



AUTUMN 2017

# mind View

## Helping more people in more ways



**W**e know from experience that people live well when they are connected in meaningful ways with others and their community, can participate in group activities and can access support when needed. Our clients tell us so, and research and evaluation confirms it: social inclusion is a fundamental requirement for positive mental health and wellbeing. At Mind, we offer many group activities to promote opportunities for social connection, but we also seek to make our services and the activities we run inclusive for all kinds of people. That means ensuring people feel valued, differences are respected, and individual needs recognised.

There is no 'one size fits all' or even 'one size fits most' approach. It's about making support services **relevant** to the people who need them most.

To encourage social inclusion there must be communities and services that acknowledge and respect diversity and are free from discrimination.

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# Dear friend,



**T**his year is a momentous one for Mind. We celebrate our 40th birthday, an incredible milestone and something we could not have achieved without the commitment and support of many individuals and organisations including our staff, donors, funders and partners, volunteers, suppliers, and – most importantly – our clients and their families, friends and carers.

Mind has evolved significantly over the years, starting out as the Richmond Fellowship of Victoria. Our first service, a hostel called Edith Pardy House opened on 10 October 1977, accommodating 22 people living with the impacts of mental illness. Within four years the hostel provided service to around 237 clients, and still today, this historic residence operates as a community service in Albert Park, Victoria.

From our humble beginnings in Albert Park, we have grown to reach many people in locations across the country. We have achieved so much in forty years, with last year our biggest yet, supporting close to 12,000 people. Our challenge now is to help *even more* people.

We have recently won the tender to deliver a Prevention and Recovery Care (PARC) service in Mackay,

bringing our total number of services in Queensland to seven, including in the areas of Cairns, Ipswich, Toowoomba and Townsville. I am also pleased to announce the appointment of Denise Cumming as our new Queensland General Manager. Denise is a seasoned professional whose most recent role as General Manager, Operations at Open Minds positions her perfectly to lead our Queensland team and continue our expansion there.

When I think about our services, it's important we honour the rich diversity of people who comprise the Australian population and we have a vision that all people, regardless of background or experience, will feel welcome at Mind. A drive to celebrate and embrace people of all backgrounds, belief systems, abilities, genders, and other personal circumstances and orientations guides us, and we are increasing our efforts to ensure our services are inclusive.

In order to help other under-served communities, like our Lesbian, Gay, Bisexual, Transgender and Intersex (LGBTI) population and their families, we are proud to be the provider

of two brand new specialist LGBTI clinics and a soon-to-be-opened Mind Equality Centre.

We are also the publishers of two Australian-first research studies that draw attention to the crucial contribution that carers make to mental health in Australia. Our Executive Director of Advocacy, Dr Sarah Pollock, has been working away at advocating for carers at a time where their continuation of support (with the introduction of NDIS) is unclear.

I am pleased to present to you in the following pages some shining examples of the work we are doing across the organisation to engage with and support as many people as possible, and make them feel welcome.

Warm regards,

Gerry Naughtin

Celebrating **40** years  
1977-2017

Image credit front cover: (Clockwise from top left) Louisa Billeter flickr, gAbY flickr, Neal Whitehouse Piper, Kristy flickr.



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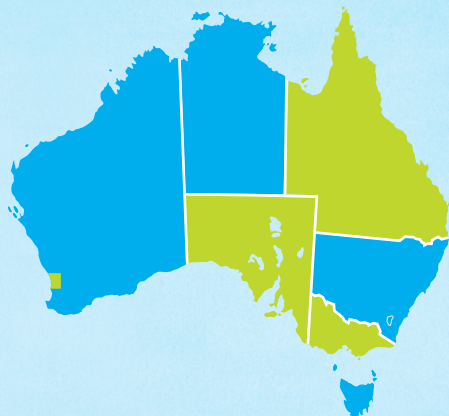
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Mind cares for the environment and uses environmentally-friendly inks on recycled paper.

Mind proudly welcomes thousands of people into our services across four states.



Mind is working hard to make people feel welcome and to offer services that meet their needs, particularly in under-served areas (regional and rural) and under-represented communities.

We do our best to address the barriers preventing people from accessing services. These barriers can be things like: language, age, gender, culture, stigma, socioeconomic status and more. Mind reaches out to support people from all kinds of backgrounds who experience mental illness and need psychosocial support, including: young people; carers of those with mental illness; those from cultural and linguistically diverse backgrounds; Aboriginal and Torres Strait Islander peoples; and the Lesbian, Gay, Bisexual Transgender and Intersex (LGBTI) community.

