

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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National Mental Health Commission Review of Existing Mental Health Services and Programs: Terms of Reference

The Australian Government has assigned the National Mental Health Commission to conduct a national review of mental health services and programs.

This review will examine existing mental health services and programs across the government, private and non-government sectors.

The focus of the review will be to assess the efficiency and effectiveness of programs and services in supporting individuals experiencing mental ill health and their families and other support people to lead a contributing life and to engage productively in the community.

Programs and services may include those that have as a main objective:

- The prevention, early detection and treatment of mental illness;
- The prevention of suicide;
- Mental health research, workforce development and training; and/or
- The reduction of the burden of disease caused by mental illness.

The review will consider:

- The efficacy and cost-effectiveness of programs, services and treatments;
- Duplication in current services and programs;

- The role of factors relevant to the experience of a contributing life such as employment, accommodation and social connectedness (without evaluating programs except where they have mental health as their principal focus);
- The appropriateness, effectiveness and efficiency of existing reporting requirements and regulation of programs and services;
- Funding priorities in mental health and gaps in services and programs, in the context of the current fiscal circumstances facing governments;
- Existing and alternative approaches to supporting and funding mental health care;
- Mental health research, workforce development and training;
- Specific challenges for regional, rural and remote Australia;
- Specific challenges for Aboriginal and Torres Strait Islander people; and
- Transparency and accountability for outcomes of investment.

The final report will be provided to the Government by 30 November 2014.

www.mentalhealthcommission.gov.au/our-work/review-of-existing-mental-health-services-and-programmes.aspx

President's Piece.....



I hope you all had a Happy New Year. The time seems to have passed so quickly and it seems incredible that we are almost into the 3rd month of 2014 already.

It was extremely sad to hear about the closure of the Barratt Adolescent Centre at The Park in January this year. This was the only Facility in Queensland for teenagers with mental health problems, and although it was an old building the Centre had a lovely ambience with pleasant, relaxing grounds that included a large vegetable patch, gardens, and a very modern BBQ area. Also the school was in an adjoining building.

But the most important requirement for the teenagers was the devotion, dedication and understanding of all the staff who worked there, the expertise of the nursing and medical staff, and the School Principal and teachers who provided a safe, secure environment. As the teenagers will now be treated in their local areas they will not only miss the experience of staying in a safe haven but they will also miss the opportunity to bond with other teenagers experiencing similar illnesses as them. .

On a more positive note there are several reviews taking place both Nationally and State-wide looking at better ways to provide services for people with mental health and drug and alcohol related problems.

Commissioner Dr Lesley van Schoubroeck, from the Queensland Mental Health Commission has been talking to a lot of people about mental health and drug and alcohol problems in order to get a broader view of the situation. She is evolving a vision of "A community where people living with mental illnesses or substance misuse have a life with purpose, access to quality care focused on wellness and hope that recovery is possible, in a society free of stigma and discrimination." It is a wonderful vision and if it resonates with you, and you think you can help Lesley reach her goal to get the culture and framework right she would appreciate hearing from you. Please email your comments to her at commissioner@qmhc.qld.gov.au

Also on the Commissioner's agenda is providing better access to mental health and drug and alcohol initiatives for Queenslanders living in rural and remote areas. Queensland's former Chief Psychiatrist, Associate Professor Mohan Gilhotra, who is currently a consultant psychiatrist in

Toowoomba, has been appointed to focus on what services are needed and easier ways for them to be accessed.

The Commission held several Legislation Forums in February targeting consumers, carers and family members who had personal experience with mental health or substance misuse issues, but were unfamiliar with mental health legislation, and had little knowledge of what to look for when commenting upon contemporary mental health legislation or suggesting ways to improve it.

The Australian Government assigned the National Mental Health Commission to conduct a national review of existing mental health services and programmes across government, private and non-government sectors to assess their efficiency and effectiveness in supporting individuals experiencing mental illnesses and substance misuse, their families, carers and support people. The review will look at:

- Ensuring taxpayers receive value for money
- Eliminating waste
- Identify any areas of unnecessary duplication

Ways to improve the overall efficiency and effectiveness that government services and policy advice are delivering.

