

MindLine No 18

ARAFMI Hobart: Summer 2005
 97 Campbell St Hobart 7000 Ph 62 369 251 HelpLine
<http://home.iprimus.com.au/rafmi/Index.htm>

Published first week of Feb, May, Aug & Nov. **MindLine copy:** Please deliver any items for the Editor of *MindLine* by the first day of the last week of April July & Oct..

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

Our thanks also to our supporters. Including the TAFE Access students for packing.

Support Meeting Venue

Date / Topic

<p>All meetings start at 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>PLEASE return your Library Overdues this week.</p> <p><u>No meeting in January!</u></p>	<p>10th Nov – New ‘Packages of Care’ with Bunty from Anglicare followed by our support meeting and issues.</p> <p>Xmas Party: Dec 8th at Theatre Royal Campbell St Hobart RSVP essential! Small fee to cover meal \$7.00. Drinks bought by patrons.</p> <p>Thursday 9th February</p>
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Craig Hamilton

ABC Sports Journalist

Author of *‘Broken Open’*

Will speak about his experience of Bipolar illness

Shake off the stigma and fear!

The Scots Memorial Church Hall

Hobart; entry from Bathurst St

Tuesday 22nd November

At 10.30am til 12noon

Refreshments available for donation to ARAFMI

Broken Open Will be available for \$30.00

Bookings essential - Call 6236 9251 to book your seat!

Expressions of Interest
For Workshop/Training (aprox 8 hours) in
Carer Participation / Advocacy
Positions required ASAP!

with a view to participating in meetings with Mental Health Services as a 'Carer' Representative from ARAFMI Hobart or the Mental Health Council of Tas Inc, as part of the Mental Health Services *Consumer Carer Participation Framework* initiatives. Meetings will generally be of a daily nature, perhaps on a monthly basis. Requests have been received already for this work.

“I understand that my *Expression of Interest* will be processed by a recruitment panel with acceptance based upon merit, and my application / training does not necessarily mean that I will be granted a position on a meeting or forum.”

Please Print

Name.....
Address.....
Occupation or Volunteer roles.....
Organisation/s.....
Email.....
Phone day.....eve..... mobile.....

1 My experience & skills relevant to *Participation* Activities, Meetings, and Discussion Forums:

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2 My reasons for applying are:

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3 Examples of my interpersonal communication skills include:

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Nomination of 2 character or professional referees who will be available by phone:

Name.....	Name.....
Occupation.....	Occupation.....
Organisation.....	Organisation.....
Phone:.....	Phone:.....

My preferred training times will be: Please order in preference one to four:

Options:

1. 2 Week day mornings 9-1pm
2. 2 Week day afternoons 1-5pm
3. 2 Saturday afternoons 1-5pm.....
4. 4Week day evenings 7-9pm.....

Please post or email to the above details on newsletter. Thank you.

You will be notified by letter of your acceptance for training.

Treating mental illness with alternative approaches - Jeff Swift - June meeting

The human brain is highly complex with over 200 different but interacting nerve wiring systems and governed by 30,000 genes.

People with depression often avoid social contact, staying in bed a lot of the day. This is the worst thing they can do because the highly evolved social brain that we have needs social stimulation to maintain its health. People with chronic pain are at risk of depression due to loss of hobbies (due to pain), less meaning in life and broken sleep. Mild depression may respond to Guarana, low dose estrogen patches for women but maintain adequate B12 and folate intake (avoid over-doing either of the latter alone as an imbalance can arise).

St Johns Wort may be useful for younger persons who don't accept the diagnosis of depression but it's no good if they have anxiety as well. There are contra-indications for St Johns Wort so check with your GP. Always tell your GP/prescriber if you are taking vitamins herbs and over the counter alternative medicines and taking prescribed medicines at the same time.

People with Bipolar need to manage their lifestyles to avoid triggers to mania which include: caffeine, peanuts, cannabis, thyroid dysfunction and for some people, mushrooms. If not working, divide your time into thirds, ie, 30% hobby outside home, 30%socialising, 30% hobby at home. Vitamin B6 (pyridoxine) decreases racing thoughts in mania and anxiety. The supplement called SAME shouldn't lead to mania if taken according to directions.

