mental health and presenting awards to the winners of the three most popular pieces of art.

Congratulations to the winners of the three most popular pieces of art

1. Peter Dickinson – *'Sorrento Outlook'*
2. Matthew Pringle-Delaney – *'Tribal Highways'*
3. Nea Clark – *'True Arab'*

The Peninsula Mental Health Art Exhibition finished on Saturday 22nd October.

Calling all potential PAG members!

“When a group of like-minded and dedicated people join together for the good of all... amazing things can be accomplished” PAG Member

Are you interested in being part of a task focused group who endeavour to advocate and become a voice for clients of Mentis Assist?

PAG stands for Participants Advisory Group. We meet on the third Monday of each Month for approximately 1 to 1.5 hours.

We meet in a formal yet friendly manner and do our best to generate ideas, provide input on policies/ procedures/other projects, and advise on matters that will help improve the services delivered by Mentis.

If this sounds like a group you would be interested in becoming a part of and you think you have something you can offer, please contact Karen at Mentis Assist on **1300 MENTIS (1300 636 847)** or info@mentisassist.org.au

The PAG group will begin meeting again in February 2017.

We look forward to hearing from you!



For better mental health

Apps for better mental health

Did you know there are Apps to help with managing mental health?

Mentis Assist – Facebook page
www.facebook.com/mentisassist

Smiling Mind – for Wellbeing
www.smilingmind.com.au/smiling-mind-app/

Beyond Now (Beyond Blue)- Your suicide safety planning App
www.beyondblue.org.au/get-support/beyondnow-suicide-safety-planning

MyPsyDiary – A psychological App to help monitor and improve your mental health
www.mypsydiary.com

And why not have a look at **DepressionNet** for some helpful information and support for Depression.
www.depressionnet.org.au

23-25 Yuilles Rd, Mornington, VIC 3931

h 8.30 to 5pm Monday to Friday

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info@mentisassist.org.au

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