We have developed a Diversity and Inclusion Framework to ensure our services are designed and delivered in ways that are appropriate to all who need them. Supporting the implementation of this framework are working groups charged with leading the effort to examine our policies, processes, culture and communications and develop change agendas. We're on track to achieving great milestones, with the opening of our specialist LGBTI services (offering psychological services for sexually and gender diverse people) and the soon-to-be-opened Mind Equality Centre. For young people, we now have ten youth-specific services, a dedicated youth engagement officer and have launched our Youth Services Framework.

We know there is ongoing need for Aboriginal and Torres Strait Islander outreach, given the devastating statistics of their mental health struggles, and you'll read about our efforts to

become more adept at serving their specific needs and making meaningful connections with local communities. The work being done at the Mind Recovery College™ now includes enriching courses like traditional Aboriginal weaving.

#### **Mental illness doesn't just affect those experiencing it**

For us, being inclusive of our clients' carers, family and friends is also important. Family and supportive others provide an enormous amount of the care for people living with a mental illness. Mental health carers provide an average of 36 hours of support (Mind, 2015). Providing this care can place a considerable strain on people in a caring role and their own needs are often overlooked.

Mind is committed to carers. We developed a set of national guidelines for family and carer inclusion and commissioned two Australian research firsts: a literature review of implications for family and carers when people with psychosocial disability have individualised funding packages; and the economic impacts of informal caring, which you'll read more about later on in this edition of *Mind View*.

#### **Lived experience at work**

Another important element of having a diverse and inclusive approach is incorporating the wisdom and expertise of those with a lived experience of mental health recovery. We promote peer support across almost every area of operation, and involve service users, family and carers and peer workers in the design of services, educational courses, activities and events. These initiatives are championed by our Consumer and Carer Participation Team and through our hosting of the Centre for Excellence in Peer Support.



*Pictured above (top to bottom) Michael and Adam, part of the Mind community*

#### **Influence for social change**

A major goal of our *Strategy Plan 2016-2020* is to hear and represent our clients' voices in everything we do. One of the ways we will do this is through our new policy advocacy division. We are ramping up our advocacy work with the appointment of Dr Sarah Pollock as Executive Director of Research and Advocacy. Sarah has been researching social care and mental health for more than ten years, and is particularly interested in the points at which social policy and mental health overlap. Under Sarah's leadership, Mind hopes to use the knowledge and insight we gain from the people who use our services and their families, friends and wider communities - in addition to our extensive body of research and evaluation - to be able to advocate on behalf of those we serve.

Put simply: we're on your side.

While there is always room for improvement, and a ways to go, we are working to make Mind a safe and inclusive place where all people feel welcome.

Mind welcomes you. ■



# The cost of caring

*“We are the default mental health system. We really are on standby 24 hours a day, year in, year out.”*

Judy, life-long carer for 48 year old daughter diagnosed with Borderline Personality Disorder

**C**arers provide countless hours of support to their loved ones, but at what cost? We commissioned the University of Queensland to do some research to find out. What we wanted was an accurate picture of the kind of support that informal mental health carers give, and their own support needs - the kind of information that until now did not exist.

To enable us to work out the significant contribution and economic value (or ‘cost’) of informal carers, we asked the researchers to calculate how much it would cost to replace them with formal services.

The answer to that came back as an astonishing \$13.2 billion. That’s 1.7 times more than what the government invests in all mental health services nationally. The effort put in by the nation’s 240,000 informal mental health carers would take 173,000 full-time formal support workers to match. It is clear that informal mental health carers make a massive contribution to our society, whilst receiving minimal supports and benefits themselves.

*The economic value of informal mental health caring in Australia*, shows just how demanding their work is. Almost half of all primary mental health carers have been doing what they do for ten or more years. Each week, they provide an average of 36 hours of support. They also spend an additional 60 hours ‘on standby’, when they need to be available to drop everything if something unexpected happens. Because of the way people’s mental health fluctuates, carers often have no idea when they’ll be needed, or for how long.

The research reports that all carers provide their unwell loved ones - usually their partners or children - with emotional support and psychosocial care; 98% help with practical tasks such as arranging health care. Most of this is done without the benefit of the training and support systems that are available to professional health care workers. It’s also done for no pay and, in 43% of cases, no form of support from Centrelink. Only 24% receive a Carer Payment.

Judy, who helped us launch the research and runs a support group in South

Australia for carers of those with Borderline Personality Disorder, has been caring for her daughter (now 48) since she was 16. “We are the ones they turn to most often when they are depressed, anxious or in trouble. We receive many phone calls for help - or even just for companionship - both day and night. We are the emotional support when they get discharged from hospital too early because of bed shortages; we do the nursing and caring and soothing. We are the ones who advocate. We are the ones who pay bills because they have not opened their mail, have forgotten to pay, or don’t have the money to pay. We help them with cleaning when they are so unwell they cannot even get out of bed; we often have to prompt them with their daily hygiene.”

