

MindLine No 19

ARAFMI Hobart: Autumn 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!!!

We will be moving after 31 March 06
Watch for our next newsletter for the new address.
Keep your subscription up to date if you move.

**As we are moving PLEASE return your Library
Overdues this week.**

Help! I'm LOST! Can you find me:
I'm a book called **The Angry Heart** by Joseph Santoro

Support Meeting Venue

Date / Topic

<p>Everyone is welcome!! Supper available – would you like to bring a plate?</p>	<p>Thursday 9th February New Year catch up Bring your questions, issues.</p> <p>March 9th with Dr Peter Norrie Statewide Clinical Director</p> <p>April 13th</p> <p>May 11th</p>
	<p>Spirituality Workshop Saturday Feb 25th Please Book by calling us. \$5 for catering</p>

“Chances are 1 in 5”

A Community Mental Health Forum

The Commonwealth Carer Respite Centre and Huon Valley Council will be holding the above forum in Huonville on Wednesday 22 March 2006. This Forum will comprise guest speakers and service providers within the mental health sector. For more information regarding this forum, please contact **Heather on 62 642 800 or 62 286 600 or Karen on 62 648 453.**

*Book Review: **Peaceful Mind** by J McQuaid & P Carmona 2004 New Harbinger Publications*

This excellent small book tells us how to practise mindful attention, find out one's inappropriate beliefs and assumptions and how to change these so that one can gain relief from depression.

Mindfulness, a deliberate moment to moment attention, assists in recovering from depression by:

Training our minds to become aware not only of physical sensations of the body but to extend that awareness to becoming aware of one's emotions, assumptions, beliefs, thoughts, expectations.

By practising more non-judgemental awareness

By allowing the questioning whether judgemental thoughts are indeed facts.

This can facilitate a more honest relationship with ourselves.

& helps us to locate and identify unrealistic beliefs that we can then work on.

Nice easy to read text, very helpful for all of us really in terms of prevention of unnecessary distress.

Anne

New!

Spirituality Workshop with Prof Robert Bland

“Hope & Forgiveness”

Sat 25th Feb

5 hour workshop;

Bookings essential first 15 places only!

\$5 to cover catering for lunch

Call 6236 9251

New!

Depression and Bipolar Support Group

**First meeting Tuesday evening 21 Feb 7-9pm
downstairs, at 97 Campbell St Hobart**

Speaker: Self Help & preventing depressive and manic episodes

Initially facilitated by ARAFMI

No need to book

Principles of confidentiality apply

Carers required NOW!
**Are you interested in being trained as a carer representative /
 advocate for persons with mental illness?**

Only approx 8 hours Workshop - free
Please answer the 3 questions below and send to us.

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 for representatives have been received already.

“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 What experience & skills do you have that are relevant to meetings and formal discussions:

2 What are your interpersonal and communication skills like?

3 What are your reasons for applying?

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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 your response to the details at top of our newsletter. Thank you.

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

“Not for Service”

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

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

Book Review “ I am not sick. I don’t need help” By Xavier Amador

This is such a helpful reminder to all of us who encounter this aspect of mental illness from time to time. Firstly Xavier explains the biological nature of insight and how it varies within an individual depending upon treatment response and the severity of the illness. A lack of insight is due to the illness itself, that is, the brain is not functioning as it should. Insight however can improve with treatment and be fostered by an enlightened way of our discussing such issues with the person. So there is a message of hope here. He shows that it is not necessarily stubbornness or defensiveness that leads to denial of illness and of help seeking.

Then he shows how to talk with someone experiencing less than optimal insight into their condition and need for treatment. He uses a simple acronym, **LEAP** in creating an agreement.

1. **Listen:** with attention to hear what it’s really like from their point of view. This enables us: to help us respond in a way that will increase their insight gently, step by step.

- Set aside suitable time / place to discuss
- Agree on the items you want to talk about
- Listen for beliefs about themselves and the illness
- Don’t react emotionally. (real hard)
- Let the chaos be (even if it’s ‘crazy’ talk)
- Echo what you’ve heard
- Maybe write it down, stick it on the frig...

2 **Empathise:** if you want someone to understand your point of view, we must first understand theirs. So reflect back what the person says to check that you have really understood it. Feed back their emotions also. Listen for:

- Frustration about being pressured to take medication,
- or that personal goals remain unfulfilled, or being stigmatised and feeling like a failure..
- Fears about the medication, side effects: feeling stiff / discomfort, loss of creativity,
- Awful memories about the compulsory admission, a sense of unfairness even
- Their desires, ambitions and wants.

& tentatively reflect back what you’ve heard.

3 **Agree:** Find an area to agree with, find facts you both agree with, goals you both want. Use a window of opportunity:

- Normalize their experience, eg I’m sure I’d feel the same way if it happened to me”
- Discuss the problems using the person’s words or description of them.
- Discuss the perceived advantages and disadvantages of the issue (eg treatment) even if irrational.
- Correct any misconceptions about medication (they’re not addictive etc).
- Reflect the perceived benefits you both mentioned before, about taking it
- Sometimes we may just have to agree to disagree about something: it is their choice.

