Twitter compilation (7 pages) on the #VMIAC2019 Declaration, for the Croakey Conference News Service, November 2019

#VMIAC2019
@WePublicHealth

Sneak preview of #VMIAC2019 Declaration (“collective dreams and visions for the future”) ahead of Day 3 program today: VMIAC’s acting chair Tricia Szirom, @IndigoDaya and CEO Maggie Toko

#VMIAC2019
@WePublicHealth

Now hearing from @IndigoDaya who has brought together the #VMIAC2019 Declaration “with tears and laughter”
#VMIAC2019 @WePublicHealth · Oct 31
Tricia Szirom: "We want to go to (mental health inquiries) not just what is wrong with the system (so those who run it will just tweak) but so we can say this is what will be different when it's working well." #VMIAC2019 Declaration

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#VMIAC2019 @WePublicHealth · Oct 31
"This is a critical piece of work for us because we are in the midst of a number of inquiries," says @VMIAC acting chair Tricia Szirom re #VMIAC2019 Declaration as @ozprodcom @RoyalAged @RCMentalHealth draft reports being handed down

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#VMIAC2019 @WePublicHealth · Oct 31
One person's big dream for social change and a better mental health system? To be able to afford more food. Big message in #VMIAC2019 Declaration consultations for a punitive Federal Government.

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#VMIAC2019 @WePublicHealth · Oct 31
Two big themes in calls from mental health consumers for social change - a society that is understanding of diversity, trauma, difference, of the 'need to not try to fix me'. And: 'we need to feel safe' (when asking for help, in family.) #SDOH a big theme. #VMIAC2019 Declaration

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#VMIAC2019 @WePublicHealth · Oct 31
"Help when we ask for it was really strong." That came from presenting to EDs and told 'you're not suicidal enough'. People know when they're in crisis, but ignored. Access a big theme at #VMIAC2019 Declaration consultations.
Peer workers and therapists, who get the least funding in the system, are the ones we need the most. Were people who dreamt of having psychiatrists in their system, but no more than those who wanted yoga instructors. As many wanted meditation as medication #VMIAC2019

Safety and social determinants were also big issues in #VMIAC2019. Declaration engagement with mental health consumers. "Don't force us to work when we're distressed, how can we have mental health if we're not safe." @IndigoDaya

"Can we just stop trying to fix us and just be with us." #VMIAC2019 Declaration

Listening was a big theme. "We shouldn't have to ask for that, it shouldn't be a complex skill, but clearly we do; listening and compassion right up there with what people need." @IndigoDaya #VMIAC2019

“Choice is the big message. At the moment, most of us get either GPs and pills at one end, or EDs and pills at the other end, or we're locked out." #VMIAC2019 Other big messages in the Declaration: peer work, trauma, nature.
The same number of people who wanted psychiatrists wanted yoga instructors. The same number of people who spoke about medication also spoke about meditation. #VMIAC2019 Declaration consultations:
@IndigoDaya

144 people have responded to @VMIAC survey for its #VMIAC2019 Declaration on eight topics: #distress #peerworkers #compassion are some pervasive responses

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Clare EMM @ClareActual · Nov 1
Replying to @ClareActual
“People can access things they know work for them” - the dream! Find out more at
vmiac.org.au/declaration #VMIAC2019
Clare EMM @ClareActual · Nov 1

@VMIAC now presenting @MartinFoleyMP with consumers’ collective vision for the future. “We’re here & we’re not going away. We’re committing to advocate. And we’re writing a declaration of hope.” #VMIAC2019

Clare EMM @ClareActual

Big dreaming in the Declaration - ending capitalism, ending neoliberal politics, scrapping the DSM, being able to afford enough food, having choices. This is what people want & what people aren’t getting right now!

#VMIAC2019

Centre for Mental Health Learning @CMHLvic

VMIAC responding to Minister Foley their Declaration of the collective vision. What could be, what should be possible. A declaration of hope. #VMIAC2019
“Welcome to a workshop on dreaming.” @IndigoDaya begins two sessions of workshops on the #VMIAC2019 Declaration. Here’s a sneak preview....
Centre for Psych Nsg @CPNunimalb - Oct 31
@IndigoDaya IS a declaration of something wonderful and she is also presenting on it and exploring the collective vision (and language) for the future @VMIAC 🙌 vmiac2019 mentalhealth

Great to be part of the Declaration workshop with @IndigoDaya at VMIAC2019 - imagining a new world for mental health - to be launched tomorrow