The research findings give a clear picture of the impact of caring on people’s lives. Nearly 40% of all carers are unable to work due to their caring demands, while primary carers have less access to education and employment than other carers. This indicates the extent of the sacrifices that are made. When you consider that nearly 15% of mental health carers are under 25 years of age, such sacrifices are sometimes made by youngsters while their peers are building a future.

Joel, a young carer who was a guest speaker at the official launch of this crucial research report, says: “I believe the carer’s role is

Informal mental health carers are contributing **\$13.2 billion** a year caring for people with mental illness; that's **1.7 times more** than what the government invests in all mental health services nationally.



You can read the full report, *The economic value of informal mental health caring in Australia*, online: [mindaustralia.org.au/costofcaring](http://mindaustralia.org.au/costofcaring)

Image credit: Alkawa Ke Flickr 2016

often forgotten and rarely recognised. The significant contribution and sacrifices carers make take a large toll on our own personal lives and relationships.”

Many primary mental health carers feel isolated. Half of them have support needs that are not being met; 35% of them don't even know what support is available. Carers are telling us that they need respite care and emotional support. They also feel that their work is unrecognised and that they are not sufficiently involved by the professionals in their loved ones' treatment. It's hardly surprising that they report poor mental and physical wellbeing, as well as feelings of hopelessness and exhaustion.

Joel says, “I find I am exhausted and mentally drained by the continuous effort involved in [caring for my mum].”

The report confirmed what we already knew: that mental health carers are worthy of admiration and require appropriate support. We at Mind care about our carers and are committed to providing that support and advocating for carer awareness in a number of ways. With the introduction of the NDIS, sustained and increased support for carers is perhaps now more important than ever. ■

## Mind for carers 101

### – Carer-specific services:

- support and education
- counselling
- social/recreational groups and activities
- respite and more!

### – A practical guide for working with carers of people with a mental illness:

Written as a partnership between consumers, carers, representative staff of public and private mental health services and the community managed sector, this guide is a benchmark for the industry.



### – Mind's rich and varied approach to working with families and carers.

#### – Community Mind:

Carers monthly e-news  
[www.mindaustralia.org.au/publications](http://www.mindaustralia.org.au/publications)

### – 'Carers only' space on our website:

This includes the top carer resources in the areas of personal experience of caring; by relationship, life stage and age; support services for carers; about the mental health system; mental illness and drug and alcohol problems  
[www.mindaustralia.org.au/resources/families-and-carers](http://www.mindaustralia.org.au/resources/families-and-carers)

### – Online carer forum:

a place where mental health carers can share information, experiences and offer each other support:  
[www.mindaustralia.org.au/forums](http://www.mindaustralia.org.au/forums)

### – Carer Helpline and Warmline:

**1300 554 660**  
[carers@mindaustralia.org.au](mailto:carers@mindaustralia.org.au)  
The helpline is a great source of information, guidance and referral. Health professionals and other interested groups may also use this service to find out about supporting families and carers in the community.

### – Carer Champions:

We have dedicated staff all across our organisation whose job it is to 'fly the flag' for carers and ensure that they are both considered and represented in every aspect of our work.

### – Carer Reference Group:

We understand that families and carers are valued partners in the provision of recovery services to Mind clients and we look to you as a reference when developing and evaluating the services we provide.



**diversity**

*Listened to*

*All stages and ages of life*

**choice**

**community**

**respect**

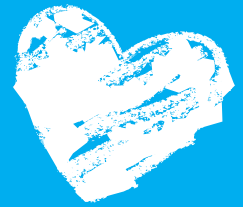
**participation**

Part of  
something

**encouragement**

**acceptance**

**Care**



“

**voice**

”



# What does inclusion mean to you?

**W**e asked a number of our clients – many of whom identify as being from culturally and socially diverse backgrounds – what makes them feel included in general as a client of Mind. We found that co-design is crucial; letting them have a say around what sorts of activities they'd like to try out or be involved in keeps the services relevant to them.

## **Jim, 26, Mind Recovery College™**

Inclusion is being accepted and respected.

## **Clare\*, 50, Mind Individualised Client Support Package (ICSP)**

I am proud to have had my artwork published in the consumer magazine, *Write Mind*, as it makes me feel important as a client of Mind. I am excited to share my Aboriginal culture with others through my artwork which tells a story of traditional Aboriginal past-times.

