

Chairperson - Rural and Remote Expert Panel

The National Mental Health Consumer Alliance (NMHCA) is the national mental health peak body for mental health consumers. We are led by, and represent, the voices of people with lived experience of mental health challenges.

The NMHCA recognises the additional difficulties that come with living in rural, remote and very remote (defined in this advertisement as Rural and Remote) Australia. We are recruiting a Chairperson to develop and lead the NMHCA's Rural and Remote Expert Panel consisting of representatives from rural and remote regions in each state and territory, excluding ACT. The Panel will provide high level advice directly to the NMHCA National Policy Council (NPC) identifying particular concerns for mental health consumers living in rural and remote Australia. This will include providing the rural and remote perspective on national mental health policies and providing input into Alliance policy development.

Available for four days a month, the Chairperson will Chair the Rural and Remote Expert Panel (2 hour meeting once a month) and attend the NPC once a month to create a policy pathway to and from the Expert Panel. The Chairperson CANNOT be a Board member of a State/Territory mental health consumer peak body nor be a member of a State/Territory peak body national Consumer Advisory Group.

To take on this role you will have lived experience of mental health challenges, using, or trying to use, nationally funded mental health services* in the last five years. The NMHCA defines lived experience of mental health challenges as *"experience of mental health challenges that have caused life as we knew it to change so significantly we must reimagine and redefine ourselves, our place in the world, and out plans"*.

You will be paid at the rate set by the National Mental Health Commission, currently \$123.20 per hour, maximum of \$616 per day.

An indication of the tasks you will be responsible for include

- convening a group of mental health peers once a month
- devise and prepare the Agenda with the NMHCA
- formally sign off on minutes
- attend, report and contribute to NPC
- supporting members of the group where required (OOS discussion with committee member, managing interpersonal issues)
- filtering discussions into policy proposals

Criteria

You will:

- live in rural/remote Australia (NSW, NT, Qld, SA, Tas, Vic, WA)
- have lived experience of mental health challenges, using, or trying to use, mental health services and supports funded or partially funded by the Australia Government*
- have experience in
 - convening a group of mental health peers (diplomatically managing between peers to reach a collective outcome; work through these needs)
 - setting Agendas and undertaking general administration of committee
 - listening to what other people say/insights that have been raised by a group and deliver it concisely back to other groups, such as the NPC

- currently live in a Rural or Remote location or have done so within the past two years (please check with the NMHCA if you are not clear whether you do live in one of these locations)
- have experience sharing your lived experience in a safe way to contribute to the development of systemic policy advice
- have access to good internet access to facilitate online meetings
- understand how online meetings are run (proficiency with Microsoft Teams)
- be available up to four days a month on average and attend other meetings as required (such as attending a 2 day symposium in Melbourne in June/July)

To participate on this Expert Panel you cannot be a member of the Board or the national Consumer Advisory Group of your State/Territory Mental Health Consumer Peak body.

If you meet these criteria and are interested in nominating for the Panel, please submit an application, maximum of two pages, advising of where you live and addressing the criteria above, **by 14 March 2025 to admin@nmhca.org.au**.

If you have any questions, please contact Priscilla Brice, ceo@nmhca.org.au.

* use mental health services and supports funded or partially funded by the Australia Government. This may include receiving services through the National Disability Insurance Scheme or at a Medicare Mental Health Centre, or receiving a Medicare Benefits Schedule rebate under the Better Access initiative when using a general practitioner (including a mental health plan), psychiatrist, prescribed medical practitioner, psychologist, social worker and/or occupational therapist.