

July 2016

With winter in full force, it's hard to leave warm homes, but for our next meeting the effort will be very worthwhile. We are very privileged to have as our speaker Dr Brendon Hanlon, of Bouverie Centre so please tell all your friends and brave the cold. We now have a microphone and the room will be warm – probably very warm as a result of heated discussion.

AUGUST MEETING – 7.30 PM Tuesday 9 August, 2016
Betty Day Centre - 67 Argyle Street, St Kilda

Kirsten Gainsford, of Monash Alfred Psychiatry Research Centre (MAPrc) will provide a short summary of a project at MAPrc investigating the effect of a gentle form of brain stimulation to improve thinking skills in people with schizophrenia or schizoaffective disorder.

DR BRENDAN O'HANLON
Mental Health Program Manager, Bouverie Centre.

TOPIC: FAMILY SENSITIVE PRACTICE

Dr O'Hanlon guides the mental health program and the Acquired Brain Injury team to work constructively with families. Among his many interests are family psycho-educational approaches within mental health services including Behavioural Family Therapy and Multiple Family Groups and how to implement an evidence-based family intervention within the routine practice of an Adult Mental Health Service focussing on family and systemic approaches specifically in Mental Health, Alcohol and Other Drug, Gambling and related fields.

His talk will include pathways for introducing and implementing Family Sensitive Practice into an existing service, and also the trauma suffered by those directly and indirectly affected by psychosocial disabilities / mental health issues.

The Bouverie Centre, part of La Trobe University is Victoria's Family Institute and is dedicated to promoting contextually compassionate human services.

De CASTELLA – RUN 2 MEND MINDS
Kew Boulevard, 28 August starting at 8am.

Judith Rafferty and Penny are entering the fun run to support MAPrc (Quite possibly the money they raise will go towards Kirsten's project.)...I am told that walking is quite acceptable that generally it is a sparkling morning and a lot of fun and that Judith and Penny would like company. Please book for the run (or for the walk) on the website OR ON SITE ON THE DAY <https://decastellarun.gofundraise.com.au/>

I shudder every time the media adds to the stigma regarding mental health issues by stressing that perpetrators of violent acts 'have a mental illness'. Each time I hear this, I wonder about their medication and its tendency to increase suicidality and tendency to violence as discussed in our last newsletter.... which is swept under the carpet and not mentioned by media.

NEW APPOINTMENT: FIONA WHITECROSS
OPERATIONS MANAGER, ALFRED INPATIENT PSYCHIATRY

This is a recently established position, vacated most recently by Ryan Dube in early May.

Fiona is known across the whole of the psychiatry program having led the Quality Governance Team for Alfred Psychiatry for over 8 years. Fiona's track record speaks for itself over this time having led the unit through accreditation on more than one occasion, establishing panels of review for serious incidents, developing and sustaining processes to enhance governance across the program that are reliant on information, audit and review. The program has also expanded with both Aged and CYMHS/Headspace quality managers linked back to the central hub for psychiatry governance. Fiona has also overseen and supported the complaints management program, and ensured that appropriate Mobile Outreach Units and oversight are managed for Community Visitors and the Mental Health Advocacy Service. What may be less known is that

Fiona also has a clinical background working in acute Psychiatry and prior to the Quality and Risk Manager Appointment was the Nurse Manager for Ground Floor Psychiatry. Fiona also continues to work under the Mental Health Nurse Incentive Program to maintain clinical currency and has volunteered in India to contribute to service improvements in mental health nursing.

**SELF HELP ADDICTION RESOURCE CENTRE (SHARC)
Open Day: Wed 21 Sept. 2016, 11.00am to 2.00pm.**

SHARC promotes self-help approaches to recovery from severe alcohol and drug related issues, providing opportunities for individuals, families and communities affected by addiction and related problems to recover and achieve meaningful, satisfying and contributing lives.

Join staff, volunteers, families and community-based residents for a tour of SHARC'S centre, a presentation and group discussion about their peer-led programs and to share an enjoyable lunch and a great opportunity to network. Peer Support Projects including exciting, innovative partnerships with justice and other health domains. RSVP and get your free ticket online at: <https://www.eventbrite.com.au/e/sharc-open-day-tickets-26435608617>

Refer to <http://sharc.org.au/> for information regarding SHARC'S many programmes.

ROBERT WHITAKER'S BLOG

Although the page's heading seems very anti medication, Whitaker claims that when taken in full context, 'it's a review of psychiatry's own "evidence base" for antipsychotics.' I doubt anyone of us has access to sufficient material to make an informed opinion. A member and I recently applied to Canadian authorities which, as we understood it are obliged to release unpublished research but we were refused. That unpublished research is kept secret seems a cause for suspicion – ie what results don't the drug companies want us to read.