## **Rose, 59, Mind Recovery College™**

Inclusion means being a part of something. Being valued in decisions; being in the loop; having my opinion matter. I have been involved in co-design at the college and the Mind Consumer Reference Group. I also attended the Mind Community Conferences in Victoria and South Australia.

## **Nancy, Mind Community Services**

Being an Indigenous client of Mind, for me, is a positive experience. I have a supportive worker that is consistent and understanding in being there when I need them. When you find a good worker it is a huge part of your recovery journey.

## **Sally\*, Mind Peer Recovery Community**

Inclusion to me means to be a part of something, whether it be family, friends or social groups. Inclusion means that each individual has a right to an opinion,

a suggestion and to be listened to. I believe Mind do their best to make sure that everyone feels that they are welcome to be a part of our community; that each individual has a right to voice their opinion, make a suggestion and be a part of groups.

It is also important that the individual makes the effort to be included and if this is too difficult, to speak to other [clients] and staff for support and help. [Mind staff] do their best and take pride in being supportive and making sure each [client] is feeling included. Sometimes peer workers go above and beyond their roles to support clients.

## **Kerryn, 52, Mind Recovery College™**

Caring for others; supporting people; giving a voice.

## **Edenjevy, 30, Mind Recovery College™**

Inclusion means being part of something; being part of Mind. Mind is very inclusive and helps me a lot with involving me in courses, activities and groups.

## **Rosina, Mind volunteer**

I consider the meaning of 'inclusive' within a group or organisation to be a transparent and open minded group, offering members equal opportunities, embracing and learning from cultural diversity.

I have found Mind to be inclusive of individuals, bringing them together to share and participate in events, which supports and enriches individuals lives for the better.

## **Roger, Mind Community Services**

Inclusive to me means invitations to groups and then, while at groups, being encouraged to have a say. I have been involved in helping to plan activities at my service and have shared my story of mental illness with others.

## **Effie, 29, Mind Recovery College™**

Inclusion is to invite participation at all stages of program delivery and development.

## **Kayla, Mind Community Services**

Inclusion means that Mind supports people of all ages, sexual identities, races and cultural groupings. Mind can encourage people the way it always has to join in and be a bigger part of the community. I have been involved in co-designing a photography outing to the Rhododendron Gardens. I've also been involved in the Consumer Reference Group when it was just beginning, years ago. And I have featured in the consumer magazine, *Write Mind*.

I feel welcome at Mind's services because I note the poster with the rainbow flag in the foyer for showing support to LGBTI groups and the number of different cultures in the Mind Recovery College™ classes.

## **Narumi\*, Mind Peers Helpers and Mentors program (PHaMs)**

Inclusion means include all people with different cultures and backgrounds; different communities; different ages and having a range of programs that are welcoming to all people to join in. I am involved in an art group and have knowledge of Origami. I presented it as my talent to the group and ran a 'how-to' on it. I have also contributed ideas to the service staff which have then been used in our groups.

## **Amir\*, Mind Peers Helpers and Mentors program (PHaMs)**

I feel included in my gardening therapy group because I get to choose the plants I'm going to plot. ■

\*names changed

# Education; employment; empowerment



**A**t 63 years old, Paul Judd thought he was destined to spend the rest of his life bouncing around the mental health system, but thanks to the support he received at Mind he has found a new lease on life, rediscovered his passion for learning, and landed a new job!

Education has proven to be both a powerful and empowering tool for recovery. Learning and development improves confidence, independence, social skills and community involvement. Actively involving our consumers and their families, friends and carers in the design and delivery of the courses is what makes the college so unique and effective. Paul agrees. He pinpoints his time at the Mind Recovery College™ as the real turning point in his recovery journey.

*“I thought I was done with my career. My working days were over. When you’re in a mental health clinical setting you sometimes feel that this is your lot in life. I felt trapped in the mental health system. It would be a miracle for me to get out of it.”*

Paul Judd



## The benefits of employment\* for mental health

- Helps to promote recovery and rehabilitation
  - Improves financial situation, and thus, greater control over one's life and choices
  - Increases confidence and self-esteem
  - Creates a feeling of contribution and social inclusion
  - Creates a greater sense of identity and purpose
  - Encourages greater independence
  - Improves general mental health and wellbeing
  - Provides an opportunity to make friends
- \* paid and unpaid*

The Mind Recovery College™ is one of the most innovative and exciting services that Mind offers. The college offers courses ranging from everyday living and practical skills to understanding specific mental health concerns, and everything in between. We tailor our courses to the expressed wants and needs of our consumers and carers and our course offering is constantly being revised and improved. The courses aren't your typical TAFE or University courses – in fact, they're anything but. The college values wisdom that comes from life experience and all its course facilitators have their own lived experience of mental health recovery.

