



WINTER 2017

mind View

The right fit for you



Mind believes that recovery from mental ill-health is possible for everyone and that the recovery journey is a deeply personal one. A culture of listen, learn, build and adapt is central to our approach.

We know that with the right combination of supports, just about anything is possible.

Last year, we published an edition of *Mind View* called 'The good life'. This edition explored what mental health consumers want and need to lead a healthy and fulfilling life, and how we can best respond to those wants and needs.

When asked, "Given the opportunity, what would you choose in order to live a 'good life'?" People said they wanted things like: social and community inclusion, holistic health, help to get 'out and about', a reduction in stigma and financial security.

They also reported the desire to see services that bring together a range of supports, eliminating the need to re-tell personal stories time and again or take time visiting five different locations for varying supports.

A year later, we're incorporating all these elements and more to help people achieve a better life. Not just existing and 'getting by', but helping them to thrive.

We have spent a considerable amount of time developing new service delivery models that incorporate all aspects of wellbeing – each of them crucial for positive mental health and for living a good life.

It's no mistake that these are the same sorts of things that the National Disability Insurance Scheme (NDIS) prioritises – but while these models fit neatly within the new landscape of services under the NDIS, they are evidenced

► (continued on pg 3)

In this edition

- » The right fit for you
- » Party poppin' pride
- » Hope for a better life
- » Let's get physical
- » Carers: the crucial corner piece
- » In brief...



Dear friend,

Mind is evolving – you might say we are moving with the times.

Changes to the sector including the rollout of the much anticipated National Disability Insurance Scheme (NDIS), mean we have new opportunities to deliver a different suite of services, some of which I'm delighted to share with you this edition. I am confident that through our broad consultation we have the right mix of services, support and expertise to help more people with their mental health recovery.

In our current NDIS rollout areas which include north east metropolitan Melbourne, Bendigo and Ballarat we are introducing a new and interesting array of services accessible in one hub, and you can read more about these in the following pages.

To celebrate the wonderful work being done across Mind, our ever-growing community came

together for our fourth annual Mind Community Conference at the MCG in Melbourne on 26 July and for a joyous celebration of Mind's 40th birthday in South Australia on 8 August. As always, these are uplifting events for all involved and I myself relished the opportunity to spend the day engaging with clients, carers, staff and volunteers from all across the organisation at these fun-filled and vibrant events.

In other news, we launched our dedicated LGBTIQ mental health and wellbeing service, The Mind Equality Centre on 23 May with a lively and colourful celebration, replete with lots of confetti and dancing. We were honoured to have Minister for Mental Health and Minister for Equality, Martin Foley MP officially open the centre and entertainer Jordan Raskopoulos perform. The centre is located in Melbourne but offers opportunities, including Skype sessions for those in other locations and interstate to access these crucial services.

I am also thrilled to present to you our newly launched website and brand offering. The new site has a detailed services directory, access to resources and much more, plus it was co-designed and tested with the very people set to use it: you. See page 5 for more information.

I hope you enjoy this edition of *Mind View*.

Warm regards,

Gerry Naughtin



Mind Australia Limited

PO Box 592 Heidelberg VIC 3084 | mindaustralia.org.au | 1300 286 463



To contact the editor, Jess Shulman, email communications@mindaustralia.org.au

If you no longer wish to receive this newsletter contact communications@mindaustralia.org.au

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

“The Mind Thrive Centre is something I believe in – it’s about engaging people so that they come to us – there’s something really symbolic about that. It is about creating a shared space.”

– Lena Risteski, Mind Thrive Centre Counsellor

to work well for all sorts of people on a journey of mental health recovery, in all sorts of community service settings, not just those funded by the NDIS.

Knowing that different supports work for different people, we’ve been flexible in our approach, working to create a raft of services that are coordinated and integrated and available in uniquely uplifting, safe and welcoming spaces.

Introducing the Mind Thrive Centre, a one-stop-shop where people can access a range of services delivered by specialist practitioners, as well as participate in group learning activities. Where the important aspects of your life can come together, be integrated, coordinated and put you in the driver’s seat.

