



Mental Health Matters 2 (MHM2) Ltd - STRATEGIC PLAN

PURPOSE (why MHM2 exists)

MHM2 is a lived experience led charity which acts to achieve positive, effective systems change with and for individuals and families with experiences of mental health, alcohol and other drug use challenges and possible involvement with police, court or prison.
We do this by promoting a broader understanding of and embedding lived experience expertise at all levels of decision-making.

Vision

MHM2 works courageously and creatively to encourage and drive services and systems which respect and value individuals, families and supporters with experiences of mental health, alcohol and other drug (AOD) challenges and possible involvement with police, court or prison. We do this by promoting lived experience expertise and encouraging innovations that bring real benefits for individuals and their families as assessed by them.

Values

Since convening as a grassroots group in 2010 MHM2 has and will continue to work in ways that are:

- Gracious** - Maintain kindness and consideration particularly at challenging times.
- Informed** – Speak from up-to-date knowledge and understandings which may challenge the status quo.
- Just:** Be fair, equitable and inclusive in our engagement with others.
- Hopeful:** Explore possibilities while acknowledging challenges.
- Resolute:** Be purposeful and determined in our work.

How we do the work

- ♥ We create and maintain spaces in which a diversity of individuals with mental health, alcohol or other drug challenges and/or involvement with police, court or prison and families and supporters are equally welcomed and heard for their unique perspectives and shared experiences;
- ♥ We deliberately focus on the intersections of mental health, alcohol and other drug use challenges and involvement with police, court or prison.
- ♥ We work in partnerships with individuals and organisations which have a genuine commitment to embed sustainable change.

We seek to make our intentions real by leading and contributing in the following areas:

Education & Development

- ♥ Lead the development, sharing and embedding of new ideas and equitable approaches through training, facilitation, consultancy and brokerage.
- ♥ Support the development of a robust, diverse and sustainable Lived Experience (LE) network.

Examples: Bi-monthly since 2011: Families 4 Families WA education & wellbeing bi-monthly program;
2019/20: Co-design and delivery of Treatment, Support & Discharge Planning resources and training in relation to the Mental Health Act 2014.

Research

- ♥ Partner in research that has meaningful involvement of people with lived/living experience and from which they will benefit.
- ♥ Contribute to and help create and lead new ways of developing and promoting people’s stories and experiences as a valid form of research and knowledge which supports evidence-informed outcomes.

Example: 2020/21: Partnership with the Queensland Mental Health Research Centre, University of Melbourne, Murdoch Children’s Research Institute re national consultations on National Forensic Mental Health Principles; 2018: Publication of Foundational Engagement resource (entirely developed by people with lived experience)

Innovation

- ♥ Model, lead and partner in opportunities which are deliberately developmental and disruptive of existing systemic and cultural barriers.
- ♥ Continue to be actively committed to our own continued learning, including reflective practices.

Example: 2020/2022: Partnering with the WA Association for Mental Health in the co-design and delivery of a Lived Experience Co-design Community of Practice; Co-production with Curtin University (School of Social Work) of ‘Family Centred Practice in Mental Health Recovery’ unit for Masters in Mental Health.