



Arafmi News

The Newsletter of
Mental Health Carers
Arafmi Queensland Inc

Providing support for carers,
 families and friends of people
 with mental health issues.

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Annual General Meeting

Friday 28th October

See Page 7
 for more details

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The Resourceful Adolescent Program (RAP):

A strength –focused program for teens to promote positive mental health.

This program was developed to build resilience and promote positive mental health in teenagers. The program specifically aims to prevent teenage depression and related difficulties.

Approximately one in five teenagers will develop depression during the course of their teenage years which could severely hamper their development and future prospects.

RAP aims to increase the psychological resilience or resourcefulness of young people and draws on research of successful treatments for adolescent depression and the known psychosocial risk and protective factors at the individual, family and school level.

RAP is based at the Institute of Health and Biomedical Innovation (IHBI) at Queensland University of Technology, Australia. The RAP Director is Professor Ian Shochet, Head of the School of Psychology and Counselling. The programs have been shown to be effective in building resilience to prevent depression.

Components

RAP focuses and builds on strengths (rather than "repairing of deficits"). It consists of three components that promote the individual, family and school protective factors respectively:

1. **RAP-A** for adolescents - school-based program for 12 to 15 year-olds that aims to improve the coping skills of teenagers. The

program focuses on identifying strengths, developing relaxation strategies and positive self-talk and strengthening interpersonal relationships.

2. **RAP-P** for parents - targets family protective factors such as increasing harmony and preventing conflict. In addition the program helps parents to identify their own strengths and the strengths of their teenagers and discusses strategies to promote more positive self-esteem.

3. **RAP-T** for teachers - aims at assisting teachers to promote school connectedness, a protective factor that has recently been shown to be very important in teenage mental health. We now know that the extent to which students feel included and validated in their schools will be a major antidote to depression.

RAP-A and RAP-P also have [adaptations](#) that meet the specific needs of indigenous communities.

The three components of the Resourceful Adolescent Programs are primarily run as universal prevention programs. They are designed to be useful to all teenagers, and not only those specifically at risk for depression.

However, the program also has been shown to be effective when used with teenagers that already have symptoms of depression. The three components of the program can be run independently or together.

Continued on page 10...

President's Piece....



Welcome to the August 2011 edition of *Arafmi News*.

It's almost that time of the year again when we hold our Annual General Meeting. I would encourage all financial members to attend the meeting and take

advantage of your right to vote and to mingle with other carers and current members of the Management Committee. I also would like to encourage any financial members thinking of joining the Management Committee to submit a nomination form – more information on this can be found on Page 7 – we are always happy to have new voices or different points of view. We look forward to welcoming you once again to Arafmi House on the 28th October 2011.

You may recall my mentioning the Government's Flexible Care Packages in the April 2011 edition of *Arafmi News*: On July 1st 2011, the first tranche of "Medicare Locals" were launched across Australia. Although these organisations are not aimed specifically at mental health, it does fall within their charter. A list of the Medicare Locals for Queensland is provided below:

Metro North Medicare Local
Gold Coast Medicare Local
Metro South Medicare Local
Townsville-Mackay Medicare Local
West Moreton-Oxley Medicare Local
GP Partners Ltd
General Practice Gold Coast
Greater Brisbane South Joint Venture – South East Primary Health Care Network and South East Alliance of General Practice
Townsville Division of General Practice
Brisbane South Division and Ipswich and West Moreton Division of General Practice

The Government appears to have been very active in recent months. In addition to the Flexible Care Packages, they have established both a national Mental Health Commission and a National Mental Health Consumer Organisation.

The Mental Health Commission will play a central role in monitoring and supporting the Government in its

delivery of the proposed reforms for mental health care in Australia and will be responsible for reporting to Federal Parliament.

The National Mental Health Consumer Organisation (NMHCO) will initially be hosted by the Consumers Health Forum with a view to it becoming a completely independent organisation after two years. The establishment of the NMHCO will ensure the voice of mental health consumers is heard as the implementation of the Government's *Delivering on Mental Health Reform* package continues.