It’s where clients can sit with specialists and really nut out their roadmap to recovery and get the kinds of practical supports that will get them there. We’re also running group recreation and leisure activities under our *Connect Up* program to help people do the things they want to do with others

who like the same activities: go out to see a movie, pursue arts and crafts, engage in musical activities, take an exercise class, go bushwalking... the options are almost endless!

Mind Thrive mental health and wellbeing centres are now open in Ballarat and Abbotsford (Victoria) with Bendigo and Greensborough to follow. In a time of change, our new services won’t necessarily be the same everywhere; they are based on local needs and what people tell us they want. They will however share one common theme – choice and control – it’s all about giving you support, options, and a safe space to work on your goals for a better life.

We start with you; and tailor things to suit your needs. Mind Thrive Centres offer counselling (for individuals and groups), specialist therapies and assessments, mental health coaching, peer mentoring and support for complex behaviours. In addition, you can access educational groups, skill building and link to housing, employment and education supports.

The services we offer are fundable under the NDIS, but people needing mental health recovery support who are not eligible for NDIS support should also come and talk to us. We want to make these services as affordable as possible, so mental health care plans, Medicare and health insurance are all usable options. You can also pay for your service on the spot. You tell us what sorts of things you think will help you to lead a more fulfilling life, and we do our best to make that happen for you.

Mind believes in its clients and their families and carers; in their strength and ability to gain or regain control of their lives and their wellbeing. We don’t want people to simply settle for what’s available or what’s good enough. We want them to be able to dream; to find that which makes them thrive.

We know people’s need for services is not linear, and they need to be able to choose how much or how little support they need, according to fluctuating states of wellness.

There are many pieces that make up a holistic approach to building a good life. They come in all shapes and sizes, and it’s best if they’re movable – so you can get the best fit for you. ■

Mind Thrive Centre
for mental health and wellbeing

For more information about our Mind Thrive Centres call 1300 286 463 or visit our new website www.mindaustralia.org.au





Party poppin' pride

A fabulous evening was had by all who celebrated the official opening of The Mind Equality Centre - our new LGBTIQ mental health and wellbeing centre in North Fitzroy, Victoria on 23 May.

The centre was positively brimming with excitement and pride. Celebrity-spotting was in full swing with guest MC, broadcaster 94.9 JOY FM's Tass Mousaferiadis, keeping the proceedings rolling along with aplomb and humour, and a special performance by musician and internet sensation Jordan Raskopoulos.

She blew us all away with some tear-jerking renditions of a selection of songs that have empowered her throughout her journey as a transgender woman, as well as a healthy dose of humour and some classics by Amy Winehouse and Queen thrown in.

With banging party tunes provided by Luke Agius and impassioned speeches from Martin Foley MP and Bronwyn Lawman, our Executive Director of Operations, the night went off with a bang (quite literally!)

To officially mark the opening of the centre, instead of a traditional ribbon-cutting, we had a party popping! Fuelled by some fancy cocktails and mocktails, and some mouth-watering (vegan, vegetarian and gluten free!) catering courtesy of the Asylum Seekers Resource Centre, the proceedings closed in a flurry of colour, laughter and celebration.

Mind has well and truly 'come out!' ■



Visit our website and watch our video to find out more:
www.mindaustralia.org.au/mindequalitycentre

