



Arafmi Alert

October 13, 2011

Arafmi's weekly online newsletter

JOIN IN ON SUNDAY: Mental Health Walk of Pride Goes To the Beach

Arafmi will again be hosting the annual mental health **Walk of Pride**, opening **Carers Week (Oct 16-22)** and closing **Mental Health Week (Oct 9-15)**. A sunset stroll against stigma from 5pm along the footpath from Cottesloe Beach Surf Lifesaving Club on Sunday Oct 16. All welcome.

Broome and Carnarvon events for October, contact Arafmi's NW offices on 99412803 or 9193 6600.

Mandurah Walk Against Stigma

Mental Health Week for the Peel region saw Mandurah's annual Arafmi march, led by a Scottish Piper who guided 60 people along the Mandurah foreshore. New carers were welcomed this year. Arafmi Family/Carer Support worker Jo Enoch read a Mandurah carer's prose about her son's journey from illness to recovery on her behalf. The crowd included George Walley with his "Welcome to Country", Mayor Paddi Creevey, WAAMH Board member Marita Walker, & Clinical Director, Peel and Rockingham-Kwinana Mental Health Service Dr Gordon Shymko.

10-Year Vision for Mental Health Launched in WA

Premier Colin Barnett and Mental Health Minister Helen Morton this week launched a 10-year strategic plan Mental Health 2020: "Making it personal and everybody's business". The vision is aimed at creating better connections between mental health services providers to get better support for people with mental illness. Mr Barnett said: "Our vision is about respect, participation, engagement and recovery, because most people with mental illness do recover and go on to live fantastic, fulfilling lives as long as they have the right supports. Under this new strategic direction people with mental illness and their carers will be given more choice, flexibility and control of services they receive." Mrs Morton said greater investment across the mental health system would help balance the full range of support and services, including mental health promotion and prevention, early intervention, treatment and recovery.

Greens Have Reservations About WA's 10-Year Vision (above)

Alison Xamon, Greens spokesperson for mental health said that while a strategy is welcome, it was meaningless unless every minister "ensures that their policies and legislation are consistent with an approach to mental health that is focussed on recovery, removing stigma, and ensuring those with a mental illness are receiving the best possible access to resources." She said: "Instead we have a Police Minister and Attorney-General introducing draconian legislation which is inadvertently targeting those with a profound mental illness. We have a Correctional Services Minister overseeing the imprisonment of people with a mental illness in record numbers who are then not receiving the help they so desperately need, and a Housing Minister who has introduced punitive and simplistic policies which is leaving some of our most vulnerable citizens homeless."

Arafmi Workshop Shadow of a Person – Workshop on Ambiguous Loss

Mental health carers – like to learn more about how to find resilience in the face of the incomplete and uncertain loss related to mental illness? This is a free Arafmi workshop. Carers are often left to cope with stress of unrecognised loss associated with mental illness with little acknowledgement from the community. This loss called ambiguous loss or frozen grief occurs when the outcome of a mental illness is unknown. What is ambiguous loss? Why does it matter? How do you ease its effects for you your family? Oct 24, 10am-2.30pm. 182 Lord St, Perth. To register contact Brandon on 9427 7100 or email brandon.etto@arafmi.asn.au

Continued....

Mental Health Facility Underway in WA

Work has started on transitional housing for 22 mental health clients. The 22 1-bedroom, self-contained units, with a community/administration building will allow residents to cook, eat, relax and socialise. The Joondalup facility, will house people for up to 90 days to receive supportive care and participate in individualised programs aimed at helping them live successfully in the community. Mental Health Minister Morton said the facility would allow people with mental illness to be discharged from hospital earlier, after an acute illness and receive the care they need as they settle back into the community.

Rural Aussies urged to 'Help a Mate' to Combat Mental Illness

Former WA psychologist Dr Chris Day is helping to take mental health support to rural and regional Australians. Brisbane-based Dr Day said she is looking to include WA in the program, perhaps fly-in, fly-out mining areas as well. 'Help a Mate' program, launched by Incitec Pivot Fertilisers, is part of a new mental health program designed to help rural and regional communities identify the signs of mental illness and arm them with the tools to help. An online tool kit is hosted on the Farmer Community website. The program has received support from mental health ambassador Professor Patrick McGorry. www.farmercommunity.incitecpivotfertilisers.com.au

Book Reveals Warning Signs About WA Youth Depression

A new book about teenage depression & suicide for parents/families in spotting the warning signs and intervening early was launched by Mental Health Minister Helen Morton this week. "Teenage Depression Warning Signs" by Michelle Ferry & Janette Philp was produced in collaboration with Youth Focus to help adults, particularly parents, as they support children through adolescence. Parents know their kids better than anyone so are well placed to notice the warning signs of depression and suicidal thoughts, but as this book shows, mental illness is often a hidden phenomenon, even to parents, Mrs Morton said.

