

# CURRICULUM VITAE

## MARY O'HAGAN

### 1. PERSONAL DETAILS

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### 2. WORK SUMMARY

I have been involved in mental health and disability issues for nearly 30 years, initially as a user of mental health services – then in various advocacy, advisory, provision, funding, consultancy and commissioner roles – at the local, national and international levels.

Currently I am an international consultant in mental health recovery and wellbeing. I initiated the mental health service user movement in New Zealand in the late 1980s, and was the founding chairperson of the first worldwide service user network in the early 1990s. I have been an advisor to the United Nations and the World Health Organization, as well as a keynote speaker at many international conferences. Over the last ten years I have been an international leader in the development of a recovery approach in mental health services. I have written one book and am finishing a second. From 2000 to 2007 I was one of three commissioners at the Mental Health Commission of New Zealand.

### 3. WORK STRENGTHS

I work to help create a better world that values social justice and wellbeing for all people. The skills I offer are:

- Vision
- Inspirational leadership
- Creative synthesis of ideas
- Lucid analysis of information
- High level problem solver
- Clear direct writing style
- Challenging and entertaining presentations
- Careful and attentive listening
- Persistent and dedicated
- Flexible and easy to work with
- Ironical and inclusive sense of humour
- A self-starter

### 4. WORK OBJECTIVES

Short term: I am seeking contract work in the health, mental health, disability and social sectors that requires my work strengths.

Long term: To continue with some contracting work but contribute to other people's mental health and wellbeing through developing peer led services, writing creative nonfiction, and expanding my competence in visual design and working via the internet.

## 5. CONTRACT WORK

- 2007 on **Netherlands, the United Kingdom, Canada, Australia and New Zealand:**
- Developing comprehensive peer led wellbeing recovery education resource for face to face and online delivery.
  - Completed a literature review on peer support in mental health and addictions for Careerforce ITO.
  - Completed a literature review and report on systemic mental health recovery indicators for Mental Health Commission.
  - Completed a review of peer support in Canada for the mental Health Commission of Canada, with an international team of consultants. Report writer.
  - Recovery assessments of mental health services, using my systemic recovery framework, to consult and report on recovery orientation and to recommend changes.
  - Review of the services provided by Waitemata District Health Board to Toran Henry, prompted by Toran's suicide and media interest. One of three person team and report writer.
  - Completed a review of mental health peer run services in Ontario and working on a similar review Canada with international team of four consultants. Report writer.
  - Researched and wrote a future vision for mental health services in New Zealand, published by the Mental Health Foundation (see publications).
  - Consulted on and wrote a description of the mental health services people want.
  - Researched and wrote a manual on systemic advocacy.
  - Write papers on population wellbeing, mental health recovery measures, methods for reducing seclusion, insurance and mental illness, compulsory treatment statistics and systemic recovery indicators.
  - Delivered workshops and talks on making sense of madness, social inclusion, human rights, recovery based services, recovery planning and wellbeing.
- 1996-2000 **New Zealand:**
- Wrote report and recommendations on services user led monitoring of mental health services for the Health Funding Authority.
  - Investigated and made recommendations for improving services for people with mental illness, Workbridge.
  - Member of anti-discrimination team, Mental Health Commission where I assisted with research and publications
  - Wrote information packs on mental illnesses for Mental Health Foundation

- Wrote recovery and anti-discrimination sections of Blueprint, Mental Health Commission
  - Developed recovery competencies for the workforce for Mental Health Commission
- 1992-1993 **England:**
- Developed mental health service user participation processes in English Health Authority districts.