It is hoped the outcome of streamlining services and support will enable people in need to engage more in the community and lead more effective lives. Professor Allan Fels, Chair of the NMHC "Welcomed the opportunity to conduct this important and timely review and looks forward to delivering its report to the Government in late November". Detailed terms of reference are available on the Mental Health Commission website, and the contact officer is David Butt, Acting Chief Executive Officer. Finally there is a review into Medicare Locals that all the stakeholders have been invited to comment upon.

Hopefully all these reviews will have very good outcomes and inform mental health services and programs well into the future, as it would be wonderful to have more efficient and effective programs in place to help people in their times of need.

Finally SANE will be launching a forum for people living with mental illness in May this year. Their principal purpose is to promote good mental health and positive health seeking behaviours by enabling Community discussions around topics concerned with the experience of living with a mental illness.

Wishing you all a safe, happy and healthy time.

Claire Lees

Highlights from the first six months

Queensland's Mental Health Commissioner has released a paper on achievements from the Commission's first six months. Highlights include:

- More than 740 stakeholders participating in forums and meetings held during an initial round of consultation to inform the Queensland Mental Health and Drug Strategic Plan
- Commencing work on the Commission's first Ordinary Report, which will be on systemic issues in social housing
- Responding to the review of the *Mental Health Act 2002*
- Supporting Children's Health Queensland Hospital and Health Services to develop a costed options paper on the need to expand services for mothers with peri/post natal depression
- Commissioning a review of EDLinQ, a program undertaken with schools to address the early detection and intervention of mental disorders in children and young people
- Leading Queensland's response to strategic planning and coordination of Aboriginal and Torres Strait Islander mental health and substance misuse issues at a national level
- Funding seven Hospital and Health Services to provide dedicated clinical positions linked to managing people at risk of suicide
- Funding *beyondblue: the national depression initiative* to provide a range of community awareness, education and stigma reduction activities
- Supporting a range of organisations including MATES in Construction and Suicide Prevention Australia
- Supporting activities relating to consumers, families and carers, including providing funding to the national consumers forum and recruiting for a dedicated project officer.

<http://www.qmhc.qld.gov.au/highlights-first-six-months/>

For the full report go to: <http://www.qmhc.qld.gov.au/wp-content/uploads/2014/01/QMHC-First-Six-Monthly-Report.pdf>

Just a reminder that we have moved

The New Farm office is now located at:
52 Merthyr Road New Farm
(It's the brick building to the right of the
Uniting Church)
The telephone number and postal address
have not changed.



Executive Committee

President	Claire Lees
Treasurer	Jean Platts
Secretary	Barbara Harvey

Committee Members

Deb Nizette	Olaf Anderson
Christine Fraser	

Executive Officer	Marj Bloor
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Program Managers:

Adina	Anita Perrigo
Coolibah	Madeleine Hanlon
Gwandalan	Vivien Dunlop
Jerendine	Warren Jackwitz
Karinya	Deveena Singh
Kui	Donna Hita
Warrawee	Sharon Parker

Financial Administrator	Heather Boon
Operations Manager	Sandra Lennox
Carer Education Worker	Shidan Toloui-Wallace
Carer Support Worker	Ruth Hippisley
Key Worker-Carer Connect Administrator	Robyn O'Hare Julie Baker

Patron:	Professor Ross Young PhD
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Department of Communities, Child Safety and
Disability Services, Queensland Health
and Department of Social Services

Being Assertive

Being assertive means that you express yourself effectively and stand up for your point of view, while also respecting the rights and beliefs of others. Some people seem to be naturally assertive. But if you're not one of them, you can learn to be more assertive.

Why assertive communication makes sense

Because assertiveness is based on mutual respect, it's an effective and diplomatic communication style. Being assertive shows that you respect yourself, because you're willing to stand up for your interests and express your thoughts and feelings. It also demonstrates that you're aware of the rights of others and are willing to work on resolving conflicts.

Assertive vs. passive behavior

If your style is passive, you may seem to be shy or overly easygoing. You may routinely say things such as, "I'll just go with whatever the group decides." You tend to avoid conflict. Why is that a problem? Because the message you're sending is that your thoughts and feelings aren't as important as those of other people. In essence, when you're too passive, you give others the license to disregard your wants and needs.