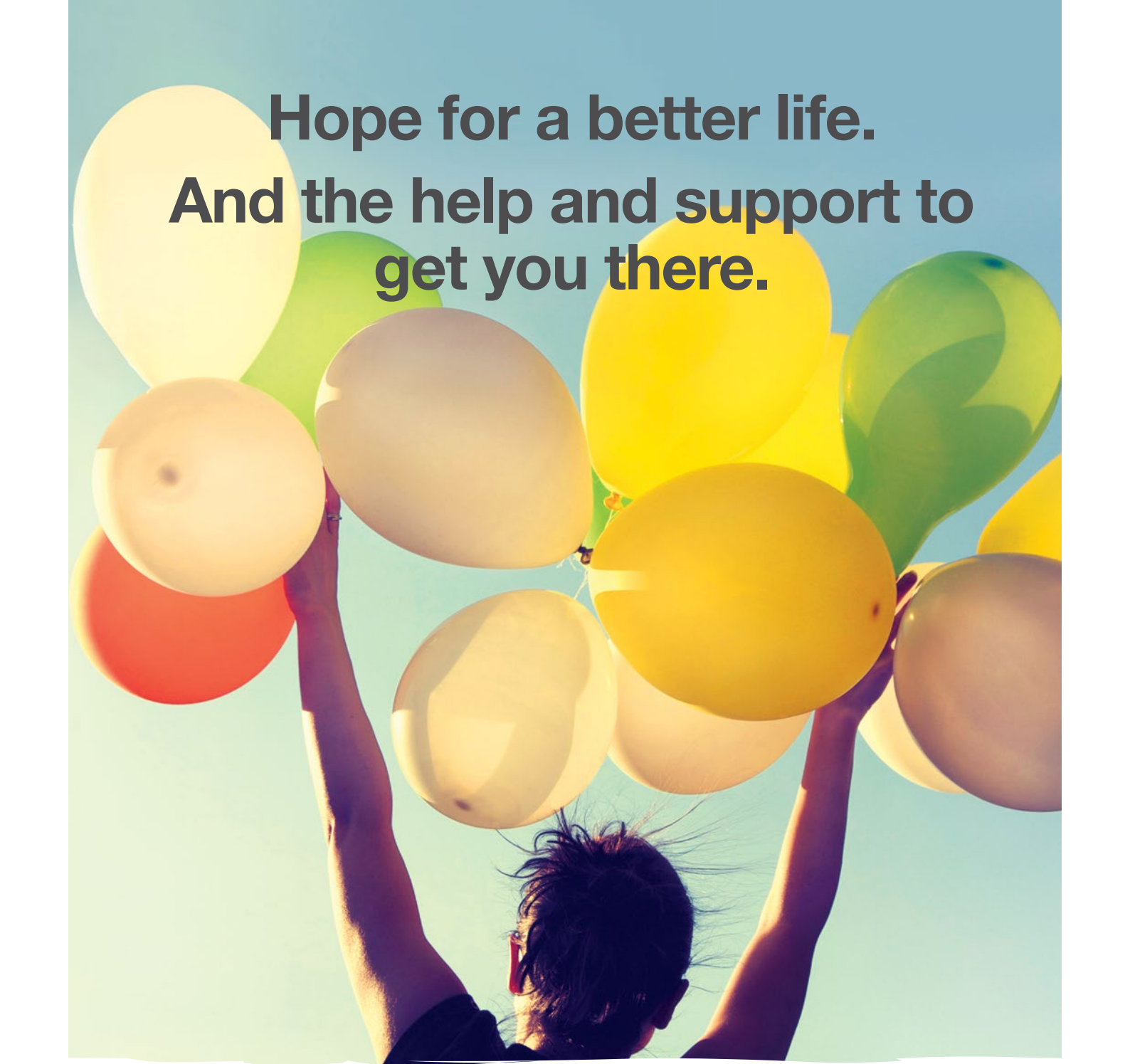
Minister Martin Foley said, "The vision and efforts of the Mind Equality Centre is to be commended. We know access to health services is a genuine barrier for the LGBTIQ community - and we need to see more leadership like Mind's to overcome this. It's great to see a model of care that looks at the whole person and aims to provide pathways to the right kinds of support."



Mind is one of 36 health organisations calling for the passing of marriage equality to end discrimination on LGBTIQ people. The joint health statement supporting marriage equality can be read at: www.equalitycampaign.org.au/nationalhealthstatement



Pictured: Staff celebrate the opening of the Mind Equality Centre



Hope for a better life. And the help and support to get you there.

These are the things you told us we do best and that you most want from us.

Thank you to the hundreds of consumers, families and carers, and mental health professionals who took the time to tell us what they valued most about our support services and Mind as a whole. It's been great input to the design of our new services.

