

MindLine No 10 Happy New Year to all

ARAFMI Hobart: Summer 2004

97 Campbell St Hobart 7000 Ph 62 369 251 HelpLine www.tased.edu.au/tasonline/mhcrcl/

A BIG Thank You to everyone for their donations of stamp booklets for MindLine!!!

Extended Support and Housing for people with complex needs

Next Meeting for those who agreed to participate in the small working groups
1pm Wed 25th Feb at 97 Campbell St Hobart
Please phone an RSVP to this as the time /date may change.

We would like to compile several anonymous stories of need either for housing itself, or for support on site or for outreach support by mental health workers. If you would like to be phone interviewed or make a written 1 page account of your experiences please contact Anne on 6236 9251. All matters would be held in strict confidence.

Support Meetings

Venue

Date / Topic

Hobart	97 Campbell St Hobart <u>Trade table: bring small items to sell for fund raising.</u> Some parking at rear of bldg. Followed by supper. Everyone is welcome!! February 12th 7.30pm.	Always 2nd Thursday evenings of the month usually at 7.30pm. 12th Feb GENERAL CATCH UP 11 March Ann Tullgren on Zyprexa med & the PBS 8th April "Raise your questions" Do you have a particular topic you want aired?
NEW	Day time Hobart meeting! First Wednesday of month at 10.30am til 12.00.	Mutual support, topics raised by participants, questions about mental health etc. Very informal. 3rd March 10.30am

If you would like to receive **MindLine by email** and save ARAFMI postage & handling, please contact us ASAP!

Library Overdues:

Please remember that borrowings are for 3 weeks, so please return your materials so that other people may benefit from them: Thank you borrowers.

**SOUTHERN MENTAL HEALTH FORUM
for MHS, CONSUMERS, CARERS AND NON-GOVERNMENT ORGANISATIONS**

Thursday 26th February, 2004 10.00am - 1.00pm Glenorchy Civic Centre

With Presentations from:

- Chris Fox A/Southern Area Manager
- (Kieren McDonald) *Implementing the new National Mental Health Plan in Tasmania*
- *"More to GROW than groups"* (Cheryl Rainbird - GROW)
- *"Working with Families"* (Anne Bevan - ARAFMI)
- *"ROPES"* (Joyce Allie - ROPES)
- Open Forum / Hot Topics
- *"Planning for 27th May, 26th August and 25th November - Forums including Committee structure"* (Ian Munday)

Alternative Counselling Service

The counsellor will be Anne and fees will apply (from \$10 per hour for people with Health Care Cards) on a graduated scale according to income. Customers will be offered a full hour consultation.

Please book by phoning 1800 808 890.

Appointments will usually be offered on Mondays Times: 10am, 11.15, 1.30, 2.45, 3.50pm

CRISIS in Mental Health Services

Public Rally - Franklin Square

March 5, 2004 12.30 – 1.30pm

The ANF will be hosting a public rally for members of the community to show support for improving the current conditions in mental health services.

Invited speakers will represent a range of professional groups and organisations.
All members of the public and health professionals are encouraged to attend.

For further information contact Danielle Williams on 6223 6777

Authorised by Neroli Ellis, Branch Secretary, February 2004



For free Government services:

Please phone the central office if seeking non-urgent help: ph 6233 6011

Urgent assistance: phone the Crisis Assessment Triage and Treatment Team (CATT)

Ph 6233 2388 or 1800 332 388

9am til 10.30pm every day of the week.

Research Round Up

New medication for anxiety

The new antidepressant Duloxetine (at 120mg per day for 9 weeks) has been shown to be useful in treating anxiety symptoms associated with depression. This is the overall result from four studies, some of which compared duloxetine with current antidepressants. Side effects listed included nausea, dry mouth, constipation, less appetite, fatigue but nausea was the only side effect that led people to leave the study.

Ref: *Journal of Depression and Anxiety*. Sept 2003

Dietary Change benefits Bipolar Disorder

Bipolar disorder rises in societies where there is less than 50lb per person per year of seafood consumed.

Ref: *Am J Psychiatry* 2003: 160 p 2222

Morning Light helps antidepressant treatment of major depression

Treatment consists of exposure to 400 lux green light for 30 minutes and had no side effects. Winter depressions are associated with lack of appropriate exposure to light. The people were taking citalopram (40mg day) at the time. Benefits were noted by day three of light. People getting light treatment did much better than those using the tablets alone.

Ref: Benedetti, *J Clin Psychiatry* 2003: 64 p 648

Causes for Schizophrenia

Local researchers have identified 153 genes involved in the problems of 'schizophrenia'. About 60 genes were very different. It is likely that the genes act together to produce slightly different types of 'schizophrenias'. Hope for treatment lies in the targeting of medications to the genes in question, identified via blood tests in the future.

Ref Brian Dean at the Mental Health Research Institute in Melbourne.

Additional treatments for schizophrenia

Glycine (a full NMDA agonist) is effective in treating persistent negative symptoms of schizophrenia in addition to the normal medication. A high dose is required about .8gm/kg of weight/per day. It tends to be less effective in combination with clozapine than other medications.

Ref: Heresco-Levy *Schizophrenia Research* 2004 66

There is some evidence that some anti-viral medications may be useful as additional medications. Valacyclovir (1g twice daily for 16 wks) was useful in treating people who had had schizophrenia for an average of 22 years and who tested positive for cytomegalovirus. Improvement was noted after 8 weeks.

Ref: Yolken *Am J Psychiatry* 2003 160 p 2234

Erythropoietin used in treating anaemia improves some cognitive functions and slows any gradual neuro-degeneration associated with time.

Talk therapy for Anorexia Nervosa

Cognitive Behaviour Therapy has been found to be beneficial in treatment after hospitalisation. It was more effective than nutrition counselling and many more people participated in the therapy than using just nutrition.

Ref: Pike et al *American J Psychiatry* 2003 160/11

Medication help lines

Medicines Line can give the consumer information on the medicine they are having, including side effects. Ph 1300 888 763.

They also run a line to report medicine side effects, 1300 134 237 or check for you if a symptom is medication related. Reports of near accidents or medication errors are also heard. This can provide useful information to prescribers in the future.

New Library Additions – loan period is 3 weeks.

Video:

Coming to grips with Mental Health – an interactive Journey CD ROM, for young people.

Books;

Carers Issues Paper Dec 2000 WA ARAFMI

Self Harm – a collection of papers

Schizophrenia Costs by KPMG Paper.

Your Guide to safer Gambling DHHS booklet

Review of literature: User & Carer involvement in Change Management in a Mental Health Context London

Working collaboratively with families in mental health – Thesis by local student M Bryan

Tas Rural Mental Health Plan DHHS

Suicide Prevention by Dr D Horgan booklet

Making mental health a political issue:

only we carers and consumers can raise the profile of mental health issues as an electoral topic and make the government aware of the needs for increased services. Are you are willing to bring up the issues at any public meeting, or Parents & Friends, or church, or perhaps write to a politician or the Editor of major Newspapers?

Have a think about it and if you are interested, then maybe we can offer you assistance.