There is no doubt in my mind that medication has a place, but when I hear speakers such as John Read and Philip Benjamin and when I meet individuals such as Flick Grey – to name just a few – I know that there is more to management of psychosis than just meds.... **And that despite living in one of the world's most affluent countries, with what is presented to us as one of the world's best medical systems, our loved ones are unable to access / being denied services which have been shown to help them in favour of the mere quick 'scrip. And the farce of it is that speaking therapy is cheaper than expensive meds both in the short-term and especially in the long-term.**

In this vein, I am especially looking forward to Dr Brendan O'Hanlon our August speaker to learn about what can be done to help our Loved Ones. Dr O'Hanlon is from Bouverie Centre, a hub of family oriented therapy.

<http://www.madinamerica.com/2016/07/the-case-against-antipsychotics/>

PRIMARY HEALTH NETWORK (PHN) NEWS

As of 1 July, PHNs have taken over responsibility for the delivery of a range of mental health programs. The team at Mental Health Australia is keen to get a better understanding of how the transition is impacting on the ground and to assist both PHNs and service providers with the new system. If you have any information, positive or negative, about the transition process, please write to info@mhaustralia.org.

TUESDAY 13 SEPTEMBER – 2016 ANNUAL GENERAL MEETING

7.30pm Betty Day Centre - 67 Argyle St, St Kilda

SPEAKER: HON. MARTIN FOLEY, Member for Albert Park, Minister for Housing, Disability and Ageing, Minister for Mental Health, Minister for Equality, Minister for Creative Industries

WORLD HOMELESS DAY 2016 - 10 October

<http://www.mentalhealthcommission.gov.au/media-centre/events/world-homeless-day-2016.aspx>

The purpose of World Homeless Day is to draw attention to homeless people's needs locally and provide opportunities for the community to get involved in responding to homelessness, while taking advantage of the stage an 'international day' provides. !! Yet another 'Day' - does parading around spending money on publicity actually achieve anything for the homeless? We walked two city blocks on a Saturday night and found 9 individuals living in doorways. WorldHomelessnessDay.org

NEW REPORT: NEGLECT OF PHYSICAL AND SEXUAL HEALTH OF YOUNG PEOPLE WITH MENTAL ILLNESS

The report shows that young people who are diagnosed with a mental illness are at a greater risk of poorer physical and sexual health outcomes, because the sole focus of their treatment is being targeted to their mental health at the cost of their physical health.

Orygen's Associate Director of Research, Professor Eóin Killackey says 'people with mental illness die up to 30 years earlier than the general population, and they die largely from preventable illnesses related to obesity and tobacco smoking. Despite being only a quarter of the population, people with mental ill-health smoke nearly half the cigarettes that are produced, and account for nearly 50% of those who die from smoking related illness each year.

<https://orygen.org.au/About/News-And-Events/New-report-physical-sexual-health>

TANDEM- SEPARATE FORUMS FOR CARERS AND CONSUMERS
<http://tandem.saneforums.org/>

Tandem have forums - one for Carers and another for Consumers – which are shared anonymously within a safe, community that is moderated 24 hours a day. You can share your experiences or gain support from people like you - family, friends and carers of someone living with mental illness, but they are forums for exchange of information - emergency help or counselling are not provided.

So if you, or someone you know, are in crisis and need urgent help, call Lifeline on 13 11 14 or Emergency on 000.

TRANSITIONING TO NDIS – NORTH EAST MELBOURNE - 2016 JULY

For those of you keen to learn what we are likely to face from 1 April 2018, refer to how NDIS rollout is happening currently in NE Melbourne:

<http://www.vic.gov.au/ndis/getting-ready/north-east-melbourne.htmlf>

WATCH THIS SPACE!!!

<https://www.liberal.org.au/coalitions-policy-strengthen-mental-health-care-australia>

COALITION PROMISED TO INVEST \$192 M TO STRENGTHEN MENTAL HEALTH IN AUSTRALIA

KEY COMMITMENTS The Coalition is committed to a bold package of mental health reforms that ensures that the best help for people with mental ill health, and their families and carers, is available, with a modern 21st century mental health system that targets support, care and funding at the regional level through the new Primary Health Networks (PHNs).

PHNs include new partnerships with government at all levels, non-government organisations and the private sector, which means better-tailored care for communities.

Under the Coalition, there will be 10 PHN lead sites, all champions of crucial reforms, trialling innovative approaches in mental health services including four sites to focus on suicide prevention.

We will also fund an additional eight Suicide Prevention Trials in regional, rural and remote areas. This will bring the total sites to 12, building on best practice and community models and adopting new digital technologies to assist in crisis support, clinical intervention and ongoing support for individuals.

The Coalition is committed to using 21st century digital technologies to support mental health reforms by supporting the transformation of e-mental health and other digital. Our approach to mental health focuses on the whole life span – in early childhood, schools, post-school education, entry to employment, workplaces and the broader community.