Speaking of things on a national level, *Mental Health Carers Arafmi Australia*, which encompasses representation from Arafmi organisations across Australia, recently held a two day planning workshop in Melbourne. We eagerly await the official report from this workshop and will be sure to share that information with you in the next edition. In the meantime, pop along and visit the new website at www.arafmiaustralia.asn.au.

Now the formalities are out of the way, I'd like to share with you a heart-warming experience I had recently. I was fortunate to be able to attend the 10th birthday celebrations for Coolibah on 29th July and I was very impressed. The house was beautifully decorated with some of the guests' artwork and hand-made jewellery on display and the 139 Club's catering was brilliant – a job well done by the team at Coolibah and their helpers! I was very pleased to see so many people there, including guests, carers, volunteers and other professional organisations, who had been associated with Coolibah for many years, some from its very beginning.

But that's not the heart-warming part. What really touched me was something that one of the guests, who has been coming to Coolibah for 8 years, said to me. As he was leaving he turned and said "Thank you for what you do here, it really has made a difference to my life". Those are probably some of the sweetest words we could ever hope to hear because whilst our guest is feeling better about his life, it should have a domino effect and make the lives of those who care for him a little easier too. That is what we are all about and it's nice to think we're making a positive difference.

Until next time, please take care, be safe and be kind to yourself.

Those who bring sunshine to the lives of others cannot keep it from themselves. James M. Barrie

Shoena McGonigle

Tribute to Patron

Arafmi members around Australia were saddened to learn of the passing of Margaret Lukes OAM on June 28th 2011, the founder of Arafmi in NSW and Patron of Arafmi Queensland .



Margaret's passion for mental health provided a legacy for all families, relatives, friends and carers of people with a mental illness throughout the country. Margaret was a committed and dedicated individual who is remembered with great fondness by many in the Arafmi family across Australia.

Arafmi commenced in Queensland in 1977 after taking inspiration from the model self help established by Margaret Lukes in Sydney during 1975.

During a visit to Queensland, Margaret challenged and encouraged the Brisbane group to organise a seminar. During 1980 this came to fruition and laid the foundation for what the organisation has achieved today.

In recognition of Margaret's work and support of families, Queensland acknowledged her achievements inviting her to be Patron of the organisation.

Despite the tyranny of distance Margaret maintained regular contact with and encouragement of Queensland's efforts to continue to make a positive difference to the lives of families and people living with mental illness.

Arafmi Queensland celebrated 30 years in 2007 and we were delighted that Margaret was able to make the journey to Queensland to help us and our joint Patron Her Excellency then Governor of Queensland Mrs Quentin Bryce AC to celebrate such a significant milestone (pictured above).

During her speech, Margaret reminded us that in "the early days" the needs of families were largely ignored within the mental health system with clinicians rarely looking at or assisting the family behind the diagnosis.

Thanks to Margaret's support of those founding members, we can say that progress is now being made.



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What Mum Thinks Matters When It Comes To Mental Illness, Study Finds

A new study led by a Northern Illinois University (NIU) sociologist shows that while family members often provide critical support, they can also be the source of stigmatising attitudes that impede the recovery of mentally ill relatives.

"Negative attitudes of family members have the potential to affect the ways that mentally ill persons view themselves, adversely influencing the likelihood of recovery from the illness," said lead researcher Fred Markowitz, an NIU professor of sociology.

Over an 18-month period, the researchers studied 129 mothers of adult children with schizophrenia. "In short, what mum thinks matters," Markowitz said. "It's a chain of effects that unfolds. We found that when those with mental illness exhibited greater levels of initial symptoms, lower self-confidence and quality of life, their mothers tended to view them in more stigmatised terms - for example, seeing them as 'incompetent,' 'unpredictable,' and 'unreliable,'" Markowitz said.

"When mothers held these views, their sons and daughters with mental illness were more likely to come to see themselves in similar terms—what social psychologists call 'the reflected appraisals process.' Importantly, when the individuals with mental illness took on these stigmatising views of themselves, their symptoms became somewhat greater and levels of self-confidence and quality of life lower."



A long line of research has shown that the stigma associated with mental illness can be a major impediment to recovery, affecting self-esteem and even job prospects. But research has not historically examined the links between stigma, reflected appraisals, identity formation, and recovery.

