

Mental Health Carers Participation and Representation Program E Bulletin – 16 May 2012

CARERS VOICE
ACT NEWS
NATIONAL NEWS

CARERS VOICE

Training for Carer Representatives

Carers ACT holds two training sessions per year, and carer representatives are expected to undergo training as required. It is proposed to hold training in June, at Holt during one of the following time slots:

- 3 hour training during the morning, eg 9:15am-12:15pm. You would be reimbursed at \$120.00 for attendance plus \$20 for travel expenses or taxi vouchers in lieu of \$20.
- 3 hour training during the evening, eg 6:30pm-9:00pm. A light meal would be provided, plus \$120.00 reimbursement for attendance, and \$20 for travel expenses or taxi vouchers in lieu of \$20.

If you haven't already done so, please respond with your preference to Doris Kordes, Mental Health Carers Policy and Representation Officer by email Doris.Kordes@carersact.org.au or phone 6296 9936 by COB 18 May. Please contact Doris if you would like to find out more information about becoming a carer representative.

Call for Carers Input

Carly Vesela is the Carer Consultant with the Mental Health, Justice Health and Alcohol and Drug Service. Her role is to advocate within the Service on behalf of carers. Part of this includes identifying where the Service is doing well and where improvements might be made.

Carly is interested in hearing from those who care for someone who has had an admission to the Psychiatric Services Unit at the Canberra Hospital in roughly the past 12 months. The aim of the project is to gather information from carers to identify common themes. It is anticipated that the exercise will be repeated six months later. The information is gathered through the carer telling their story at an informal interview. That information is recorded, typed into a document and returned to the carer for their editing and approval before being submitted to the project. All information is de-identified and an alias can be used.

If you'd like to participate or would like more information, please contact Carly via email carly.vesela@act.gov.au or phone 6207 0312. (Please note, Carly works part time on Mondays and Wednesdays.)

ACT NEWS

Carers ACT: On Course for Carers

On Course for Carers is a series of monthly education sessions designed to support carers in their caring role. One upcoming course that carers may be interested in is *Adult Mental Health-Services, Agencies and Q & A*. This session will be held with Christine Waller, Director of Adult Community and Older Person Mental Health Services.

Date: Thursday 30 August

Time: 10:00am–12:00pm

To register call Eleanor on 6296 9908 or email rsvp@carersact.org.au to book your place.

For suggestions on future topics, please email Marie at marie.falconer@carersact.org.au

Carers ACT: Mental Health Carers Respite Program

The Mental Health Carers Respite Program provides flexible respite and other supports to meet the individual needs of carers of people with severe mental illness, autism or intellectual disabilities and their families. The program assists carers to better cope with their caring role, improve their relationship with the person they support and find a balance in their caring role with other demands.

Services include respite options (brokered model) based on needs assessments, information and referral, links to education programs, counselling, peer support, advocacy services and social and recreational activities.

For more information please call **1800 052 222**.

Canberra Times articles highlight range of mental health issues in the ACT

There have been a few recent articles on mental health in *The Canberra Times*.

This **article** is about young people in the ACT and their need for better mental health support.

In another article Craig Hamilton discusses his experience of **depression**.

The use of antidepressants in Australia is increasing. Read more **here**.

ANU Public Lecture: Innovation and Mental Health Research

ANU is hosting a discussion forum on innovation and mental health research on **Wednesday 16 May from 5:30pm** at the ANU Commons Function Room (corner of Marcus Clarke Street and Barry Drive).

The event will feature Professor Patrick McGorry as key-note speaker, followed by a panel and Q&A session moderated by Dr Norman Swan (multi-award winning broadcaster and journalist, host of the ABC Radio National Health Report, presenter of Health Minutes on ABC NewsRadio and ABC Television's Catalyst).

The Panel includes:

- Professor Helen Christensen (Director, Black Dog Institute, UNSW)
- Professor Kathy Griffiths (Director, ANU Centre for Mental Health Research)
- Professor Patrick McGorry (Director of ORYGEN, 2010 Australian of Year, UM researcher)
- Mr Clyde Rathbone (Business Development, Health Futures; 'Champion' of the White Cloud Foundation; ACT Brumbies and Australian Wallabies player)

- Mr Bob Wells (Director, Menzies Centre for Health and Australian Primary Health Research Institute)
- Senator Penny Wright (Greens Senator for South Australia and spokesperson for legal affairs, mental health, social inclusion, veterans' affairs, cultural heritage and native title)

RSVP by email to jennifer.eadie@anu.edu.au or phone 6125 7741. This lecture is free and open to the public. The flyer is available [here](#).

