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July 2014

Our next support group meeting is our August AGM to which members of our group are invited for 7pm for the formal part of our meeting at which we elect our committee to carry the group forward for another year. Please consider nominating if you would be interested in helping out - particularly if you have office skills which you would have time to contribute. Simply complete the attached nomination form and send it to us by 7th August.



**2014 AGM at
Betty Day Centre
on 12 August at 7pm
Annual Reports
Election of committee members
7.30pm
guest speaker
Professor Jayashri Kulkarni
Director, MAPrc**

9.00pm Supper All Welcome

**ISFAF Team - de Castella Run
31 August - Please support us**

We have entered a team in the Annual de Castella Run which raises money for the Monash Alfred Psychiatry research centre and would welcome more team members. To donate on-line just follow the following steps:

1. <https://decastellarun.gofundraise.com.au>
2. Team: Inner South Family and Friends
3. Password: isfaf
4. Donations can be made anonymously but will be very welcome no matter how small. Alternatively send a cheque made out to MAPrc to us and we'll send it on as part of our team contribution.

ISFAF Film Afternoon Saturday 18 October Como Cinema, South Yarra

The date has been set for our annual film afternoon held during Carer Week. We will let you know what has been chosen once we are advised which new releases are available. This is always a popular daytime event to which mental health carers, whether members or not, are welcome. We have, in the past, received support from Carers Victoria and hopefully this will be the case again this year.

Special Disability Trusts

Our July support group meeting was well attended by some thirty people. Jennifer Jackson from Moore's Legal talked about some of the structures which can be used to protect the assets of someone unable to manage their own finances. David Barber from State Trustees was also present and was helpful in clarifying many of the issues. Listed below, in alphabetical order, are contact numbers which may be useful to those without internet access wishing to discuss future plans:

- Flinders Estate Service** (formerly Judge and Papaleou) 1800 87 87 83
- Justice Connect** - obtaining legal referrals - 8636 4400
- Moore's Legal, Box Hill** - 9898 0000
- South Port Legal Service** - 9525 1300
- State Trustees** - 9667 1110
- St Kilda Legal Service** - 9534 0777

ISFAF members with internet access have already been sent a number of web addresses.

As a group we are always very grateful indeed to the individuals who generously give up their time in the evenings to come and speak at our support group meetings absolutely for free.

**Alfred Psychiatry
Family/Carer Consultation
Wednesday 30 July at 6pm**

Alfred Psychiatry has recently commenced a review of its **Carer Participation Programs** and activities. The service is keen to understand whether the program fits with the vision and agenda for a new phase of mental health reform as articulated in the **Victorian Mental Health Reform Strategy 2009-2019**. This will be the first formal evaluation of the program since its inception. The review will provide advice on how Alfred Psychiatry can provide more effective support to families and carers, and strengthen participation. Please consider attending as it is an excellent opportunity to give feedback that will help to improve the way in which families are involved in supporting those in their care.

**Alfred Psychiatry Information
Sessions - 'Nominated Person'**

Alfred Psychiatry will be running regular **monthly** information sessions about the role of a 'Nominated Person' a feature of the new Mental Health Act. The first will be held on Wednesday 30 July from 3.30 – 4.30 p.m. at Waioara Clinic in South Yarra. (flyer attached)

**Victorian Mental Health Act
2014**

Not everyone understands that the Victorian Mental Health Act only applies to clients treated in the public mental health system. Regulation of treatment of patients in the private sector is by the Royal Australian and NZ College of Psychiatrists and is only possible if the patient is voluntary.

A Mental Health Act 2014 handbook is to be found at the following website:
<http://health.vic.gov.au/mentalhealth/mhact2014/index.htm>

The Act came into force on 1 July 2014 and is now the law governing compulsory mental health treatment in Victoria. Two of the new provisions under the Act are:

A Mental Health Complaints Commissioner has replaced the previous Chief Psychiatrist whose role is now focused on clinical oversight rather than dealing with complaints. That role has been taken over by the MHCC which will deal with concerns and complaints

that people may have about their experiences with public mental health services.

The focus is on safeguarding people's rights, and seeing complaints as an opportunity to improve the way in which services are provided and how they are experienced by clients and those who care for them. Contact 1800 246 054 or <http://www.mhcc.vic.gov.au/>

Mental Health Tribunal:

This is the independent statutory tribunal established under the new Act which replaces the Mental Health Review Board. 'Its purpose is as an essential safeguard to protect the rights and dignity of people with mental illness.'

