



Mental Health Month  
**AWARDS**

— **2022** —

## Nomination Guide

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Recognising the achievements of individuals, groups, organisations, businesses and initiatives in the area of Mental Health in the ACT.

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The ACT Mental Health Month Awards are a sector-wide initiative coordinated by the Mental Health Community Coalition ACT (MHCC ACT), funded by ACT Health and implemented by the ACT Mental Health Month Advisory Committee.

# Mental Health Month AWARDS

— 2022 —

## Key dates:

Applications open: 20 July 2022

Applications close: 31 August 2022

Award ceremony: 14 October 2022

There are many exceptional people and initiatives working to promote and improve mental health understanding, awareness, service provision and wellbeing in the Canberra community.

The ACT Mental Health Month Awards recognise the achievements of individuals, groups, organisations, businesses and initiatives in the area of mental health in the ACT.

The awards are a sector-wide initiative coordinated by the Mental Health Community Coalition ACT and implemented by the ACT Mental Health Month Advisory Committee.

# 2022 Award and scholarship categories

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## Awards

**Mentally Healthy Community Award**

**Innovated Person-centred Valued Supports Award**

**Research Evaluation Award**

**Mental Health Carer Award**

**Community Connection through Recovery Award**

**Leadership through Lived Experience Award:  
Consumer**

**Lived Experience Ally Recognition Award (LEARA)\***

**David Perrin Award\***

## Scholarships

**ACT Mental Health Consumer Network Award\***

**Rufus Scholarship\***

**MHCC ACT Training Scholarships**

\*Provided by the ACT Mental Health Consumer Network.

# Nominating for an award

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## Who can be nominated for an award?

Nominees for the ACT Mental Health Month Awards can be:

- individuals
- groups
- organisations
- businesses
- initiatives.

We may choose to give multiple awards in the same category (for example, one each for an individual, a small organisation and a large organisation).

Think about who you know that has made an impact in the area of Mental Health in the ACT.

We particularly encourage the nomination of mental health consumers and carers for an award.

## How do I nominate?

Nominate via the [online form](#).

You will need to provide:

- details of the person you are nominating
- your details
- a written response of no more than 500 words. This is the part of the nomination that will be evaluated by the Awards assessment subcommittee of the Mental Health Month ACT Advisory Committee.

You can also attach additional documents that support the nomination.

## Writing the nomination

We know that writing a nomination can seem challenging, so here are some steps to help you get started:

**1. Read the descriptions of each award and scholarship category thoroughly and select the most appropriate category for your nominee.** Feel free to ask us if you need any further explanation.

**2. Check with the nominee that they agree to be nominated.**

**3. Keeping in mind what category you plan to nominate for, answer these questions:**

**What** has the nominee done? Include:

- their role, project or contribution
- all the ways they have contributed.

**Who** has their contribution helped? Was it individuals, organisations, the wider community or a specific area within mental health?

**How** has their contribution helped? Include:

- the outcome of their work
- how their contribution was significant and successful
- examples using numbers of participants, goals reached, or lives changed.



#### **4. Develop your answers from step three into the written part of the nomination form, in up to 500 words.**

Tell us the story of what makes this nominee deserving of the award. For example, you might describe a challenge the nominee faced, discuss the way they approached it, and describe what happened as a result.

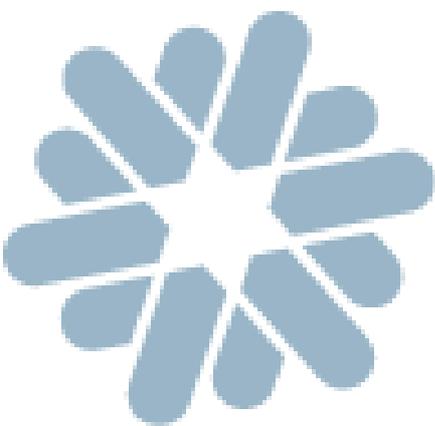
Make sure to outline:

- how their contributions relate to the award category you are nominating them for
- **If nominating for an award:** how they have excelled in the award category area
- **If nominating for a scholarship:** what the funds would be used for, how they will help achieve education or training goals, and the overall benefit this will have to the nominee and community.

**5. Collect any supporting documentation if you think it is required.** This could include news articles, reports, letters of support, examples of advocacy work, project impact statements, or anything else you think demonstrates why the nominee meets the award criteria.

**6. Submit the [application form](#) by 31 August 2022.**

If you have any trouble with the online form, email [communications@mhccact.org.au](mailto:communications@mhccact.org.au)



# Award categories

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## 1. Mentally Healthy Community Award

This award category recognises individuals, groups or organisations who have made a significant contribution using preventative approaches to improving the mental health and wellbeing of our community.

### Examples

- implementing significant or innovative mental health and wellbeing prevention approaches for a group of people or at a community level
- developing innovative approaches aimed at preventing staff in their workplace from developing mental health conditions and/or supporting staff with mental health conditions
- making a significant or innovative contribution to the prevention of suicide and/or improving the mental health of groups who are at elevated risk of suicide.

### Tips

- Describe the programs the nominee has implemented or managed.
- Describe the outcomes they achieved.
- Outline the extent of various projects they have worked on or provided input to.

