



Waiora Clinic,
Level 2, 435 Malvern Road
South Yarra, Victoria 314

Telephone: 9076 4713
Email: isfaf@alfred.org
Website: ispaf.org
Convenor: Judi Burstyner M: 0425 723 74

**Autumn 2017 is here
a quarter of the year has passed.**

In February, we had the privilege of having two wonderful artists make our St Valentine's Day a joy. We thank both Heidi Everett and Robbie Berman for providing us with a wonderful night.

In March De Backman-Hoyle spoke to us, providing us with many tools and thoughts on advocacy for our cause and we concluded March with about 25 of us sharing a meal at SanVero Restaurant in North Road Caulfield South. For those of you who could not join us at night, our next Dining Group meal will be at lunch on June 25 2017.

**MONTHLY MEETING
7.30 pm TUESDAY 11 APRIL 2017
MULTIPURPOSE ROOM**

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

An overview of Services provided by Alfred Health

Mel Hill and Lindy Alcorn will talk about the various types of support Alfred Health offer specifically for carers (living in the southern region of Melbourne) of people who are experiencing mental health issues.

Mel Hill is the Coordinator of the Access and Referral Disability, Mental Health and Young Carer team for AHCS.

Lindy Alcorn is the Carer Resource Worker – Mental Health who provides a range of information about support connections for mental health carers.

Please diarize Christmas in June Dining Group lunch

DINING GROUP 12.30 pm Sunday 25 June 2017.

**MILANO'S BISTRO TAVERN
4 The Esplanade Brighton, near corner South Road**

Milano's is a lovely venue overlooking the sea, making it particularly enjoyable for lunch.

Last year's lunch was an overwhelming success so we are returning to the same venue.

**THE ECONOMIC VALUE OF INFORMAL MENTAL
HEALTH CARING IN AUSTRALIA**

This study is the first national study of its kind. It reveals the significant scope and economic value of informal mental health caring in Australia. Tandem, Mind Australia and Carers Victoria called on the Victorian State Government to protect existing supports and increase funding for mental health carers.

The study revealed that informal care by people for family members; partners or friends with mental illness, collectively contributes 13.2 billion annually to the nation's economy.

This contribution is 1.7 times the government investment in mental health services nationally.

https://www.mindaustralia.org.au/assets/docs/Mind_value_of_informal_caring_full_report.pdf?utm_source=VOICE&utm_campaign=b2831f8cb4-Voice_March_20173_30_2017&utm_medium=email&utm_term=0_d5de9c311b-b2831f8cb4-97257665

The report shows that there are 240,000 of us. Many of us attended the launch at Parliament House and hope that politicians see us as a group worth looking after. It is up to each one of us to let our local members know that there are nearly a quarter of a million of us and we each have a large group of voters we influence.

**National Mental Health Commission Update:
Consultation - Housing Homelessness and Mental
Health:**

The National Mental Health Commission is calling on consumers, carers, families and support people to share housing and homelessness experiences in relation to mental health through our online consultation until 24 April.

The survey will be promoted through established networks and social media. It would be great if you could please participate and/or promote through your networks.

Be a part of our consultation on Housing, Homelessness and Mental Health.

<http://email.thefolk.com/t/ViewEmail/r/855087D29DB0229F2540EF23F30FEDED/11015E11F04BDCABA2432AF2E34A2A5F>

<https://mentalhealthcommission.citizenspace.com/p/olicy-projects/housinghomelessness/>

Aftercare

is Australia's longest serving mental health organisation, supporting people with mental health issues to lead fulfilling, independent lives. Aftercare programs and services are designed to get you back on your feet, living a healthy, productive life. At any given time, over 4,000 people aged from 12 to 80 years are being supported by Aftercare through one of their services which include:

- Community connection services
- Housing and accommodation services
- Independent living
- Personal helpers and mentors (PHaMs) programs
- Family and carer support services
- Youth services
- Intellectual disability outreach support

Call - [02 8572 7700](tel:0285727700) Email - info@aftercare.com.au

Web - <https://www.aftercare.com.au/>

Facebook

<https://www.facebook.com/AftercareAustralia/>

Police Fact Sheet: Voluntary Disclosure Regarding a Mental Disorder and/or Disability (PDF)

http://www.police.vic.gov.au/retrievemedia.asp?Media_ID=100221

According to this fact sheet, voluntary information about an individual's mental illness will be entered into the police data base and will assist the person in any future interactions with members of the police.

