



NORTHERN TERRITORY

MENTAL HEALTH
COALITION

MENTAL HEALTH WEEK COMMUNITY AWARDS



**Mental Health starts where you
live, learn, work and play.**

CONTENT

About the Awards
 Nomination information & criteria

Award categories
 Lived Experience Award
 Young Persons Award (aged 12 – 25)
 Mental Health Carers Recognition Award
 Mental Health Workers Award
 The Phil Dempster – Recognition Award.....
 Excellence in Mental Health, Workplace Award

Nomination Form

ABOUT THE AWARDS

The Northern Territory Mental Health Coalition proudly presents the 2019 Mental Health Week Community Awards.

The Awards recognise exceptional individuals who demonstrate outstanding commitment to improving the lives of people with a mental illness.

The five Mental Health Week Award categories are:

1. Lived Experience Award
2. Young Persons Award
3. Mental Health Workers Award
4. Carers Recognition Award
5. Phil Dempster Award
6. Excellence in Mental Health Workplace Award

Nomination information & criteria

Who can be nominated?

All individuals who work with or for people with a mental illness in the Northern Territory. Nominations are encouraged from across the Northern Territory.

Nominees must

- Be a current resident of the Northern Territory and
- Agree to be nominated and understand that their information provided in the nomination form (with the exception of contact details) may be used for publicity and promotional purposes.

Who can nominate?

Anyone can nominate an individual they know, work with, or have had an experience with, for an Award. In particular, nominations are welcomed from people with a mental illness and/or their families, carers, peers, staff and managers.

Please keep each nomination to 300 words or less

Eligibility

The individual or organisation must be based in, and benefit residents of the NT. Individuals from the community, non-government, government and private sectors are eligible for nomination. All nominees must accept their nomination by signing the nomination form.

Nomination form

A nomination form and any additional nomination forms can be downloaded at <https://ntmhc.org.au/mhw/awards/>

All nominations must respond to the evaluation criteria on the nomination form for the category in which they are nominating.

All nominations must be received no later than COB **Monday 16th September 2019**.

A completed nomination form must accompany each submission.

Only completed nominations (either hard copy or electronic) received on or before the closing date will be accepted.

The Process

All award nominators are required to complete the nomination form indicating the award category they wish to nominate and address the evaluation criteria.

Judging Panel

The NT Mental Health Coalition will convene the judging panel and the judging panel will be an independent panel of people.

The judging panel's assessment will be based on the entry submission and the responses to the criteria of the nominated category.

All decisions within the discretion of the judging panel are final and no further correspondence shall be entered into.

A finalist will be selected from each category and notified via email.

Award Ceremony

The Award Ceremony will be held on World Mental Health Day, **Thursday 10th October 2019** at the Museum and Art Gallery, 19 Conacher Street, Fannie Bay.

All nominees and their nominators will be notified on **Monday 23rd September**. The NT Mental Health Coalition will contact successful and unsuccessful applicant. The Awards Ceremony is a free event and open to all.

AWARD CATEGORIES

Lived Experience Award

Mental illness is very common in our communities and almost half (45%) of Australians will experience a mental illness in their lifetime.

The Black Dog Institute advises that one in five (20%) of Australians with a mental illness in a year, 11.5% have a disorder and 8.5% have two or more disorders.

This award is to recognise individuals with lived experience of mental illness who strive to:

- Raise awareness around the challenges associated with living with a mental illness
- Overcome challenges to achieve their goals
- Support people affected by mental illness through advocacy
- Educate themselves and other about the facts of mental illness
- Works collaboratively with organisations, individuals and the wider community
- Reduces stigma around mental illness
- Contributes to the community either in a paid or unpaid role

You can nominate yourself or nominate someone else on their behalf, for example you might like to nominate a friend or colleague who has a lived experience of mental illness and has made a positive difference to mental health in the NT. If your nomination is for another person you must seek their approval prior to submission.

Nominees must be a resident of the NT.

Young Person Award (aged 12 – 25)

Research has found that half of all lifetime mental health disorders emerge by age 14 and three quarters by age 24. The Report on the Second Australian Child and Adolescent Survey of Mental Health and Wellbeing, found that 14.4% of adolescents aged 12 -17 years experienced a mental health disorder in the previous 12 months.

This award recognises a young person who displays an advocacy role to promote mental health and wellbeing, actively promotes mental health awareness in the community and discusses barriers encountered and how these barriers can be overcome.

A young person needs to evidence that they:

- Champion and demonstrates a passion for mental health advocacy
- Are mindful of their own mental wellbeing
- Support other to look after their mental health and wellbeing

You can nominate yourself or nominate someone else on their behalf, for example you might like to nominate a friend or colleague who has made a positive difference to mental health in the NT. If your nomination is for another person you must seek their approval prior to submission.