It will determine whether the criteria for compulsory mental health treatment as set out in the new Act apply to an individual. The Tribunal makes a Treatment Order for a person if all the criteria in the legislation apply to that person.

The Tribunal will also determine:

- Whether electroconvulsive treatment (ECT) can be performed on a compulsory patient if they are considered to not have capacity to give informed consent to ECT, or if they are under the age of 18.
- A variety of matters relating to security patients.
- Transfers of treatment to other mental health services.
- Applications to perform neurosurgery for mental illness. Further information can be found at: <http://www.mht.vic.gov.au/>

Prahran Mission

The Victorian Minister for Mental Health, the Hon. Mary Wooldridge MP, recently released the final results of the re-commissioning of community managed mental health providers across Victoria. Prahran Mission were successful in their bid to provide mental health packages in the catchment areas of Bayside, Inner East and South Eastern Melbourne from 1st August 2014.

Prahran Mission's new geographical footprint will go from Port Melbourne, down the bay to Mordialloc Creek, out to the outer east of Pakenham / Cockatoo area, across to the outer east area of Ringwood / Warrandyte and back into the areas of Box Hill, Kew and Prahran. Prahran Mission will be working in many

areas of Melbourne where they have had a smaller presence previously and 'will be engaging with a range of new community partners to provide the strongest possible support for each person's individual recovery'.

From 1st August 2014, Prahran Mission mental health programs will be replaced with Individualised Support Packages. Formerly known as a Psychiatric Disability Rehabilitation and Support Service (PDRSS) the Mission will now be known as a Mental Health Community Support Service (MHCSS).

It is intended that Individualised Support Packages will help people with a mental illness and associated disability to live independently, maintain the best possible social and emotional wellbeing, meet their personal recovery goals and live satisfying lives in the community.

From 1 August the following programs will be replaced by individual support packages: Second Story, Inner South Outreach, New Horizons, Mother Support Program Southern & Eastern.

The Open House Drop In Centre and the Mingles Weekend Program at 211 Chapel St, Prahran and the Drop In Centre at 101 Carlisle St, will join to become an '**Engagement Hub**' located at 101 Carlisle St, St Kilda.

The majority of Prahran Mission programs, however, will be unaffected by the changes. These include:

Voices Vic; Community Aged Carer Packages; Job Supply Personnel (JSP); Diversity & Advocacy including OUTminds; The Haven; Scottsdale; PHaMs; The Mission Caters; Hartley's Community Dining and Winter Breakfast Program; The Mission Op Shops; Emergency Relief; Education & Training; and Faith Community and Pastoral Care.

For further information please contact:

mchss@prahranmission.org.au or t. 9692 9500

The Victorian Mental Health Carer Network,
the peak body in Victoria for MH Carers,
has changed its name to

Tandem

If you need help navigating changes in the
Community Service Sector then call their

Hotline: 1800-314-325 or send an email to
carerhotline@carersnetwork.org.au

Port Melbourne Neighbourhood Centre Inc.

Those living in the City of Port Phillip (but in fact they will accept participants in many of the programs from people outside that area) can utilise the resources of this excellent non-profit community-based organisation.

A great range of programs including computers - developing IT skills; Health & Wellbeing - such as Mindfulness and keeping fit; Recreation Groups, Languages; Art and Performance activities and opportunities to learn skills which will help with job readiness are just some examples. To receive a copy of their current programs call 9645 1476, email admin@pmnc.org.au or see www.pmnc.org.au

Hot Lunch

**Monday to Friday:
11.30 am to 1.00 pm
at the Betty Day Centre**

The City of Port Phillip is providing residents aged 55 years and over, or any person with a disability and their carer, a hot lunch at the Betty Day Community Centre, 67 Argyle Street, St Kilda. They offer the following choices with either a hot or cold drink option:

Soup, Main Meal and Dessert	\$6.00
Soup and Main Meal	\$4.50
Main Meal and Dessert	\$4.50

If possible please phone 9209 6422 to let them know you will be coming and whether you have any special dietary requirements.

Afterword

Reading through this newsletter I am aware of just how dry it has become!

Let us hope, after all these years of enquiries, reports and finally considerable change to the way in which mental health services are to be delivered, that we can have a period of stability in which good working relationships can be established between services, clients and their families. If we can all direct our attention (and funding) more fully towards the 'coal face' it may make recovery a reality for more people. Having this week spent several hours at Centrelink in support of members, I remain to be entirely convinced.

Penny Lewisohn
Convenor, ISFAF