Queensland Follows WA With Mental Health Commission

Queensland's new Mental Health Commission is part of the State's \$1 billion spending in public mental health services, Premier Anna Bligh announced. "The new Commission will be the cornerstone of ongoing reform," the Premier said.

More Evidence of Record Spending on Mental Health on New Mental Health Services Website

Data by the Aust Institute of Health and Welfare shows spending on mental health related services is continuing at record levels. \$5.9 billion is spent on mental health services each year. AIHW's new online Mental Health Services in Australia website is available at <http://mhsa.aihw.gov.au>

Final 2011 Carer Evening Addresses Suicide

The final Fremantle parent and carer evening for 2011 is on Oct 19 at 6pm-8pm. Hear **Dr Vijay Lazar** speak on suicide issues. Please contact South Metropolitan Area Mental Health Service, Alma St Centre, Fremantle. Phone 9431 3442 or mobile 04 04890135 or email Jennifer.victory@health.wa.gov.au

New Ruah Mental Health Website Launched

Ruah launched a new website this week. A range of psychosocial rehabilitation, recovery support, employment support and peer-led community based mental health programs have been developed under the agency names of **Ruah Inreach** and **Ruah Workright** together forming Ruah Mental Health. Contact meaganshand@ruah.com.au or phone 9485 3939. www.ruah.com.au/page/mental_health

Got Some Spare Time? Would Like To Help Arafmi? We Need Volunteers

Arafmi has big events coming up and we could use extra hands to help out. If anyone can spare a few hours or would like to be on our regular volunteer list contact Brandon on brandon.etto@arafmi.asn.au

Arafmi Early Evening Appointments in Perth

Arafmi is offering carers early evening appointments on Thursdays 4-7pm. Last appointment starts 6pm. The appointments, 50 mins, start this week. 182 Lord Street, Perth. Call 9427 7100.

Continued...

Industry Pays High Price For Stress, Anxiety and Depression

Uni of Sydney's Menzies Centre for Health Policy has estimated that stress, anxiety and depression are responsible for \$20 billion in lost productivity each year.

Event: 'Sharing our lived experience'. Consumer and family perspectives

The Mental Health Commission and the Drug and Alcohol Office are presenting this free event on **Oct 26**. Do you work with people who are affected by drug and alcohol and mental health problems? Are you an individual or family member who has an interest in or experience of these issues? 9.30am-12.30pm. Speakers include Margaret Doherty – Convener, Mental Health Matters 2 and Paul Dessauer – Outreach Coordinator, WA Substance Users' Assn, who works with people affected by alcohol and other drug and mental health problems. Ph: 9370 0368. Email DAO.education@health.wa.gov.au

ART EXHIBITION

Arafmi is taking part in the Open Minds Art Exhibition. IT runs until Oct 21 Oct at the Alma St Centre, in partnership with DADAA. There is artwork on show and Arafmi submitted pieces from the photography group from earlier in the year. Public opening times: 10am-4pm weekdays and 10am-2pm weekends.

Arafmi Carer Support Groups

Evening Group at Whitfords

As some carers work full time, Arafmi is holding an evening carer support group in Whitfords on the second Thursday of every month from 5pm – 7pm at Suite 6, Endeavour Rd Business Centre, Hillarys. More information, call Emma: 9427 7100.

Mandurah and Rockingham Arafmi Mental Health Carer Groups

Mandurah and Rockingham Arafmi Mental Health Carer Group meets on the third Thurs of the month at Community First, 98 Mandurah Tce, Mandurah at 10am-noon or Rockingham third Wed of the month at Rockingham/Kwinana Adult Mental Health Unit, Cnr Ameer & Clifton Street, Rockingham, 1pm-3pm.

Fremantle Arafmi Mental Health Carer Groups

Come and exchange ideas and information at Arafmi's next carer support group. 10am-noon. Monthly, first Wed each month. 16 Phillimore Street, Unit 5, Fremantle. Contact Liz on 9427 7100.

Recreational Activities for Adults Experiencing Mental Health Difficulties

Arafmi offers recreational support to adults with mental health issues in north metro area. Interested in interacting with social groups & enjoying activities on a weekly basis? Arafmi will provide recreational support. RSVP essential. Please contact Rhonda on 9427 7100 or email rhonda.mccullagh@arafmi.asn.au
GYM/SWIM SESSION FOR ADULTS EXPERIENCING MENTAL ILLNESS

Location: Beatty Park. Free. Fridays. Suitable for all ages and fitness levels. Why not join up and meet new people. Participants must be enrolled in our recreation program to take part.

BADMINTON FOR ADULTS EXPERIENCING MENTAL ILLNESS – EXTENDED UNTIL Dec 14 (excludes school holidays) Swan Park Leisure Centre. FREE. Please call Rhonda to find out more. **Participants must be enrolled in the recreation program to take part.**

Keeping You in Stitches: Mix it up with a little bit of yarn graffiti, tattoo design embroidery, radical cross stitch and more. 5-8pm Weds, Midland Junction Arts Centre. captainplaknit@gmail.com
<http://www.facebook.com/pages/Mixed-Bag-craft-nights>. Supported by City of Swan.

