

# Indigo Daya

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I am a recovery expert by experience, a mental health worker, a project manager, a trainer, speaker and consultant, and an advocate for positive, consumer-led change in the mental health sector.

I am currently employed (part-time) as the project manager of Voices Vic, an award-winning consumer-led recovery program at Prahran Mission.

I am also an independent mental health trainer, speaker and consultant.

My experience covers a broad range of fields, including training, group work, business and marketing, team leadership, project management, visual arts, fundraising, mental health support work, and community development work.

I am particularly passionate about innovative approaches to recovery, and empowering fellow consumers to take on leadership positions within mental health. I am also someone who thrives in challenging situations, and who looks for creative and collaborative solutions.

I have studied at university level in psychology, business and visual arts, completed a Certificate IV in workplace training and assessment, as well as many short courses.

I believe **everyone** can recover,  
including the mental health sector.

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## Education

Bachelor of Business Communication (Advertising)

*Queensland University of Technology, 1990. Graduated with distinction*

Diploma of Management

*Monash University / Australian Institute of Management, 1995. Top overall graduating student*

Commenced Bachelor of Fine Arts (painting)

*Victorian College of the Arts, University of Melbourne. Commenced 2001, withdrew after 1.5 years for mental health reasons*

Psychology Units

*Swinburne University of Technology. Completed five units in psychology with a GPA of 91%.*

Certificate IV in Training and Assessment

*Wodonga TAFE (through Vicserv), 2010*

## Employment

2011 - Current

Trainer, speaker, consultant (self-employed)

- Develop and deliver consumer-focused recovery training, speak on recovery and mental health reform, mental health consulting & systemic advocacy.
- Contracted by Vicserv and works independently with clinical, community and government organisations.

2009 - Current

Prahran Mission (Voices Vic)

- Voices Vic project manager
- Implementation and ongoing management of consumer-led recovery program
- Responsible for strategy, funding & finance, staff & volunteers, project and event management, research, promotions and delivery of quality consumer-led recovery initiatives for voice hearers including: training, public speaking, publications, resource development and distribution, peer support groups, and collaborative partnering across the sector and community.

2005 - 2009

Prahran Mission (Second Story Program)

- Keyworker, group facilitator, coordinator of arts program & annual exhibition

2003 - 2005

Prahran Mission (Second Story Program)

- Art recovery group facilitator (part-time casual and volunteer)

2000 - 2005

Personal Recovery Period

- My own journey of mental health & recovery work
- Part-time/casual roles in administration, desktop publishing & design
- Carer for family member
- Part-time art school

1991 - 1999

Telstra Corporation

- HR project manager, technology project manager, assistant product manager (2 positions), call centre supervisor, administration, sales & customer service.

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## Training Courses Delivered

- Certificate IV in Mental Health (Non Clinical)
  - CHCMH401A Work effectively in mental health settings
  - CHCAOD402A Work effectively in the alcohol and other drugs sector
  - CHCORG428A Reflect on and improve own professional practice
  - CHCMH402A Apply understanding of mental health issues and recovery processes
  - CHCCS400A Work within a relevant legal and ethical framework
  - CHCMH403A Establish and maintain communication and relationships to support the recovery process
  - CHCMH404A Conduct assessment and planning as part of the recovery process
  - CHCM405A Work collaboratively to support the recovery process
  - CHCCS521 Assess and respond to individuals at risk of suicide
- Mental Illness Awareness Training
- Being a Community Mental Health Worker – Recovery Practice
- Being a Mental Health Peer Educator
- Recovery Group Facilitation
- Trauma Informed Practice in a Clinical Setting
- Transforming Lived Experience into Expertise: Group facilitation skills for peer workers
- Working with Voices: An Introduction to the hearing voices approach
- Introduction to Project Management

## Publications

Daya, I. (2012). *I Have a Dream: Enabling consumer leadership in the community managed mental health sector*. New Paradigm: The Australian Journal on Psychosocial Rehabilitation, Spring, 9-14.

