

Concern Arafmi Magazine



Arafmi

Mental Health Carers & Friends Association (WA) Inc

Spring 2011

“Hash Bashers” Do It Tough For Us



Mat, Claire, Therese, Chris, Don & Ash at Home Valley Station with Cockburn Ranges in the background.

Arafmi Services

Arafmi has been providing FREE support and Information services to family and friends of WA people with mental health issues since 1976.

FREE SERVICES

- Free professional counselling for adults, children and young people.
- Respite & Recreation.
- Community network meetings in a range of locations.
- Advocacy: Carers' rights.
- Library & Information Services.
- Provision of workshops and seminars on a variety of mental health issues.
- For schools: Changing Minds.
- Young people school holiday activity programme.

For more information
Phone 9427 7100
Country Callers
1800 811 747

National Award Nomination for Arafmi

Arafmi's Youth Service Program has been selected as a finalist in the 2011 Australian and New Zealand Mental Health Service Achievement Awards in the category, *Infant, Child and Adolescent Services or Programs*. As a finalist, Arafmi's entry will be receiving either a gold, silver or special judges' award, to be announced at the TheMHS awards ceremony in September.

When Therese Burke signed-on with her dedicated team, the “hash bashers”, for the gruelling fundraiser, Gibb River Road Mountain Bike Challenge, she generously decided to give the \$1,000 proceeds to Arafmi.

The socially-competitive 700km team relay raises community awareness and money for charity, shared with WA Police Legacy. It's the second bike challenge for Therese who also loves sailing, surfing “and anything outdoors”.

“I chose Arafmi because both my aunty and father suffered from schizophrenia,” said Therese whose job is based in early childhood and studying conservation.

“So it's very close to the heart and I feel more awareness is needed in regard to mental illness”, she said.

The bike challenge is defined as “a life-defining adventure from the deep port Kimberley town of Derby to the world acclaimed million hectares of El Questro”.

Thank you Therese and the other “hash bashers”.



President's
Report

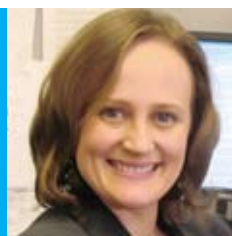
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Death of Arafmi Pioneer

President's Report



By Tony Fowke - Arafmi President

Margaret Lukes OAM died on 29 June 2011 at the great age of 95.

I first met Margaret over 25 years ago at an Australian National Association of Mental Health meeting. She and I were for several years volunteers on various mental health committees and we met frequently at conferences. We became great friends.

Margaret held very strong views concerning mental health and the importance of the involvement and support of mental health carers which led to the establishment some 35 or so years ago of Arafmi in NSW. The need and benefit for such an organisation spread to other States and the Northern Territory. I can recollect several occasions when Margaret was very forceful in putting her views, not for the benefit of herself but on behalf of carers.

Another attribute that Margaret had was her ability to identify flaws in documents and to get them corrected without fear nor favour no matter who they had been prepared by or for. This did not, however, inhibit her in any way from enjoying social interaction and she had many friends throughout Australia. She was a friend in time of need and supported me and my family as we experienced difficult times. She was a good example of what it means to be a carer

I was privileged to be able to visit Margaret several times in the unit she once enjoyed overlooking Sydney's Pittwater Bay when she extended great hospitality to me and my wife.

It is of course sad that Margaret is no longer with us but her memory continues on as a great inspiration for us to continue the work she began.

Vale Margaret Lukes



Margaret Lukes OAM age 95

The above is perhaps unusual for a Concern President's Report and it is based upon a tribute I was asked to make for Margaret. Sometimes we forget how we came to be where we are today and it is an encouragement to realise what can develop from new beginnings. Big or great things grow from something small or to quote a well-known saying: 'Mighty oaks from little acorns grow'