“When considering what I was going to do with my life post clinical care, I had to dig deep to find the things that I truly value. Apart from family, friends and peace ... what else was going to get me out of bed and moving? My view of material possessions had changed ... my cognitive skills had become poor and I was now facing being on a variety of medications for the rest of my life. So how was I going to face the future with a sense of worthiness? What was going to stop me from regressing and potentially requiring further inpatient care?”

The transition from clinical care to being ‘out on your own’ is daunting. Mind is with you for every step of the recovery journey, from the crucial acute care needed in times of crisis,

to helping you re-engage with what you need to live a fulfilling life (employment, education, socialisation or something else!) Paul spent some time at our Narre Warren Prevention and Recovery Care service, and upon exiting was told by his worker, “This is not the end; it's the beginning.” His worker suggested he take a look at some of the Mind Recovery College™ courses and started a conversation about employment opportunities. He says the college was the perfect environment to help him build the confidence and social skills he needed to return to work:

“The college became a spoke in the wheel of an evolution that I was trying to piece together. Doing the courses, I was learning things – at my age – about how the mind reacts to medication, for example, that just blew me away! I developed a self-awareness of who I am; why I'm on this medication and how it works and why I need to take it. There was knowledge and information here that I hadn't heard from my GP or my psych. But in these courses they told me what was going on in plain language and said ‘let's talk about it; let's learn about it’. It gave me confidence. It became a social interaction as well, and I really craved that.”

According to leading mental health specialist employment agency, Ostara, employment is proven to benefit both physical and mental health. It provides a vital support network,

social contact and a sense of belonging and engagement in the community. On the flip side, unemployment is frequently cited as a major contributor to poor mental health, and it is not hard to see why. Secure and stable work provides us with not only income, but structure and purpose too. Without it, not only can financial pressures trigger stress and anxiety, but it is easy to develop counterproductive habits.

Older people can find it even harder than the rest of us to enter or re-enter the workforce and can experience all sorts of age discrimination. But age is just a number. And Paul is living proof that with the right support, you can turn things around. ■

 **Mind provides enriching employment opportunities to peer workers (those with a lived experience of mental health recovery) across all areas of operation and hosts the Centre for Excellence in Peer Support. To find out more, visit our website: [www.mindaustralia.org.au/resources/peer-work](http://www.mindaustralia.org.au/resources/peer-work)**

<sup>1</sup>A national framework for recovery-oriented mental health services: Guide for practitioners and providers, Commonwealth of Australia, 2013

<sup>2</sup>Bendigo Advertiser, 25 February 2017

# Healing the spirit



'Sea of footprints' NAIDOC week collage – created by the community in and around Wangaratta, Victoria.

**M**ind invited Aboriginal and Torres Strait Islander artists to create and submit artwork that helps tell a story of emotional and spiritual wellbeing, healing from mental health issues and staying strong.

**We wish to congratulate the winner, Nancy O'Dwyer and runner-up, Talitha Tannuschiet, and thank all participants who entered.**

The winning artwork, *New beginning* pictured above, is to be featured in a culturally appropriate version of our welcome pack for people who are first-time users of our support services. Nancy painted it shortly after a suicide attempt. She says, "There was originally another painting underneath this one which I didn't like so I painted over it. The emu feet were from the original painting so the end result is a combination of two art works."

The emu tracks represent 'travels' in Aboriginal Dreamtime.

Nancy experienced mental illness for years following trauma created in her workplace. She says, "I find it frustrating, it is a daily struggle just to get out of bed to go to do things. I often have myself shut in my house and isolated. Painting used to be therapeutic. For a while it wasn't, but this is slowly coming back."

Nancy was Nominated for Australian of the Year in 2011 for her work in Indigenous family violence. She was also presented with an award for her nomination by Albury City Council in 2011.

Nancy says, "There needs to be work on equalising both Indigenous and white Australians as one. An increase in funding for mental health support is important for both Indigenous and white Australians."

<sup>1</sup>'Mental health services for Aboriginal Australians inadequate, inappropriate, report warns', ABC News 6/11/2014



Pictured L-R: Nancy with her worker, Kylie Mayne

Last year we opened a New Mind Recovery College™ campus in north eastern Victoria, named ‘Thargomimba’ by Pangerang/ Bangerang Elders Uncle Freddy Dowling, Uncle Sandy Atkinson, and Auntie Betty Cherry.