## 6. MAJOR PUBLICATIONS

- 2009 **‘Leadership for Empowerment and Equality: A proposed model for mental health user/survivor leadership.’** In *International Journal of Leadership in Public Services*, vol 5 no 4
- ‘On Being One of Them’** – a chapter in ‘Stepping Out of the Shadows: Reflections on madness and self-stigma’. Eds. Debbie Peterson and Sarah Gordon. Published by Case Consulting, Wellington
- 2008 **‘Destination: Recovery: Future responses to mental distress and loss of wellbeing’.** Mental Health Foundation
- 2006 **‘The Acute Crisis’** – Towards a recovery plan for acute mental health services in New Zealand. Mental Health Commission
- 2004 **‘Our Lives in 2014’** – A recovery vision from people with experience of mental illness. Mental Health Commission
- 2003 **‘Oranga Ngakau’.** Getting the most out of mental health services: A recovery resource for service users. Mental Health Commission
- 2001 **‘Recovery Competencies for New Zealand Mental Health Workers’** – a resource for mental health workers on how they can practice a recovery approach in their work. Mental Health Commission
- 1999 **‘A Call to Open the Door’** – a paper, from a psychiatric disability perspective, for a publication by the World Health Organization on ‘Rethinking Care’ for people with disabilities
- 1996 **‘Two Accounts of Mental Distress’** – a chapter of juxtaposed excerpts from my journal and the hospital notes written about me during an episode of depression – in *Speaking Our Minds*. Eds. Jim Read and Jill Reynolds, Open University, London.
- 1995 **‘Finding our Way Home: Segregation, Normalisation and the Struggle for Self-determination’** – in *Community Mental Health in New Zealand*, vol 9 no 1.
- 1994 **‘Stopovers on My Way Home from Mars: a journey into the psychiatric survivor movement in the USA, Netherlands and Britain’** – a book published by Survivors Speak Out, London. Published in Japan in 1999.
- ‘The International User Movement’** – a chapter in *Community Mental Health Care: International perspectives on making it happen*. Eds. C Dean & H Freeman, Gaskill, London.

- 1989 **'Consumer Participation in Mental Health Services'** – an analysis of neglect, tokenism, paternalism, partnership and self-help in the context of consumer participation - in *National Mental Health Consortium Report*, Departments of Health and Social Welfare.
- 1986 **'From Taking Snapshots to Making Movies'** – a critique of traditional research methods and an alternative method designed to give control of research to service users – in *Community Mental Health in New Zealand*, vol 3 no 1.

## 7. NATIONAL ROLES AND REPRESENTATION

- 2006-2009 **Frozen Funds Charitable Trust Board, first chairperson** – funds service user run initiatives in the mental health and intellectual disability sectors from the interest of \$5m
- 2006 **National Mental Health Strategy Implementation Advisory Group, Ministry of Health** - represented the Mental Health Commission
- 2000 **Health Sector Development, Ministry of Health**, Provider Reference Group member
- 2000 **New Zealand Disability Strategy, Ministry of Health**, Sector Reference Group member
- 1997-2009 **Like Minds Like Mine, Ministry of Health**, Advisory Group for TV advertising campaign to reduce mental health discrimination
- 1998-2000 **Mental Health Commission**, Advisory Board member
- 1995-1996 **National Workforce Development Taskforce, Ministry of Health** – consumer representative
- 1995-1996 **National Mental Health Strategy Advisory Group, Ministry of Health** – consumer representative
- 1991 **National Mental Health Quality Assurance Task Force, Department of Health** – consumer representative and wrote the consumer report
- 1988-1989 **National Mental Health Consortium, Departments of Health and Social Welfare** – consumer representative and wrote the consumer report. The consortium developed government policy on community mental health services
- 1985-2009 **Media** – Frequent appearances on radio and television

## 8. INTERNATIONAL ROLES AND REPRESENTATION

- 2004 **United Nations**, development of Convention on the Rights of Persons with Disabilities. Member of New Zealand delegation to meeting in New York
- 2002 **International Foundation for Electoral Systems & Institute for Democracy and Electoral Assistance disabilities**. Represented people with psychiatric disabilities and contributed to a bill of electoral rights and standards for disabled people
- 1999-2001 **World Health Organisation**, Disability and Rehabilitation Unit's Rethinking Care Project – Advisor

- 1995-2001 **United Nations panel to monitor ‘The Standard Rules on the Equalisation of Opportunities for People with Disabilities’** – mental health representative
- 1993-1997 **World Federation for Mental Health.** Board member
- 1991-1995 **World Network of Users and Survivors of Psychiatry** – first chairperson and facilitator of meetings to form the network

## 9. KEYNOTE TALKS

- 2010 **Anglicare Mental Health Services Conference, Launceston, Tasmania** – keynote speaker on recovery based systems.  
  