2019 Mental Health Week Nomination Pack

Nominees must be a resident of the NT.

Mental Health Carers Recognition Award

The mental health carer's recognition award recognises and celebrates unpaid carers, who support individuals with lived experience of mental health across the NT. The award's aim is to raise awareness and acknowledge the extraordinary contribution unpaid carers make in the NT.

This award will be presented to an unpaid carer and is required to evidence:

- What the carer's contribution involves in the local and wider community
- How this impacts on the reduction of stigma for the individual they care for, or others in the community
- The carers involvement to support the person being cared for in community activities
- Provide evidence of how this supports improvement in health, confidence and/or wellbeing of the individual being cared for
- Provide evidence of carer advocacy on behalf of the individual they care for and their own rights as a carer

You can nominate yourself or nominate someone else on their behalf, for example you might like to nominate a friend or colleague who has made a positive difference as an unpaid carer. If your nomination is for another person you must seek their approval prior to submission.

Nominees must be a resident of the NT.

Mental Health Workers Award

This category is open to any individual working in the mental health sector, who has made an outstanding contribution to the mental health Workforce in the NT, has a commitment to improving the quality of life of Territorians living with mental illness and promotes their inclusion in the community.

This award will be presented to a Mental Health Worker working in the mental health sector and is required to evidence:

- That the worker demonstrates respect and compassion towards people who live with a mental illness, their families and /or carers
- Their commitment to promoting the rights of people with a mental illness
- Their commitment to educating the wider community on issues relating to mental illness
- Their commitment to positively raising awareness of mental illness in the wider community and
- How they promote positive mental health in the NT community

You can nominate yourself or nominate someone else on their behalf, for example you might like to nominate a friend or colleague who has made a positive difference to mental health in the NT. If your nomination is for another person you must seek their approval prior to submission.

Nominees must be a resident of the NT.

Phil Dempster Recognition Award

This award recognises the contribution made by Phil Dempster's years of advocacy for individuals and their families living with mental illness both within the Northern Territory and Nationally. He made significant contributions to the suicide prevention cause in the Northern Territory through his foundation membership of the Top End Suicide Prevention Network and via his position as the Northern Territory Network Developer (suicide prevention) for

2019 Mental Health Week Nomination Pack

Wesley LifeForce. Phil is remembered fondly for his commitment to supporting families and carers of those with mental health issues.

This category is open to any individual working in the mental health sector, who has made an outstanding contribution to the mental health Workforce in the NT, has a commitment to improving the quality of life of Territorians living with mental illness and advocates their inclusion in the community.

This award will be presented to a Mental Health Worker working in the mental health sector and is required to evidence:

- Commitment to promoting the valued role of people with mental issues in the wider community
- Commitment to promoting the rights of people with a mental illness
- Commitment to educating the wider community on issues relating to mental illness
- Commitment to positively raising awareness of mental illness in the wider community and
- Promote positive mental health across the Northern Territory and Nationally.

You can nominate yourself or nominate someone else on their behalf, for example you might like to nominate a friend or colleague who has made a positive difference to mental health in the Northern Territory. If you are nominating for another person you must seek their approval prior to submission.

Nominees must be a resident of the Northern Territory and working in Mental Health.

Excellence in Mental Health, Workplace Award

Recognising employers and organisations who have actively created a positive work experience for all employees and supports employees in their mental health and wellbeing in the workplace.

- Provide a brief description of the program or project and how it enhances the quality of life, wellbeing and inclusion of people within your workplace
- What were the key factor which led the organisation to develop and implement this initiative in the workplace?

You can nominate yourself or nominate someone else on their behalf, for example you might like to nominate a friend or colleague who has made a positive difference to mental health in the NT. If your nomination is for another person you must seek their approval prior to submission.

Nominees must be a resident of the NT.

NOMINATION FORM

Award Category – tick the appropriate box

Lived Experience Award

Young Persons Award (aged 12 -25)

Mental Health Workers Award

Carers Recognition Award

Phil Dempster Recognition Award

Excellence in Mental Health,
Workplace Award

Nominee:

Nominee Name _____

Age (if applicable to Young Person Award) _____

Address _____

Phone _____ Email _____

Nominator:

Nominator Name _____

Nominator's Organisation _____

Mailing Address _____

Phone _____ Email _____

Please address the criteria (attached) in the space below.

Nominations are to be forwarded to:
Mental Health Week Awards Panel
PO Box 157
Nightcliff NT 0814 or Email: eo@ntmhc.org.au

Nominations must be received no later than COB Monday 16th September 2019