



Waiora Clinic,
Level 2, 435 Malvern Road
South Yarra, Victoria 3141

Telephone: 9076 4713
Email: isfaf@alfred.org.au
Website: ispaf.org

Convenor: Judi Burstyn M: 0425 723 74

July 2017

Winter is truly upon us. Sometimes it's hard to head out into the cold, but it's well worth making the effort as many exciting things are happening.

First and foremost, we are very privileged to have the **Emma Kealy, MP, Shadow Minister for Mental Health** as our next speaker. With a background in BioMedical Science and a strong background in healthcare, including having been CEO of a Victorian regional hospital, she's been at the coalface. As well as speaking to us, she intends to obtain *'good grassroots understanding of both the key challenges and opportunities to improve this [mental health] sector.'*

What better opportunity is there to let a Victorian Minister learn about the many difficulties we face and how things could be improved?

It is with regret that I won't be at our next two meetings, Penny Lewisohn and Marlene Carlin will be there to introduce two excellent speakers.

OUR NEXT MONTHLY MEETING
7.30 pm Tuesday 8 August 2017

The Hon. Emma Kealy, MP

**Shadow Minister for Mental Health
Shadow Minister for Senior Victorians
Shadow Minister for Consumer Affairs**

Betty Day Centre, 67 Argyle Street, St Kilda
Access via carpark at end of Bath St (off Inkerman St) or
via southern end of path from Argyle St

RANZ College of Psychiatrists website

The **Your Health in Mind** is now up and running, at <https://www.yourhealthinmind.org>

There are now many topics covered – from explanations of diagnoses, through to general topics such as the pitfalls of private health insurance and finding the right psychiatrist for you

Social Security Rights Victoria

Another very useful website filled with information; <http://mailchi.mp/fb7ba3798046/red-tape?e=54d11d8360>

De CASTELLA RUN 2 MEND MINDS Sunday 27 August 2017

Join Penny, Judith and other members for a wonderful time, while raising valuable funds for MAPrc research to develop new treatments for mental illness

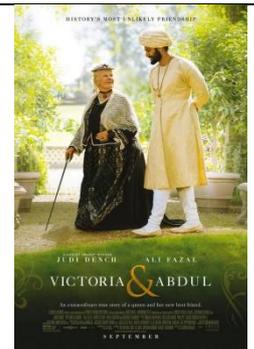
You can help make double the difference! Just share your fund raising page with your family and friends when you register. Thanks to one generous supporter, every dollar donated will be doubled! That's right - you donate \$1 and our supporter will match it!

<http://www.carersouth.org.au/assets/Friday-EXTRA-July-2017/deCastella-Run-2-Mend-Minds.pdf>

Register on the day, or if you want to avoid queues: <http://decastellarun.com.au/>

**CARERS FILM
AFTERNOON**

PALACE COMO
Please diarize.
**SATURDAY 21
OCTOBER**



The much awaited film starring the wonderful Judi Dench, Victoria and Abdul is due for release shortly.

Those who have been to our film afternoons will attest to the fact that the lunch which is included in the price of your movie ticket is always delicious and that many longstanding close friendships have commenced at ISFAF Film Afternoons.

BOOKINGS ESSENTIAL: via ISFAF office: 9076 4713 or email isfaf@alfred.org.au

Mind Community Conference 2017 'New horizons' Wednesday 26 July at the MCG

The Mind Community Conference 2017 brings together current and past consumers, their friends and families, current volunteers and staff in a fun, relaxed and festive environment. Together we celebrate our achievements and share ideas, experiences and really feel the warmth of

belonging to the Mind community. The conferences are an opportunity for each of us to see that Mind has a large and diverse community and that each of us are part of it. Joint presentations by consumers, carers and staff allow us to start a conversation with two or more stakeholders and understand each other's view points and how we can work together. For information: Sarah Dalgleish (03) 9455 7957 or conference@mindaustralia.org.au To enrol: www.eventbrite.com.au/e/mind-community-conference-2017-victoria-registration-32221154340

FREE NDIS information sessions for carers living in the Southern region

Alfred Health Carer Services has invited Carers Victoria to provide four separate information sessions designed to answer your question. They will be run on Wednesdays:

Moorabbin 16 August 2017 10.00am-12.00pm
Lynbrook 23 August 2017 1.30pm-3.30pm
Mornington 30 August 2017 10.00am-12.00pm
Chelsea 6 September 2017 10.00am-12.00pm

Book now for one session only by calling 8781 3400 or via www.carersouth.org.au.

