

FELLOWSHIP NEWS

DECEMBER 2010

MIFWA
mental illness
fellowship of WA

Mental Illness Fellowship
of WA

110 Edward Street
Perth WA 6000
PO Box 8422
Perth Business Centre
WA 6849

Tel: (08) 9228 0200
Fax: (08) 9228 0022
Email: info@mifwa.org.au
www.mifwa.org.au



From the CEO

MIFWA held its Annual General Meeting on Tuesday 12 October and I am pleased to advise the 2010/2011 Board of Management. The Board is a balance of consumers, carers and others who have expertise in the running of a community organisation, an ex Federal senator in mental health and a Barrister with experience in mental health law.

President	Steve Wiles	Ordinary Member	Vivien Hannaford
Treasurer	Denise Bayliss	Ordinary Member	Delores Beros
Vice-President	Hugh Cook	Ordinary Member	Ruth Webber
Ordinary Member	Rosemarie Kenny	Ordinary Member	Paul Hill
Ordinary Member	Glen Stitfold		

MIFWA sincerely thanks retiring Treasurer David Winter for his efforts towards improvement of the organisation's financial reporting processes. We certainly made great progress in this area in 2010.

The Lorikeet Centre recently hosted a meeting with Greens Senator, Rachel Siewert and Christian Smyth who is the Policy Advisor to Bob Brown, leader of the Greens. The MIFWA President, the Executive Director of our national organisation MIFA, Program Managers and staff and members of Lorikeet were present to give an account of the ongoing need for holistic community services and real experiences of people with mental illness and their families.

The Greens Mental Health Plan states that mental illness has become a significant health issue in the community and it must be considered a fundamental component of the national health reform plan. The Greens believe that the current model of mental health care does not work because it is hospital-centric and drastically underfunded and that a range of different approaches are required to keep people well and out of hospital and to obtain the community supports they need to manage their illness.

We are hoping that Senator Siewert left us with a sense that the government must continue with ongoing investment in community services which provide psycho-social support to people with mental illness and their family members. These community supports assist people to access education and employment opportunities as well as mainstream community services like recreational and parenting programs, so that this group of people can have a sense of hope that mental illness need not be isolating and discriminatory.

Last month, MIFWA Staff and Board Members met with Professor Stanley Catts who is the co-chair of the Australian Psychosis Research Network (APRN) at the University of Queensland. Psychosis Australia is proposing a national collaborative research program based on the Cancer Australia Model which has an established national priority driven program; research funding has increased from \$30m in 2000 to \$160m in 2010.

Mental illness affects more Australians than almost all other health disorders, ranking third behind cancer and heart disease. According to the Australian Institute of Health and Welfare, mental illness accounts for 13% of the total burden of disease in Australia.

Professor Catts presented documented evidence of a lack of improvement in the health outcomes of people with schizophrenia or bipolar disorder with mortality rates on the increase in Australians with mental disorders. People who have Schizophrenia die more than 20 years younger than the general population; funding has increased from \$20m in 2000 to \$70m in 2010 and this area has no national priority driven research program.

APRN's objectives include the development of a national policy framework for collaborative priority-driven research, the involvement of health consumers and the broader community in the effort to find ways to prevent and cure schizophrenia and bipolar disorder.

Psychosis Australia is calling for support in asking the Commonwealth Government to release an immediate \$900,000 to carry out the research audit and data needs survey. Psychosis Australia believes that researchers or consumers cannot achieve service reform alone: it will only be achieved by an alliance between researchers and consumers. For further information, Professor Catts can be contacted on 0421 610 090 or s.catts@uq.edu.au. The Australian Psychosis Research Network website is www.aprn.net.au.

MIFWA sincerely values its members and we hope that you have enjoyed reading the MIFWA newsletter throughout 2010. We wish you and your families the very best for the festive season and for 2011.

Sandra Vidot

The Fellowship reserves the right to edit articles for publication.

The views expressed in this newsletter are not necessarily those of MIFWA.

MIFWA AGM 2010



From Left to Right - Ruth Webber, MIFWA Board Member, Sandra Vidot, CEO & Anne White (WAAMH)



From Left to Right - Rosemary Mills, Casual Facilitator Well Ways SNAPSHOT, Steve Wiles, MIFWA Board President & Sandra Vidot, CEO



From Left to Right - Rosemary Mills, Casual Facilitator Well Ways MIFWA SNAPSHOT & Samantha Harris, Development Officer Carer Programs



From Left to Right - Anne White (WAAMH) & Glen Stitfold, Board Member



From Left to Right - Staff from the Lorikeet Centre Laura Humphries, Senior Facilitator & Dilajila Volaric Co-ordinator



From Left to Right - Alan Cock, Manager, Early Intervention Recovery Program (EIRP), Stephen Hall, Executive Director (WAAMH) & Madeline Saunders, Team Facilitator EIRP



From Left to Right - David Winter, Retiring Treasurer, MIFWA Board of Management & Trudy Young, Assistant Carer Support Officer



Lorikeet Centre Changes Message *from Michelle Treasure*

It has been a busy year for the Lorikeet Centre with the number of consumers accessing the lorikeet service increasing by 58% at the conclusion of the 2009/2010 financial year. During this period the centre welcomed an additional 427 visitors throughout the year (equating to almost 12 per week) and a 42% increase in service contacts.

