

The Royal Commission into Victoria's Mental Health System

VMIAC Online Workshop How-To-Guide



VMIAC
by and for consumers

Why Are The Workshops Online?

In early 2020, VMIAC had planned to undertake face-to-face Royal Commission workshops. This would have involved travelling out to metropolitan, regional and rural parts of Victoria, and engaging with isolated and potentially vulnerable communities.

Due to the COVID-19 pandemic, we have made the difficult but necessary decision to cancel all face-to-face consultations. We are transitioning to an online workshop format to comply with current public health requirements regarding restricted public gathering sizes and social distancing measures.

The workshops will be held using Zoom, a remote video conferencing service. It's a lot like Skype, except that it allows for more people to join the conversation. It's so important that we stay connected during this uncertain and isolating time.

You will be paid for attending and contributing to the workshop. We hope that you can come along!

There are alternative options for contributing if you can't attend the online workshops. Please contact rcsupport@vmiac.org.au to discuss these options.

The Workshops

We are holding three Royal Commission online workshops. Each workshop is slightly different. They will all deal the different recommendations made in the Royal Commission into Victoria's Mental Health system Interim Report, but their topics of conversation will vary.

What are the recommendations?

The Royal Commission has made nine recommendations in their report. These recommendations look at ways to reform and enhance existing mental health services, as well as ideas for entirely new services within the system.

To find out more about the recommendations and read the interim report, please head to our website

<https://www.vmiac.org.au/the-royal-commissions-recommendations/>

Important Dates And Workshop Themes

Wednesday 1 April: Workshop 1

10:00am–12pm – Recommendations 2 & 7: Improving and Reforming Existing Services

<https://www.eventbrite.com.au/e/vmiac-online-workshop-royal-commission-on-victorias-mental-health-system-tickets-100207625706>

Thursday 2 April: Workshop 2

10:00am–12pm – Recommendation 1: Implementing New and Innovative Services

<https://www.eventbrite.com.au/e/vmiac-online-workshop-royal-commission-on-victorias-mental-health-system-tickets-100214849312>

Wednesday 15 April: Workshop 3

10:00am–12pm – Recommendations 5 & 6: Creating a Lived Experience Workforce

<https://www.eventbrite.com.au/e/vmiac-online-workshop-royal-commission-on-victorias-mental-health-system-tickets-100215697850>

Steps To Join The Workshops

Step one: Expression of interest

Express your interest in attending the workshops by signing up to our designated Eventbrite pages shown on page 4.

Alternatively, please RSVP via email: rctsupport@vmiac.org.au, or telephone: (03) 9390 9300.

Please note: To be involved, you must live in Victoria and have a lived experience of Victoria's mental health system.



Steps To Join The Workshops

Step two: Download the Zoom app

You can use Zoom on your computer (Windows and Mac) or mobile phone (Android, iOS and Blackberry).

Download instructions:

- Windows & iOS: Download the Zoom desktop client: <https://zoom.us/support/download>
- Android: Download the Zoom Cloud Meetings app on Google Play
- iOS: Download the Zoom Cloud Meetings app on App Store
- BlackBerry: Download the Zoom Cloud Meetings app on BlackBerry World

If you require further assistance downloading the Zoom application, please contact our Peer Support staff at rcsupport@vmiac.org.au or (03) 9380 9300.

Steps To Join The Workshops

Step three: Accept VMIAC's Zoom meeting request

Before the meeting starts, VMIAC will send a hyperlink to your preferred contact email address or phone number. Open the link to join the meeting. Once you open the link, you will be taken to the Zoom app, where you will be asked to enter a meeting number and password. It will look something like this:

Meeting ID: 123 456 789
Password: 654321

Please have your microphone turned off and make your attendance known to the facilitators through the chat function.

The Zoom website has Video Tutorials in their Help Center if you would prefer to first be shown how this is done:

<https://support.zoom.us/hc/en-us>

Steps To Join The Workshops

Step four: Participate in the workshop

Once you have joined the Zoom meeting, you can start participating in the workshop!

The workshop will be facilitated by two VMIAC lived experience staff and take the form of a guided discussion. The staff will introduce themselves first and then encourage you to introduce yourselves to each other.

There will be group exercises and discussions to get you thinking about the Interim Report's recommendations. There will be opportunities both to reflect and share your insights and opinions on mental health service reform.

When you have some feedback to make regarding the discussion, just let the facilitators know through the chat function and they will let you know when you can unmute your microphone.

4

Steps To Join The Workshops

Step four: Participate in the workshop

Key topics of discussion will include:

- **What does an ideal mental health system look like? How would *you* like services to run?**

If there are any topics not raised in the Zoom workshops that you would like to discuss, please write and address a submission to rcsupport@vmiac.org.au, or fill in the survey on our website.

Please note: Remuneration applies to online workshop attendance only. You will not be remunerated for other submission methods.

4

If You Need Any Further Help

If you require additional support in setting up with Zoom, please contact our Peer Support staff at rpsupport@vmiac.org.au or (03) 9380 3900.