Suicide Intervention Training

LivingWorks ASIST is a two-day intensive, interactive and practice-dominated course designed to help people recognise risk and learn how to intervene to prevent the immediate risk of suicide. The workshop is for anyone, including carers and any person in a position of trust and/or leadership.

Date: Saturday 23 and Sunday 24 June
Time: 8:45am–5:00pm daily
Location: Mount Mugga Scout Hall, off Astrolabe Street, Red Hill

Facilitators: Gloria Claessen (Bronze Master Trainer), Marie Bennett (Bronze Master Trainer)
Cost: \$363.00 (GST Inc) Includes morning and afternoon tea and all manuals and certificates.

To book email training@rico.com.au with your name, contact details, number of registrations required, the dates and title of the course you wish to attend. A confirmation email and invoice will be sent to you. Closing date for bookings is 15 June.

For further information phone Gloria Claessen on 0421 159 440.

Mental Health First Aid Training Course

The course covers helping people in mental health crisis situations and/or in the early stages of mental health problems. Mental Health First Aid is the help given to someone developing a mental health problem or in a mental health crisis. The first aid is given until appropriate professional treatment is received or until the crisis resolves. Participants will learn the signs and symptoms of these mental health problems, where and how to get help and what sort of help research has shown to be effective.

Dates: Tuesday 19 and 26 June
Time: 9:00 am–5:00 pm each day (2 day course).
Location: Om Shanti Training Rooms, 2a Barker Street, Griffith (Griffith Shops, above Macka's Newsagency and IGA). Free parking at rear of shops).

Facilitator: Gloria Claessen (Principal Master Instructor, National Trainer and Assessor of Instructors). Cost: \$330.00, includes morning and afternoon tea and all manuals and certificates.

To book email training@rico.com.au with your name, contact details and the training you wish to book a place in. A confirmation email and invoice will be sent to you. Closing date for bookings is 12 June.

For more information phone Gloria Claessen on 0421 159 440.

Invitation to SHOUT! Young Women with Voice Workshops

SHOUT! offers young women aged between 18–30 years a chance to strengthen their advocacy skills to persuade members of their own communities and those in the broader Australian society about questions that matter to them.

The first Canberra workshop takes place on **Saturday 19 May at the Canberra Museum and Gallery, Civic**. A series of three free workshops will run in each location, complemented by an online network of support and skills-sharing and a local network of participants and Australian Women's Coalition (AWC) member organisations. The workshops will culminate in community events on Harmony Day next year, 21 March 2013.

All young women are very welcome to apply. Involvement by young women from migrant and refugee communities is particularly encouraged.

The program runs from April 2012 – March 2013.

For more information and to register, go to the AWC homepage www.awcaus.org.au and click on the SHOUT! Link, or phone 0410 539 853 or AWC President Sharyl Scott on 0410 497 164.

Public Forum: National Mental Health Recovery Framework

Craze Lateral Solutions is leading a national consultation as a response to the Fourth National Mental Health Plan. They are looking to canvass the perspectives of a broad representation of different age and setting related services, professional groups, clinical, service development and management perspectives.

A public forum for the National Mental Health Recovery Framework will be held at **2:00pm–4:00pm on Tuesday 29 May** in the Large Conference Room, Ground Floor, 11 Moore Street, Canberra City.

Please RSVP by Friday 25 May by email: Ross.Craze@bigpond.com or phone 4625 7777 or 0428 242 879.

The discussion paper is available [here](#). You can access consultation dates information [here](#). Further resources are available [here](#).

Health Care Consumers' Association ACT (HCCA) Workshop

HCCA would like to invite consumers to attend the upcoming workshop, 'Advocating for Change'. The first workshop will be held on **Thursday 31 May 10:00am–3:00pm at MacKillop House Conference Centre (50 Archibald Street, Lyneham)**. A second workshop will be held on Thursday 14 June (venue TBC).