"Our study is part of research that is starting to more fully examine how stigma affects the self-concept and identity of those with mental illness," he said. Markowitz and his colleagues believe it is important to acknowledge that many of the sentiments conveyed toward ill relatives grow out of positive intentions and reflect attempts to cope

with the difficulties of having a relative with serious mental illness. Yet, stigmatising attitudes are of concern because of their potential adverse effects. "This study highlights the notion that recovery from mental illness is not simply a matter of controlling symptoms as indicated by a strictly 'psychiatric' perspective," Markowitz said. "It is, to a certain extent, a social-psychological process.

"The ways in which people, including family members and service providers, think about persons with mental illness affect the beliefs and actions of the individuals with mental illness, in turn shaping the trajectory of recovery."



Mental Health Advocacy Project

In November 2010, Queensland Aged and Disability Advocacy (QADA) received funding from the Department of Communities to undertake a Mental Health Research Project

The project will run throughout 2011 by QADA Service Development Officer, Noela McKinnon. Noela will seek expressions of interest from individuals and organisations interested in being part of a reference group to consider options and issues related to the development of an Advocacy Framework.

The key aim of the project will be to investigate the demand for advocacy services to support people with a mental illness and to identify the components of a mental health advocacy framework required to support the principles of early intervention, recovery and resilience and social inclusion.

An analysis of QADA cases over recent years indicates that an increasing number of clients seeking advocacy support have undiagnosed mental health issues. Analysis also shows that support services clients do receive are often inadequate or inappropriate for their needs.

The situation is exacerbated by a lack of adequately trained staff to recognise and/or support older people

with mental health issues and the inflexible application of services guidelines. Sadly, this often results in clients with mental health issues being denied access to services because their needs are considered to be not as urgent or important as those with declining physical and cognitive abilities.

QADA has also received an increasing number of requests for advocacy support from people with mental health issues. In the majority of instances the requests for assistance are not within scope for QADA advocacy support. In such cases, advocates endeavour to refer people with mental illnesses across Queensland.

However, in the case of mental health matters, the options for referral are extremely limited with a lack of independent individual advocacy services to support people with mental illnesses across Queensland.

This project will pay particular attention to the needs of people with health issues in rural and regional communities.

Butting out in mental health environments

Tobacco smoking, the largest single preventable cause of death and disease in Australia, has long been an entrenched part of the culture of mental health services. SANE Australia, the national mental health charity, has developed guidelines to help community organisations go smoke free and stay smoke free.

Research tells us that people with mental illnesses such as schizophrenia, mood disorders, anxiety and personality disorders make up about 40 per cent of all smokers in Australia and that they are twice as likely as the general public to be heavy smokers.

“The physical and financial burden of smoking is huge for people with a mental illness,” explains SANE Australia’s Executive Director, Barbara Hocking. “Smokers get sick more, die earlier and some go without food to pay for cigarettes.”



Mental health organisations play an essential role in the overall health and well-being of people living with mental illness, but becoming smoke-free and providing ongoing support for smoking cessation to clients can be challenging.

The SANE smoke guidelines will assist organisations to become smoke-free successfully and sustainably, thereby improving the health of clients and staff. “Becoming a smoke-free workplace involves much more than just putting up a ‘No smoking sign’,” says Ms Hocking. “It requires commitment, leadership, staff training and support to bring cultural change.”

The guidelines focus on the process: planning and preparation, implementation and sustainability and include a sample smoke-free policy. According to Ms Hocking, many people with a mental illness say they want to quit, but lack support or money to do so. “Some find it difficult to access community quit smoking groups and counselling services because of their illness and mental health organisations can really help,” Ms Hocking adds.

Australians living with a mental illness have much poorer physical health than that of the general population, dying younger and with higher rates of chronic illnesses such as heart disease.

“People with mental illness are concerned about their general health, but symptoms such as lack of motivation, as well as financial pressures, social isolation and weight gain associated with some medications, can make it particularly difficult to make healthy lifestyle changes, such as quitting, without extra support” says Ms Hocking.

The guidelines can be downloaded from www.sane.org or by calling the SANE Helpline on 1800 18 SANE (7263)

Supporting family and friends of people with mental illness who have died

Research tells us that people bereaved by suicide may be at higher risk of taking their own lives, so intervention at this stage is an important, but sometimes overlooked, suicide prevention strategy.