Assertive vs. aggressive behavior

Now consider the flip side. If your style is aggressive, you may come across as a bully who disregards the needs, feelings and opinions of others. You may appear self-righteous or superior. Very aggressive people humiliate and intimidate others, and may even be physically threatening.

You may think that being aggressive gets you what you want. However, it comes at a cost. Aggression undercuts trust and mutual respect. Others may come to resent you, leading them to avoid or oppose you.

Assertive vs. passive-aggressive behavior

If you communicate in a passive-aggressive manner, you may say yes when you want to say no. You may be sarcastic or complain about others behind their backs. You may have developed a passive-aggressive style because you're uncomfortable being direct about your needs and feelings. Over time, passive-aggressive behavior damages relationships and undercuts mutual respect, making it difficult for you to get your goals and needs met.

People develop different styles of communication based on their life experiences. Your style may be so ingrained that you're not even aware of what it is. But if you want to change your communication style, you can learn to communicate in healthier and more effective ways.

Here are some tips to help you become more assertive:

Assess your style. Do you voice your opinions or remain silent? Do you say yes to additional work even when your plate is full? Are you quick to judge or blame? Do people seem to dread or fear talking to you? Understand your style before you begin making changes.

Use 'I' statements. Using "I" statements lets others know what you're thinking without sounding accusatory. For instance, say, "I disagree," rather than, "You're wrong."

Practice saying no. If you have a hard time turning down requests, try saying, "No, I can't do that now." Don't beat around the bush — be direct. If an explanation is appropriate, keep it brief.

Rehearse what you want to say. If it's challenging to say what you want or think, practice typical scenarios you encounter. Say what you want to say out loud. It may help to write it out first, too, so you can practise from a script. Consider role playing with a friend or colleague and ask for blunt feedback.

Use body language.

Communication isn't just verbal. Act confident even if you aren't feeling it. Keep an upright posture, but lean forward a bit. Make regular eye contact. Maintain a

neutral or positive facial expression. Don't wring your hands or use dramatic gestures. Practice assertive body language in front of a mirror or with a friend or colleague.

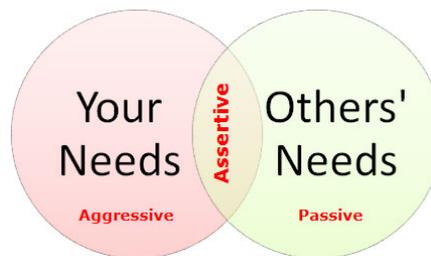
Keep emotions in check. Conflict is hard for most people. Maybe you get angry or frustrated, or maybe you feel like crying. Although these feelings are normal, they can get in the way of resolving conflict. If you feel too emotional going into a situation. Then work on remaining calm. Breathe slowly. Keep your voice even and firm.

Start small. At first, practice your new skills in situations that are low risk. For instance, try out your assertiveness on a friend before tackling a difficult situation at work. Evaluate yourself afterward and tweak your approach as necessary.

When you need help being assertive

Learning to be assertive takes time and practice. If you've spent years silencing yourself, becoming more assertive won't happen overnight. Or if anger leads you to be too aggressive, you may need to learn some anger management techniques. By becoming more assertive, you can begin to express your true feelings and needs more easily. You may even find you get more of what you want as a result.

<http://www.mayoclinic.org/assertive/art-20044644>



Mental Health Project

Change your pharmacy experience by working with the pharmacist to get the best out of your medicines.

Over the past two years Griffith University has been conducting research to explore how community pharmacy can support consumers and carers.

The research team have completed two stages of the project with the final stage continuing in early 2014. The team wanted to share the research findings with you and invite you to participate in the future.

In **Stage 1** they talked to consumers and carers to find out about their needs, expectations and experiences of community pharmacy in managing mental health.

They found that community pharmacies were generally viewed positively and that staff had opportunities to provide medication support to consumers and carers. Consumers wanted to be able to talk about medication concerns, in a safe environment and develop self-management strategies. For this support to be effective there needs to be positive attitudes and an absence of stigma from pharmacy staff.

In **Stage 2** they took what they found and developed an online training program for pharmacy staff. Their knowledge, skills and attitudes were assessed in a survey before and after training. Consumers and carers experiences were explored through a telephone interview after visiting the pharmacy.