## 2. Innovated Person-centred Supports Award

This award recognises individuals, groups or organisations who have made a significant contribution to the delivery of innovative person-centred supports to people who experience mental health concerns.

### Examples

- an individual excelling in their area of expertise in supporting mental health concerns (such as a private psychologist or GP)
- a business/organisation implementing a highly innovative approach to supports with significant involvement from consumers, or embedding consumers into planning and evaluation of their services

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- a business/organisation undertaking workforce planning that includes a significant focus on lived experience
  - a business/organisation delivering innovative services in a time of crisis, using a client-centred approach.

### **Tips**

- Describe the innovation or person-centred values on which the contribution is based.
- Outline what the contribution consisted of, such as the program or project the nominee worked on or provided input into.
- Note what the achievements or outcomes were to those supported through that contribution.

## **3. Research Evaluation Award**

This award category recognises an individual researcher, piece of research or project that has advanced and/or is working towards improvements, innovation and evidence-informed practice in mental health.

### **Tips**

- Describe the research, researcher or project regarding the innovation and evidence-informed practice involved.
- Explain how this has made or will make improvements or advancements in mental health.

## **4. Mental Health Carer Award**

This award category recognises unpaid carers (family or friends) of people who experience mental health concerns. It is designed to show appreciation for the contribution carers can make to the wellbeing of consumers, advocating on their behalf and often being the primary or only support person.

### **Tips**

- Describe the carer's situation and how long they have been a carer.
- Explain what the carer has done to advocate on behalf of and improve the wellbeing of the person they are caring for.

## 5. Community Connection through Recovery Award

This award category celebrates individuals with lived experience of a mental health condition whose mental health recovery journey has led them to become more involved in their community.

### Examples

- a consumer with lived experience reaching out and leading/facilitating support
- a consumer who has overcome significant barriers to recovery and is using what they learned to help their community.

### Tips

- Describe the involvement that the nominee has had.
- Outline how this has created positive progress or outcomes for the community the nominee has worked with.

## 6. Lived Experience Ally Recognition Award (LEARA)

This award recognises an individual or organisation with a longstanding and exceptional contribution to mental health consumers and consumer-centred mental health services in the ACT. It acknowledges those who work collaboratively with consumers to achieve positive change.

### Examples

- an individual who has dedicated their career to improving services for mental health consumers
- an organisation with a strong history of contributing to the mental health sector in the ACT.

### Tips

- Describe the nominee's history of involvement with contributing to mental health consumers and services in the ACT.
- Outline some of their key achievements and how this has benefited mental health consumers.



## 7. Leadership through Lived Experience Award: Consumer

This award recognises an individual with lived experience of mental health conditions who has made an outstanding contribution to advocacy and social change benefiting people with lived experience. This can relate to a specific program the consumer has initiated/coordinated or ongoing work in this area.

### Examples

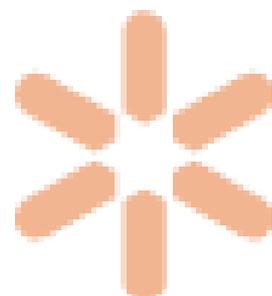
- an individual who has used their lived experience to start an advocacy campaign or organisation
- an individual working within the mental health sector to implement policies that would benefit people with mental health conditions.

### Tips

- Describe how the nominee has applied their lived experience to advocacy or social change programs
- Outline the advocacy or program the nominee has been involved in and how they came to be involved.
- Provide details of how this has caused change and improved the lives of people with mental health conditions.

## 8. David Perrin Award

The award is presented in memory of David Perrin, an individual with multiple disabilities who made his mark in mental health services and was an inspiration to all who knew him. It recognises a mental health consumer who lives an independent and self-determined life beyond what they may have expected after diagnosis.



# Scholarship categories

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## ACT Mental Health Consumer Network Consumer Scholarships

These scholarships (worth up to \$500 a year to a maximum of \$2,000 in total) recognise mental health consumers who are furthering their education. They are intended to cover general education expenses such as computers, course texts and course fees.

## Rufus Scholarship

Established in December 2019 by a private donor, this Scholarship provides an annual grant of up to \$600 to support a mental health consumer who would not otherwise have the financial means to do so to further or continue their education.

## MHCC ACT Training Scholarships

These three scholarships provide grants of \$1000 each to smaller organisations whose main work is with marginalised and minority population groups, to be used to undertake MHCC ACT's mental health training.



# Frequently asked questions

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## Can I nominate someone for multiple categories?

Yes. You will need to submit a nomination form for each award or scholarship, and please ensure you tailor the application to each category.

## Can I nominate myself?

Yes.

## Can I provide supporting information or references?

Yes, you can attach documents at the end of the nomination form. This could include previous awards or certificates, letters of support, news articles, examples of advocacy work, project impact statements, or anything else you think demonstrates why the nominee meets the award criteria.

## Who decides on the successful nominees?

The decisions are made by the Awards assessment subcommittee of the Mental Health Month ACT Advisory Committee, which includes representatives from the community-managed mental health sector in the ACT.

## When will the awards be presented?

We will be holding the Mental Health Month 2022 Awards Ceremony on Friday 14 October.



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**#MentalHealthMonthACT**

**[www.MentalHealthMonthACT.org](http://www.MentalHealthMonthACT.org)**