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October 2017

Our welcome to spring and to our 2017-2018 committee is overshadowed by the tragic loss of Jackie Crowe, National Mental Health Commissioner. Jackie's advocacy for mental health and suicide prevention strategies is legendary. Her loss will be felt by each one of us.

I first met Jackie when she spoke to ISFAF in 2015. As she was our guest, we were supposed to look after her, but instead of us looking after her, in addition to her outstanding presentation, she brought us a delicious cake. Since then I met Jackie at a number of meetings, where her understanding, empathy, tireless dedication to helping us on our journey was inspirational. Her awe inspiring compassion for others, knowledge and experience, outstanding leadership and tireless dedication to improving outcomes in suicide prevention and mental health was formally recognized in her appointment as a Mental Health Commissioner and in 2016 when she was awarded a LIFE Leadership Award for Excellence in Suicide Prevention.

Our community is far richer because of her tireless advocacy and will be much poorer because of Jackie's sad loss.

We send our sincere sympathy and condolences to her family in whom she lives on. They can be very proud - Jackie's contribution to society will live on forever.

Our new committee looks forward 2017-2018 and thanks you for expressing confidence in us. I feel honoured that the committee has re-elected me to be convenor for a third term. We are sorry for the loss of our treasurer, Robin Kitching and thank him for his terms as treasurer. All other committee members have been re-elected and we are joined by Mathew Rafferty as a new member. Mathew has always been a great help to us and we are delighted that he has formally joined us.

Our 2017-2018 Committee Members are:

Linda Bader, Secretary,
Anne Finch, Minute Secretary,
Frances Scholtz, Treasurer,
Marlene Carlin,
Dianne Hunt,
Sue Johnson,
Penny Lewisohn,
Mathew Rafferty,
Margaret Thorpe.

MONTHLY SUPPORT GROUP MEETING

7.30 pm Tuesday 14 November 2017

TWO GUEST SPEAKERS

MELISSA MORRIS – INTRODUCING GROW
Achieving mental wellness via mutual support
and personal development

ASSOCIATE PROFESSOR SIMON STAFRACE
DIRECTOR, PSYCHIATRIC SERVICES,
ALFRED HEALTH

Update on mental health issues, with
emphasis on Alfred Psychiatry

Multipurpose room, Betty Day Centre,
67 Argyle St, St Kilda
(access via Bath St car park, off Inkerman St)
No need to book, no charge, but gold coin donation
appreciated.
Light supper from 7.17 pm

GROW BETTER TOGETHER

Grow is a well-recognized carer support organization which has established fortnightly friendly peer support groups for carers in Caulfield, Noble Park and Nunawading areas and is looking to set up more support groups.

Melissa will tell us more about Grow at our November monthly meeting, but in the meantime 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).

I am delighted that carer support is getting more support- we all benefit by growing together!

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.

The Guidelines for Treatment make for very interesting reading.

Social Security Rights Victoria

Another very useful website filled with information;

<http://mailchi.mp/fb7ba3798046/red-tape?e=54d11d8360>

FREE NDIS INFORMATION SESSIONS FOR CARERS

The NDIS is almost upon us and is due to reach us 1 April 2018, Alfred Health Carer Services have planned two information sessions, each with a different focus. You are welcome to attend one or both, but booking is essential.

NDIS Basics & Access...Thurs. 23 November

NDIS Pre planning.....Tues. 5 December

Caulfield Hospital 260 Kooyong Rd. Caulfield
(Meet no later than 9.45am outside coffee shop in the main hospital foyer)

Bookings essential: phone Dina: 8781 3400

Early Psychosis Services for Young People

PROFESSOR PATRICK McGORRY, AO,

Professor of Youth Mental Health (Univ. Melb), Executive Director of Orygen, Director, Board of National Youth Mental Health Foundation (Headspace).

Prof. McGorry is a world-leader in early psychosis and youth mental health research and has a strong interest in promoting the mental health of the homeless, refugees and asylum seekers.

