



Connector Hub Newsletter

EDITION 2

Welcome to Connector Hub Newsletter

A new path for Tracey Mckenzie



One Door Mental Health and Connector Hub would like to thank Tracey for her hard work and contribution she made within her role as Program Manager. Tracey provided a great deal of value to the organisation and displayed incredible support to the team.

Tracey successfully delivered leadership, guidance and expertise to ensure the program contributes to the increase of consumers capacity to engage and become independent.

Tracey assisted with co-designing Connector Hub’s program and planning by involving multiple support services, working in a consortium model. To ensure that program operations and practices were delivered in a way that is consistent with the service model principles of NPS.

We wish Tracey all the best in her new job and future endeavors.



Inside this issue:

- Farewell Tracey McKenzie.
- Connector Hub returns to office, face to face and groups.
- Introduce new Coordinator and Peer Support Workers.

- Connector Hub to receive NPS Facilitator.
- Connector Hub Programs.
- COVID-19 supports.





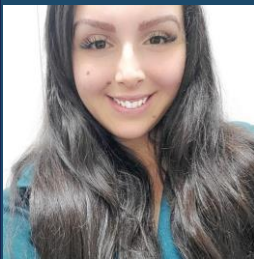
Connector Hub New Coordinator

Steven Breckenridge

Steve has had a connection with social services all his life. Steve is a coach for self-organised teams and is on secondment in the Connector Hub coordinator role. Recently, he worked with two Partner in Recovery teams in South-West Sydney as their team leader. Steve has a proven record working with consumers to gain outcomes they set themselves.

“I am enjoying my time with the Connector Hub Team and look forward to working with them in the future”. Steve will, from time to time, drop in on our groups and discuss consumer feedback.

Mental Health Peer Workers



Katrina Acosta

Is South American and has recently completed a Diploma of Mental Health. Katrina has lived experience and from an early age, never understood why she would be sad all the time, and not happy like the kids in her class. During her studies she was able to comprehend and learn about Mental Health which also answered a lot of her questions about Depression.

“I am thankful for gaining a position with One Door Mental health as i am actively working with consumers to implement hope and to support them on different paths to recovery.



Athena Fields

Athena has been working in the community services industry for 26 years in various roles and organisations. Roles have included youth worker, case worker, trainer and peer educator, and coordinator of programs.

In the last 6 years Athena has worked as a mental health peer support worker. “I have found this role as the most rewarding as it encourages me to purposefully share my lived experience mental health and recovery journey which may offer hope and inspiration to other people”

Athena is qualified in social services, youth work, training and mental health peer work and is currently studying a Bachelor of Community Services “In my personal time I love to crochet amigurumi and have exhibited my craft worldwide” Athena works, studies part time and a mum to an enthusiastic 10 year old boy.

NPS Facilitator (National Psychosocial Support)



Jeff Coton has worked in the mental health field for the last 10 years. 7 years in the Pham's program and the last 3 of years in various roles within One Door Mental Health. Jeff has also completed the following courses Diploma in mental health, Case Management and Community Services Work.

Jeff works in a recovery-based style framework to empower the consumer to understand and contribute towards the NDIS application process and have a holistic approach to include key stakeholders in the application.

Jeff's role is to:

- Support Connector Hub consumers with a lifelong psychosocial disability to test for NDIS eligibility.
- Work with consumers to gather evidence to demonstrate psychosocial functional impairment.
- Ensure transition to appropriate NDIS service.

Connector Hub Programs



Community Activities

Social activities, outings and connecting people in your community

Group Support

Focusing on understanding your mental illness, improving physical health, & living the life you want

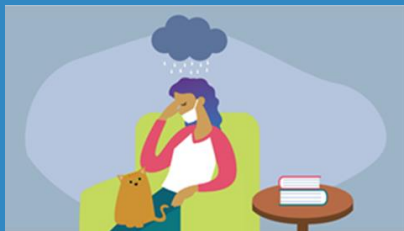
Linking You

With services, supports and health professionals that can help you

Reaching Goals

Support to reach your education, employment & financial goals

For further details please refer to our website: www.connectorhub.org.au



COVID SAFE- Staying connected

The coronavirus (COVID-19) pandemic highlights the importance of community and social connections in improving our health and wellbeing.

Connect with friends and family:

Staying connected with friends and family at this time can reduce feelings of loneliness and isolation.

For older Australians, now might be the time to embrace technology.

Younger family members can help you get set up and guide you through the process.

If you are more comfortable with the phone, call friends and family for regular catch-ups.

Please contact your Peer worker for further supports



One Door Mental Health in partnership with Flourish Australia has been selected to deliver the Connector Hub in South Western Sydney for SWSPHN

This service is supported with funding through the Australian Government through the PHN program.