Daya, I. (2011). *Smoking Mad: Enforced smoking bans in psychiatric hospitals are a human rights issue*. Our Consumer Place Newsletter, June-July, 12-16. Retrieved from: <http://www.ourcommunity.com.au/files/OCP/June-July2011.pdf>

Daya, I. (2009). *Building New Partnerships for Recovery*. New Paradigm: The Australian Journal on Psychosocial Rehabilitation, Spring, 20-23.

Daya, I. (2009). *Role Reversals, Responsibility And Recovery*. In Robertson, S, Issakidis, C, Kellehear, K, Miller, V, Wright, B, Peters, J, Goding, M, Farhall, J (Eds.), *YOU Your Family Your Community Your Mental Health – the path ahead*, Contemporary TheMHS in Mental Health Services, Perth Conference Proceedings. Perth, 62-64.

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## Conference Presentations

### Upcoming:

Daya, I. (2012, September). *Individual Peer Support Programme: Merging the Hearing Voices Approach with Intentional Peer Support*. Invited speaker at the Intervoice World Hearing Voices Congress, Cardiff, UK.

Daya, I., & Baker, P. (2012, September). *Setting up and running hearing voices networks*. Workshop to be presented at the Intervoice World Hearing Voices Congress, Cardiff, UK.

### Presented:

Daya, I., Drake, J., Waugh, K., Noble, S., & Karagounis, J. (2012). *From Consumer Participation to Consumer-Led Services: Valuing and utilising lived experience & reclaiming citizenship*. Symposium presented at The Mental Health Services Conference (TheMHS), Cairns.

Daya, I., & Corben, K. (2012). *What is a best case patient experience?* Clinical care workshop presented at the Victorian Smokefree Healthcare Services Forum, Melbourne.

Daya, I., & Darwin, C. (2012). *Consumers and staff – Working together to improve the experience of care for patients with nicotine dependency*. Paper presented at the Victorian Smokefree Healthcare Services Forum, Melbourne.

Daya, I. (2012). *A consumer-led program in action*. Guest speaker at the Centre of Excellence in Peer Support Forum, Melbourne.

Daya, I. (2012). *I Have a Dream... Consumer Leadership in Community Managed Mental Health*. Invited speaker at the Vicserv Conference, Melbourne.

Daya, I., Noble, S., Karagounis, J., Comans, K., & Hawes, P. (2012). *Mad, Bad and Dangerous to know: working and living with scary voices*. Workshop presented at the Vicserv Conference, Melbourne.

Daya, I. (2012). *From consumer to manager: when lunatics start running the asylum*. Paper presented at the Victorian Mental Health Consumer Workforce Conference (VMIAC), Melbourne.

Daya, I., Noble, S., Karagounis, J., & Drake, J. (2012). *Voices Vic: A Consumer Led Program In Action*. Workshop presented at the Victorian Mental Health Consumer Workforce Conference (VMIAC), Melbourne.

Daya, I. (2011). *Sexual Assault and Suicidality: Recovery from the Lived Experience*. Invited speaker at the Asylum Associates Understanding and Working with the Consequences of Childhood Sexual Abuse Conference, Nottingham, UK.

Daya, I., Noble, S., Burton, B., Comans, K., & Hawes, P. (2011). *Mad, Bad and Dangerous to know: working and living with scary voices*. Workshop presented at The Mental Health Services Conference (TheMHS), Adelaide.

Nguyen, F. & Daya, I. (2011). *The Elephant in the Room: Unblocking the Door to Recovery*. Paper presented at The Mental Health Services Conference (TheMHS), Adelaide.

Daya, I. (2010). *Voices Vic: A Consumer Led Program In Action*. Paper presented at The Mental Health Services Conference (TheMHS), Sydney.

Daya, I. (2009). *Recovery, Roles and Responsibility*. Paper presented at The Mental Health Services Conference (TheMHS), Perth.

Daya, I., Noble, S., & Karagounis, J. (2009). *The hearing voices approach*. Paper presented at the Griefline Conference, Melbourne.

Daya, I. (2008). *Connecting participants as workers*. Paper presented at the Vicserv Conference, Melbourne.

Devlin, J., & Daya, I. (2008). *Moving against discrimination: Exploring current issues in a community project which aims to reduce stigma*. Paper presented at the Vicserv Conference, Melbourne.