Thursday 16th November 2017

3:30pm 5:30pm- Registration commences at 3pm
Tea and coffee available

South Melbourne Town Hall Theatre,
208-220 Bank Street, South Melbourne VIC 3205

**Spaces are limited so registration is essential
RSVP by 10 Nov. to G.Reichart@alfred.org.au
Enquiries to Gabi Reichart- 8552 0555**

Orygen researchers to receive more than \$2.3M from NHMRC to expand youth mental health research

<https://www.orygen.org.au/About/News-And-Events/2017/NHMRC-funding>

The funding will support five researchers from Orygen, The National Centre of Excellence in Youth Mental Health and the Centre for Youth Mental Health at the University of Melbourne. in pursuing

research that will reduce the impact of mental ill-health on young people, their families and society.

Fellowships were awarded to the following Orygen researchers:

- Professor Sue Cotton, will look into understanding illness trajectories and developing novel therapies for individuals with psychosis
- Associate Professor Barnaby Nelson, will enhance understanding of the risk factors and mechanisms driving the onset of psychosis, improve the currently available criteria for identifying psychosis risk, introduce clinical tools for identifying young people at risk of a range of psychiatric disorders, and introduce individually tailored intervention strategies for ultra-high-risk patients
- Dr Kelly Allott, will develop and lead a research program aimed at effectively treating both the cognitive and functioning impairments in youth mental illness.
- Dr Jo Robinson, aims to reduce rates of suicide and suicide-related behaviour by testing an evidence-based, integrated and highly scalable program of work in north-west Melbourne.
- Dr Brian O'Donoghue, will focus on improving physical health outcomes for young people with psychotic disorders

BEST PRACTICE NEXT PRACTICE: WORKING WITH FAMILIES WHEN A PARENT HAS A MENTAL ILLNESS.

2 Day Forum: Thurs 1 March – Fri 2. March 2018
Cocktail party Thursday 1 March 17:30 - 19:30
Forum and cocktail party free to first 50 carers /consumers who apply.

<https://shop.monash.edu/best-practice-next-practice-working-with-families-when-a-parent-has-a-mental-illness.html>

Key-note speakers regarding evidence based practice
Showcasing 10 years of the FaPMI program in Victoria and findings from the Victorian trial of the "Let's Talk about children" intervention.
Panel discussions:- Putting evidence into practice

Monash University Law Chambers
555 Lonsdale Street Melbourne VIC
(Cnr Crombie Lane Lonsdale St),

ISFAF END OF YEAR DINNER

6.30 pm Tuesday 12 December 2017
Tacco and Tosca

251 Richardson Street, Middle Park



Bookings are essential – seating is limited
Phone -9076 4713 – leave message if phone
is unattended or email isfaf@alfred.org.au

We thank Alfred Health Carer Services for their
generous subsidy enabling us to charge only
\$15 (or \$10 if you show your pension card) for
three course meal.

BYO – corkage or drinks at own expense

Please call office or Judi if you have any
questions or problems with transport.

MENTAL HEALTH AND INSURANCE

The Actuaries Institute has released its Green
Paper '**Mental Health and Insurance**' to
stimulate discussion about the way the insurance
sector and insurance products interact with people
with mental health conditions.

<https://actuaries.asn.au/public-policy-and-media/thought-leadership/green-papers>

WORKING TO STOP DISCRIMINATION BY INSURANCE PROVIDER

Discriminatory practices against individuals with a
mental health issue include refusal of insurance or
denial of claims on the grounds of non-disclosure
of a previous mental health condition.

To improve access to insurance by individuals
with mental health issues, since 2002,
beyondblue and Mental Health Australia
(MHA) have been working to improve access to

insurance, including influencing the industry to
changing to their policies and practices to bring
greater fairness to the insurance market.
Unfortunately, change has been slow to happen,
and more needs to be done to get a fair deal for
people living in Australia.

<https://www.beyondblue.org.au/about-us/about-our-work/discrimination-in-insurance>

YOUR support is needed in this work

Learn more about taking action to reduce discrimination by insurance providers

<https://www.beyondblue.org.au/about-us/about-our-work/discrimination-in-insurance/stop-insurance-discrimination>

Achieving change right now is the goal. To do this
beyondblue need as many people as possible
to come forward and tell their stories about ways
in which insurance companies may have
discriminated against them because of their
mental health condition.