Arafmi across Australia and SANE Australia have been collaborating on a workshop to help services better support family and friends of people with mental illness who die by suicide. Supporting people who are bereaved is essential because grief around suicide can be particularly traumatic and confusing.

SANE Suicide Prevention Co-ordinator, Sarah Coker, says people who are bereaved often do not receive adequate support from the service that had been looking after their relative. “Services themselves recognise this and have requested resources and training to help them improve their response, for families and friends, and for relevant staff,” Ms Coker explains.

Recently SANE has trained an Arafmi worker in each state in Australia so that they have the resources and capacity to deliver a half day workshop to professionals in their area. The workshops encourage managers and staff of mental health services to think about the importance of supporting bereaved family and friends of clients who have died by suicide and to explore issues that may arise during this process. The workshop includes a discussion of the *SANE Best Practice Bereavement Guidelines* that encourages a more formalised approach in responding to the bereaved with a suggested action plan for implementation.

Frances Sanders, Executive Director of ARAFEMI Victoria, agrees this is a great workshop for ARAFEMI trainers to deliver as it fits well with their objectives to support carers of people with mental health problems, and opens the door to create stronger training links with other mental health services.

“By encouraging services to offer appropriate and timely support, we aim to improve bereaved family and friends’ ability to cope and in turn to help reduce their risk of suicide,” explains Ms Coker.

If you are interested in attending a workshop contact Robyn at Arafmi on 3254 1881 or Sarah Coker on 03 9682 5933 sarah.coker@sane.org

The *SANE Mental Illness and Bereavement* project is funded by the Australian Government’s Suicide Prevention Strategy.

DATE CLAIMER

Walk of Pride

To be held in Mental Health Week
Sunday 9th - Sunday 15th October

For more information contact
Ruth at Arafmi on 3254 1881
or email supportgroups@arafmiqld.org
and keep an eye on our website
www.arafmiqld.org



POET'S CORNER

PAST EPISODES

A bit of a worry
For my son Murray
When his Mum starts acting fine
For you don't know what
The future's got
A little further down the line

For when she's well
It could be hell
Or it could be heaven too
And you say your prayers
That someone cares
And that God will see us through

For a good long sleep
Will surely keep
Her on an even keel
For when she's flying
We feel like crying
As she cooks our evening meal

The mind unravels
And we have a devil
Of a time to stabilize
The manic phase
And we pray for ways
To make her realize

But it's been 10 years
Since our last fears
Were realised though it seems
Just yesterday
But as they say
The silence speaks in reams

And now all is well
If I could quell
This fear of a repeat
Of past episodes
Of manic modes
Even though it's all now sweet.

Adrian Bowler

Family Fun Day

to raise awareness about mental health

Information stalls Guest speakers
Sausage sizzle Family Activities
Jumping castle Face painting
Musical entertainment Support groups
Sunday, August 28 2011

11:00am - 3:00pm

[Raymond \(Pineapple\) Park, Kangaroo Point](#)
Behind the Pineapple Hotel
(cnr Main St and Bains St)

Expecting Exploring Engaging Recovery

Presented by A Place To Belong
A Spiritus Mental Health Network

This event will be relevant for anyone interested in learning about well-being and growing through mental health challenges. It will be beneficial to people living with a mental health difficulty, their families and those who stand alongside them, as well as workers in the mental health sector.

Date: Sat 27th August 2011
Time: 9am - 4.30pm
Registration, tea and coffee from 8.30am

St Aidan's School, 11 Ruthven Street, Corinda
Across the road from
Corinda Train Station

For more information
Phone 3217 2522 or email admin@aplacetobelong.org.au.

