



Shaping the future through lived experience

Reviewing the *Queensland Mental Health, Drug and Alcohol Strategic Plan 2014–2019* to improve mental health and wellbeing.

The Commission is renewing the *Queensland Mental Health, Drug and Alcohol Strategic Plan 2014–2019* (Strategic Plan) to continue change towards achieving better outcomes.

To make a lasting and positive difference, change needs to be based on the views of people who have lived experience of mental health problems, mental illness and problematic alcohol and other drug use, as well as those who have been affected by suicide. The views of families, carers, friends and support people are also important and can help shape the way services and supports are delivered.

About the renewed Strategic Plan

The Strategic Plan sets a platform for change over three to five years. Significant reform has occurred since the Strategic Plan was released in October 2014. We are reviewing the Strategic Plan to continue progress towards achieving its six long-term outcomes:

1. a population with **good mental health and wellbeing**
2. **reduced stigma and discrimination**
3. **reduced avoidable harm**
4. people living with mental health difficulties or issues related to substance use have **lives with purpose**
5. people living with mental illness and substance use disorders have **better physical and oral health and live longer**
6. people living with mental illness and substance use disorders have **positive experiences of their support, care and treatment**.

Have your say

About the renewed Strategic Plan

The Commission encourages people with a lived experience, their families, carers, friends and support people, from all backgrounds and experiences, to have a say in the review.

It is important we hear your views to better understand and shape a renewed Strategic Plan.

The Commission is seeking feedback regarding reforms and actions which can:

- improve the mental health and wellbeing of all Queenslanders
- prevent and reduce the impact of mental illness
- prevent and reduce the adverse effects of problematic alcohol and other drug use
- prevent and reduce the impact of suicide.

We would like to hear your views about:

- what the Strategic Plan should focus on to achieve better outcomes
- what is likely to make the greatest difference
- what has worked well
- what is currently being done that works or could be improved
- what specific actions need to be taken for vulnerable groups.



About lived experience engagement

To inform the review of the Strategic Plan and to increase engagement of people with a lived experience, their families, carers and support people, the Commission is seeking feedback regarding:

1. opportunities to increase meaningful engagement of people with a lived experience, their families, carers and support people from all backgrounds, to influence the mental health, alcohol and other drug and suicide prevention policies, programs and service delivery
2. opportunities to increase peer work and peer networks across the mental health, alcohol and other drug and suicide prevention sectors
3. future priorities for lived experience engagement and leadership across Queensland
4. examples of good practice, including those that target people from diverse backgrounds.

How you can provide your feedback

There are a number of ways that you can participate in the Strategic Plan review. You can:

Respond to a discussion paper

The Commission has published two discussion papers for feedback. Copies of the discussion papers are available at www.qmhc.qld.gov.au.

Send a written response to the discussion papers by email to strategicplanreview@qmhc.qld.gov.au.

Responses are due by 5pm Friday, 12 May 2017.

The Commission may share your submission with government agencies and may publish reports and other documents referring to your feedback. Please let us know if you do not wish your feedback to be publicly released or if your feedback is being provided anonymously.

Participate in a forum

Participate in a forum hosted by the Commission, held at locations across Queensland. Forums include:

- **Lived experience forums** to hear the views and experiences of people with a lived experience of mental illness, problematic alcohol and other drug use and people affected by suicide including their families, carers and support people
- **Community forums** to hear the views and experiences of government and non-government service providers and community members.

Forum locations and dates

Location	Lived Experience forum	Community forum
Rockhampton	13 March	14 March
Mount Isa	23 March	24 March
Ipswich	28 March	29 March
Logan	4 April	5 April
Brisbane	10 April	11 April
Townsville	8 May	9 May
Cairns	10 May	11 May
Toowoomba	1 June	2 June

To get more information about the forums, including times and venues, and to register your attendance please go to www.qmhc.qld.gov.au.

Keep reform on track by getting involved and staying informed. Speak up and voice your views.