Help shape Victoria's future support for carers

Consultations have begun for the Victorian Government's Carers Statement which will outline how carers can best be supported and recognised.

To develop the Statement, Carers Victoria will gather the views of people responsible for providing valuable support, understanding that being in a care relationship can have a profound impact on their lives and the opportunities available to them.

Carers Victoria will be hosting a number of consultations for carers and organisations that support carers to find out what works best in existing services and supports and what could be improved. **Carers can also have their say by completing an online or paper survey at www.carersvictoria.org.au**

When completing the survey, please make a point of noting that you are carer of an individual with mental health / psychosocial disability.

[Skills, Thrills and Interviews!](#)

[Free 2-hour workshops for Mental Health carers...](#)

Learn how to write a resume, prepare for an interview and get that job!

Two 2 hour (from 9.30 – 11.30 a.m.) sessions will be held on Friday 31 March and 7 April 2017 in Dandenong South.

RSVP essential to Carer Support Services 9706 7388 or email Di Hall – d.hall@ermha.org

<http://www.carersouth.org.au/assets/Friday-EXTRA-March-2017/Ermha-UPDATED-Skills-Thrills-and-Interviews-Flyer.pdf>

Murdoch University – Caring for people with severe mental illness: the association between gratitude and carer burden

Murdoch University is conducting a study to establish whether feelings of gratitude influence the burden experienced by unpaid carers of people with severe mental illnesses,

You are invited to participate in this survey, which is a forerunner to the development of a resource that could be designed to lessen the burden that carers of people with mental illness experience.

<https://www.surveymonkey.com/r/KW7PDNV>

If you have any questions please contact Dr. Norman Stomski on [08 93606038](tel:0893606038) or via [email:](mailto:N.Stomski@murdoch.edu.au)

N.Stomski@murdoch.edu.au.

FREE 2-day Workshop for Carer Families/Partners supporting a Family Member with Borderline Personality Disorder (BPD) Fostering Realistic Hope Friday 21 & Saturday 22 April 2017

The workshop will be facilitated by Peter McKenzie (from The Bouverie Centre) in Brunswick. The supportive group process with a therapeutic focus aims to:

- Invite participants to share and respond to stories of living with BPD and the effects it has on their lives and relationships
- Explore-evaluate participants' and professional knowledge and practices that foster realistic ways to support relationships and promote initiatives that work with the effects of BPD on families.
- Better understand the effects of BPD on families' lives through the sharing of experiences and knowledge
- Identify and resource our own coping initiatives that have made a difference
- Mindfully notice habitual and unhelpful relational interactional patterns that we often become stuck in
- Foster a mindful space for reflection and realistic action

For details:

<http://www.carersouth.org.au/assets/Friday-EXTRA-December-2016/Fostering-Realistic-Hope-April-17.pdf>

[BPD Community update: Carer's Group](#)

The website of Borderline Personality Disorders

Community Victoria contains much information:

<http://www.bpdcommunity.com.au/index.php>

The BPD South Melbourne Community meets monthly and welcomes new members. For information: Ph Barb

Mullen: [0409 952 754](tel:0409952754) barb@bpdcommunity.com.au

Free Wellways NDIS Forum for Consumers & Carers

What does NDIS mean for those with psychosocial disability?

12.30pm - 4.00pm... Wednesday 3 May

Frankston Arts Centre

27-37 Davey Street Frankston

Afternoon tea included

Hosted by Wellways, this forum is designed to provide valuable information and help answer questions about National Disability Insurance Scheme (NDIS). The forum is specifically for people whose lives have been impacted by mental health/psychosocial disabilities and their carers to inform them about the NDIS and how it will impact them...

VICTORIAN ALCOHOL AND DRUGS ASSOCIATION

Alcohol and Other Drugs Family Counselling Program

The Alcohol and Other Drugs Family Counselling Program (AODFCP) is created to respond to the needs of families impacted by substance use. AODFCP provide a supportive and safe environment where everyone concerned can come together to talk about the family's well-being. AODFCP work with everyone to improve:

- Communication and understanding
- Setting and achieving goals
- Problem solving and managing conflict
- Managing crisis situations
- Information and knowledge about treatment options and legal issues.
- Relapse prevention and identifying early signs

Who is a family member?