You may be able to receive help with respite, transport and interpreters if required. Please make this request when booking. Places are limited.

<http://www.carersouth.org.au/assets/>

New Carer Support Groups in Caulfield, Noble Park and Nunawading

I am delighted that carer support is getting more support!
Grow is a very worthwhile organization and has established fortnightly friendly peer support group for carers in Caulfield, Noble Park and Nunawading areas and is looking to set up more support groups. If you are interested in attending or would like more information, Grow Better Together would be happy to hear from you. Please contact Melissa at Grow on 9528 2977 or [1800 558 268](tel:1800558268).

FROM FRANK QUINLAN OF MENTAL HEALTH AUSTRALIA

It will be a mistake... if we don't make both systems work.

The World Health Organisation's Mental Health Plan 2013 - 2020 says member states have a responsibility to: **Ensure that people with**

mental disorders and psychosocial disabilities are included in activities of the wider disability community...

The WHO plan says psychosocial disability refers to: **People who have received a mental health diagnosis, and who have experienced negative social factors including stigma, discrimination and exclusion. People living with psychosocial disabilities include ex-users, current users of the mental health care services, as well as persons that identify themselves as survivors of these services or with the psychosocial disability itself.**

I quote these passages today, because some of you will have seen a headline, and story, on the front page of The Australian today saying "[Mental health in NDIS a 'mistake'...](#)"

And such a bold assertion requires some careful analysis.

The advocacy of people with lived experience of mental health issues and psychosocial disability was the key reason the Productivity Commission was convinced to include psychosocial disability within the scope of the NDIS, though this did happen late in their considerations.

I think much of the confusion and difficulty since has arisen because too many have assumed this means moving the mental health system completely into the NDIS. This should not be the case, and there are many policy decisions that have helped to confound this error.

Serious mental health issues impact some 690,000 Australians each year. Of those, on the Government's own estimate, only about 230,000 are in need of ongoing psychosocial support of some kind. Of these, only about 64,000 are considered to be in need of complex, individualised packages of psychosocial support.

The care that will be delivered through the NDIS should comprise non-clinical supports and individually tailored packages of psychosocial support - ie support for psychosocial disability - especially functional support and capacity building - for that small group of people. Outside the NDIS, we continue to require a high quality mix of services and programs to support both NDIS participants, and non-participants with the right mix of clinical, non-clinical and psychosocial supports.

In short, we need a high quality mental health system to support the one in five Australians who experience mental health issues each year. We also need a high quality NDIS to provide support for the very small number of Australians who experience psychosocial disability that might be considered very long term or even lifelong.

To put it another way, why would we exclude some 64,000 Australians experiencing psychosocial disability from the supports offered by the NDIS? To do so would send a signal that people with psychosocial disability are not deserving of the same supports and entitlements of people with other disabilities, and would put us out of step with the direction flagged by the World Health Organisation.

It would also put us out of step with those advocates with lived experience of these issues, who worked so hard to ensure they were not excluded.

The solution lies in making both systems work, and it would be a mistake to choose one or the other.



Frank Quinlan

Mental Health Australia

New Joint Position Statement: Addressing the Physical Health of People with Mental Illness

The Dietitians Association of Australia, Exercise Sports Science Australia and the Australian Psychological Society are pleased to share a joint statement outlining the role of Accredited Practising Dietitians, Accredited Exercise Physiologists and Psychologists in improving the mental health and physical health of people living with mental illness.

For further information please contact

- Dietitians Association of Australia – Annette Byron policy@daa.asn.au
- Exercise Sports Science Australia – Louise Czosnek Louise.Czosnek@essa.org.au
- Australian Psychological Society – Media contact [0435 896 444](tel:0435896444)

The statement can be viewed at:

https://mhaustralia.org/sites/default/files/images/addressing_the_physical_health_of_people_with_mental_illness_v7final_20.3.2017.pdf

Save the date! Upcoming Forum: Wednesday 6 September

9:30am – 1:30pm

Opening doors to spiritual experience:

Exploring practices that enrich personal recovery

What role does spirituality play in your own life and in the lives of consumers and colleagues? How are practitioners and services engaging with the experience of spirituality and meaning as they work with consumers to build 'meaningful lives'?