To strengthen prevention and community awareness, we will establish a Suicide Prevention Research Fund that will support targeted research, develop and evaluate regional suicide prevention models and provide a best practice hub of resources.

The Coalition will also strengthen the National Mental Health Commission, who will be charged with overseeing mental health reforms and providing direct advice to the Minister.

We will also:

- guarantee funding for youth mental health services, through **headspace**, and fund 10 new centres
- trial innovative mental health care across Australia, for those with severe mental health issues
- drive a national approach to suicide prevention through 12 regional trials
- trial new digital technologies to provide 24/7 support and data
- promote and support a more sustainable and flexible mental health nursing workforce

BORDERLINE PERSONALITY DISORDER COMMUNITY CARERS' GROUP: 6.45pm–9pm, third Tuesday of the month
Tom Hills Room, Inner South Community Health Centre, 341 Coventry Street, South Melbourne

Carers, family and friends of people with Borderline Personality Disorder (BPD) are invited to join in this support group that meets on the third Tuesday of each month in South Melbourne. New members are always welcome. It is a peer-led support and psychoeducation group. The first hour is introductory and the second focuses on discussion of skills and techniques for families. **RSVP:**
bpdcommunityvic@gmail.com

UNI OF TASMANIA: FREE ONLINE COURSE - PATIENTS' RIGHTS
<http://www.utas.edu.au/health/study/patients-rights>

The University of Tasmania is running a free online community outreach unit. The Patients' Rights course aims to develop knowledge of the Australian healthcare system, focussing on the legal and ethical aspects of patient rights, including access, participation, respect, privacy, and safety. Explore aspects of patient rights and apply these to healthcare situations in a practical way.

The Patients' Rights course is specifically designed to provide skills to better navigate interactions with the healthcare system. Phone: Nathan Savage on 03 6226 8526.

Watch this space – and better still – suggest a venue

Notice regarding date and venue will be emailed out and will be on our website. <http://ispaf.org/>

CARERS VIC - INFORMATION SESSION:

ENDURING POWERS OF ATTORNEY

This is an information session only, does not provide legal advice. The term legal capacity will be defined as well as the types of Enduring Powers of Attorney.

Administration and Guardianship of the Victorian Civil and Administrative Tribunal (VCAT) will be outlined. The information provided in this session was sourced from the Office of the Public Advocate and Legal Aid Victoria. Written resources will be provided.

Tuesday 26 July 2016, 10am–12pm, quote #3367

Carers Victoria: Level 1, 37 Albert Street, Footscray

NATIONAL CARERS WEEK 16 - 22 OCTOBER 2016

Keep looking on the website for more information and events as they are loaded.

<http://www.carersaustralia.com.au/events/carers-week-2015/carers-week-2015/>

OUR CARERS' WEEK FILM AFTERNOON

SATURDAY 22 OCTOBER – COMO CINEMA

Como Centre, Cnr Toorak Rd and Chapel St, South Yarra

Lunch provided from 1pm, Film to be shown at 2pm

Film tba – possibly new Woody Allen film

Cost: \$5 if unwaged; \$10 if waged (lunch included)

To Book: Please phone 9076 4713

Booking essential if you want discounted tickets.

SUMMARY OF 2016 DATES FOR YOUR DIARY

9 August – Monthly Meeting

Speakers: Kirsten Gainsford - MAPrc Research
Dr Branden O'Hanlon – Bouverie Centre,
Family Sensitive Practice.

13 September – Annual General Meeting

Hon Martin Foley, Member for Albert Park
Minister for Housing, Disability and Ageing,
Minister for Mental Health,
Minister for Equality,
Minister for Creative Industries.

11 October – Monthly Meeting

Rebecca Brereton, Alcohol and Other Drugs,
Alfred Community Psychiatry

22 October – Carers' Week Saturday Film Afternoon

Palace Como Theatre
Lunch at 1 pm, movie at 2 pm
Movie tba – possibly new Woody Allen film
Cost including lunch:
\$5 non waged carers, \$10 waged carers

8 November – Monthly Meeting -

Associate Professor Simon Stafrace,
Director Alfred Psychiatry

November – Dining Group –

date and venue tba and posted onto our website
<http://ispaf.org/> Suggestions for venue eagerly
sought – phone ISFAF office 9076 4713

13 December – Annual Christmas Dinner –

date and venue tba and posted onto our website
<http://ispaf.org/> Suggestions for venue eagerly
sought – phone ISFAF office 9076 4713

Please keep your eye on our website: <http://ispaf.org/> for changes. Judith does a marvellous, time consuming and difficult job in keeping it up-to-date.

Please don't hesitate to phone or email us with any questions,

DINING GROUP IN NOVEMBER

Warm Regards, I look forward to catching up with you
Judi Burstyner, Convenor