The team conducted three sets of these interviews, before the training, during the training and again afterwards. The team wanted to see whether the training made a difference. The training improved knowledge, confidence and skills and reduced the negative attitude and beliefs of pharmacy staff. It was well received by the staff and recommended that it be made available to other staff.

Through interviews with consumers and carers they found that many expected medicine supply with no fuss and they valued high quality pharmacy service. Only 30% of people interviewed reported speaking to a pharmacy staff member. The team felt that this was a missed opportunity as many people expressed

a wish for pharmacists to check with them about their well-being and provide advice.

When service experiences were positive and exceeded consumers' or carers' expectations, community pharmacies were seen as safe health care spaces to seek advice on mental health and wellbeing. These positive experiences ranged from friendly, polite service to established relationships with staff. Respectful care was a priority for consumers and carers particularly in relation to not being judged, feeling comfortable to talk and feeling looked after by pharmacy staff.

In **Stage 3**, they have developed a free pharmacy medication support service that focuses on establishing open communication and partnerships between consumers and carers and their pharmacist.

To complete the third and final stage of this project they need some help. You are invited to participate.



The benefits for carers and consumers are:

- Access to the free pharmacy medication support service
- Opportunity to discuss medication concerns and get advice in a safe and respectful environment
- Contribute to improving community pharmacy experiences

**To find out more
Please contact the research team on
1800 600 687**

**to find a pharmacy near you that offers this
free medication support service.**

This project is funded by the Australian Government's Department of Health as part of the Fifth Community Pharmacy Agreement and Development Program managed by the Pharmacy Guild of Australia.

Disclaimer: This publication is produced to convey general interest information. While every care has been taken in preparing this publication, *Arafmi* Queensland Inc. accepts no responsibility for decisions or actions taken as a result of any data, statement, information or advice, expressed or implied, contained in this publication.

GETTING BACK TO WORK

If you have been away from work or have been long-term unemployed because of mental or emotional issues, going back to work can seem daunting. Here are some tips and strategies for making the move back into work as stress-free as possible.

WORK? I'M TERRIFIED!

When contemplating the idea of going back to work, many fears and questions can arise. These are normal. Often a person's self-esteem and confidence has been affected, and they feel incompetent to do the job. They worry about how they will cope. Will the workload be too much? Will they be discriminated against or will colleagues gossip? Will things be too much and trigger a relapse, or worsen their condition?

These fears and worries can snowball, and soon enough, they can be paralyzing. It's enough to be recovering or coping with a mental health condition without all these worries on top of it! However, most fears are really just that—fears—and though they may seem overwhelming, the reality is there are things that can be done to ensure a smoother transition back into work, and these fears minimized.

BENEFITS OF WORK

You do not have to be 100% well to return to work. Indeed many studies show that working has a therapeutic effect upon mental illness, and can contribute to recovery; hence the benefits outweigh the downsides.

ISN'T WORK STRESSFUL?

There is no doubt that work can sometimes be stressful and some jobs more so than others. However everyone's level of stress tolerance is different and what may stress one person severely may have little impact on another. In managing a return to work, it is helpful to understand what stresses you. Is it working alone? Is it juggling many tasks? Is it deadlines? Is it feeling like you don't know what you are doing?

BENEFITS OUTWEIGH THE RISKS

Studies found that the beneficial effects of work outweigh the risks of work, especially against the harmful effects of long-term unemployment or extended sick-leave (Waddell & Burton, 2006). Work, even if a person is not 100% well, is generally good for well-being and quality of life.

COMMUNICATION - THE KEY TO SOLUTIONS

Fears about returning to work are normal. Rather than keep your fears to yourself, talk them over with your employment consultant. He or she is in the best position to assist you in allaying your fears, and to ensure strategies are put in place that will assist you.

SPEAK UP ABOUT SUPPORTS

Consider what support(s) you might need in the workplace, and also what stresses you. If your concerns are known, your manager is in a better position to accommodate you and make what's known as "reasonable adjustments". It's worth a little discomfort or embarrassment to let people know beforehand what may become a problem for you so that supports can be implemented, before it has a chance to escalate.