But the most powerful insight was that people really valued the help we gave them and trusted us to hold the hope for them, even in their lowest moments.

It's very humbling. It's something that we hold as precious and we will always do our best to live up to. So much so that we decided to update

our brand statement – from *Supporting mental health recovery* to *Help, hope and purpose*.

Over time you'll begin to see our new branding come through in our materials. We hope you like it; we think it's a great reflection of the journey we're on together.

What else is new?

Our website! It's got:

- a user-friendly services location finder
- some great resources about mental health and recovery
- for professionals, a clearer path to our research reports, and
- just a way better design and site structure. ■

Come and check it out – visit www.mindaustralia.org.au



Let's get physical

People with mental health challenges often have worse physical health than those without. The relationship between severe and persistent mental illness and poor physical health, including cardiovascular disease and diabetes, is increasingly clear (*Physical health and mental wellbeing: evidence guide*, 2016).

Consequently, the physical health care of people with mental illness has been identified as a serious public health challenge. The national survey, *People living with psychotic illness* (2010), found that for one quarter of participants, their physical health was one of the biggest challenges.²

Here are some great examples of how Mind services are encouraging clients to get active.

Healthy living in Melbourne's south east

Mind's Personal Helpers and Mentors service (PHaMs) in Narre Warren Victoria runs a number of outdoor fitness groups plus a range of other activities, but it's the recent trial of its *Healthy Lifestyle* program that's making waves.

The co-designed course has so far yielded excellent results, so much so that the team are hoping to incorporate it into *Connect Up* services under the NDIS when the roll out hits the area in 2018.

The fifteen week program kicked off by asking clients what they needed or wanted to live a 'healthy life'; what they considered to be 'a healthy lifestyle' and what sorts of things they might like to learn about or focus on.

The initial weeks of the program were devoted to goal planning and vision boards, encouraging participants to envision their healthiest selves. Over fifteen weeks, addressing different lifestyle goals each

week, they built up an incredible skillset for healthier living.

And each week, allied professionals and experts in every area of interest came to work with them and the group. For example, one week the group focused on exercise (and how to have fun doing it!) and that week's 'special guest' was a participant of the program, and also a basketball coach of 12 years. The week that the group spent learning about permaculture and gardening, they visited the Burringa Cultural Centre under the guidance of a professional permaculture gardener.

Other topics addressed throughout the program were:

- self care
- the value of sleep
- food and mood
- health and the environment
- addiction
- healthy grocery shopping and eating
- adventures outdoors in nature.

According to Community Mental Health Practitioner Anastasia Cole the program was very well received.

"We are still undertaking a formal evaluation but there is no doubt it's been a success. We have been so pleased to see the camaraderie of the group, the support and friendships made.

"Many of the participants are now regular attendees of our existing weekly programs, many of whom didn't have the confidence to join before their time on the program.

"We also have groups of participants heading to external activities together such as yoga - their support for one another has been phenomenal," she said.

Here is some feedback from participants themselves:

"Changed my life - I'm alive!"

"The kickstart to my gift of being active. It has now taken off like mad. Before I did very little exercise, but now I exercise and do lots of incidental exercise every day of the week. I have opened myself up to trying new activities and speak to new people. It was the start of me finding myself - it allowed me to be free, to be childlike and to be open without judgement."

"I loved the basketball day, I had so much fun."

"Don't think I had really given sleep enough of a priority until very recently! Sleep cycle discussions were very good and the sheet on recommendations, sites, and links to relaxation music were good."

"Helped me to enjoy nature, fresh air, my breath and just to feel better, alive."

"I learned my body is like a temple for our mind - healthy body = healthy mind."

"I learned I can increase my energy levels by healthier eating. I want to do more gardening after learning from that session."

Townsville gets up and goes

Get Up and Go is an initiative currently in pilot stage in our youth residential rehabilitation service in Townsville Queensland. The service offers people aged 16 – 21 years up to twelve months accommodation and helps them gain independence and establish strong community links.

