

Dear Mad Reading folk,

July is upon us!

This month we'll be meeting as usual on the 3rd Tuesday of the month and Alicia has offered to facilitate on the topic "cultivating spaces for sharing to change the mental health system". We'll be looking at research into sharing lived experience in mental health workplaces.

Date: Tues 20th July

Time: 7-8.30pm AEST (Melbourne time – 10am UK time)

Facilitator: Alicia

Zoom link: <https://us02web.zoom.us/j/87618534292>

Meeting ID: 876 1853 4292

Readings:

Video (~3 mins) – in2gr8mentalhealth 'in conversation with' series trailer. Available here:

<https://www.youtube.com/watch?v=CZzKwRMNMwg>

Blog post – Bobak, Ashley (2020) *Do Mental Health Professionals Disclose Their Own Struggles at Work?* Mad in America. Available here: <https://www.madinamerica.com/2020/09/mental-health-professionals-disclose-struggles-work/>

Academic paper – McKeown M., Edgar F., Spandler H., Carey L. (2018) Chapter 2.5: Conscientization and Transformation in the Workplace: New Forms of Democracy for Mental Health Services. In: Melling A., Pilkington R. (eds) *Paulo Freire and Transformative Education*. Palgrave Macmillan, London. (attached here for study purposes)

Supplementary readings (for those with extra time on their hands!):

If you are interested in this topic, you might also want to check out –

Breslow, K. (2019). What Troubled Persons Industry Professionals Can Learn from Mad Studies. *New Horizons in Adult Education and Human Resource Development*, 31, 59-64. (attached here for study purposes)

King AJ, Brophy LM, Fortune TL, Byrne L. Factors Affecting Mental Health Professionals' Sharing of Their Lived Experience in the Workplace: A Scoping Review. *Psychiatr Serv.* 2020;71(10):1047-1064. (attached here for study purposes)

Here are some possible discussion questions to get you going!

- How do the differing ways we see Madness/lived experience of mental health challenges create barriers, and opportunities, for dialogue?
- How do we cultivate spaces for mutual sharing and learning with those with different worldviews?
- Was Jose Bergamin right when he said, "True solidarity is only possible among the solitary"?
- Is Ellen Key's idea of social peace possible? "When the sense of solidarity has been developed to such a point that each one feels the cause of all others as his own, we shall be drawing near to international and to social peace."?

A reminder that some of us are also meeting for a one-off session this Tuesday to discuss the new *Vic Mental Health and Wellbeing Act* white paper.



Finally, we'd like to share some information about a new documentary being made in Victoria about the mental health system:

Sincerely Survivor the Documentary

The findings of the Royal Commission into Victoria's Mental Health System revealed a mental health system that 'catastrophically failed to live up to expectations' (ABC, 2021). Sincerely Survivor was founded by Hannah Friebel, who has personal consumer experience of the mental health system. Since her admission in 2015, Hannah has been advocating for mental health from a lived experience perspective, and has since pursued training in Psychology and Spiritual care - currently consulting in community and hospital settings, and longer term seeking to qualify as a Clinical Psychologist. Hannah advocates for a biopsychosocial-spiritual approach to mental health care, and through Sincerely Survivor she seeks to provide a platform for individuals with diverse consumer experiences to find (and share) healing through the Arts, peer support and storytelling. Sincerely Survivor released their debut work in 2020 as an [award winning dance film](#), described as expressing 'what can't be found in the writings, reports and rationales of countless people without lived experience'. Their next work - a Documentary Series - now seeks to amplify diverse consumer voices of the Victorian mental health system and provide a platform for survivors to share their collective wisdom and message of healing: together finding hope for reform. The Documentary Series will be co-produced, providing an opportunity to share, listen and reflect on what the future of the mental health system could be, exploring a nuanced perspective towards a future of human centred design and collective healing. Sincerely Survivor's initial stage of crowd-fundraising seeks to fund the Pilot Episode which will explore Hannah's lived experience and pursuit of understanding and education around mental health, incorporating interviews with consumers and clinicians alike. Further developments will be made towards the overall series proof of concept and development. All funds raised before 30 June (up to the value of \$5000) will be MATCHED by Creative Partnerships Australia. Stay in touch with Sincerely

Survivor's mental health advocacy efforts by signing up to their mailing list or following on social media - details of their upcoming community Vision Night will also be shared soon across these platforms.

View our Documentary Vision and make a tax deductible donation here: <https://documentaryaustralia.com.au/project/sincerely-survivor-the-documentary/>

Find more info, mental health resources and to sign up to our mailing list visit www.sincerelysurvivor.org

Connect with us on [LinkedIn](#), [Facebook](#) and [Instagram](#).

Hope to see you soon!

Cheers,

Antonia and Zara