Diet and schizophrenia. Complex carbohydrates (ie unrefined) also pork, eggs, corn, peanuts OK. Glycine 30gm a day decreases voices also Vit B5 (nicotinamide) 500mg 3times a day. Risperdal really upsets women's menstrual cycles. The older injectable Fluanxol is still very useful. Older people with psychosis often manage on very tiny doses of anti-psychotics. Abilify is better for people with negative symptoms of schizophrenia. Earlier use of Clozapine may prevent the onset of negative symptoms.

Young people with Aspergers need to learn to handle other peoples emotions, they tend to improve as they get older but wont be fantastic in relationships but can be very good workers.

New Services in Mental Health September meeting

Patrick Carlisle the CEO of **Richmond Fellowship** (over 25 years experience in providing residential rehabilitation) told our meeting about the new service, a refurbished campus at Glenorchy. There will be 6 individual units and 6 double with one unit being the office. Residents stay for a limited time up to a couple of years and work on their own psychosocial needs and skills aiming at independence and re-linking to mainstream activities. Each resident has their own support worker and with that person works on their goals. Clinical care will be provided by the Gavitt House (government run). Access is by the person's existing case manager who completes the application which is sent to the government *Maximising Recovery Panel* for allocation.

Phil Hose spoke about the new rehabilitation program (based on the Boston model) being set up in Tasmania by the Victorian group called **Aspire**. It's core activities are to provide support, leisure, living skills and activities nominated by the clients. The aim is recovery and rehab via finding purposeful valued social roles and identities of choice (rather than just being a psych patient) and is success orientated. There will be some week end and evening activities and will compliment formal government community clinics. Staff must work with family/significant others and are included in plans and activities. Clients may help run groups and some groups run for a 30 week commitment. Referral will be via the person's case manage or GP and via the same Maximising recovery Panel.

Mental Health Council of Tasmania Inc

AGM

Saturday 26th November 2005

At

Auditorium @ the Silverdome

11 til 2pm

luncheon provided

RSVP essential to Gabi or Michelle on 1800 808 890 as places are limited.

“Not for Service”

<http://www.mhca.org.au/notforservice/index.html>

this is a huge document and we have ordered the CD for the Library but you may view the Tasmanian sections online.

Memphis Mental Health-friendly Police Training

The Canberra Schizophrenia Fellowship Nov 2005 News reported on a visit by Mental Illness Fellowship staff to Memphis USA to find out about this training program. A percentage of police are trained in a 40 hour program in symptom recognition, treatments and side effects, listening and responding and consumer and carer perspectives. There is a Triage Directorate where the person is taken to hospital safely. Trainees meet consumers and carers when there is no crisis and also when there is a crisis so that a well rounded education about life with mental illness is gained. Rosters are organised to have some trained staff on at all shifts.

**Mental Health Week – Dr S Thakchoe spoke about the 10 reasons why
Meditation is good for our mental health**

We are what we are thinking. Suffering follows unrealistic thoughts and beliefs. Therefore
Meditation:

1. Enables us to live in the present moment– observing the world as it is
2. Lets go of memories and is therefore conducive to forgiveness. (frustration leads to anger/depression and non-forgiveness)
3. Heals mental pain through physical discomforts and stops pain becoming mental as well
4. Enables the living if a truthful and honest life – maintains realistic dreams
5. Allows one to be self reliant & to find meaning within oneself
6. Brings our life under our own control
7. Resolves inner conflicts
8. Plants seeds of peace within & promotes compassion to oneself first & then to others
9. Encourages mindful actions
10. is healthy food for mind and body & stops toxic thinking

Kickstart Arts Launch their CD

At Sirens Restaurant 6 Victoria St Monday 21st Nov at 2pm
The gig is on Friday 25th Nov at Sirens upstairs at 8pm.

Advance Notice of Spirituality Workshop with Prof Robert Bland

“Hope & forgiveness”

Ten til three

Saturday 25th Feb 2006

Bookings will be essential

More details next issue.

97 Campbell St
Hobart TAS 7000