Arafmi Mental Health Carer Support Groups For 2011

LOCATION	PERTH	WHITFORDS	WHITFORDS <i>Evening Group</i>	MIDLAND	MANDURAH	MANDURAH <i>First Timers</i>	ROCKINGHAM	FREMANTLE
ADDRESS	182 Lord St PERTH 6000	6/32 Endeavour Rd HILLARYS 6025	6/32 Endeavour Rd HILLARYS 6025	St Vincent de Paul Society (WA) Inc 2 Bayley St WOODBIDGE	Community First 98 Mandurah Tce MANDURAH	Community First 98 Mandurah Tce MANDURAH	Rockingham Mental Health Cnr Ameer & Clifton St ROCKINGHAM	5/16 Phillimore St FREMANTLE
TIME	10am – 12pm	10:30am – 12:30pm	5pm – 7pm	10am – 12pm	1pm – 3pm	10am – 12pm	1pm – 3pm	10am – 12pm
STAFF MEMBER	Virginia Hailes & Sarah Tarulli	Sarah Tarulli & Emma Barlow	Emma Barlow	Mav Ryan	Jo Enoch	Jo Enoch	Jo Enoch	Elizabeth Dos Santos
SEPTEMBER	9th	14th	8th	23rd	12th	15th	21st	7th
OCTOBER	14th	12th	13th	28th	10th	20th	19th	5th
NOVEMBER	11th	9th	10th	25th	14th	17th	16th	2nd
DECEMBER	9th	14th	8th	23rd	12th	15th	21st	7th

Free of charge. Tea and coffee provided. Please confirm your attendance as venues may change. Phone Arafmi head office 9427 7100

Ambassador Jamie Stands Up For Youth



He's a familiar figure among mental health carers and now Jamie Kennedy-Fillery has a new string to his bow as Arafmi's Youth Ambassador.

A University of WA student, Jamie has followed a busy course for some years as mental health youth representative and, all of 18, he commented after accepting his appointment: "Where would you like me to start?"

Also in Jamie's impressive quiver are certificates in senior first-aid and Aboriginal and Torres Strait mental health first aid.

As a musician who has written and performed songs in support of people with mental health issues and their carers, Jamie was awarded Young Carer of the Year in 2004 for his volunteer work and dedication to the advancement of the mental health field.

Arafmi Executive Director, Mike Seward, said: "Jamie's commitment and spirit to the issues surrounding mental health and his tireless support for mental health carers – often the overlooked and thankless people - reflect Arafmi's principals. Jamie is a welcome new Arafmi Youth Ambassador".

Jamie was finalist in the John Da Silva Mental Health Good Outcome awards in 2010.

His experience includes: Keynote speaker at 2009 Mental Health international conference, speaker in OurMobOurMindOurSpirit conference in 2009 and 2010 and MC for events including Youth Week, Mental Health Week and Schizophrenia Awareness Week.

Jamie also has experience in peer support and youth support, working as a Youth Support Officer and has done volunteer work for charities and groups including Arafmi, Carers WA, the Mental Illness Fellowship of WA and COMIC Australia.

With WA Chief Justice Wayne Martin as Arafmi Patron, Arafmi's other Ambassador is Estelle Dragun, a key national figure in promoting better services and treatment for people with mental health issues and their carers.

Above: Jamie Kennedy-Fillery



Early Xmas Present For Simon

Simon Williams has just gone for a drive – a mere 2,300km trek from Broome to Perth and return.

The Arafmi Outreach Worker is based in Broome and every several years he needs to update his 4WD.

"There's more choice of cars and dealers in Perth. I don't mind the drive – I'm used to it," said Simon who is of Aboriginal and Indonesian descent.

"I stop over on the trip and this time I bought a new 4WD so had to drive back to Broome under 100kph," said softly-spoken Simon, one of three in Arafmi's Broome office.

The others are Family/Carer Support Worker Miriam Fessler and Outreach Worker Cecelia Dann.

Simon, who spent 10 years in the north working in drug & rehab before joining Arafmi nearly a year ago, spends many hours in his 4WD serving Aboriginal carers in the north.

Simon says his new car is like an early Christmas - and birthday - gift. They are both on December 25.

Above: Simon Williams

New Faces At Arafmi



Danielle Moore Steps Right In

Danielle Moore recently stepped in as Youth Support Worker for Arafmi.

Danielle, who holds a Bachelor of Psychology degree from Curtin University, has been working with children for the past 5 years as a jazz and ballet teacher.

If that wasn't enough to keep her on her toes, Danielle balanced it out by blending her passion for working with children and work at Arafmi.