Family can mean many different things to different people, they can be a blood relative, a partner, a support person, someone you have a close relationship with, a close group of friends or anyone you call 'family' is fine with us.

The service is available to:

- Anyone who is impacted on or who's family is impacted on by substance use and wants to work on the issue together
- All family members need to be over 16
- One or more members need to reside or have a significant link (live or work) within Inner South's area (Stonnington, Port Phillip, Glen Eira, Kingston or Bayside councils).
- Families who feel they want to work together to overcome the problem and improve their relationship

More Information

For more information regarding this program or making referrals, please contact Silvia Violante (Alcohol and Other Drugs Family Counsellor) on 9525 1300 or sviolante@ischs.org.au
<http://victorianalcoholanddrugassociationinc.cmail20.com/t/ViewEmail/j/605D3A9A61951B6C/639870EE3BC38FB9775FA7C4C6318CD9>

Research:

Self reported effects of antipsychotic medications:

An opportunity for mental health consumers to participate in a research project being conducted by Melbourne University, and Orygen Health.

If you participate in this study, you will be reimbursed \$60 for participating in the initial interview and an additional \$30 for attending a second shorter follow-up interview.

To participate you need to: have been diagnosed with a psychotic disorder, such as schizophrenia; experienced childhood abuse or neglect; taken, or are currently taking, antipsychotic medication; understand and communicate well in English.

For more information, contact Leo Kamitsis on [0411 448 276](tel:0411448276), or via email: leo.kamitsis@orygen.org.au.

CARERS VICTORIA EVENTS

Carers Victoria Education Services Workshops

Carers Victoria offers carer workshops and educational programs. Carer Support Groups enhance their knowledge about how to best

support themselves and the people they care for. For more information on upcoming workshops, http://www.carersvictoria.org.au/events/educationalworkshopsfootscray?utm_source=VOICE&utm_campaign=b2831f8cb4-Voice_March_20173_30_2017&utm_medium=email&utm_term=0_d5de9c311b-b2831f8cb4-97257665

Group Counselling for Carers

Carers Victoria has a number of group counselling programs for carers, including on

- Residential care,
- Sharing the care - when the person you care for moves into residential care,
- New Horizons - for bereaved carers and
- Residential Group Counselling.

For more information call [1800 242 636](tel:1800242636) and ask to speak to Mary O'Mara or Linda Espie or

http://www.carersvictoria.org.au/news-events/events?utm_source=VOICE&utm_campaign=b2831f8cb4-Voice_March_20173_30_2017&utm_medium=email&utm_term=0_d5de9c311b-b2831f8cb4-97257665

Expressions of Interest: Carers Victoria NDIS

Learning Online Program

This exciting new program will enable carers to take important steps to prepare for the NDIS at a time and place that suits them. A seven week online learning program (April to May) will be delivered through a facilitated online community. NDIS Carers Online is a place for carers to learn, share resources and knowledge about preparing for the NDIS. Places are limited to 50 participants. To register [email dso@carersvictoria.com.au](mailto:dso@carersvictoria.com.au)

Carers Victoria NDIS Peer Conversation Project

Carers Victoria NDIS Online Forum

A wonderful interactive way of learning about the NDIS and the issues that others have had in areas where the NDIS has already rolled out. To join, email dso@carersvictoria.com.au

Art for the Heart Exhibition Entries Open To Show Your Art

Tobin Brothers Funerals are sponsoring Art for the Heart art exhibition that honours the use of creativity as a powerful source of healing and expression during the process of grief. It offers a space for people to tell their stories of loss, love and hope in new ways and to bring the community together to share the often hidden experiences of grief and depression.

Registrations are now open.

http://blog.tobinbrothers.com.au/103/Art_For_The_Heart.html?utm_source=VOICE&utm_campaign=b2831f8cb4-

Free Admission.

When: 8th - 10th August. 9am – 5pm daily.

Where: Parliament House, Queens Hall, East Melbourne.

