

MESSAGE FROM THE ED METRO NORTH MENTAL HEALTH

Metro North Health

Dr Kathryn Turner



Shatter the Stigma

We know that when people hold prejudiced beliefs about those who experience mental health and alcohol and other drug issues, it leads to unconscious bias and subtle discriminatory behaviours which can cause unintended harm in healthcare.

Stigma refers to the feeling of shame associated with having a mental health and/ or alcohol or other drug issue and has a significant negative impact on a person's healing and recovery. Stigma impacts individuals, their families, friends, healthcare workers and the experience of everyone in the community. By feeling stigmatised people may be less inclined to seek support or access services when they're experiencing challenges.

Shatter the Stigma was developed by Mackay Hospital and Health Service in 2016 as a campaign to promote awareness of the negative impacts of stigma and improve mental health literacy. It also supports the mental health and wellbeing of the mental health workforce. There is a commitment to addressing stigma as part of the new Mental Health and Alcohol and Other Drugs Plan, **Better Care Together**, including the development of resources to support services to 'Shatter the Stigma'.

In addition, the Mental Health and Alcohol and Other Drug Branch (MHAODB) is setting up a Community of Practice that is open to anyone who has an interest in being part of driving this program to address stigma across our services and community. In addition, will be setting up a Shatter the Stigma Steering Committee and encourage anyone who would like to be part of supporting this important program to let us know. If you are interested in being put forward for the MHAODB Community of Practice (unlimited numbers) or our Shatter the Stigma Steering Committee, please email your interest to ED-MHMH@health.qld.gov.au by **Wednesday 29 March**.

Peer Responder Week

This week is Peer Responder Week, a chance to acknowledge and celebrate the 230+ staff we have across Metro North who have volunteered to take on the Peer Responder role and provide a listening ear to support their colleagues. If you have used the Peer Responder Program, you can even [send an e-card to show your appreciation](#). I would like to thank all of our Mental Health Peer Responders for the wonderful support they provide.

For more information about the Peer Responder Program, including a Friday lunch box session on what is involved in being a Peer Responder, [click here](#) or contact our Mental Health Peer Responder Co-ordinator, Amy Duff, amy.duff@health.qld.gov.au or 0438 702 809.

Recruitment starting: Graduate Certificate Health Services Innovation

I was pleased to see at last month's Operational Leadership Team meeting that Metro North Health has recently awarded Griffith University the contract to deliver a Graduate Level Program in Health Services Innovation. The Program, which is designed for both clinical and non-clinical staff, aims to equip our staff with knowledge and skills of health systems, leading innovation, health economics/cost effectiveness, and implementation science. These are the skills we need to lead innovation and transform the health service to meet our current and future needs. It's a competitive process with only 30-40 staff accepted into the program across Metro North. If you want to take an active role in leading change, I encourage staff to put their best foot forward! [Click here](#) for more information or contact Metro North Research's Learning Coordinator louise.dallura@health.qld.gov.au. Applications close on **Friday 21 April 2023**.

Best wishes,

Kathryn