"I love challenges and I'm really looking forward to my new journey," Danielle said.



Kerry's Strategy Works

Prior to joining Arafmi, new Carer Advocate Kerry Hawkins worked as a strategic advisor for a Federal Government agency in Perth before resigning to care for her husband.

Kerry also works for MIFWA as a facilitator in their WellWays Building a Future program for carers.

In addition to being a carer representative with Carers WA, Kerry is a member of the national Children of Parents with a Mental Illness (COPMI) National Family Forum.

She is also involved in several working groups associated with WA's mental health reform while studying law at the University of WA.



Rana Holds Purse Strings

Rana Ensor has taken the reins as Arafmi's Finance Manager.

Perth-born Rana finished her Arts degree before striking out to see the world, covering Europe, America and Canada over two adventurous years.

Back in Perth, Rana worked at Kulcha Multicultural Arts for three years before moving to Queensland to work at the Woodford Folk Festival where she met her husband, Jason.

Rana then completed a degree in Professional Ethics and Governance at Griffith University, concentrating on ethical management of not-for-profits in Australia. She then took on the role of general manager at Queensland Artworkers Alliance.

Stay Alert

Are you receiving our weekly online newsletter, Arafmi Alert?

Your newsletter will keep you fully up-to-date with material and information that is directly relevant to mental health carers in WA.

Please email your details to receive this weekly bulletin online from the next report.

Send your email address to lee.tate@arafmi.asn.au

Stay in touch!



Carers, Clinicians & Cops - Liza's Link

Liza McStravick is a new name at Arafmi but not a new face. Carers will recognise Liza as Arafmi's Manager Counselling / Support for the past three years. Liza (nee McCormick) married this year. From Ireland, Liza has 12 years experience in counselling.

Liza's time includes building relationships with hospital teams, encouraging them to be more aware of carers issues, how to best support carers and encouraging staff to let carers know early about the support Arafmi can provide as well as other community mental health agencies.

"I believe information for carers is vital and clinicians should ensure carers receive as much as possible early into treatment plans," said Liza who is involved in projects geared towards early education of clinicians, nurses, police and other community services about the needs of mental health carers and consumers.

These include "Confident Placement" with the Marion Centre and all universities in WA. The Marion Centre have developed

a program for nursing students to give them increased clinical training in mental health before going on their placements. All of the universities have signed up their students to attend.

"It is hoped that this will encourage more students to work in mental health while also improving student nurses' confidence when working with both consumers and carers.

"I have been involved in ensuring that the course covers communication with carers, encouraging communication between clinical staff and carers while still respecting the consumers confidentiality," said Liza.

"We are always keen to hear back from carers what their needs are. We are aware of a demand for evening sessions and evening groups predominantly in Whitfords and Fremantle and are working on making this happen. So watch this space," Liza said.



Arafmi WA is 35 Years Young!

July 20 1976 is a special date for Arafmi.

That's when the first meeting was held in WA that led to the formation of the WA Association of Relatives And Friends of the Mentally Ill (ARAFMI).

"Arafmi, bigger and stronger than ever, has marked its Jade 35th anniversary," said Executive Director Mike Seward.



Arafmi WA's Board of Management and Executive Officer



L to R: Tony Fowke, President; Patrick Hardwick, Vice-President; Allison Fillery, Dane Etheridge, Catherine Holland, Secretary.



L to R: Michael Mitchell, Ann Elliot, Treasurer; Franco Guazzelli, Vice-President; Jenny Antulov, Mike Seward, Executive Officer.

Young Carers Aren't Forgotten

The Arafmi School Holiday program runs every school holidays and provides recreation activities for young carers ages 8 -12 and 13 -18.

The service is free to children who care for someone with a mental illness and aims to promote social interaction, confidence building and communication skills in a fun and safe environment.

Activities include movies, rollerblading, 10-pin bowling, Adventure World and Great Escape.

Details phone School Education Officers Anna Albrecht and Cally Jeffers, 9427 7100.



Carnarvon Carers Gather Strength

Mav's Midland



“Supporters supporting each other” is a theme that is working in Carnarvon – and making news.

