

The logo features the text "Mental Health Month" in a white sans-serif font, with "AWARDS" in a larger, bold white sans-serif font below it. The year "2021" is in orange, flanked by two horizontal white lines. To the right of the year are two stylized flower icons, one blue and one orange. In the background, there is a large, faint, light blue graphic of a hand with fingers spread, forming a star-like shape.

Mental Health Month AWARDS

2021

Nomination Guide

Recognising the achievements of individuals, groups, organisations, businesses and initiatives in the area of Mental Health in the ACT.

The ACT Mental Health Month Awards are a sector-wide initiative coordinated by the Mental Health Community Coalition ACT (MHCC ACT), funded by ACT Health and implemented by the ACT Mental Health Month Advisory Committee.

Mental Health Month AWARDS

2021

Key Dates:

Applications open: 23 July 2021

Applications close: 10 September 2021

Award Ceremony: 8 October 2021

There are many exceptional people and initiatives working to promote and improve understanding, awareness, service provision, and the general mental health and wellbeing of the Canberra community.

The ACT Mental Health Month Awards aim to recognise the achievements of individuals, groups, organisations, businesses and initiatives in the area of Mental Health in the ACT.

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ACT Mental Health Month 2021

Award Categories

Mentally Healthy Community

Enhancing the lives of individuals, families and carers

Innovated person-centred valued supports

Research Evaluation

**Lived Experience Ally Recognition Award (LEARA)
(ACTMHCN)**

David Perrin Award (ACTMHCN)

Michael Firestone Memorial Scholarship (ACTMHCN)

Rufus Scholarship (ACTMHCN)

MHCC ACT Training

Mental Health Carer Award

**Leadership through Lived Experience Award –
Consumer**

Nominating for an Award

Who can be nominated for an award?

Nominees for the ACT Mental Health Month Awards can be:

- Individuals
- groups
- organisations
- businesses
- initiatives

Think about who you know that has made an impact in the area of Mental Health in the ACT.

We encourage the nomination of mental health Consumers and Carers for an Award.

How do I nominate?

Nominations must be done via the online form, found [here](#):

You can attach any letters or further information that supports the nomination at the end of the form – this can be in pdf, word or other format.

If you have any trouble with the online form contact Alison on 5104 7711 or communications@mhccact.org.au

If you need a hard copy to plan your nomination on, [click here](#) (link to word version)

Writing the nomination

We know that writing a nomination can seem like a challenge, so we have created this guide to assist you.

The written part of the nomination form is where you get to tell us about what the nominee has done to contribute to their award category.

Make sure you read the category thoroughly and ask us for help if you need any further explanation on it.

In the written part make sure to outline:

What the nominee has done:

- what is their role, project or contribution?
- Talk about all the ways they have contributed here.

Who their contribution has helped:

- have they helped individuals, organisations, the wider community or a specific area within mental health?

How their contribution has helped:

- what has been the outcome from the contribution?
- Tell us how the contribution was significant and successful.
- Give examples using numbers of participants, goals reached, or lives changed to support your nomination.

Make sure this all relates back to the award category you are nominating them for.

Award Categories

1. **Mentally healthy community**

This award category seeks to recognise individuals, groups or organisations who have made a significant contribution to improving the mental wellbeing of our community.

Examples

- A person/organisation who makes a significant contribution to improving mental health and wellbeing for a group of people or at a community level (this may include activities to promote wellbeing during the pandemic).
- A person or organisation who has been exceptional in developing innovative approaches to improving the mental health of their staff or effectively supported people with mental illness in their place of work.
- A person or organisation who has made a significant / innovative contribution to preventing suicide or improving mental health of groups with higher rates of suicide.

TIPS

- Describe the programs the nominee has implemented or managed,
- Describe the outcomes achieved with the people they worked with,
- Outline the extent of various projects they have worked on or provided input to.