SOME ADJUSTMENTS THAT MAY NEED TO BE MADE

- Having a private space to work if noise aggravates your mental illness.
- Flexible working hours
- Taking breaks - ensure there is somewhere you can take a break or 'time out' if you need to.

FIND A MENTOR

If it is a large enough organisation, it can be helpful to have someone in another department as a mentor, whom you can meet with and discuss any problems or issues you may have. They can provide advice without being directly involved.

KEEP IN TOUCH WITH YOUR MANAGER

It is important to let your manager know if you are having difficulties. Think of ideas that might help solve the problem. The important thing is to keep the lines of communication open. Although sometimes problems can seem overwhelming, talking about them will often yield a solution.

BE KIND TO YOURSELF

If you've been out of work for a while, your confidence and self-esteem may have taken a beating. It's normal to feel anxious when starting a new job, or going back to your prior employment. While it may seem scary at first, work can turn out to be a surprisingly positive influence upon your overall well-being. While some people may always have to cope with a mental illness, given the right job with the right supports, you can experience a significant improvement in your quality of life.

REFERENCES:

Mental Health Foundation of New Zealand, 2007, *'Return To Work: Returning to Work after experiencing mental illness and other mental health issues'* Auckland, www.mentalhealth.org.nz

Waddell, Gordon & Burton, Kim 2006, *'Is Work Good For Your Health and Wellbeing?'* The Stationery Office, Norwich, UK

<http://www.ostara.org.au/pages/getting-back-to-work-after-a-mental-illness.html>





Can't Sleep?

Do you struggle to get to sleep no matter how tired you are? Or do you wake up in the middle of the night and lie awake for hours, anxiously watching the clock?

Insomnia is a common problem that takes a toll on your energy, mood, health, and ability to function during the day. Chronic insomnia can even contribute to serious health problems. Simple changes to your lifestyle and daily habits can put a stop to sleepless nights.

Adopting new habits to help you sleep

- **Make sure your bedroom is quiet, dark, and cool.** Noise, light, and heat can interfere with sleep. Try using a sound machine or earplugs to hide outside noise, an open window or fan to keep the room cool, and blackout curtains or a sleep mask to block out light.
- **Stick to a regular sleep schedule.** Support your biological clock by going to bed and getting up at the same time every day, including weekends, even if you're tired. This will help you get back in a regular sleep rhythm.
- **Avoid naps.** Napping during the day can make it more difficult to sleep at night. If you feel like you have to take a nap, limit it to 30 minutes before 3 p.m.
- **Avoid stimulating activity and stressful situations before bedtime.** This includes vigorous exercise; big discussions or arguments; and TV, computer, or video game use. Instead, focus on quiet, soothing activities, such as reading, knitting, or listening to soft music, while keeping lights low.
- **Don't read from a backlit device (such as an iPad).** If you use an eReader, opt for one that is not backlit, i.e. one that requires an additional light source.
- **Limit caffeine, alcohol, and nicotine.** Stop drinking caffeinated beverages at least eight hours before bed. Avoid drinking alcohol in the evening; while alcohol can make you feel sleepy, it interferes with the quality of your sleep. Quit smoking or avoid it at night, as nicotine is a stimulant.

Relaxation techniques that can help you sleep

It takes regular practice to master relaxation techniques but the benefits can be huge. You can do them as part of your bedtime routine, when you are lying down preparing for sleep, and if you wake up in the middle of the night.

- **Abdominal breathing.** Most of us don't breathe as deeply as we should. When we breathe deeply and fully, involving not only the chest, but also the belly, lower back, and ribcage, it can help relaxation. Close your eyes and take deep, slow breaths, making each breath even deeper than the last. Breathe in through your nose and out through your mouth.
- **Progressive muscle relaxation.** Lie down or make yourself comfortable. Starting with your feet, tense the muscles as tightly as you can. Hold for a count of 10, and then relax. Continue to do this for every muscle group in your body, working your way up from your feet to the top of your head.

http://www.helpguide.org/life/insomnia_treatment.htm

The Butterfly Foundation represents all people affected by eating disorders and negative body image – a person with the illness, their family and their friends.