Complete the online form to tell your story

<https://www.beyondblue.org.au/about-us/about-our-work/discrimination-in-insurance/tell-us-your-story>

Australia's new digital mental health gateway

<https://headtohealth.gov.au/>

The Turnbull Government has launched a new
digital mental health gateway – **Head to Health**.
The website is said to be an essential tool to help
people take control of their mental health in a way
they are most comfortable with and can
complement face-to-face therapies.

x xdx provides a one-stop shop for services and
resources delivered by some of Australia's most
trusted mental health service providers, and
includes free or low-cost apps, online support
communities, online courses and phone services.

New Perinatal Mental Health Clinical Practice Guideline Released to Support Safer and Healthier Australian Mothers and Families

Australia's health professionals will have access
to the latest evidence on best practice in mental
health care in the perinatal period (during
pregnancy and the 12 months following birth)
under a new **Australian Clinical Practice
Guideline** released this week. Launched at the
Australasian Marcé Society for Perinatal Mental
Health Conference in Brisbane, the Guideline will
ensure safer and healthier Australian mothers and
families by supporting health professionals in
providing more effective approaches through
evidence-based care.

Disorders covered in the new Guideline include:

- Depression
- Anxiety
- Bipolar Disorder
- Puerperal Psychosis
- Schizophrenia (new)
- Borderline Personality Disorder (new)

The guidelines and details of its scope and of those who contributed to it are available at:

<http://cope.org.au/about/review-of-new-perinatal-mental-health-guidelines/>

KEEP SATURDAY 17 FEBRUARY 2018 **FREE**

Mental Health in Crisis **The Australian Perspective Feb 2018**

Professor Peter Gøtzsche is a [Danish](#) physician and medical researcher who co-founded, and has written numerous reviews within the [Cochrane collaboration](#), which is a leading international organization providing up-to-date, systematic reviews of relevant randomized controlled trials of health care.

In their ANZ Lecture Tour, Professor Gøtzsche and Robert Whitaker are likely to present a very up-to-date and possibly controversial perspective on mental health care that we may not have the opportunity to hear otherwise. The programme includes several Q&A sessions and a reply by local psychiatrists. In other words – this is likely to be a very exciting, informative and challenging day – not to be missed and worth saving for.

<https://www.mentalhealthcrisis.co/>
Early bird registration finishes 15 December

Our library has books by both Dr Peter Gøtzsche, Robert Whitaker and both are well represented on the internet.

And – as previously – I remind you that council libraries provide a very wide range of courses and activities for all ages.

Most of all, I urge those of you who don't own a computer and/or have limited (or no!) computer skills to head down to your local library. You can start by playing with library computers and asking for help from their staff. If you haven't yet set up an email address, get on with it!!...setting up a gmail address takes minutes, costs nothing and brings you into the 21st century. Email is quicker, cheaper and in my experience generally more reliable than postal mail. A postal article costs a minimum of a dollar and takes days to arrive...(if you are lucky!) Christmas greetings sent via email

are more likely to arrive than by post – and they cost nothing.

*Show me a man (or woman) who ne'er has dread
Whether that posted article will arrive to be timely read...*

Computer literacy, will enable you to read our webpage <http://ispaf.org/> and to find far more updates to items of interest than in our emails.

Thank you Judith Rafferty, for ensuring that our web page is full of useful updated information. We would dearly love to have a person assisting Judith. If you wish to learn the very useful skill of web mastery, please phone me.

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. This is a very big job. ... not to mention an expensive and non-sustainable one. **So if you can revert to digital copy, 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. If you have matters you wish me to raise, please contact me directly. Strict confidence is assured.

Looking forward to seeing you on 14 November when Associate Professor Stafrace, Director of Psychiatric Services of Alfred will undoubtedly have a lot of interesting changes to talk about. This is your chance to learn from and be heard by the director of psychiatric services.

We are very grateful for the generous subsidy we receive from Alfred Health Carer Services towards our end of year dinner on 12 December. The highly recommended venue promises to provide us with a joyful end to our programme – but only for those who book in time because seats are limited. The subsidy enables the cost of the delicious three course dinner to be vastly reduced to \$15 for all of us. This is for food only. Drinks and corkage are at own expense. To obtain an additional reduction to \$10, please have your pension card as no exceptions will be made regarding the additional reduction to \$10 for the food.

Warm Regards,

Judi Burstyner, Convenor

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