RESPITE OFFERS

EXERCISE CLASSES (gold coin donation) during school terms the Women's Health and Family Services run a series of exercise classes. These are available to Arafmi carers/adults with mental health difficulties. Mon 1–2pm Body Balance, a class to heighten the senses incorporating Tai Chi, Yoga, Pilates & Balance. Wed 1–2pm Circuit Combo, a class that combines strength training/cardio fitness. **Note: Females only.**

MASSAGES PERTH: Massages continue to run at 182 Lord Street, Perth. These treatments are popular so book early to avoid disappointment. The next appointment is Fri Dec 16 unless there's a cancellation before this date. Later dates are also available. Call to put your name down as treatments book quickly.

Continued...

MASSAGES WHITFORDS: Massages will continue to run fortnightly at our Whitfords office. The next availability is Wed Nov 16 unless a cancellation occurs prior. Later dates are also available. Appointments at both locations book well in advance so call Rhonda to book your place.

DIARY

Submit diary details to lee.tate@arafmi.asn.au Events are also listed on our website: www.arafmi.asn.au

CLAN WA indigo facilitates “Partners in Depression” free work shop series as part of a national initiative. Supporting those who know, live with, or care for someone experiencing depression. Tues evenings in Rivervale start Oct 25 7 Thurs in Carlisle starts Oct 27. Enquiries 9498 2829 or indigo@clanwa.com.au

Richmond Fellowship WA Events

Carers’ Week: Oct 16-22 - Program see www.wa.carersaustralia.com.au

Oct 20, 27: Nov 3, 10, 17, 24: Partners in Depression 6-week group program to address info and support needs of those who live with or love someone experiencing depression. What is depression, treatments, suicide, support, communication strategies, and importance of self care. 27 Oxford Close, West Leederville. 6.30pm-9pm. \$120 per person. Book on 9489 6322

Oct 20: Carers Week Expo “We care because you do” 10am - 2pm. Cannington Exhibition Centre, Gate 1, Station St, Cannington. Free. Call 1300 CARERS (1300 227 377)

Oct 21: Autism Support Network Albany is hosting a FREE Lunch for people with Autism Spectrum Disorders, their families, carers and Service providers. Meet other families and services to talk about the needs of the Autism community in Albany and the Lower Great Southern. 211-217 Lotteries House, North Road, Albany. RSVP Anglicare on 9845 6666. albanyreception1@anglicarewa.org.au

Oct 24: Understanding Ambiguous Loss Workshop. What it is? Why does it matter? How do you ease its effects for yourself and family? **1am-2:30pm. The Carers Centre: 182 Lord Street Perth**
To book contact Brandon on 9427 7100.

Oct 25: Carers’ Day; Carers’ Forum 9am–3pm. Talk to Us. Macdonald Theatre L 2, Admin, Roberts Rd opp Telethon Institute. Carers provide unpaid care/support to family members and friends who have a disability, mental illness, chronic condition or terminal illness. Do you have a story or a photo that you would like to share with other carers? Send it in. Information, carers story board, children’s entertainers, refreshments, adult mini spa, free family photos. Sanri Ingle LINC Coordinator 9340 7733 / 0420 967 802.

Oct 25: City of Stirling Family Services Networking Forum; Damien Roper from WA Council of Social Services (WACOSS): “Preventing Burnout”. 9am-11.30am. Admin Building, 25 Cedric Street, Stirling. RSVP: Tracy.Buchholz@stirling.wa.gov.au

Nov 2, 3: CLAN WA indigo free workshops – supporting those affected by another’s mental health issue. “Brain Bitz: An intro to mental health with a focus on anxiety & depression” in Rockingham Nov 2 & Armadale Nov 3, 10am-noon. 9498 2829 or indigo@clanwa.com.au

Oct 31: Introduction to Eating Disorders Part 1. Part 2 on **Nov 1**. \$60 each, 9am-4pm. Ph: 9340 7012.

Anglicare Seminars to December

Three Saturday Workshops. Cost: \$ 82.50 / \$55 concession. 9263 2121.

Nov 5: Challenging the Fury Within: Strategies for Regulating Anger. Learn a range of skills to address distressing angry emotions, which may otherwise put your health and relationships at risk.
Assertive Communication.

Nov 6. Seniors Week begins. The theme is “Setting the Trend”. There will be a lift out section in *The West Australian* on Oct 19 to raise awareness and list events.

Nov 12: Guarded, hostile or ineffective communication can disable relationships. Learn verbal skills; ask for what you want, say no when you need to & express your feelings

Nov 19: Self Esteem and Changing Negative Thinking. To empower you to begin the journey of recognising and challenging unhelpful thoughts and beliefs.

Future Issues of Arafmi Alert

Do you know someone else who would find *Arafmi Alert* useful? Please send us their email addresses. If you do not want to receive future issues of *Arafmi Alert* email brandon.etto@arafmi.asn.au