As a leading national voice in supporting their needs, Butterfly highlights the realities of seeking treatment for recovery and advocates for improved services from both government and independent sources.

Butterfly operates a national support line, which is staffed by trained counsellors experienced in assisting with eating disorders. It also provides a wide range of programs for service providers and recovery groups.

Because Butterfly recognises that eating disorders often arise from poor body image, it delivers a range of Positive Body Image workshops to schools and workplaces through its education program. It has a strong media presence to raise awareness of Butterfly's perspective in community debates about body image and eating disorders.

Throughout its work Butterfly emphasises the critical importance of prevention and early intervention strategies in limiting the development of, and suffering from, negative body image and eating disorders. To expand knowledge in this field the Butterfly Research Institute commissions academic research projects and funds PhD research scholarships.

For more information go to the website:
<http://thebutterflyfoundation.org.au/>

**Support Line 1800 33 4673
Monday–Friday 8am to 9pm**

That Top Shelf

I think I can jump to that top shelf
I want to jump to that top shelf
I know I can jump to that top shelf
I missed that top shelf by a good six feet
And now everything is on the floor
And I'm left wondering
Why people even bother buying china
If it breaks so easily.

Francesco Marciuliano



Arafmi Carer Workshops

for those caring for and about people with mental health issues

Is there someone in your life with a mental health issue? Would you like to learn more about mental health and coping skills? Would you like to further develop your caring skills? Then these Arafmi workshops are for you!

Workshop topics:

Coping Skills

A workshop designed to look at a broad range of issues that mental health carers confront such as communicating with someone who is unwell, providing support to someone with a mental health issue, coping with situations and understanding the symptoms of mental illnesses.

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.

Loss and Grief

Family and friends of people with mental health issues may experience feelings of loss when their loved one develops a mental health issue. This workshop provides participants with the opportunity to explore these losses and the associated grief.

Effective Communication

This workshop covers basic communication skills and strategies for communicating with someone who is experiencing a mental health issue.

Boundary Setting for Carers

Boundaries are limits we set with people in order to help us maintain a sense of ourselves as individuals, separate from others. We will explore what boundaries participants would like to set in their relationships through practice exercises and small group discussions.

Understanding & Supporting Recovery

This workshop assists carers in understanding what recovery-based practice and care is and how they can support their loved ones in their recovery journey.

Dual Diagnosis: Mental Illness and Substance Use

Carers can explore how to be most helpful in their role of caring for a loved one with this issue whilst caring for themselves at the same time.

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.

Workshops to be held in New Farm

To register phone Shidan
at Arafmi on 3254 1881
or email: carereducation@arafmiqld.org

Wednesday 5 March	Dual Diagnosis: Mental Illness and Substance Use 9:30am—1pm
Monday 17 March	Suicide Awareness 9:30am—1pm
Wednesday 26 March	Effective Communication 9:30am—1pm
Wednesday 9 April	Boundary Setting 5pm—8:30pm
Monday 14 April	Coping Skills 9:30am—1pm
Wednesday 23 April	Fit for Caring 9:30am—1pm

Workshop to be held at Coolibah in Lutwyche

To register phone 3857 0377

Wednesday 12 March	Boundary Setting 9:30am—1pm
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Workshop to be held at Jerendine at Mt Gravatt

To register phone 3411 2777

Tuesday 15 April	Effective Communication 9:30am—1pm
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Workshop to be held at Karinya in Ipswich

To register phone 3812 3358

Wednesday 7 May	Effective Communication 9:30am—1pm
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Regional Ramblings



Maryborough and Bundaberg Regional Trip 2014

I will be travelling to Maryborough and Bundaberg with Shidan, the Arafmi Carer Educator to present the workshop on Understanding and Supporting Recovery. Carers Queensland will be joining us on both days to present their workshop on Road to Happiness.

We will be in Bundaberg on Tuesday 13 May and Maryborough on Wednesday 14 May.

