

MEDIA RELEASE

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Nursing Leader Transforms Mental Health Education

2024 Health Minister's Award for Nursing Trailblazers

Professor Lorna Moxham FACN has won the 2024 Health Minister's Award for Nursing Trailblazers for her innovative approach to mental health care and recovery by working with patients and nursing students in unison in a camp environment.

The Minister for Health and Aged Care, Mark Butler, announced Professor Moxham and Recovery Camp as winner of the Minister's award via video message at the Australian College of Nursing (ACN) National Nursing Forum in Cairns today.

Recovery Camp redefines mental health clinical placements by bringing nursing students and individuals with mental illness together in an adventure camp setting for a five-day immersive experience.

Guided by registered nurses, participants engage in activities like rock climbing and archery. These activities promote mental health recovery, social connection, and physical activity, providing unique clinical placements for students.

Since 2013, Recovery Camp has positively impacted more than 1,500 nursing students and 900 patients in New South Wales, Victoria, and Queensland.

The program enhances mental health recovery and inspires future mental health nurses, addressing the projected shortage of 18,500 mental health nurses in Australia by 2030.

Professor Moxham's dedication to community-based mental health care and innovative education underscores the transformative power of nurse-led initiatives.

Recovery Camp reduces stigma, fosters therapeutic communication, and presents mental health work in a positive light.

It is a model for integrating practical, empathetic care into nursing education and mental health treatment.

ACN Interim CEO, Emeritus Professor Leanne Boyd FACN, said that Professor Moxham and Recovery Camp perfectly exemplify the innovation and leadership that is recognised and acknowledged by the Health Minister's Award for Nursing Trailblazers.

"Professor Moxham's work has had a profound effect on people with a lived experience of mental ill-health and the journey of recovery in addition to impacting positively with nursing students" Professor Boyd said.

"We are incredibly proud of her accomplishments and her leadership."

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Watch the Minister's video announcement: <https://youtu.be/FRgaNrFbKQg>

Learn more about Lorna and Recovery Camp: www.youtube.com/watch?v=8QQka-3gons

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