According to Community Mental Health Practitioner and Team Leader Simon Gadd, the program while in its infancy is striking a chord with participants.

“The program encourages our young people to get up and go out and do something physical and in today’s world of technology that can be challenging.

“The program encourages healthy but not too difficult exercise, as well as the uptake of some of our beautiful town’s free facilities. Plus the fresh air is a bonus,” he said.

The week’s activity always concludes with a house BBQ, some activities have included:

- Geocaching which uses an app to undertake ‘real world’ treasure hunting using GPS enabled devices.
- Save the egg which encourages team work to build a protective barrier for an egg which will be dropped from the highest slide at a local park

Other ideas have been activities such as capture the flag, bocce, mine field, ten pin bowling and more.

Simon said a handbook was developed to guide staff and residents with running and choosing activities. The handbook has comprehensive directions including a list of materials needed to undertake the task.

“I developed the program with a strengths based approach and compassionate, non-judgmental attitude. I want to show people that you don’t have to look a certain way or attend a certain gym to reap the rewards of daily exercise,” he said.

Mind Olympics: A healthy lifestyle initiative straight outta South Australia!

Picture it... it’s a beautiful day at Mitchell Park Reserve, Adelaide. The music is pumping, the winter sun is shining and there are a bunch of amazing people ready to kickstart and improve their fitness and sporting goals.

The Mind Olympics, a South Australian initiative designed to improve client’s health and wellbeing is an incredible opportunity for consumers and staff to try their hand at an extensive range of sports and athletic events. Every fortnight they train, usually trying their

hand at a new sporting activity. From bending it like Beckham, kicking the footy like Buddy Franklin, sinking those shots like Michael Jordan or owning the pitch like Ricky Ponting – there’s something for everyone.

The Mind Olympics SA will culminate in a special day of competition this September where competitors will take their months of training and go head to head with one another for glory!

- Ebony Matane, Community Mental Health Practitioner

Mind runs many programs across its services that focus on physical health including the new *Connect Up* services: group recreation and leisure activities to help connect people socially and allow them to pursue interest and passions. *Connect Up* services can be accessed through an NDIS support package, but if you are not an NDIS participant, you can still participate and reap the benefits at a reasonable cost. ■



Pictured: Cristita, Lyndee and Jordan attempt the egg drop activity



If you would like more information about *Connect Up* you can contact our NDIS team by calling Mind Connect: 1300 286 463.

¹*Promoting mental health : concepts, emerging evidence, practice : summary report / a report from the World Health Organization*, Department of Mental Health and Substance Abuse in collaboration with the Victorian Health Promotion Foundation (VicHealth) and the University of Melbourne. (2004).

²Morgan VA, Waterreus A, Jablensky A, et al. *People living with psychotic illness in 2010: The second Australian national survey of psychosis*. Australian and New Zealand Journal of Psychiatry. 2012;46(8):735-752.

Carers: the crucial corner-piece



Pictured: Caring Together participant, Marian

“Doing it together lessens the burden.” – Liza Staios, Carer Peer Support Worker

How have groups of people throughout history brought about positive change? By working together.

Interacting and making connections with one’s own community is such a valuable thing, no matter the person’s situation.

Holistic mental healthcare doesn’t happen in isolation. It takes the strength, determination and dedication of many people working together across a number of areas in order to help someone build their better life. The friends and family members who are concerned about a loved one’s mental health can be both assets and allies in the journey to recovery, if we take care of them, too.

In order for them to best care for their loved ones, carers need support and validation. And this is what our peer worker and Carer Helpline Coordinator, Liza Staios, is most passionate about: empowering them, and showing them that they are valued, and that they are worthy of care and support in their own right. Perhaps most importantly, she’s concerned with ‘doing it together’ so that nobody feels abandoned, isolated, or alone on their journey.

Liza ran the first *Caring Together* carers support group in Melbourne this year, a monthly co-designed program where carers decide what topics they’d like to know more about or discuss, and draw knowledge from each other’s experience. She says, “When you’re doing it together, it lessens the burden.” Caring together means:

- bringing carers together with other carers
- bringing together resources for carers
- encouraging clients and carers and other individuals to work together on the same team.