This forum will be held on at the Chamberlain Theatre, St Vincent's Hospital Melbourne. Registrations will be opening soon. Expressions of interest are currently being taken.

To stay informed as details are announced, please email vtmh@svha.org.au and include "Spirituality Forum" in the subject line of your email.

Calling for help to recruit people who have experienced depression for research to help update guidelines for depression

Researchers need 30 people with a lived experience of depression, 30 people who have cared for or provided significant support to someone with depression, and 30 professionals with experience researching or treating depression.

Aim of this research project: To update the current mental health first aid guidelines for depression that were published in 2008. The guidelines are at: https://mhfa.com.au/sites/default/files/mhfa_depression_guidelines.pdf to see the current guidelines

Time commitments: You will be asked to complete three online surveys over about 4-6 months (so no travel or meetings!) and the total estimated time commitment is approximately 2 hours.

Expertise: You will be able to read and speak English, be 18 years or older AND: • Have a lived experience of depression, feel well enough to participate, AND are engaged in activities that give you a broader exposure to people's experiences of depression, e.g. you are a member of a consumer advisory or advocacy group, providing peer support to others, etc. OR • Have experience in

caring for or providing significant day-to-day support to someone with depression AND are engaged in activities that give you a broader exposure to people's experiences of depression, e.g. be a member of a carer support group or carer advocacy organisation. OR • Are a mental health professional or researcher with at least 2 years' experience working in the area of depression.

If interested in participating contact Dr Kathy Bond at Mental Health First Aid Australia: kathybond@mhfa.com.au or phone 9079 0207.

Mind Recovery College™

Updated 2017 course guide now available:

Mind is truly an amazing organization, offering many useful courses for both carers and consumers. For further information, visit the <http://recoverycollege.org.au/> or call on Ph: 8698 4060.

The Course Guide for the second half of 2017 is available at: <http://us5.campaign-archive1.com/?u=646425eecece01749b963997&id=d606df715f&e=514587a075>

Enrol in a course today and learn about mental health and life skills that help you build a more positive, connected and meaningful life. Courses are led by people who have been on their own recovery journeys. Courses are designed for everyone; including people experiencing mental ill health, family members, carers or professionals looking for new understanding and insights into themselves and others.

And I can't plug your local library enough.

Local libraries offer a range of services such as home library service for those that need help and most libraries have wonderful facilities – eBooks, large vision books, magazines, newspapers, a range of courses running from composting to a variety of computer and photographic skills, discussion groups for all ages from about 2 years old to us 'middle aged folk', lectures of interest. Apart from the interest in library's offerings, these services are attended by interesting folk who are equally happy to spend time in heated friendly surroundings while conversing with those around them.

But of course the best website is:

Our ISFAF Webpage

<http://ispaf.org/>

Compiled and maintained by Judith Rafferty, our webpage is full of useful updated information.

If there is anyone in the group who could help Judith from time to time and wishes to learn the magic of web mastery at the hands of the expert, please contact me asap.

And if you are receiving this Newsletter as hard copy, you need to be very grateful to both Judith and to Edwina Green who finalize, print, fold and mail, which is a big job. Not to mention an expensive one. **So if you can revert to digital copy only, please let us know.**

Please don't forget that we have an opportunity monthly to discuss matters of interest regarding issues at Alfred Health with Fran Fisher and Anthony Kennedy who head Alfred Psychiatry's two outpatient clinics. We also have a similar opportunity quarterly with Dr Stafrace and Sandra Keppich-Jones. The monthly meetings are generally held on the third Thursday of the month and the quarterly on the first Wednesday, commencing March. If you have matters you wish me to raise, please contact me directly. Strict confidence is assured.

But most of all let your local politician know that there are nearly a quarter of a million carers, each one with a sphere of influence among family and friends...and we will all vote at election time. When it comes down to it that is our greatest power.... And you can use it at our next meeting when the Shadow Minister for Mental Health has promised to open her heart and ears.

Looking forward to seeing you very soon,

Warm Regards,
Judi Burstyner,
Convenor

M: 0425 723 746
judi.burstyner@gmail.com