**Our Community Conference, Melbourne, Australia** – International Pratt Fellow and keynote speaker on mental health user/survivor perspectives.
- 2009 **Scottish Recovery Network Conference, Perth, Scotland** – keynote speaker on the fit between recovery and wellbeing
- 2008 **Vicserv Conference, Melbourne** – keynote speaker on a vision for a recovery based service system
- 2007 **The Australian and NZ Mental Health Services (THEMHS) Conference, Melbourne** – keynote speaker – on a vision for a recovery based service system
- 2005 **World Association for Psychosocial Rehabilitation, Athens** – keynote speaker on service user leadership in mental health services
- 2004 **World Association for Psychosocial Rehabilitation, Milan** – invited speaker on recovery at service user conference
- 2003 **Japan National Group of Mental Disabled People & Japan psychosocial rehabilitation group** – invited speaker at national conference and local seminars throughout Japan
- 2002 **Disabled Persons International World Assembly, Sapporo, Japan** – invited speaker and speaker at several other seminars and conferences
- 2001 **World Health Organization, Rethinking Care Conference, Oslo** – invited speaker on rethinking care from psychiatric disability perspective
- 1999 **Mental Health Commission** – keynote speaker at national conference on ‘Realising Recovery – Six Challenges to the Mental Health Sector’
- 1997 **International Leadership Forum for Women with Disabilities, Washington DC** – keynote speaker giving a comparative analysis of the women’s movement and the disability movement
- 1996 **Rehabilitation International World Congress, Auckland** – keynote speaker on equality through participation from the perspective of a woman and a mental health service user
- 1995 **World Congress for Mental Health, Dublin** – respondent to Anthony Clare’s keynote talk on healing relationships
- 1994 **The Australian and NZ Mental Health Services (THEMHS) Conference, Melbourne** –

keynote speaker – read juxtaposed excerpts from my journal and the hospital notes written about me during an episode of depression

1993 **World Congress for Mental Health, Tokyo, Japan** – keynote speaker on the experiences of service users throughout the world and the development of the international service user movement

**National Housing Conference** – keynote speaker on ‘Finding Our Way Home: Segregation, Normalisation And The Struggle For Self-Determination’

1992 **Centre for Mental Health Services Development conference, London** – invited speaker on the international user movement

**Independence '92 International Disability Congress, Vancouver** – invited speaker at closing plenary – on challenging traditional concepts of disability

## 10. WORK POSITIONS

2007 on **Self-employed international consultant**

2000-2007 **Commissioner, Mental Health Commission**, appointed by the Minister of Health, responsible for recovery and anti-discrimination work, media work and

1996-2000 **Self-employed consultant**

1995-1996 **Manager, Aotearoa Network of Psychiatric Survivors** – national consumer run network providing information, networking and representation for service users at the national level

1993-1995 **Project Manager, Consumer Development, Northern Regional Health Authority, New Zealand** – developed processes for consultation with service users, purchased consumer run initiatives and new services, took part in monitoring

1992-1993 **Consultant, Centre for Mental Health Services Development, Kings College London, England**

1990-1992 **Manager, Aotearoa Network of Psychiatric Survivors (ANOPS)** – set up and developed the consumer run organisation to provide information, networking and representation for service users nationally

1986-1989 **Coordinator, Psychiatric Survivors, Auckland** – set up and developed consumer run self-help and advocacy organisation – the first of its kind in New Zealand.

## 11. EDUCATION, AWARDS & FELLOWSHIPS

1996 **Rehabilitation International Distinguished Volunteer Award** – for contribution nationally and internationally to the improvement of the quality of life for people with disabilities

1993 **Oranga Kaupapa Trust Award** – for ‘high achieving people for the work they do to promote positive social change’

1990 **UK Winston Churchill Fellowship** – visited the USA, Britain and the Netherlands to report

on self-help alternatives and services attempting consumer participation. One of two New Zealand Fellows to be awarded a UK Fellowship to mark the 25<sup>th</sup> anniversary of Churchill's death. Received a Fellowship medal from the Queen in London

- 1977-84     **User of mental health services.** This is a major qualification for the work I have done
  
- 1976 on     **16 papers towards a Bachelor of Arts** in English, History, Anthropology, Linguistics, Political Studies, Management and Creative Nonfiction Writing. My tertiary education was stalled by severe mood swings. This has not interfered with my career and I have compensated by reading widely on many issues, and deeply on a few
  
- 1974        **University Entrance**