Arafmi’s Carnarvon Family/Carer Support Worker, Ross Monaco, has been central to a series of carer meetings in the north.

“Carers are able to talk about common issues,” he said.

“And they can share carers’ experiences with each other, connect with the wider community and build on social networks with people experiencing similar issues and have some time out. Plus have fun!” said Ross.

“The group is ideal for carers to come up to speed on information, education and workshops. These weekly meetings allow carers to see the wider picture.

“They are mental health carers as well as disability carers – and carers for everyone,” he said.

The Carnarvon Carers Group has also proved to be a useful stepping stone for carers to other service providers, as the local Guardian News pointed out.

Arafmi Family/Carer Support Worker, Mav James, reports on growth of Arafmi services in the Midland region

As Arafmi’s Midland office continues to work with Swan Mental Health Clinic to provide support and services to carers, the latest development is the joint evening information sessions for carers who currently have loved ones in hospital.

These sessions address some of the immediate concerns carers may have when a hospital admission occurs. This includes the difference between voluntary and involuntary admissions, the role of each of the professionals in the service and the carer support that Arafmi can provide in times of stress and uncertainty.

The sessions have been going through a pilot stage with a thorough evaluation with fine-tuning following.

In other news, Midland counselling appointments continue to be used to full advantage, the sessions are offered at the Swan Mental Health Outpatient Clinic on Tuesdays and Fridays, no referral is necessary and appointments are open to anyone who is living with, loving or supporting someone with a mental illness.

Arafmi does not operate under “catchment areas” and individuals from any area are welcome to attend the free appointments. For further details please call 9427 7100.

Arafmi's Respite Stretches Its Legs

By Rhonda McCullagh - Respite Co-ordinator

YANCHEP RETREAT

Arafmi has taken over a different property in Yanchep. It is available to mental health carers throughout the year and is a great place to get away from it all. The 4-bedroom house has 2 double beds and 4 single beds, the perfect size for a family holiday, and is a walk to the beach. From the balcony, you can watch the sun set.

RESPITE FOR CARNARVON CARERS

Part of the respite funding was used to provide our carers in Carnarvon with a well-deserved break. A group of ladies went to Geraldton for the weekend where they were treated to a few hours at the local spa. The men opted for a fishing trip in Exmouth. Both groups thoroughly enjoyed the break away and everyone came back from the trip refreshed and relaxed.

CAMPS

January to June set a solid pace for Arafmi's respite program - 7 recreation camps in 6 months with 5 youth camps and catered for young carers aged 9 – 17. With such strong feedback, the camps are set to continue through to June next year.

In April, Arafmi ran a camp for Aboriginal families at Woodman Point and in May a camp was set up for adults with mental health issues. This took place in Point Walter recreation camp and it was a great opportunity for those taking part to socialise and make new friends.

MASSAGES AND PAMPERING

Carers were able to take advantage of the weekly massages at Arafmi's Perth and Whitfords offices. The treatments benefited carers with many reporting a marked improvement in their health and well-being. Treatments will continue to run fortnightly. A series of pamper days were held over the last 6 months with treatments including facials, manicures and pedicures. "Carers were delighted to be spoilt by the beauty therapists".

To qualify for the respite program you must care for someone with a mental illness and live or work in the North Metro area. If their loved one receives treatment in the North Metro area they will also qualify for respite.

Rhonda's New Role

RECREATION PROGRAM FOR ADULTS EXPERIENCING MENTAL HEALTH DIFFICULTIES

In addition to the respite program, Rhonda will now also be co-ordinating the recreation program. This program enables adults with mental illness to take part in various free activities. There is a gym-and-swim session every Friday at Beatty Park Leisure Centre. Rhonda is also planning activities in the Midland and Joondalup areas in the next month. Please call Rhonda on 9427 7100.



Jo Loves a Full Calendar

Arafmi's Josephine Enoch prefers a busy calendar.

Jo's beat is from Mandurah to Rockingham and when Concern asked Jo what she was working on, this is what the amiable Family/Carer Support Worker produced from her diary.

"Presentations to Rockingham Early Episode Psychosis team, Mandurah Early Episode Psychosis and Commonwealth Carers Respite Centre Forum. A meeting with Challenger TAFE to promote Arafmi and an invitation to Binjareb Indigenous Inter-agency".

