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October 2015 Newsletter

Dear Members,

It seems like yesterday that our last newsletter went out, but so much is happening that I think we need another one.

If you are not on our email list, you have missed information that has been sent out and for which the deadline has passed.

I urge you to let us know your email address and to allow us to take you off our snail mail postal list. Not only will you receive important information in time, but you will save trees, avoid wasting money on increasing postal charges and the need for committee members to fold and mail.

It is true that sometimes masses of information appear via email – possibly far too much to read - but some of us are benefitting and we each have delete buttons.

This is likely to be the last newsletter for 2015 so if you are not on the email list, you are going to miss out on a lot of material.

As there has been a newsletter recently and there is so much material to include in this one, I am setting it out slightly differently from our normal set up. Information from our group will be followed by general information.

It's been a very sad period. Since our last newsletter, we have lost two wonderful members.

Isabel Fels succumbed to cancer after a brave fight. Many of us have met her, Allan and Isabella their daughter. Isabel was a true fighter for individuals with mental issues. Her tragic loss to our community will be felt for a long time.

Maureen King left us only a week or so ago. Her loss subsequent to a stroke was sudden and unexpected. Those of us who knew her are still reeling from the shock. She was a hard working committee member who worked tirelessly for her family and will be missed by all of us.

Both Isabel and Maureen live on in the lives of all those around them. Our sympathy and thoughts are with their

families, whose lives will never be the same without these inspirational women.

Our October speaker, Philip Benjamin has decades of experience as a psychiatric nurse, a very wide education and comes via International Society for Psychological and Social Approaches to Psychosis. You will have received a flier with more details about him. When I first heard Philip speak two years ago he inspired me to think completely differently about mental 'illness'. He is going to send me links to some interesting videos, so if you haven't been receiving emails to date, please email me privately at [judi.burstyner@gmail.com](mailto:judi.burstyner@gmail.com) to enable me to forward the links to you as I may not be able to attend the office before next week.

**ISFAF SUPPORT GROUP MEETING - TUESDAY  
OCTOBER 13, 7.30PM**

**PHILIP BENJAMIN,**

**PSYCHOLOGICAL AND SOCIAL APPROACHES**

**BETTY DAY CENTRE**

Hot on the tail of our October meeting, comes Carers' Week and our Film afternoon get-together.

**ISFAF FILM AFTERNOON : THE INTERN**

**SUNDAY OCTOBER 18**

**1.15pm for refreshments to be followed by the film at  
around 2pm**

**CLASSIC CINEMA, 9 GORDON ST,  
ELSTERNWICK**

**Book tickets by calling Marlene on 9690 7789  
between September 29 and October 14, or ISFAF 9076  
3713**

The Classic is right next to Elsternwick station, with good tram and bus access. I often park on the other side of the railway line. Obey the signs in the side streets, as the area is a great cash cow for Glen Eira Council even on Sundays.

The film is 'The Intern,' with Robert de Niro and Anne Hathaway. It is being publicised with the theme: 'Experience never gets old' – something close to my heart!

And for another opportunity to meet there is nothing better than the Dining Group.

This dinner is especially important, as it is only a few days before Dr Stafrace, Director of Alfred Psychiatry is to speak to us. So the dinner will provide an excellent opportunity to discuss the issues we wish to raise with him, as well as to enjoy each-others' company and to watch our loved ones have a good time.

**DINING GROUP**  
**6.30PM ON THURSDAY NOVEMBER 5**  
at  
**LA PORCHETTA, 93 TOORAK ROAD, SOUTH YARRA** Contact Jennie Erceg 045 114 891 or  
[mailto:jeannie\\_erceg@live.com.au](mailto:jeannie_erceg@live.com.au)

The restaurant is very easily accessed by train to the South Yarra station or by tram along either Toorak Road or Chapel Streets.