“One carer was saying that she knew she needed to start a particular legal process in order to keep her loved one safe, but – exhausted by her caring role – she felt she couldn’t do it on her own. Immediately, the carer next to her (though they had not met one another yet) piped up and said, “I’ll come with you!”

That’s the kind of endless compassion these people have. They’re here because they’ve recognised the need for their own self-care and yet they *still* are looking for ways in which to help and care for others.

Most of the things they find useful are the more practical things: assistance with navigating the mental health system; guidance on what sorts of questions to ask mental health professionals to elicit the best outcome for their loved ones; where to find and access financial aid; and many are seeking advice about how to keep their own health and wellbeing in check. ■



Did you know that you can access an online forum just for mental health carers?

You can log on from anywhere, any time of day:

www.mindaustralia.org.au/carersforum



**Call the Carer Helpline
1300 554 660**

In brief

In other NDIS news, our Chief Executive Officer Gerry Naughtin was recently reappointed to another term on the Independent Advisory Council for the National Disability Insurance Agency. The reappointment provides Mind with an important opportunity to have a voice at a national level on the roll out of the NDIS.

Mind's presentation of evidence to the Joint Standing Committee's Inquiry into Mental Health and the NDIS

Mind's Chief Executive, Gerry Naughtin, and Executive Director of Research and Advocacy, Sarah Pollock, presented evidence at the public hearing for the Joint Standing Committee's *Inquiry into Mental Health and the NDIS* on 12 May. The hearing was an opportunity to present our position in relation to mental health and the NDIS, and to engage with panel members around their questions of interest.

Mind strongly supports the continued inclusion of people with psychosocial disability in the NDIS but recognises the need to improve the eligibility criteria.

Mind recognises the progress of the NDIA and community mental health sector in developing the scheme, but advocates for improvements to the planning process and further work to address different cohorts of people.

One major concern is that mental health carers may be vulnerable under the NDIS unless a more proactive and assertive approach is taken to support people with psychosocial disability. A report detailing Committee findings will be available shortly.

Finger on the PULSAR

The Principles Unite Local Services Assisting Recovery (PULSAR) project delivered and evaluated training in recovery oriented practice for general practitioners (GPs) and specialist mental health service workers in Melbourne, Victoria. After four years of hard work by research partners Mind, Ermha and Monash Health, the project is coming to completion.

Dr Lisa Brophy has been the research chair for this project, which involved the recruitment and training of over 300 mental health care staff and 30 GPs. Mind staff and consumers contributed greatly to the research by participating in training, surveys and interviews, and we would like to extend our thanks to them and all involved.

The research is soon to be published. For more information, visit www.pulsarrecovery.org.au

Feeding footy fans

In the shadows of the big-ticket AFL sits a footy league that's as grassroots and community-minded as they come.

The Renegade Pub Football League is a not-for-profit organisation focused on providing a safe and inclusive environment through sport, to encourage involvement in the local community.

As part of their community engagement work, the league invites local charities to raise funds and awareness by running the BBQ on game day.

So on a drizzly Saturday morning, staff representing the Mind Equality Centre set up a fundraising BBQ and fed hundreds of local footy fans for the first round of 'pub footy'.

Against the backdrop of the famous Victoria Park - home of the Collingwood Magpies - we sizzled up a storm and raised \$1,400 from the BBQ and donations. 100% of proceeds went directly to the Mind Equality Centre.

For more information about the Mind Equality Centre call 1300 054 284



Pictured L-R: Mind staff members Lara, Jackie and Ali



Pictured: Lead researcher, Professor Graham Meadows, Southern Synergy and School of Psychiatry, Monash University

Celebrating our community - the Mind Community Conference 2017



Pictured: participants in the Wangaratta community art program showcase their beautiful pieces or art and craft.

Ours is a community that cares, collaborates and comes together in a way that is not just professional and capable, but almost familial.

