



well ways helping families & friends find better ways

### Well Ways is backed by positive evaluation

In keeping with current literature, our program evaluation indicates that the majority of participants experience substantial distress and elevated levels of worrying prior to the program. Following completion of the program, these levels were significantly reduced. These results were enduring six months later. Whilst some distress remains, it is clear that the program has successfully decreased the level of distress for most people. These results are based on a sample of 380 Well Ways participants.

### and positive testimonials. . . .

*"I would like to stress that Well Ways is of immense help - meeting with others in similar circumstances, sharing fears, ideas, solutions, learning how to find new ways to help in our situation, discussing thoughts and concerns in a safe, secure, supportive and friendly environment. Thank you." Julie*

*"I wanted to say thank you so much for running such a fantastic Program, which has absolutely changed my life for the better." Jean*



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The Well Ways program is funded by the Australian Government under the Mental Health Community Based Program.

### Participant comment:

*"The facilitators' knowledge of the program, and in particular their own personal experiences, was both enlightening and courageous, bordering on simply inspirational." Nick*



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Mental Illness Fellowship of South Australia  
MIFSA Wayville: T (08) 8378 4100  
5 Cooke Terrace F (08) 8378 4199  
Wayville SA 5034 mifsa@mifsa.org  
PO Box 310 www.mifsa.org  
Marleston SA 5033

# Well Ways Programs



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helping families  
and friends find  
better ways

sharing the journey



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### Knowledge is power

This cutting edge program is effective because with knowledge families of people with mental illness regain their sense of control and contribute positively to their own wellbeing and that of their unwell family members.

Current research evidence and the lived experience of family members of people with mental illness combine to 'talk' to families in a way that purely medical information cannot. Our family to family model offers the unique opportunity to benefit from the compassion, the wisdom and the experience of our family educators.

### Who should attend?

Family, friends and carers of people with a mental illness.

### About the Facilitators

The Program Facilitators are experienced carers of a person with mental illness who have been trained by the Mental Illness Fellowship Victoria and Mental Illness Fellowship of South Australia to deliver these programs.

### Duration of Programs

Well Ways Building a Future consists of three hour sessions conducted over eight consecutive weeks.

Well Ways Duo consists of three hour sessions conducted over six consecutive weeks.

Upon completion of both programs participants are offered ongoing support and education over a twelve month period including four further workshops.

### Cost (for each program)

The Mental Illness Fellowship of Australia nationally recommended fee is \$250. The programs include sessions over twelve months, with meals, education, support and excellent up to date literature and resources.

The fee to attend this MIFSA Well Ways Program is \$30.00 which includes 12 month membership.



well ways Building a Future

### Aim

The Well Ways Building a Future Program aims to increase the capacity of families and friends to care effectively for themselves, other family members and their relative living with mental illness. The program provides a broad and sensitive perspective to the many issues facing families as they manage the impact of mental illness on their lives.

### Topics

Up-to-date information about anxiety, depression, bipolar disorder, schizophrenia, obsessive compulsive disorders, schizoaffective disorder and dual diagnosis.

Information about mental health services for people with mental illness and their families.

Practical insight into behaviours associated with mental illness with strategies to respond effectively to these behaviours.

Practical frameworks to improve communication and problem solving skills.

An opportunity to explore the dilemmas and complexities of the caring role.

### Outcomes

Increased confidence in dealing with the challenges created by mental illness.

Increased knowledge about mental illnesses, treatment and recovery.

New Ideas and skills to cope with the impact of mental illness on your life.

An opportunity to share experiences, learn from others' experiences and develop ongoing support and information mechanisms.

[www.mifsa.org](http://www.mifsa.org)



well ways Duo

### Aim

The Well Ways Duo Program aims to increase the capacity of families and friends of people with coexisting substance use and mental illness (dual diagnosis) to care effectively for themselves, the person with a mental illness and other family members.

### Topics

Behaviours associated with the use of marijuana, heroin, alcohol, ecstasy and amphetamines.

Harm reduction.

Current information about psychosis, schizophrenia, bipolar disorder, depression, anxiety; including signs and symptoms, plus treatment and recovery.

Up-to-date information about the interaction between the mental illnesses and drugs and alcohol.

How to address and manage agitation and violence effectively.

Sessions will include presentations by a Consulting Psychiatrist working in dual diagnosis, a Crisis team member and a representative of SA Police.

### Outcomes

Family members and carers will gain increased information about mental illnesses and the interaction with drugs and alcohol issues, treatment and support options.

Carers and family members will increase their skills in managing extremely challenging behaviours that are often associated with a dual diagnosis. Family members will learn how to problem solve in the family context.

Family members and carers will have an opportunity to share experiences, learn from others and develop ongoing support and information mechanisms.

To secure a place in either Well Ways program please phone MIFSA on 8378 4100 or email: [wellways@mifsa.org](mailto:wellways@mifsa.org)