I think this will be about our third or fourth dining night out. The swelling numbers indicate that each one has been more successful than the last. For our loved ones to mix and to feel a valuable member of our combined social world is heart-warming. It would be very helpful if one of you could help organize a dining evening for 2016. Please contact a member of the committee or me on [judi.burstyner@gmail.com](mailto:judi.burstyner@gmail.com) or 0425 723 746 if you could help, which would be greatly appreciated by all.

**ISFAF SUPPORT GROUP MEETING - TUESDAY**  
**NOVEMBER 10, 7.30PM**

**ASSOCIATE PROFESSOR SIMON STAFRACE,**  
**DIRECTOR, ALFRED PSYCHIATRY**  
**BETTY DAY CENTRE**

Our last meeting of the year will be a dinner on December 8. Venue is yet to be decided, so if you have suggestions, please contact a member of the committee, or me as above.

I haven't yet sent anyone a Christmas greeting in 2015, but as this is likely to be our last newsletter, I've got to start somewhere – and what better place than among friends. I hope you all have a wonderful Festive Season, travel safely, and enjoy good health and fun times.

Look through the information that follows. There's something there for everyone. I've tried to keep it chronological, but my computer is playing up, so please excuse if I haven't succeeded.

**Looking forward to seeing you on:**

Fri Oct 9 at Alfred Hospital, AMREP Centre to hear Professor. Jayashri Kulkarni

Tues Oct 13 at Betty Day Centre to hear Philip Benjamin discuss Psychological and Social Approaches

Sun Oct 18 at Classic Cinema Elsternwick to see 'The Intern'

Thurs Nov 5 at la Porchetta South Yarra –Dining Group

Tues Nov 10 at Betty Day Centre to hear Professor Simon Stafrace, Head of Alfred Psychiatry,

Tues Dec 8 – End of Year Dinner, venue TBA,

More important information follows. I've checked the links, but if you are receiving this only via hard copy you are missing out - all the more reason to let us have your email address!

With best wishes,

Judi Burstyner

[judi.burstyner@gmail.com](mailto:judi.burstyner@gmail.com)

**Women's mental health: Public Lecture with guest speaker Professor Jayashri Kulkarni 6pm Friday 9 October 2015**

You are invited to attend Monash University Central Clinical School's public lecture - an annual event featuring our lead researcher-clinicians from across the medical spectrum.

Professor Jayashri Kulkarni  
<http://www.maprc.org.au/professor-jayashri-kulkarni>, an internationally renowned expert in the field and a high profile advocate for women's mental health. Women to this day in the most developed economies in the world earn less money than men, do more unpaid carer work and experience more mental health problems. She will describe the major issues that impact on women and their mental wellbeing, and strategies for improving women's mental health.

The event will be chaired by former Governor General, Dame Quentin Bryce, who will also speak on the issue of women's mental health.

**Time:** 6.00-6.30pm refreshments; 6.30-7.30pm Lecture and Q&A; 7.30-8.00pm refreshments; 8pm close

**Date:** Friday 9 October 2015

**Where:** [Alfred Medical Research and Education Precinct Lecture Theatre](#)

**Cost:** Free but registration essential for catering purposes. For more information see

<http://med.monash.edu.au/cecs/events/2015-public-lecture-kulkarni.html> or call 03 9903 0026.

**Reminder: Alfred Health Carer Services- Carers Week events: 14 and 15 October**

Come and join Alfred Health Carer Services for a celebratory event during Carers Week. Carers Week events are a great opportunity for you to relax, share information and meet with other carers over a cuppa and light lunch. If you know another carer in your area who could do with a break, invite them to RSVP too!

The event is FREE for family carers. Register your attendance today, as places are limited. [See the flyer here.](#)

<http://www.carersouth.org.au/sites/default/files/Carers%20Week%20Invitation.pdf>

**Frankston** Wednesday 14 October, 2015.

Peninsula Kingswood Country Golf Club

11.45am to 2.30pm Light lunch is included.

**Brighton** Thursday 15 October, 2015.

11.45am to 2.30pm Light lunch is included.