Workshop details:

Bundaberg: IMPACT Make Your Mark
108 Bargara Rd, Bundaberg 10.30am – 3pm
RSVP 5 May IMPACT reception 4153 4233

Maryborough: Maryborough Base Hospital
K Block of the Mental Health Unit
Walker Street, Maryborough 9am – 2pm
RSVP 5 May Kathy Muir 4122 3649

Ruth Hippisley

New Support Groups

Cairns

Cairns City Library, 151 Abbott Street, Cairns
1st Monday of each month from 10am
Contact Colleen or Carmel on
carersforcarerscairns@gmail.com

Dalby

Myall Youth and Community Network Centre
Cnr Drayton and Nicholson Street, Dalby
1st Wednesday of each month 10:30am—12:30pm

Gatton

Baptist Church, 12 William Street, Gatton
2nd Wednesday of each month 10:30am—12:30pm

Kingaroy

Biscuit Tin, Centacare Community Connections,
Cnr Albert & Mary Streets, Kingaroy
3rd Friday of each month, 10:30am—12:30pm

Warwick

Warwick Library, Albion, Street, Warwick
3rd Wednesday of each month 10:30pm—12:30pm

Wellington Point

Warrabee, 9 Acacia Street, Wellington Point
3rd Thursday of each month from 10am to 12pm
1st Wednesday of each month from 6pm to 8pm

Arafmi Support Groups

I have been trialling evening carer support groups to try to meet the needs of working carers. These have been held in the Arafmi Family Support Respite Homes.

The trial of groups being held at Coolibah and Jerendine will continue until April 2014.

Following a review of all the carer Support Groups the decision was made that the Arafmi Carer Support Groups being held in Beenleigh, Caboolture and Ipswich be cancelled due to lack of attendance.

The Redcliffe Carer Support Group had to find a new home and as of 21 February they will be meeting on the third Friday of each month at the Redcliffe Community Support (Silver Room), 1 Lamington Drive, Redcliffe, starting at 10am.

If you decide to come along and have a chat over a cup of coffee and to see what we are all about, check with the office/website as times, dates and venues may change. If you live in the area where a group has been cancelled, remember you can call the office to chat as we are always available to give you support and a listening ear.

On a brighter note, Arafmi started a Support Group in Cairns which will be facilitated by Colleen and Carmel. It meets on the first Monday of each month at the Cairns City Library, 151 Abbott Street, Cairns from 10am.

For more information on the Cairns group please call the Arafmi office or contact Colleen and Carmel directly via email carersforcarerscairns@gmail.com

Ruth Hippisley

New Venue and Time for Redcliffe Support Group

Redcliffe Community Support
(Silver Room),
1 Lamington Drive, Redcliffe
3rd Friday of each month from 10am.

**Support Groups at Beenleigh,
Caboolture and Ipswich have been
cancelled.**



Elder Abuse Prevention Unit

UnitingCare Community

Elder Abuse is the mistreatment of older people by someone in a relationship of trust, usually a family member. It is a pervasive community issue which crosses over culture, socio-economic status and gender.

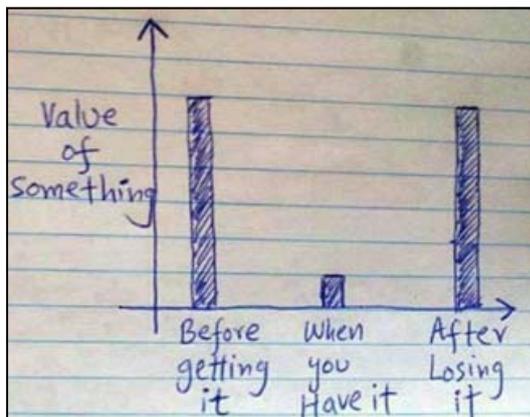
Mental illness is a risk factor for perpetrators of elder abuse and has an implication on the kind of help and support the ageing parents are usually seeking.

These type of calls to the Uniting Care Community Elder Abuse Prevention Unit (EAPU) Helpline often involve discussions around seeking assistance and treatment for their son/daughter who is perpetrating the abuse, rather than the usual requests for options on how to remove the abuser from the home or seeking protection orders which are more common when mental illness is not a factor.

There are also a range of emotions associated with this process and finding where to go for help can be half the problem.

Elder abuse can include a range of behaviours such a smashing walls and property, hitting and punching but also the less obvious like coercion and manipulation. There is also the financial abuse and mistreatment that comes with the emotional manipulation and threats "I'll die on the streets if you make me leave", even though they refuse to seek treatment.