You are invited to attend the

ANNUAL GENERAL MEETING and Dinner



**Of
Mental Health Carers
*Arafmi Qld Inc***

**Starting at 6pm
on**

FRIDAY 28th OCTOBER 2011

At Arafmi House, 237 Kent street, New Farm

RSVP Monday 17th October

Business of the Annual General Meeting

1. Minutes of the previous Annual General Meeting
2. Business arising from the minutes
3. President's Report
4. Treasurer's Report and audited financial statements
5. Election of the Management Committee for 2011-2012
6. Appointment of Auditor for 2011-2012

Election of Office Bearers:

- Completed Nomination Forms should be lodged with the Secretary at least 14 days before the Annual General Meeting
- A list of candidates will be displayed at Arafmi House for at least seven days preceding the Annual General Meeting

NOMINATION FORM

(To be lodged with the secretary by Tuesday 11th October 2011):

Management Committee consists of: President
 Vice President
 Secretary
 Treasurer
 Committee Members

I, Nominate

for the position of Signed

Seconded Dated.....

I accept the nomination Signed

Please return to: Barbara Harvey, Mental Health Carers Arafmi Queensland Inc. PO Box 248 NEW FARM 4005

From the Carer Connect files

This is the third in a series of articles for Arafmi's Newsletter which give examples of the type of work I do in the Carer Connect Program. These two scenarios illustrate how two parent carers have maintained their relationships with their loved ones, whilst looking after their own health and wellbeing.

Sophie is in her 70s. Her son Michael is in his 40s and has been diagnosed with schizophrenia. Sophie travels by public transport from one side of Brisbane to the other to see him, and sometimes he is not at home. She has had to accept the poor conditions under which he lives, and his limited communication with her between visits.

She does all she can to improve his living conditions. She advocates on his behalf to his case manager and his doctors if she thinks his treatment plan needs to be reviewed. In spite of the vastness of the grief that she lives with on a daily basis, she lives in hope of an improvement in his mental health.

Michael is never far from Sophie's thoughts. She cares for herself by attending Arafmi support groups and workshops, keeping fit and healthy and keeping a positive outlook.

Sophie and I keep in touch for general support. I was recently able to arrange for her to have a few days' respite at the beach through Commonwealth Carers' Respite Centre. With her wisdom, strength and perseverance, Sophie is a wonderful mentor to less experienced carers.

Claire is also in her 70s. She has three children, all of whom have experienced mental illness at various stages throughout their lives. Her ex-husband also suffered from mental illness.

Claire has had to learn to set limits and boundaries around how much support she can give her children. For example, she makes a clear statement if they expect her to mediate over their disagreements. Claire has developed a life of love and laughter in spite of the difficulties life has presented to her. She has done this through music, friends and meditation.

Early on, she learnt a lot about coping with mental illness and how to set boundaries. She continues to put this into practice, though the pressures on her are enormous. Claire has a range of positive people who can support her to maintain her strength and positivism.

These two stories illustrate the depth and complexity of the caring role, and that even with support from Arafmi, there is not always a happy ending. The message to carers is to look after yourselves and seek what support you can access, because the role of a carer can be difficult and emotionally draining.

I would like to leave you this time with a few words of wisdom from *Desiderata*, by Max Erhmann (1927):

With all its sham, drudgery and broken dreams; it is still a beautiful world. Be cheerful. Strive to be happy.

Robyn O'Hare

*Names have been changed for the purposes of confidentiality.

Executive Committee

President	Shoena McGonigle
Vice-President	Claire Lees
Secretary	Barbara Harvey

Committee Members

Jean Platts	Deb Nizette
Fran Gallagher	

Executive Officer	Marj Bloor
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Program Managers:

Adina	Robyn Campbell
Coolibah	Debra Atkins
Jerendine	Mark Sullivan
Karinya	Deveena Singh
Kui	Sharon Gingell
Financial Administrator	Beryl Wogan
Operations and Quality	Sandra Lennox

Carer Education Worker	Eileen Dielesen
Carer Support Worker	Ruth Hippisley
Key Worker	Robyn O'Hare
Administrative Officers	Julie Baker Kate Baker

Patron:	Professor Ross Young
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**Arafmi Services are funded by
Department of Communities (Disability Services)
and FaHCSIA**

Arafmi Carer Workshops

for those caring for and about people with mental health issues

These workshops will be held at the Uniting Church Hall,
52 Merthyr Road, New Farm (near corner of Watson Street).



Suicide Awareness

This workshop presents information on suicide – myths and facts, factors that influence suicidal behaviour, risk and protective factors, warning signs and useful responses.