RSVP for one event only by Thursday 1 October.

For Frankston event phone 8781 3400.

For Brighton event phone 9076 6450.

**Reminder: Parenting a child on the autism spectrum**

If you are a parent of a child/ren aged 6-12 years who has a diagnosis of autism, join in with this free 6 week parenting programme where you will have the opportunity to ask questions about autism spectrum and how this impacts on your child. Parents will be assisted to consider different approaches/strategies to help with parenting. [Click here for more details.](#)

**Who:** Parents and carers of children with autism aged 6 - 12 years

**Dates:** 21st & 28th Oct, 4th, 18th & 25th Nov, 2nd Dec

**Time:** 10.00am to 12.00pm

**Venue:** Woodlands Primary School 10 Gum Nut Drive, Langwarrin Frankston 3910

For more information & bookings contact Joanne 5945 2000 or 0499 073 362.

[http://www.carersouth.org.au/sites/default/files/PZSouthern Parenting a child on the autism spectrum Frankston.pdf](http://www.carersouth.org.au/sites/default/files/PZSouthern%20Parenting%20a%20child%20on%20the%20autism%20spectrum%20Frankston.pdf)

**GriefLine's Migrant Forum: Migration Then & Now**

**When:** 17 October, 10.00am – 2.30pm

**Where:** Level 1, 479 Warrigal Rd, Moorabbin

**Cost:** \$40, or \$20 for students and volunteers.

Refreshments and Lunch are provided.

**Enquiries:** Call Griefline's Office on 9935 7444

[Click here for more information.](#)

**Reminder: Tandem 15 AGM**

**Date:** 5 November 2015

**Venue:** Amora Walk Hotel in the Conference Room, 649 Bridge Road, Richmond

**Keynote speaker:** The Honourable Martin Foley, MP, Minister for Housing, Disability and Ageing; Minister for Mental Health; Minister for Equality; and Minister for Creative Industries.

**Register:** via Trybooking

at <http://www.trybooking.com/157713> search Tandem

2015 AGM in events or call Tandem on 03 8803 5555. Seating is limited. Registration is essential.

**Reminder: Group facilitation for Peer Workers**

This interactive, practical workshop is ideal for any current or aspiring peer worker wanting to learn how to facilitate recovery based, peer-led support groups.

**Trainers:** Voices Vic Training Team

**Date:** 6 and 7 October

**Venue:** 1st Fl, The Sims Room, 211 Chapel Street, Prahran Mission.

**Cost:** Varies, see link

[Click here](#) to see more information.

**'Family Connections' For Carers of a Borderline Personality Disorder Loved One**

New to Australia, Family Connections is an evidence-based, 12-week course, FREE for family members with a BPD loved one.

The programme has been running in the US for over a decade with more than 1,000 families on the waiting list.

BPD can be challenging to live with for persons who have it, and also for their families and loved ones. Strong emotions and impulses can affect family relationships. Families cannot go it alone. It is known however that unfortunately relatively few professionals include family members in the treatment process. As enduring relationships are important to help people with BPD, those in relationships with people with BPD need strategies and support, too.

**About Family Connections** Family Connections® is a free, 12-week course that meets weekly for two hours to provide education, skills training, and support for people who are in a relationship with someone who has BPD. Focusing on issues that are specific to BPD, it is hosted in a community setting and led by trained group leaders. Family Connections provides: (i) current information and research on BPD and on family functioning; (ii) individual coping skills based on Dialectical Behavior Therapy (DBT); (iii) family skills; and (iv) group support that builds an ongoing network for family members.

Family Connections is coordinated by the National Education Alliance for Borderline Personality Disorder Aust (NEA.BPDAust). It reflects a decade of evidence based, professionally led family groups that are community based and led by trained family members and Clinicians.

Three independent research studies showed that after completing the course, family members experienced significantly decreased feelings of depression, burden, and grief, and heightened feelings of empowerment.