Loss of land, loss of culture and racial discrimination have had an undeniably dramatic and detrimental effect on Aboriginal and Torres Strait Islander people’s mental health. 30% of Aboriginal people are suffering from some form of psychological distress and this group of people have the highest suicide rate of any group of people in the country.

These are damning and alarming statistics and Mind is working on ways to make our Indigenous peoples feel more welcome at our services.

“Because of the unwelcoming environment people don’t feel like they can access help, and even if they did, they don’t feel, obviously, that the help’s going to be any good.” – Pat Dudgeon, 24 November 2016, *National Indigenous Times*

Some of the steps we are taking to make our services feel more familiar and relevant to community, have included the art competition which yielded some stunningly beautiful and

inspirational entries, all of which have been published in the latest edition of our consumer magazine, *Write Mind*.

Last year we opened a New Mind Recovery College™ campus in north eastern Victoria, named ‘Thargomimba’ by Pangerang/ Bangerang Elders Uncle Freddy Dowling, Uncle Sandy Atkinson, and Auntie Betty Cherry. We have been strongly supported by Chris Thorne, Aboriginal Community Development Worker, Central Hume.

Mind would also like to acknowledge the tireless work of our Aboriginal Mental Health Lead Practitioner, Desiree Walker, and the meaningful engagement with community that she fosters in this area. We are extraordinarily grateful for her extensive knowledge and expertise and the people she works with greatly benefit from this.

Thargomimba means ‘to walk the same path’. We are now proud to be able to deliver a traditional Aboriginal weaving course

through the college and proudly display our beautiful ‘Sea of footprints’ collage at our Wangaratta site.

The collage was a communal effort under the guidance and wisdom of our Aboriginal mental health lead practitioner and the team at Wangaratta and was their way of celebrating NAIDOC Week 2016. It’s a powerful collection of thoughts, reflections and hopes for mental health in the Aboriginal and Torres Strait Islander community. The team at Wangaratta have travelled as far as New Zealand to present amazing work on collaborating for transformative cultural change at TheMHS Conference 2016, as well as being thoroughly engaged in community events all around the Hume region.

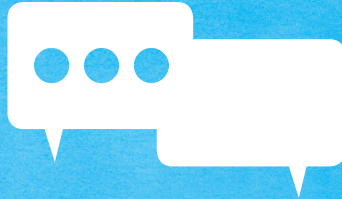
Mind has much work ahead of us in order to do ‘fill the gaps’ in support for the traditional custodians of this land. We embrace this challenge, and, as always, pay our respects to the Traditional Owners of the land and pay respect to their Elders, past and present. ■

# In brief

## Happenings in Queensland and Victoria

Mind is a recognised leader in Australia for step up/step down care, including by Queensland Health who have approached Mind to guide their implementation of such models. The latest being Mackay Hospital and Health Service with whom we will open our seventh service in Queensland.

We would also like to welcome the new General Manager for Queensland, Denise Cumming. Denise was General Manager Operations at Open Minds and has over 18 years' experience working in mental health and social work.



Human rights and social justice are particular passions of hers.

We also welcome George Osman to the role of General Manager North West Metropolitan (VIC) area, George is a respected leader in the sector and will bring some great expertise to Mind. George comes from Monash Health where he was Operations Director, Mental Health programs. Mind is also delighted to have confirmed it will continue to manage the Bendigo Y-PARC service, an important place supporting youth in regional Victoria.

## New psychological counselling services in Bendigo

Mind is now proud to offer psychological services to people in Bendigo with funding from the federal government Access to Allied Psychological Services program (ATAPS). This service falls under the wider leadership of Phil Dunn, a psychiatric nurse with over 30 years' experience. He has worked in a range of senior management roles in both the clinical and community mental health sector – most recently as Director of Service Delivery and Development at Pathways in Geelong during the launch of the National Disability Insurance Scheme in Barwon.



## Mind at Midsumma

Mind made quite the splash at Midsumma Festival this year. Our colourful stall attracted hundreds of curious punters, most of whom were eager to get their hands on our fashionable tote bags and water bottles which we've since seen proudly carried around the city, including at the Australian Open tennis carnival.

We were there to promote our new LGBTI clinical service and the Mind Equality Centre (due to open in April this

year). It was great to engage in discussions about mental health in such a fun and relaxed environment.

Mind also sponsored the first ever Pride Run (22 January 2017) as part of the Midsumma Festival and we had over 100 people participate!

For more information contact Practice Manager, Nicole Coad: 0499 550 252, or call Mind Connect on 1300 286 463.



Pictured L-R: Nicole Coad, LGBTI Practice Manager with staff members: Ali Millhouse, Lena Risteski and Lyn Seeley.