The Mind Community Conference allows us a precious minute to revel in the positive change that Mind has managed to make in so many people's lives. This year we had more than 500 people at the conference.

Entering to the tunes of client John Laws, the conference began with a Welcome to Country by Aunty Dianne Kerr.

Ebonyrose Lyons' opening speech had people glued to their seats with its earnestness and powerful message of hope, and left people abuzz with talk after the morning sessions – many felt very inspired by hearing her speak and it created a lot of interesting discussion. 'NDIS The Musical' brought some much appreciated comic relief.

The stalls were as vibrant and buzzing as ever, punctuated by the lovely sounds of the Trinity Cruisers and the interactive sessions ranged from: presentations from the Mental Health Complainants Commissioner and Hannah Dee, Barnardos Victoria's Mother of the Year, to sessions about employment, to mindful social media networking, and much, much more.

What makes this event so special is its uniquely egalitarian setting. Everyone attends as a member of the Mind community, whatever their role in that community may be. This creates a wonderful atmosphere where people can celebrate and engage in discussion with people from all walks of life, with all different kinds of stories to tell and experiences to share.

40 years of Mind

In South Australia, Mind staff together with current and former clients, carers and others ate cake, spoke praise, and reflected on four decades of providing help, hope and purpose to people with mental ill-health, their families and carers at a celebratory lunch on Tuesday 8 August.

Tributes, memories and recognition flowed as ABC Adelaide's Ali Clarke compered the emotion-filled afternoon, with special guests: Uncle Lewis O'Brien, Aboriginal Elder from the Kaurna people; Mr Chris Burns, SA Mental Health Commissioner; Gerry Naughtin, Mind Chief Executive; Bronwyn Lawman, Mind Director Operations; and Janice Hogan, Mind General Manager – South Australia and Western Australia.

Ali Clarke, a 2016 Mental Health Week Ambassador, is a strong supporter of mental health, having broadcast live in October 2016 in Rundle Mall for Mental Health Week. As she introduced the celebrations she spoke of Mind's humble beginnings.

"Mind started as the Richmond Fellowship of Victoria in 1977 and expanded to South Australia in 2005. They are now one of the largest providers of mental health services in SA," Ali said.

"Mind has been a trailblazer and pioneer in providing dignified, community based support. In 2015/16 Mind supported 13,498 customers nationally and close to 3000 of them were in South Australia," she said.

Chief Executive, Gerry Naughtin said: "Our founders had no money and few resources, but were driven by a moral instinct that all women

and men are born equal and that people with persistent mental illness needed a better go.

"We have in my view remained true to our founders' values and practical commitment to helping people with mental health issues and their families and carers to live contributing lives."

Further celebrations to follow! And keep an eye out for the next edition of *Mind View* which looks back at 40 years of Mind.



Pictured L-R: Executive Director Operations, Bronwyn Lawman; Area Manager (SA Central and Country South), Mary Superina; Executive Director Research and Advocacy, Sarah Pollock; Chief Executive, Gerry Naughtin; General Manager South Australia and Western Australia, Janice Hogan and Area Manager (SA North, South and Country), Irene Debrecenti.



DONATION FORM

Make a real difference to the lives of 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 \$

Payment options (choose one)

Website: visit www.mindaustralia.org.au

Cheque/money order: made payable to Mind Australia Ltd

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.

ABN 22 005 063 589

MVA17

The Centre of Excellence in Peer Support



"Any one of us could be affected by an unexpected life event or illness where peer support will be vital to our recovery and wellbeing"

The Centre of Excellence in Peer Support (CEPS) is a centralised specialist clearinghouse and online resource centre for mental health peer support. CEPS aims to support a sustainable peer sector by providing:

- training and workshops for organisations and individuals
- mentoring to individuals and organisations wanting to implement new peer support projects or enhance existing ones
- a central point for information-sharing and exchange
- access to news, events, training, employment opportunities, resources, research, and a directory of services.

www.peersupportvic.org

facebook.com/MindAustralia

twitter.com/MindAustralia

youtube.com/MindAustralia

Celebrating **40** years
1977-2017