Participants will be given the opportunity to have small group discussions to explore their fears, examine ways to keep their loved ones safe and prepare a plan in case of emergency.

Fit for Caring

This workshop is designed to give participants an opportunity to look at their own needs, discuss the impact of the caring role on carers and explore strategies to ensure good health and a positive sense of well-being.

We will engage in small group discussions and do a hands on activity to create a personal map of self care strategies for you to take home.

Recovery for Carers

This workshop assists carers in understanding what recovery based practice and care is and how they can support their loved one in their recovery journey. We will work in pairs to explore the things that block the way of recovery and engage in small group discussions.

Effective Communication

This workshop covers basic communication skills and strategies for communicating with someone experiencing mental health issues. Participants are encouraged to practice these skills at the workshop by participation in small group activities.

Boundary Setting

Boundaries are limits we set with people in order to help us maintain a sense of ourselves as individuals, separate from others.

Boundaries:

- Protect us
- Put us in charge of our own lives
- Promote healthy relationships
- Can promote independence
- Reduce stress and conflict

We will explore what boundaries participants would like to set in their relationships through practice exercises and small group discussions.

Thursday 18th August 2011	Suicide Awareness 9am -12:30pm
Saturday 17th September 2011	Fit for Caring 9am -12:30pm
Thursday 13th October 2011	Recovery for Carers 9am – 12:30pm
Saturday 19th November 2011	Effective Communication 9am – 12:30pm
Thursday 8th December 2011	Boundary Setting 9am – 12:30pm

To register for these workshops,
please call Arafmi on 3254 1881 or
email: carereducation@arafmiqld.org

Till we Meet Again

What a wonderful experience I have had in my role as Carer Educator for Arafmi over the past six months. I have been very warmly embraced and welcomed by all the staff, volunteers and the people who Arafmi supports. It has always been my first wish to work in the mental health field and finally I have had the opportunity.

A lot of people don't identify themselves as carers and I can see how that happens because first and foremost we have a relationship with them that means it is natural that we care. What we don't recognise is the impact on our own health and well-being and the need to care for and put ourselves first. In the seven years I have worked with carers I have been blessed with teaching myself over and over and over how to look after myself. So leaving Arafmi is an act of love and care for me, honoring what my heart is calling me to do and recognising that I can't do it all!

The next step in this amazing adventure of my life is to commence my own business as a family counsellor and workshop facilitator. I have a bucket of creative ideas and am very excited about my new venture into the unknown.

I thank you all for sharing your lives and trusting me. It is with much gratitude for all you have shared and given me that I hesitate to say goodbye; rather I wish to say: 'till we meet again'.

Eileen Dielesen

The Resourceful Adolescent Program (RAP)

.....Continued from Page 1

Evidence of Effectiveness

Beginning with a pilot program in 1996, RAP has been the subject of systematic evaluation for over 14 years and is now endorsed as an evidence-based program by the Commonwealth Government. Grants from the Queensland Health Promotion Council, the Commonwealth Department of Health and Human Services, NH&MRC and the ARC have enabled on-going development and evaluation of the program.

Results of published randomised controlled trials have indicated that the **RAP program prevents future depressive symptoms in adolescents and is significantly better than a placebo control.** RAP research has been published in top tier journals and psychology textbooks. Today the RAP programs continue to be researched to assess their effectiveness, as well as to explore alternative delivery formats and settings, and the optimal age to implement prevention programs for depression.

Development and Dissemination

Since its development in 1996, RAP has become

widely used throughout Australia with approximately 6,000 people representing over 2,000 schools and health and community organisations trained to facilitate the program.

RAP-A has been successfully introduced in several other countries. RAP-A or local language translations have been presented in schools in Canada, Germany, Switzerland, Sweden, Holland, England, China, Japan, Fiji, Serbia, Mauritius, Morocco, Zimbabwe, Tanzania, South Africa, Mexico and New Zealand,

The research has extended into adult resilience with the development of two new programs; Promoting Adult Resilience (PAR) intended for delivery in the workplace, and Promoting Resilient Officers (PRO), a program to promote resilience in people working in high-stress occupations.

For any further information on the RAP programs please contact A.wurfl@qut.edu.au or have a look at our website, www.rap.qut.edu.au

Arafmi

Face-to-face Counselling Service

For family, carers and friends of people with mental health issues.