# We want to hear from YOU

We also want to keep you in the loop with all the happenings at Mind – *tell us how!*

To take this survey online, visit: [mindaustralia.org.au/wewanttohearfromyou](http://mindaustralia.org.au/wewanttohearfromyou) or simply return this form in the envelope provided.

1. What is your name? (*optional*)

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2. Are you a...

- |   |   |
|---|---|
| <input type="checkbox"/> Mind client                                | <input type="checkbox"/> Mind carer                           |
| <input type="checkbox"/> Mind staff member                          | <input type="checkbox"/> Client ( <i>of another service</i> ) |
| <input type="checkbox"/> Professional ( <i>other organisation</i> ) |   |
| <input type="checkbox"/> Other ( <i>please specify</i> ):           |   |
- 

3. How old are you?

- |  |   |
|--|---|
| <input type="checkbox"/> 17 or younger | <input type="checkbox"/> 18 to 24               |
| <input type="checkbox"/> 25 to 34      | <input type="checkbox"/> 35 to 44               |
| <input type="checkbox"/> 45 to 54      | <input type="checkbox"/> 55 to 64               |
| <input type="checkbox"/> 64 or older   | <input type="checkbox"/> I prefer not to answer |
- 

4. What gender do you identify as?

- |  |                                 |
|--|---------------------------------|
| <input type="checkbox"/> Male                            | <input type="checkbox"/> Female |
| <input type="checkbox"/> Other ( <i>please specify</i> ) |                                 |
- 

5. Which communications do you prefer?

- |                                |                               |
|--------------------------------|-------------------------------|
| <input type="checkbox"/> Email | <input type="checkbox"/> Post |
|--------------------------------|-------------------------------|
- 

6. Are you subscribed to *Mind View* (this magazine)?

- |                              |                             |
|------------------------------|-----------------------------|
| <input type="checkbox"/> Yes | <input type="checkbox"/> No |
|------------------------------|-----------------------------|
- 

7. How would you rate *Mind View* on a scale of 1 to 10? *Please circle.*

0	1	2	3	4	5	6	7	8	9	10
Not interested at all										Very interested

---

8. Are the topics covered in *Mind View* of interest or relevance to you?

- |                              |                             |
|------------------------------|-----------------------------|
| <input type="checkbox"/> Yes | <input type="checkbox"/> No |
|------------------------------|-----------------------------|
- 



9. On a scale of 1 to 10, how interested are you in the following topics? *Please circle.*

a. Research (relating to mental health)

0 1 2 3 4 5 6 7 8 9 10  
Not interested at all Very interested

b. Mind services

0 1 2 3 4 5 6 7 8 9 10  
Not interested at all Very interested

c. News, policy and media (mental health)

0 1 2 3 4 5 6 7 8 9 10  
Not interested at all Very interested

d. General health and wellbeing

0 1 2 3 4 5 6 7 8 9 10  
Not interested at all Very interested

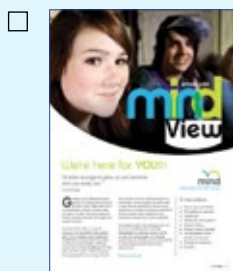
e. NDIS

0 1 2 3 4 5 6 7 8 9 10  
Not interested at all Very interested

10. What topics would you like to see covered? *Choose as many as you like.*

- |   |   |   |
|---|---|---|
| <input type="checkbox"/> Housing                          | <input type="checkbox"/> Sector news                        | <input type="checkbox"/> Recovery oriented practice                             |
| <input type="checkbox"/> Research                         | <input type="checkbox"/> Carer stories                      | <input type="checkbox"/> Education and training opportunities                   |
| <input type="checkbox"/> Service provision                | <input type="checkbox"/> Practical skills for mental health | <input type="checkbox"/> Expert opinion (practitioners, staff, clinicians, etc) |
| <input type="checkbox"/> Stories of recovery              |   |   |
| <input type="checkbox"/> Other ( <i>please specify</i> ): |   |   |

11. Sign up to receive our magazines according to your interests. *Choose as many as you like.*



**Mind View**  
– a seasonal magazine for anyone with a general interest in mental health.



**Community Mind**  
– an e-newsletter specifically for mental health carers



**Write Mind**  
– a co-produced magazine for consumers, by consumers

a. If you wish to receive your copies **digitally**, please provide your email address:

b. If you wish to receive your publications via **post**, please provide:

Full name:

Street address:

Suburb:

State:

Postcode:

12. Thanks for your time, we look forward to connecting with you! Do you have anything else to add?



## Person centred care

Our Director of Research, Dr Lisa Brophy in conjunction with Peninsula Health's Clinical Director of Mental Health Services, Associate Professor Sean Jespersen, is leading a study into the effectiveness of our Youth Prevention and Recovery Care (Y-PARC) service in Frankston.