Arafmi events in the region include a first-timers Mandurah carers group, a Mandurah carers group and Rockingham carers group.

"Plans are well advanced for the Mental Health Week Expo on Mandurah foreshore on October 10," said Jo, who gets support from colleague Virginia Hailes, coming down from Perth.

"I have met with social workers at the new Mimidi Park Mental Health Unit at Rockingham Hospital. Currently we are working together towards assisting families experiencing their first mental health episode. There is a mix here of government and non-government services including Arafmi, Perinatal Mental Health and Ruah.

"I will be delivering Partners in Depression with RKM social worker later this year," said Jo.



Arafmi Honours Legacy

Executive Director's Report

By Mike Seward - Executive Director

In his report for this edition of Concern our President, Tony Fowke, very eloquently talks about the Arafmi founder Margaret Lukes who passed away recently, and I thought it would be timely to talk about how we continue to honour her legacy 35 years on from our founding.

We are very fortunate to have a dedicated staff and Board as I have mentioned previously, but we are also fortunate to have an active, high profile Patron, Chief Justice Wayne Martin and two mental health carer leaders as Arafmi Ambassadors, Estelle Dragun and Jamie Kennedy-Fillery.

Our Patron, Chief Justice Martin was one of three speakers at the third of the revived popular Breakthrough series of lectures on Mental Health and the Judicial System. The other two speakers being Police Commissioner Karl O'Callaghan and Mentalhealthmatters2's Margaret Doherty. This event, held in Supreme Court No 1 was oversubscribed and in excess of 100 people attended with feedback being favourable.

Arafmi Ambassador Estelle Dragun is to be congratulated on her recent appointment to the WA Ministerial Council for Suicide Prevention. Her passion for suicide prevention in the face of the death of her daughter Charmaine will now be harnessed for use across the state.

Youth Ambassador for Arafmi, Jamie Kennedy-Fillery, an 18 year-old Aboriginal mental health carer, was recently invited to be a peer/young leader for young mental health carers in NSW attending a camp in the Mt Kosciusko National Park, a task he carried out to all reports extremely well.

Since the last issue of Concern, Arafmi has continued to be a voice for mental health carers and their loved ones with mental health issues. Besides raising carer issues on radio and in the press, we have been active in other ways outside our standard carer support roles. For instance:

- Our Youth Services program is a finalist in the national Mental Health Awards
- We have presented at recent conferences and will be presenting and facilitating a session at another conference before the year end
- We have been asked to have a representative on a selection panel for the WA Mental Health Awards

All in all we are now recognised across the sector as being a "can do" organisation that others want to work with. This can only be beneficial for WA's mental health carers.



Tony Fowke, Police Commissioner Karl O'Callaghan, Chief Justice Wayne Martin, Mike Seward and Margaret Doherty.

Important Forum Fills Up

WA Chief Justice Wayne Martin and Police Commissioner Karl O'Callaghan both agreed to come on board for an important discussion at the Supreme Court on August 1 on Mental Health and the Judicial System.

Mentalhealthmatters2's Margaret Doherty, using personal stories, highlighted the current deficiencies from carers perspectives.

The sell-out event, part of Arafmi's popular Breakthrough forums, comes at a crucial time for mental health when the State Government is considering special courts for people affected by mental health issues.

Arafmi and other organisations have been lobbying the government against mandatory jail sentences for mentally-impaired people when arrested.

Adults who assault or cause grievous bodily harm to police, ambulance, transit guard, prison or court security officers are given a mandatory jail sentence of 6 months and up to 3 months for juveniles, 16-18.

"Arafmi is concerned at the impact of mandatory sentencing on people suffering from a significant mental impairment and their carers, many of whom although elderly would rather be assaulted by their loved one than call the police which could result in a mandatory 6 month jail sentence," says Arafmi Executive Director Mike Seward.



You are not alone



Arafmi

Mental Health Carers & Friends Association (WA) Inc

HEAD OFFICE

182 Lord Street, Perth,
Western Australia 6000

T (08) 9427 7100

F (08) 9427 7119

www.arafmi.asn.au

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**Government of Western Australia
Mental Health Commission**