The EAPU Helpline, 1300 651 192, is available to anyone who would like to discuss their options. The Helpline operates Monday to Friday from 9am to 5pm, or visit our website for more information – www.eapu.com.au.



NOTICE BOARD

Sharing Recovery

Sharing Recovery is a public forum offering easy to understand information and a roadmap for supporting mental health recovery. It includes guest speakers, take home information, resources/strategies/ideas and a chance to ask questions.

When: 10:00am to 1:30pm, Thursday 27 March 2014

Where: Kyabra Community Association, Kyabra Street, Runcorn

Cost: No charge. Morning tea and a light lunch will be provided.

To RSVP please call 0413 949 724 or email krc@kyabra.org.



Outreach - Medical Practitioner Program & Patient Assessments

Do you or a family member suffer from depression, post-natal depression, schizophrenia, bipolar disorder, Alzheimer's Disease, Parkinson's Disease, ADD or ADHD, a behaviour disorder or an autism spectrum disorder?

Our team of internationally acclaimed US doctors visiting Australia in April 2014 could help change your/their life. Your doctor will attend the consultation with you and learn how to continue your individualised biochemical treatment program for the best possible outcome.

For Information, Bookings & Payments:
Contact:

Marnie Lo – Outreach Co-ordinator
02 8014 3295 (Mon to Fri: 10am-2pm)
E-mail: marnielo@aapt.net.au

Other Inquiries: Bio-Balance 07 5515 7142
Patient Assessment & Treatment Program
5 April – 12 April 2014 on the Gold Coast

Outreach Conference

Sunday 6 April 2014 on the Gold Coast

Arafmi Support Groups
Brisbane and Surrounds

Carindale	11am	1st and 3rd Monday	Redcliffe	10am	3rd Friday
Cleveland	10am	4th Monday	Sunnybank	10am	2nd Thursday
Deception Bay	6pm	3rd Monday	Strathpine	6pm	2nd Thursday
Indooroopilly	1:30pm	1st Thursday	The Park	1pm	Last Saturday
Logan	10am	2nd Wednesday	Valley	10am	4th Tuesday
Lutwyche	6pm	4th Monday	Wellington Point	10am	3rd Thursday
Mt Gravatt East	6pm	1st Monday	Wellington Point	6pm	1st Wednesday
New Farm	10am	Last Saturday			

Rural and Regional Queensland

Bundaberg*	4151 4605	Dell	Kingaroy*	4687 7771	Vivien
Cairns*	1800 351 881	Arafmi Qld	Mackay	4951 2973	Sheree Hollywood
Caloundra*	5438 1048	Jillie	Maleny	5451 1882	Eric
Charleville	4650 5300		Maroochydore	5451 1882	Eric
Chinchilla	4632 8922	Carers Qld	Maryborough*	4122 3649	Kathy
Dalby*	4687 7771	Vivien	Rockhampton*	4922 0797	Margaret
Emerald	4982 4062	Anglicare	Stanthorpe	4681 5225	Pam Taylor
Gatton*	4687 7771	Vivien	Theodore	4993 1805	Jennie Horne
Gladstone*	4972 8220	Robynne	Toowoomba*	4687 7771	Vivien
Gold Coast	5563 8855	Mental Illness F'ship	Townsville	4725 3664	Glenda Blackwell
Gympie	0427 735 573	Dianne	Warwick*	4687 7771	Vivien
Innisfail	4061 5327	Jennifer Jensen			

Arafmi support groups in the Brisbane area are for families, carers and friends of people with mental health issues. Whereas some of the support groups in Rural and Regional Queensland are for carers generally and not particularly for mental health carers. Groups marked with an * are Arafmi Support groups for mental health carers.

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 \$5 (or whatever you can afford)
- Waged \$10

Name.....

Address.....

Postcode.....Phone..... Are you a carer? Yes No (Please circle)

New Membership \$ _____ Renewal \$ _____ Donation \$ _____

Donations of \$2 and over are tax deductible. Total 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

Name:.....

Address:.....



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Reminder

Copy for the May issue to be forwarded to the office by 23 April 2014

Send articles to:

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Arafmi Queensland Inc
PO Box 248
NEW FARM Qld 4005