4 **Partnership:** a collaboration on working towards the goals you both want.

- Try to find achievable goals (this can be difficult.)

- Allow yourself to say that you're worried about the person getting sick again and ending up in hospital or whatever...)
- Use empathy when you think you're losing rapport with the person
- Summarise any agreement, maybe make a compromise.
- Would you like to offer to be a part of the agreement activity?
- Refrain from confronting them or making demands.

All in all, this is a very timely but easy read with lots of detail on how to actually phrase up those difficult topics. Please read this book.

Anne.

Mental Health Services Changes – don't miss out on what's happening!

For up to date information on the new services in both the government (& the reform agenda), and non-government sectors see: <http://www.dhhs.tas.gov.au/agency/pro/mentalhealth/index.php>

For information on changes to the Mental Health Act see:
<http://www.dhhs.tas.gov.au/agency/pro/mentalhealthact/index2.php>

For further copies of “*Mainly Mental Health*” newsletters:
E-mail: carolyn.norrie@dhhs.tas.gov.au
Or Phone: 6230 7719

All these documents & more, are for loan in our library if you don't have internet.

Research Round-up

What sort of Transcranial Magnetic stimulation is best for depression?

Sequential application of combined high frequency TMS to the left side of the head, with low frequency applied to the right (prefrontal cortex) improved depression in patients over 6 weeks of treatment. (REF: Fitzgerald et al American Journal Psychiatry 163: Jan 06)

Risk of suicide during anti-depressant treatment

A population based study showed that the risk of suicide attempt is highest in the month preceding newer anti-depressant medication and 'declined progressively' thereafter. There is higher risk after starting treatment with the older anti-depressants only. (REF: Simon et al: American Journal Psychiatry 163: Jan 06).

Preventing Post Traumatic Stress Disorder

Studies have suggested that if people have a traumatic event and very soon after take propranolol, they may prevent the development of post traumatic stress disorder. People with already elevated heart rates are at increased risk of developing PTSD. If people keep on remembering the trauma (ruminating in a non-therapeutic way), they may consolidate the overly emotional memory until it progressively becomes harder to de-emotionalise and process in a therapeutic manner. (Ref: www.neuropsychiatryreviews.com/march02/ptsd.html. Kindly brought to my attention by a person with anxiety – thank you.)

Adventure Camps and Clubs for kids who have a parent with mental illness

Since one out of five Australians has a mental health problem and many of those people have children, mental health is the whole family's business. Children and young people affected by family mental illness sometimes feel confused and upset about what's happening in their family but tend to keep their difficult feelings to themselves. We humans are experts at that!

Living with someone who has a mental illness can sometimes be challenging. It's not only difficult for the person who has the illness, it can also be hard for the people that live with him or her. Research has shown that young people who have a parent or close relative with a mental illness can greatly benefit from getting to know other kids who are in a similar situation.

Champs Camps & Taz Kidz Clubs

Champs Camps and **Taz Kidz Club** provides an opportunity for these young people to come together, gain support and understanding, make new friends, have a heap of fun and leave with some valuable information and new skills.

Taz Kidz Club is based on a program created by Mater Children's Hospital and uses a manual developed by 2 local mental health professionals, Christine Handley & Angela Josephs.

It's a supportive, fun and educational club for kids aged between 8 and 12 who have a parent, close relative or caregiver with a mental illness or emotional difficulty.

The Club meets once a week for 6 weeks for 2 hours during school term and/or school holidays. There's between 5 and 8 participants in each group, & 2 trained facilitators. Clubs start up late February!

Champs Camps are 3 day, fun and adventure camps for kids who have a parent, close relative or caregiver with a mental illness. There's camps for 7-12 year olds and camps for 13-17 year olds. Champs Camps are held throughout the state at places where there's fun things to do like swimming, horse-riding, hiking, arts and crafts, sports and relaxation time!

- If you're a parent and want to talk more about these programs, give our office a ring. Leave a message if you get an answering machine, with the best time to ring you back. We can send along an information packet or speak to you on the phone or in person.
- If you're a service provider, contact the office for a referral form and info.
- If you're a young person and would like to come along to a Club or Camp, talk to your school counsellor and your parent and then ring us.

Would you like to be a volunteer at a Camp or Club? Give us a call!

How much does it cost to attend a Taz Kidz Club or Camp? Absolutely nothing. It's **FREE!** We'll provide transportation, yummy food, all materials and all the fun!

Contact:

Diane Brokenshire at the Mental Health Council of Tasmania 97 Campbell St. Hobart, Tas 7000 Ph: (03) 6231 3864 Mobile: 040 082 1919 Email: dibrokenshire@bigpond.com

If you live in the **north** of the state, ring the northern coordinator, Vanessa Gale on 6423 4369 or 0427 369 529

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