

**My Voice,
My Rights,
My Way.**



Co-design self-advocacy workshops

Express your interest in joining our Consumer Reference Group (CRG)!



Consumer Reference Group (CRG) Information Sheet

Consumers of Mental Health WA - My Voice, My Rights, My Way Project

About the Project

The “My Voice, My Rights, My Way” project is the newest project at Consumers of Mental Health WA (CoMHWA), funded by the Department of Social Services until 2027. CoMHWA is the peak body in WA for Mental Health by and for people with Lived Experience of Mental Health challenges.

“My Voice, My Rights, My Way” will deliver workshops and resources, designed by and for people with Lived Experience of mental health challenges. These workshops will aim to help people to confidently advocate for themselves, have a clear path forward, and navigate their way through the mental health system. These workshops will also provide opportunities to meet other people who have had similar life experiences.

To ensure that the project, workshops and resources are useful and relevant, they will be co-designed by and for people with Lived Experience of mental health challenges. The project will also be led by a Consumer Reference/Advisory Group, made up of people with Lived Experience of mental health challenges and mental health services navigation.

About the Consumer Reference Group

The Consumer Reference Group will be a diverse group of **up to 10 people** with Lived Experience of mental health challenges. Their role will be to work in collaboration with the My Voice team to inform design, make decisions, create resources, advise on workshop content and more!

Some examples (but not all) of what the CRG may be asked to work on include:

- Collectively design and implement Group Guidelines and a working agreement specific to the group
- Help guide the design of the My Voice, My Rights, My Way workshops
- Work with the My Voice Team to inform the content of the workshops by reviewing and refining information from focus groups
- Help develop and refine resources (like brochures, pamphlets, toolkits and workbooks), which will help people to self-advocate
- Continuously review participant feedback to improve workshops as the project evolves
- Share perspectives, expertise and ideas for the My Voice project informed by Lived Experience
- Help develop a strategy to communicate with workshop participants, external organisations and CoMHWA staff in both the Perth metropolitan area and regional hubs

What are the benefits of joining the CRG?

Joining the CRG will not only allow you to help others learn how to advocate for themselves, it will also:

- Be an opportunity to meet and work alongside like-minded peers
- Pay you for your expertise at a Consumer Representative Payment rate of \$37.50/h
- Allow you to become a part of the CoMHWA community and Lived Experience movement

Role Requirements

- Have a Lived or Living Experience of mental health challenges (or as a carer)
- Uphold group guidelines to ensure the safety of all participants
- Be **available to attend at least 80% of meetings** (project running until June 2027)
- Have access to reliable technology to attend meetings online (assistance to use Teams/Zoom can be provided)
- Be a CoMHWA member or willing to become a member
- Have knowledge of the WA Mental Health system and its limitations

Cultural Safety

We want our CRG to be as safe and inclusive as possible for everyone.

We're taking steps to ensure your cultural safety in the co-design process through: considering the aspect of social and emotional wellbeing; being flexible and providing different ways of providing feedback; and ensuring racism, sexism, transphobia, and homophobia aren't tolerated in the space.

We also welcome you to share any specific things you need from the space to make it safer and more welcoming for you. This could include cultural or religious needs.

We will create and address group guidelines when the CRG forms, and these guidelines will be referred back to throughout the process.

Recruitment process

- Expressions of interest are **open until Sunday 16th March 11.59pm**
- We are expecting a high volume of interest for this role and as such only successful candidates will be contacted
- A member of the My Voice team will **contact you week commencing 24th March** to schedule an online or phone interview

Contact us

If you have any questions about the role or interview process, please contact Elena at emauien@comhwa.org.au or 0423 848 909