

MindLine No 14

ARAFMI Hobart: summer 2004

Published Feb, May, Aug & Nov.

97 Campbell St Hobart 7000

Ph 62 369 251 HelpLine

www.tased.edu.au/tasonline/mhcr/

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

Our thanks also to our financial supporters:

Australian Ethical Investments.

Support Meeting Venue

Date / Topic

<p>7.30pm 97 Campbell St Hobart Some parking at rear of bldg.</p> <p>Everyone is welcome!! Supper available – would you like to bring a plate?</p>	<p>11th November. Meg Smith's info on Bipolar Disorder Report back from The Mental Health Services Conference</p> <p><u>Trade table:</u> some craft items suitable as Christmas presents available.</p> <p>Christmas Function TBA</p>
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Family Workshops are on again

Look in next MindLine for an April date

Only \$10 which covers refreshments & photocopying

Kindly funded by the Dept Premier & Cabinet



ARAFMI IS GETTING TOO BIG!

And the MindLine work-load is huge.
You can help save ARAFMI postage & handling by receiving your newsletter via email:

Visit your local library, online centre or neighbourhood house, get a free hotmail.com email address and participate in the electronic era. Please give us your email soon. Thank you

CONSUMER AND CARER CLINICAL PRACTICE GUIDELINES

The Royal Australian and New Zealand College of Psychiatrists (RANZCP) has developed six Clinical Practice Guidelines (CPGs) to provide mental health practitioners, consumers, and carers with evidence-based information about particular mental illnesses and appropriate treatment options. These have been developed with the support of both the Australian and New Zealand Governments.

The CPGs address six specific disorders or conditions that have considerable impact on psychiatric practice in Australia and New Zealand, as expressed from both the psychiatric profession and consumers. These are:

- anorexia nervosa;
- bipolar disorder;
- deliberate self harm (youth and adult);
- depression;
- panic disorder and agoraphobia; and
- schizophrenia.

For more information and to download copies of these resources, go to <http://www.ranzcp.org/publicarea/cpg.asp>
Alternatively, you can also go to the RANZCP website at www.ranzcp.org.au and look under 'Publications'. Or email Kelly at the RANZCP on kelly.fitzmaurice@ranzcp.org with your name, organisation, address.

NISAD Schizophrenia Research

Belong to a group who back NISAD's world-class research team - a team dedicated to finding the means to prevent and ultimately cure schizophrenia.

Ongoing pledges allow the NISAD scientific team to fast track its research agenda by pursuing promising projects, purchasing state of the art technology and developing new methods of diagnosis, treatment and prevention of schizophrenia that may ultimately curtail the tragic effects of schizophrenia. Every cent of your donation will go to hard science. Regular informative newsletter available too.

Lee Drury

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New statewide E-newspaper written, photographed, edited and produced by young people.

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Have their voice heard
Be published and recognised
Develop skills and experiences
Career & employment opportunities

Call 6424 7178 or enormity96@hotmail.com

Thank you for returning your library loans

Many items remain outstanding or forgotten
Please remember that borrowings are for 3 weeks, so please return your materials promptly, so that other people may benefit from them: Thank you borrowers.

Videos are now on loan for 1 week.

Certificates of Appreciation

If you have a worker in mental health who you think deserves a certificate of appreciation, please forward their details to us so we can mail them one and list them as one of our 'workers of the quarter' in this newsletter.

Let's support caring professionals!

Hey there must be someone out there worthy of this?!!!

Kidz Club

Our first club is running

These are clubs for primary school children who have a parent with emotional / mental illness.
Contact Anna Dimsey Project Officer, for clubs in your area, on 1800 808 890.

Research Round Up

Food for thought

The ABC radio national (11 July 04 "Blueberry Brainfood") presented an article about how **blueberries** are helpful to the brain, in helping brain cells to communicate faster and perhaps in actually helping new brain cells to grow. The article should still be available on the Radio National web site. Copy in office.

It is possible that added **folate** may assist people living with schizophrenia, obtainable from beans, green leafy veggies, whole grains and nuts. (Ref: Goff et al in American Journal of Psychiatry Sept 04)

Niacin may assist in preventing mild cognitive decline and perhaps also Alzheimers Disease. (Ref: Morris et al Jnl Neurology Neurosurgery and Psych 2004).

Combined fluoxetine with olanzapine works better than either of these two agents alone for **borderline** personality disorder (Ref: Zanarini et al J Clin Psych 2004).