This workshop is aimed at developing participant's skills in both individual and collective advocacy. It will also provide participants with the opportunity to develop their own advocacy action plan. If you are interested in attending, please make sure that you register, either by email adminofficer@hcca.org.au or phone 6230 7800.

Keith Mahar named as Mental Health Hero

Keith Mahar is a Canberran who is the founder of Mentallympians – an e-resource based on mental health recovery and resilience. To read more about Keith follow this [link](#). You can access the Mentallympian website [here](#).

There is also a [video](#) of Keith speaking about his experience of mental illness on 666 ABC Canberra.

Generation Next: Mental Health and Wellbeing of Young People Seminar

Generation Next is an initiative featuring a national seminar series and supporting resources aimed at protecting and enhancing the wellbeing of children and teenagers. The Mental Health and Wellbeing Seminar will be held on 8 June at the Playhouse, Canberra Theatre Centre.

Click on the link below to register for the Mental Health and Wellbeing of Young People Seminar, [Register Online Here!](#)

There is also a group discount rate. This must be a single payment for delegates from the same organisation with a minimum of three delegates. [Click here to register for the group discount online](#) or call Generation Next on 1300 797 794. You can view the flyer [here](#).

Speakers at the event include:

- Andrew Fuller, Psychologist and Resilience Expert, Mindmatters Ambassador
- Jill Pearman, National Coordinator, Mindmatters
- Dr Wayne Warburton, Psychologist
- Susan McLean, Cybersafety Expert, National Centre Against Bullying
- Dr Michael Bernard, University of Melbourne
- Melinda Tankard Reist, Author and Activist
- Dr Rick Kausman, GP and Director of Butterfly Foundation
- Dr John Irvine, Psychologist and Teacher
- Assoc Prof Michael Nagel, University of Sunshine Coast
- Dr Ramesh Manocha, GP and Mental Health Researcher, University of Sydney

NATIONAL NEWS

The 2012 Federal Budget and mental health

To read some commentary on the Federal Budget and its implications for mental health, Crikey has a blog post with opinion from Sebastian Rosenberg and Professor Patrick McGorry. You can find the blog [here](#).

Keeping minds well: Caring till it hurts

A national study of more than 1,000 mental health carers was launched in Sydney on Monday 14 May. The research study was commissioned by Wesley Mission. "There has been limited research into this topic," said the CEO of Wesley Mission the Rev Dr Keith Garner. "The Wesley Report shows that caregivers are the unsung heroes of our community." While the report focuses on young carers, it also includes findings on older mental health carers. It contains eight key policy recommendations for government, the sector and the community.

To read coverage of this report please follow this [link](#). There is a *Sydney Morning Herald* article [here](#). Read the report [here](#).

NDIS

The National Disability Insurance Scheme (NDIS) has gathered a lot of media attention in the past few weeks.

To watch a 730 report on some of the issues, follow this [link](#).

The *Sydney Morning Herald* has also announced that carers are to be involved in design discussions for NDIS. Read more [here](#).

NDIS and the Federal Budget

If you are interested about some of the finer details of the Federal Budget, the 'Every Australian Counts' NDIS campaign has summarised the most pertinent aspects:

- \$342.5 million over three years from July next year for individually funded packages for people with significant and permanent disability.
- \$154.8 million over three years from July next year to employ Local Area Coordinators to provide

an individualised approach to delivering care and support to people with a disability.

- \$58.6 million over three years from July next year to assess the needs of people with a disability in the launch locations.

- \$122.6 million over four years to start preparing the disability sector for the new way of delivering disability services.

News.com.au helps Lifeline launch new online service

News.com.au is working with Lifeline to raise money for a new online mental health service which went live on Tuesday 8 May. The service hopes to reach nearly 25,000 people in crisis every year. If you would like to contribute to the campaign, or to read more about the service click [here](#).

Opportunity to inform the development of the National Mental Health and Suicide Prevention Report Card

The National Mental Commission is developing the National Mental Health and Suicide Prevention Report Card. Read more about the report card's development process [here](#). The commission is seeking feedback from people with mental illness, families and their carers through an online survey. Closing date for survey feedback is Thursday 31 May. The survey and more information is available [here](#).

If you or someone you know may be at risk of suicide contact Lifeline 131 114, beyondblue 1300 224 636, or Salvo Care Line 1300 363 622.