Counselling sessions are held at our New Farm office (237 Kent Street)

on Monday and Wednesday mornings.

Each session lasts for one hour.

The counsellors have professional qualifications in counselling and volunteer their services to *Arafmi*.

Call the office on 3254 1881 to make an appointment.

Arafmi offers 24-hour

telephone support for families, carers and friends of people with mental health issues.

For the greater Brisbane area

Phone: 3254 1881

For Regional Qld

Phone: 1800 35 1881

Debra Atkins Program Manager Coolibah Family Support



Hi Everyone

I would like to introduce myself to you all as Debbie the new Program Manager for Coolibah. I joined the ranks of Arafmi working for Coolibah Family Support as Senior Support Worker in May 2011 and then in June as the Program Manager as this position had become vacant. This has been a very exciting time for me and I feel extremely privileged to be part of such a wonderful program for carers.

I have a Bachelor of Human Services and Cert IV in

Mental Health Non-Clinical with experience working in Disabilities and Mental Health Services for past eight years. I have a background in child care services, hospitality, irrigation, banana and avocado farming, ceramics and pottery – teaching in a coastal art gallery to adults and children and setting up of exhibitions.

I am the proud mother of two grown sons who always fill my life with happiness and laughter. I love to spend time with my friends and family and also travel interstate to visit when I can.

I am a keen supporter of the Brisbane Ballet and subscribe with my mum annually. My favourite thing to do is visit QPAC and the theatre to see the latest show and thought *Wicked* was absolutely fantastic.

I have an open door policy so please drop in to say Hi
cheers *Deb*

Mental Health Carers
Arafmi Queensland Inc Support Groups
Brisbane and Surrounds

Beenleigh	10am	4th Wednesday	Ipswich	6pm	1st Tuesday
Caboolture	10am	2nd Friday	New Farm	10am	Last Saturday
Cleveland	10am	4th Monday	Strathpine	6pm	2nd Thursday
Carindale	9:30am	1st and 3rd Monday	The Park	1pm	Last Saturday
Indooroopilly	1:30pm	1st Thursday	Valley	10am	4th Tuesday
Inala	9:30am	2nd Thursday			

Rural and Regional Queensland

Barcaldine	4651 1314	Gloria—Blue Care	Innisfail	4061 5327	Jennifer Jensen
Beaudesert	5541 1653	Michelle	Mackay	4951 2973	Sandi Winner
Bundaberg	4151 4605	Dell	Maleny	5451 1882	Eric
Cairns	4031 0163	Barbara	Maroochydore	5451 1882	Eric
Caloundra	5438 1048	Jillie	Maryborough	4122 3649	Kathy
Charleville	4650 5300	Graham	Rockhampton	4930 7300	Neville Williams
Chinchilla	4632 8922	Carers Qld	Stanthorpe	4681 5225	Pam Taylor
Emerald	4982 4062	Debra	Theodore	4993 1805	Jennie Horne
Gladstone	4972 8220	Robynne	Toowoomba	4634 4192	Michele Cauchi
Gold Coast	5591 6490	Mental Illness F'ship	Townsville	4725 3664	Andy Froggart
Gympie	0427 735 573	Dianne	Warwick	4660 3901	Danielle

These support groups are for families, carers and friends of people with mental health issues.
 For further information about the groups, please phone the office on 3254 1881

FREECALL regional areas 1800 35 1881 for carer support only

✂

To join or renew your membership, which is valid for 12 months, please return completed form to:
 The Treasurer *Arafmi* Queensland Inc. PO Box 248 New Farm Qld 4005
 Annual Membership fee is - Unwaged \$15.00 (or whatever you can afford)
 - Waged \$20

Name.....

Address.....

.....Postcode.....Phone.....

(Please circle) Are you a carer? Yes No ~ New Membership ~ Renewal ~ Donation

Donations of \$2 and over are tax deductible. Amount Enclosed.....

HAVE YOU CHANGED YOUR ADDRESS?

Please write your new address below and return with the original label to:

Mental Health Carers , *Arafmi* Queensland Inc PO Box 248 NEW FARM Qld 4005

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