
From: Jonathan Nicholls [REDACTED]
Sent: Thursday, 3 February 2022 8:41 AM
To: Mental Health Select Committee
Subject: Stepping Stone Clubhouse Public Hearing
Attachments: Survey questions.docx

Categories: Submission

Dear Committee,

I have many things I'd like to say in regards to the topic this hearing addresses but I find it tough to be able to articulate all the things that I'm experiencing when I take time to consider this topic. That being the case, I'm going to do my best to simply mention the things that, in my opinion, should be the highest priority actions that would, in my opinion, yield the best outcomes for the long run of mental health in QLD.

1) Building a single mental health educational portal / support portal that is able to also facilitate the different cultural requirements of the say 500 hundred (ambiguous number quote here) providers out there. On a communication level, for their to be an educational product in the portal that trains people to be aware of the difference between co-dependent communication and collaboration to a depth of say a 10 week course (or more). For the portal to include training on ACEs (possibly highlighting Dr Nadine Burke Harris's Tedx talk on this), trauma informed care, co - morbidities, counselling and debriefing and support mechanisms for vicarious trauma.

2) Please consider possible making a community services diploma free to the community at large. Possibly using the above portal as a cornerstone of such a product. Personally, I completed most of my community services diploma in Melbourne where it was free. This diploma was ACWA accredited. (Australian community workers association. In my opinion, on the material covered, this was a fantastic course. Something to be mindful of would be to keep the class sizes small because the by far the most difficult part of the course was accounting for the fact that a reasonable percentage of the people who were doing the course were going through really difficult things. Counselling and support systems, in my opinion, need to be a structured component of the course (independent of the course, but available to the people undertaking it.)

3) I don't if the attached document will be of use, but it is the survey I designed during a communications project I undertook completing my Diploma in Community Services. It attempts to engage people to the concepts of Collaborative communication and ACEs awareness. In my opinion, the most prudent place to undertake the survey would be to Child Care workers. To possibly survey that industry in regards to the topics raised in the survey.

So there are so many things I have on my mind in regards to this field but the the points raised above, for the right now, is the best I'm able to articulate. I hope my submission is of help

Yours Sincerely,
Jonathan Nicholls

Communication Survey:

- Questions regarding domestic violence throughout Australia

1) Can you describe the following two types of relationships?

a. co-dependence

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b. collaboration

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i. Do you see one of these types of relationships to be more desirable to have than the other?

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ii. If yes, why would you consider that kind of relationship to be better?

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2) What would you call difficult communication styles?

a. How would you label this / these? What name would they give it?
(Without using swear words)

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3) What percentage of Australian households do you believe experience DV?

- hear I'd like for the participants to guess and to them let the know the answer and then get their opinion the disparity of their guess to the actual figure.

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4) ACEs, Do you know what this acronym means in the context of a person's childhood?

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Provide the interviewee information about some of the ACEs statistics,

THEN disclose to the person being surveyed that the ACEs test could be confronting to do because it asks questions about things which are not nice topics. Re Dr Nadine Burke – Harris's Tedx talk on ACEs

THEN ask if the person being surveyed would be willing to take a look at the ACEs test.

If the person is willing, then proceed with the rest of the questionnaire or finish the survey here.

a. With the details of the results ACEs tests being **kept private (not being provided to an Early Childhood care centre)**

▪ **but requiring ACEs tests to be done before children are enrolled...**

If you are comfortable responding to the following question, please let me know your thoughts:

- [illegible]

- Do you believe creating the awareness into the medical system by requiring the test would better:

- The health system's awareness of how to better help families (also where families are provided a pamphlet of long-term impacts of ACEs when the ACEs test is done)?
.....
- the lives of families who have had difficult things happen for them through their lives, and
.....
- the lives of families for whom are involved with such things as domestic violence?
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[The following area contains horizontal dotted lines for writing.]