Registration and information can be found on the NEA.BPDAust site at [www.bpdaustralia.com](http://www.bpdaustralia.com) or by clicking the following link <http://www.bpdaustralia.com/family-connections-1/>

### **Turning Point Alcohol & Drug Centre**

Turning Point Alcohol and Drug Centre was established in 1994 to provide leadership to the alcohol and other drug sector in

Victoria. Turning Point is formally affiliated with <sup>Monash</sup> University and amalgamated with public health provider <sup>Eastern</sup> Health in October 2009. The centre is part of the International Network of Drug Treatment and Rehabilitation Resource Centres

The 24/7 free services for the general public include:

**DirectLine 1800 888 236** – A Victorian service that provides confidential counselling and referral for problems related to the use of alcohol and drug use

**CounsellingOnline.org.au** – provides live online text-based counselling and email support to anyone in Australia concerned about their own or others use of alcohol or other drugs

**Gambler's Helpline 1800 858 858** – A Victorian service that provides confidential counselling and referral for gambling related problems.

**GamblingHelpOnline.org.au** – provides live online text-based counselling and email support to anyone in Australia concerned about their own or others gambling. <http://www.dacas.org.au> or the 24/7 Vic helpline on 1800 812 804

### **Lessons for Life short film**

The Suicide Prevention team at SANE Australia [www.sane.org](http://www.sane.org) are very proud to share the short film Lessons for Life.

<https://www.youtube.com/watch?v=V17X7t7Mga4&feature=youtu.be>

Showing real-life stories from people who have been through tough times is a powerful way to increase empathy and understanding. Share your thoughts after watching the film by taking this short survey.

### **Independent Mental Health Advocacy**

Our independent advocates assist people who are receiving compulsory treatment by giving them information and support to act on their rights. This new service is free and independent from hospitals and mental health services.

Independent Mental Health Advocacy on Monday and Friday, 9.30am to 4.30pm. or via email [contact@imha.vic.gov.au](mailto:contact@imha.vic.gov.au)

[www.imha.vic.gov.au](http://www.imha.vic.gov.au)

### **Employment support for young people with mental illness**

The Coalition Government has announced it will invest \$1 million in a new initiative to help young people with mental illness find employment. Participants will use a \$5,000 'Career Account' to invest in their choice of goods and services such as counselling, training, transport, paid work experience or clothing and equipment, to help them overcome non-vocational or vocational barriers and further their employment goals. The one-year Disability Employment Services Youth Mental Health trial involves up to 200 participants aged 24 or under, with mental illness. <http://www.formerministers.dss.gov.au/15444/coalition-government-offers-jobs-support-for-young-people-with-mental-illness/>

### **'Close the gap' on life expectancy for Australians with mental illness**

Australians living with mental illness – especially severe, ongoing conditions – have dramatically worse physical health than the rest of the community. SANE Australia, in partnership with Neami National, have developed a unique Peer Health Coaching program to empower and support consumers to make health behaviour changes. After piloting and evaluating the program over three years, the two organisations are ready to offer it to other mental health organisations across Australia. It may be worth asking Case Managers whether this is available to our loved ones.

### **SANE Australia, Peer Health Coaching Program**

The SANE Mind + Body project shares its new Peer Health Coaching Program, developed in response to the poor physical health and significantly reduced life expectancy of people living with a severe mental illness. Through one-on-one or group sessions with a trained Peer Health Coach, the Program increases health literacy and improves participants' skills and understanding around their physical health and wellbeing. To read the full article visit <https://www.sane.org/health-professionals>

### **New App gives advice on the spot**

A new smartphone app is putting a psychologist in the pocket of anyone needing on the spot advice. A team of experts from Deakin University's School of Psychology have developed the free app which contains a library of short videos that provide tips for managing social anxiety, depression, or body dissatisfaction. Read more here. <https://www.deakin.edu.au/apps/psychology/DUBI/>

- Suicide Call Back **1300 659 467**
- Lifeline Australia **13 11 14**
- Kids Help Line **1800 551 800**