[Voice_March_20173_30_2017&utm_medium=email&utm_term=0_d5de9c311b-b2831f8cb4-97256505](http://www.voice.org.au/voice_march_20173_30_2017&utm_medium=email&utm_term=0_d5de9c311b-b2831f8cb4-97256505)

Mental Health Week Art Competition is now open

The 2017 Mental Health Foundation Art Competition is now open. For information on entrance details please see. The competition will be showcasing entrances in Mental Health Week (8 – 14 October 2017).

http://us12.campaign-archive1.com/?u=2de77dacebcb668d0c751207b&id=b999502890&e=cb16da3e88&utm_source=VOICE&utm_campaign=b2831f8cb4-Voice_March_20173_30_2017&utm_medium=email&utm_term=0_d5de9c311b-b2831f8cb4-97256505A

A Reminder about MIND

MIND offers a range of family and carer services for those supporting a friend or loved one living with mental ill-health. These include:

Mind Carer Helpline - 1300 550 265 - free confidential support, advice and advocacy

Support groups - Groups provide an opportunity for family, friends and carers to connect with peers who have similar experiences and to learn current ideas and practices in the field

Carer education - Carer education supports across a continuum of caring and recovery for families and carers. This extends from building carer resilience through to recovery and hope.

Carer counselling - Face-to-face counselling is available to carers in need of support.

Mind Carers Forum - The Mind Carers Forum on the Mind website is an Australian service for families, friends and carers of someone living with mental ill-health. It provides a safe, anonymous online discussion forum.

Mind Recovery College™ 2017 course guide

<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.

For further information, visit the [Mind Recovery College website](http://www.mindrecoverycollege.com.au) or call on Ph: **8698 4060**.

And MIIND has some wonderful respites on offer, including

15-18 May 2017 – Hepburn Springs,

13-16 June 2017 – Queenscliff,

Families and Children:

10 April – 13 April 2017 - Phillip Island,

Carers

1-4 May 2017 – Hepburn Springs, Mar, Rod

Family and Carer BBQs

28 June 2017 – Black Rock Bowling Club

Day Outings

For further information, phone MIND 1300 286 463 or refer to <https://www.mindaustralia.org.au/>

CALLING ALL MEN! A new choir program for men – MEN ALOUD.

Jonathon Welch, the founder of the School of Hard Knocks choir posted the following on Facebook...
“CALLING ALL MEN! I created the School of Hard Knocks new choir program for men – MEN ALOUD. 191 men took their lives in the last month in Australia – we

have to work together to stop this tsunami of suicides and what better way than through music. MEN ALOUD rehearsals start in February 2017 in a supportive and fun environment for men where they can just be, singing and talking – without judgement.”

For more information email

jan.hamilton@schoolofhardknocks.org.au

PLEASE SHARE THIS POST.

And of course the best website is:

Our ISFAF Webpage

<http://ispaf.org/>

Drop down menus across the top of the page lead to many very useful contacts and sites which Judith Rafferty keeps up-to-date. Without Judith we would not have a web-site, but it is not fair that she has to do this by herself.

If there is anyone in the group who could assist, please let me know.

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 ..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 1st. If you have matters you wish me to raise, please contact me directly. Strict confidence is assured.

We have a excellent speakers being organized for the rest of 2017. I will release details in forthcoming newsletters, but there is bound to be a good mix of political, intellectual, fun time and service oriented folk. So keep the second Tuesday of the month free as this year, as in many past years, we will have interesting, absorbing speakers and – most important of all - great companionship to look forward to at our monthly meetings. Where else can you be honest about issues related to mental health, speak your mind

and know that you will be understood and your message will be kept confidential?

In the meantime, please do make use of the excellent opportunities that are available, some of which are outlined in this Newsletter.

Please also make your voice heard. There are several important opportunities mentioned in this newsletter – adding your voice to the Carer Statement, available on the Carers Victoria website (www.carersvictoria.org) is essential. This survey relates to carers of many kinds, so please add wherever you can that you are carer of an individual with mental health issues.

The National Mental Health Commission Update on Housing, Homelessness and Mental Health is another opportunity to be heard (<https://mentalhealthcommission.citizenspace.com/policy-projects/housinghomelessness>)

If you don't make yourself heard, you only have yourself to blame.

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.

Looking forward to seeing you very soon on Tuesday April 11 and sharing lunch at Milanos on Sunday June 25,

Warm Regards,

Judi Burstyner, Convenor

M: 0425 723 746

judi.burstyner@gmail.com