The Y-PARC model of care is based on a developmental and holistic approach to a young person's recovery. Youth-focused residential mental health care is a crucial component of recovery and promotes and supports strong family and carer engagement. It's been proven time and time again that young people need family connection to thrive (*Hopes and Dreams, Reach, 2015*).

We are keen to find out just how effective the Y-PARC is in contributing positively to the ongoing wellbeing and recovery of its clients.



Pictured L-R: Associate Professor Sean Jespersen and Dr Lisa Brophy

## Mind Community Conference is back!

The Victorian conference is back and will take place at the MCG on Wednesday 26 July 2017.



## Launch of the economic contribution of carers research

On 23 March 2017 we officially launched *The economic value of informal mental health caring in Australia* at Parliament House in Canberra. You can read all about this research on pages 4 and 5 of this magazine. A national first, the report reveals for the first time the significant contribution that informal mental health carers make to the Australian economy.

The report was launched by Professor Allan Fels AO, Chair of the National Mental Health Commission, with support from Professor Peter Brooks, Australian Health Workforce Institute (University of Melbourne) and lead researchers, Professor Harvey Whiteford and Sandra Diminic (University of Queensland). Minister for Aged Care and Indigenous Health, The Hon Ken Wyatt AM, MP as well as other high profile politicians were also in attendance. We were delighted

to have the endorsement of the first ever Indigenous Member of the House of Representatives.

We were privileged to be joined by two guest speakers who are carers themselves. Judy Burke cares for her adult daughter and is a founding member of carer support group Sanctuary, and actively advocates for carers of people with mental illness.

Joel Stein is the primary carer for his mother, a member of Children of Parents with a Mental Illness, and Board member of HelpingMinds.

Their speeches to the audience were powerfully moving and gave invaluable insight into the plethora of daily challenges they face – willingly – to care for their loved one.



Pictured L-R: Hon Ken Wyatt AM, MP; Ara Cresswell, CEO, Carers Australia; Julian Gardner AM, Board Chair, Mind; Hon Jane Prentice MP; Dr Gerry Naughtin, Chief Executive, Mind

## DONATION FORM

Make a real difference to the lives of young people recovering from mental ill-health.

I would like to make a tax deductible donation to Mind (Donations of \$2 or more are tax deductible)

monthly  quarterly  half yearly

annually  one-off

Amount

\$25  \$50  \$100  \$200  Other \$

or In-kind gift of

### Payment options (choose one)

Website: visit [www.mindaustralia.org.au](http://www.mindaustralia.org.au)

Cheque/money order: made payable to Mind Australia

Credit Card:  VISA  Mastercard  Amex

Credit card no.

Expiry date  /

Name on card

Signature  Date

### Donor details

Mrs  Mr  Ms  Miss  Dr  Other

First name(s)

Surname

Address

Suburb  P/Code  State

Ph (H)  Ph (W)

Mobile

Email

### Getting involved

Please contact me or send me further information on:

- fundraising opportunities
- remembering Mind in my Will
- upcoming events
- workplace giving

Please return the completed form to:

Fundraising  
Mind Australia Limited  
86 - 92 Mount Street  
PO Box 592  
Heidelberg VIC 3084

The personal information we collect on this form will be used to track and manage donations and for marketing purposes. This information may be disclosed to other members of the organisation or third parties who do things on our behalf where it is required or allowed by law or where you have otherwise consented. You can access your personal information we have collected, if we have retained it, by calling the organisation.

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MVA17



# Mind Recovery College™

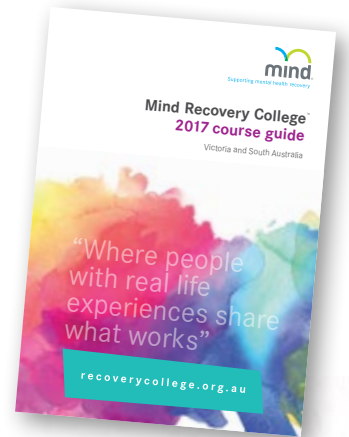
now in ten locations!

## Victoria

Benalla  
Bendigo  
Cheltenham  
Gippsland  
Nunawading  
South Morang  
Wangaratta  
Wodonga

## South Australia

Mile End  
Glynde



Check out the latest course guide:  
[recoverycollege.org.au](http://recoverycollege.org.au)

We want to  
hear from  
you



We want to keep you in the loop  
with all the happenings at Mind

- tell us how!



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Celebrating **40** years  
1977-2017