2. Enhancing the lives of individuals, families and carers

This award category seeks to recognise individuals, groups or organisations who have made a significant contribution to the lives of individuals, families and carers with lived experience of a mental illness.

Examples

- A consumer or carer with lived experience who has reached out and lead/facilitated support for a person with lived experience.
- A business/organisation that is supporting and affirming of people with lived experience while delivering their 'normal' business (this might include a café, shop, pharmacy, real estate who go above and beyond maintaining people in houses, could include mainstream as well as mental health services).
- An education facility that is supporting a person with lived experience of a mental illness to achieve their learning aspirations (this could include schools).

TIPS

- Describe the activities and outcomes for specific groups or individuals,
- Describe the involvement that the nominee has had
- Outline the ways in which this has created positive progress or outcomes for the groups/individuals the nominee has worked with

3. Innovated person-centred valued supports

This award categories seeks to recognise individuals, groups or organisations who have made a significant contribution to the delivery of innovative person-centred supports to people who experience mental health concerns.

Examples:

- An individual who excels in their area of expertise in supporting mental health concerns (for example private psychologist or GP).
- A business/organisation that has implemented a highly innovative approach to supports with significant involvement from consumers or taken significant steps to embed consumers into planning and evaluation of their services.
- A business/organisation whose workforce planning includes a significant focus on lived experience (peer work/lived experience of the workforce).
- A business/organisation that has delivered innovative services in a time of crisis, using a client centred approach.

TIPS

- Describe the innovation or person-centred values on which the contribution is based
- Outline what the contribution consisted of, such as the program or project the nominee worked on or provided input into
- Note what the achievements or outcomes were to those supported through that contribution

4. Research Evaluation

This award category seeks to recognise an individual researcher, piece of research or project that has advanced and/or is working towards improvements, innovation and evidence informed practice in mental health.

TIPS

- Describe the research, researcher or project regarding the innovation and evidence informed practice involved
- Explain how this will or has made improvements or advancements in mental health.

5. Lived Experience Ally Recognition Award (LEARA) (ACTMHCN)

The Award recognises a longstanding and exceptional contribution to mental health consumers and consumer-centred mental health services in the ACT. It acknowledges those who work collaboratively with consumers to achieve positive change and is open to both individuals and organisations.

6. David Perrin Award (ACTMHCN)

The award is presented in memory of David Perrin – an individual with multiple disabilities who made his mark in mental health services and was an inspiration to all who knew him. This Award recognises a mental health consumer who lives an independent and self-determined life beyond what they may have expected after diagnosis.

7. Michael Firestone Memorial Scholarship (ACTMHCN)

In recognition of Michael Firestone, a dedicated education advocate for mental health consumers, these scholarships (worth up to \$500 a year to a maximum of \$2,000 in total) recognise mental health consumers who are furthering their education by providing scholarship to cover general education expenses such as computers, course texts and course fees.

8. Rufus Scholarship (ACTMHCN)

Established in December 2019 by a private donor, this Scholarship provides an annual grant of up to \$600 to support a mental health consumer to further or continue their education who would not otherwise have the financial means to do so.

9. MHCC ACT Training

MHCC ACT is pleased to be offering the opportunity for 3 organisations to receive mental health training to the value of \$1000 each. These new training grants are for small to medium sized organisations or community groups whose participants identify as being part of a marginalised or minority group. In providing these grants MHCC ACT is helping build mental health literacy in the ACT community and better equipping staff and volunteers to support people with mental health challenges.

10. Mental Health Carer Award

This award category seeks to recognise unpaid carers of people who experience mental health concerns who are family or friends. It is to recognise the contribution carers can make to the wellbeing of consumers, advocating on their behalf and often being the primary/or only support person.

11. Leadership through Lived Experience Award – Consumer

This award recognises an individual with lived experience of mental illness (a 'consumer'), who has made an outstanding contribution to advocacy and social change benefiting people with lived experience. This can relate to a specific program the consumer has initiated/coordinated or a dedication to ongoing work in this area.



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