Children with disabilities and the impact of bullying

A study examining the experience of children with the disabilities has found that being left out, ignored or bullied by their peers is the main reason for these children reporting symptoms of anxiety and depression.

To read more follow this [link](#).

Inroads made in understanding depression

Researchers at the Canadian Centre for Addiction and Mental Health have made a major discovery about the way that chemical imbalances can cause major depressive episodes. This research is hoped to assist future prevention and treatment efforts as researchers will have a clearer 'road map' of depression.

To read more, follow this [link](#).

Male eating disorders

This article highlights the increasing prevalence of male eating disorders in Australia. To read more follow this [link](#).

For more information, see the Butterfly Foundation [Website](#).

You can access the National Eating Disorders Collaboration website [here](#).

Suicide risk for older people who self harm

A new study has found older people who self-harm are at much greater risk of suicide than both the general population and younger adults who self-harm. Researchers found that the risk of suicide among those who self-harmed was 67 times greater than the risk among older adults in

the general over-60s population – and three times greater than the relative risk of suicide among younger adults who self-harm.

The full article is available [here](#).

If you or someone you know may be at risk of suicide contact Lifeline 131 114, beyondblue 1300 224 636, or Salvo Care Line 1300 363 622.

Unemployment benefits in Australia

This report by The Australia Institute outlines the current regime of unemployment benefits in Australia. The authors conclude that there is a need to increase Newstart payment levels as presently recipients are amongst the lowest income earners in the country. Note: the 2012-13 Federal Budget included a small increase in Newstart payments.

To read the report in full, please follow this [link](#).

eCentreClinic: Online Wellbeing Course

The eCentreClinic at Macquarie University is an Internet based research clinic that develops and tests free online treatment courses for people with symptoms of worry, anxiety (including OCD and PTSD), stress, depression, low mood and other health conditions, including chronic pain. eCentreClinic is offering a new Wellbeing program that interested participants can access at this [address](#).

Media Release: Online Training for Suicide Prevention Professionals

Minister for Mental Health and Ageing, Mark Butler has announced a new online training program for health workers with the aim of ensuring that professionals have the right skills to assist and support people at risk of suicide and self harm.

To read the release in full, please click [here](#).

If you or someone you know may be at risk of suicide contact Lifeline 131 114, beyondblue 1300 224 636, or Salvo Care Line 1300 363 622.

Miners at risk of developing mental illness

There have been quite a few news pieces recently on the mental health implications of *fly in fly out* (FIFO) work in the Australian mining industry.

ABC Lateline: [Fly In, Fly Out Putting Social Strain on Miners](#)

The Australian: [Miners battling depression and anxiety](#)

Meditation and mental health

A new study has outlined the benefits of 'mental silence' to improved health and wellbeing outcomes. To read more, follow this [link](#).

Death in the Kimberly: \$6 million to tackle suicides

Following on from the Russell Skelton report into suicide rates in the Kimberly (which was included in the last edition of e-bulletin), Mental Health Minister Mark Butler has announced a \$6 million package to be implemented over four years to address the issue. There is a link to the article available [here](#). There is also video on this page that contains interviews with members of the Mowanjumb community, which has been described as the "heart" of the recent spike in Indigenous suicides in this region.

There is an opinion piece [here](#) from Russell Skelton.

If you or someone you know may be at risk of suicide contact Lifeline 131 114, beyondblue 1300 224 636, or Salvo Care Line 1300 363 622.

Better Access

There have been a few recent articles about the Better Access program following the Federal Budget's announcement. To read an article on this topic by Professor Patrick McGorry click [here](#). There is also a Department of Health and Ageing Fact Sheet available [here](#).

Psychosis scripts double for older people

In this article, Amy Corderoy writes that antipsychotic drugs are given to people aged over 67 at twice the rate they are given to younger people. To read more click [here](#).

MRI and mental health

This short news video addresses the use of MRI imaging technology in helping diagnose patients with a mental illness. To watch the video, click [here](#).

Football and mental health implications

Some medical experts are calling for an investigation about the possible brain damage, cognitive impairment and mental health problems that can arise from football codes in which players regularly sustain concussions. You can read more [here](#).

ABC's Four Corners featured this issue on Monday 14 May. Read more or view the story [here](#).