With the continued and imminent growth of the Centre and of MIFWA, the workloads of the facilitation staff (1.8 FTE) and the Lorikeet Service Manager (1 FTE), have increased significantly. Consultation occurred with the MIFWA Board of Management, staff and members in regards to reviewing the structure of the Centre, to ensure the future capacity to accommodate the current needs of members and staff, and to protect future viability of the service. The main challenge is maintaining a realistic staff/member ratio whilst staying on budget and embracing member driven and recovery focused initiatives, such as Neuroplasticity, Peer Support and recovery groups for people who have long term mental illness.

After the consultation period the Lorikeet Members voted in favour of a flatter structure of equality and did not want to have a Senior Management position operating out of Lorikeet. This has resulted in some structural changes at MIFWA. The Lorikeet Service Manager Michelle Treasure has recently taken up the newly created position of Executive Assistant providing direct support to the Chief Executive Officer. Dilajila Volaric will now be working in the capacity of Lorikeet Service Co-ordinator with Laura Humphries continuing on in her role as Senior Lorikeet Facilitator.

Lorikeet Staff Member Profile – Ian Hampton

The Lorikeet Centre and MIFWA would like to welcome Ian Hampton to the team. He will be working as a peer support/team facilitator on a part time basis at the Centre. Ian has previously worked in both the legal area and in human resources. Having just re-entered the workforce, Ian has made a great addition to the Centre and has been welcomed by staff and members alike.

Outside of work, Ian enjoys spending time with family, is a keen swimmer and surfer enjoying all sports – especially AFL footy.

Farewell Amelia Gedye - Early Intervention Recovery Program

MIFWA is sad to be losing Amelia Gedye from the Early Intervention Recovery Program. Amelia has been employed by MIFWA for 2.5 years. We thank her for her excellent contribution and wish her well in her travels to Europe.

Lorikeet Member, Coral wins Packers Prize for her painting

Congratulations to Coral for winning the Packers Prize for her painting 'Tree of Life' at this year's Annual Open Minds Open Doors Exhibition, held at the Alma Street Centre, Fremantle in conjunction with Disability in the Arts and Disadvantage in the Arts Western Australia Inc (DADAA).

The Packers Prize is an award chosen by artists who curate and install the exhibition and is a very prestigious award to win. The exhibition is open to people that have an experience of mental



illness and to those working in the mental health services. Part of its aim is to provide opportunities for people to share their personal experiences and insights through a visual means of expression and communication, whilst also raising awareness and reducing stigma about mental health.

Those that submit their work have the opportunity to put it up for sale throughout the exhibition. Coral also managed to sell her winning piece, a great addition to her winnings.

Tips for Christmas

The Christmas season can bring with it mixed feeling for families. It is often an opportunity to come together and enjoy the holiday season, it can however be a stressful time. It's common for people to feel depressed, anxious or stressed around Christmas.

Keep in mind some helpful stress reduction tips:

- Have realistic expectations for family gatherings.
- Avoid known triggers.
- Use relaxation techniques, such as deep breathing or focusing on your breath, to cope with anxiety or tension.
- Include games and other fun activities.
- Keep moving, go for a walk or swim

Festival of Christmas Events

MISSION AUSTRALIA – CHRISTMAS LUNCH IN THE PARK- Christmas Day

Where Wellington Square Park, East Perth
When Saturday 25th December
Time 11.30am to 2.30pm
Cost Free
RSVP None required just come along on the day

The day will include:
A delicious Christmas Lunch
A visit from Santa
Entertainment
Great Company

Roving Carollers

Monday 6 to Friday 24 December, in the City Merry carollers spread the Christmas spirit by singing their way around the City over the festive season.

Christmas Bands

Sunday 5, 12 and 19 Dec, Forrest Place, 1pm.
Enjoy live performances from local Western Australian bands on each Sunday afternoon in December.

Christmas Wrapping

Sunday 5 to Friday 24 December, City Central, Level 1 Atrium area, 10.00am - 8.00pm daily
Charity Link will operate a gift wrapping service at City Central this Christmas. Gifts purchased at City stores will be beautifully wrapped for a gold coin donation. All proceeds support Charity Link's Annual Christmas Appeal.

Christmas Nativity

Tuesday 21 to Thursday 23 Dec, Forrest Place, 7.30pm.
The traditional story of Christmas is brought to life in Forrest Place with hundreds of performers, live animals and Christmas carols. Be sure to bring the whole family to this enchanting annual event.
Families are encouraged to arrive at Forrest Place early as seats are limited

CAROLS BY CANDLELIGHT (IGA)

Sunday 19th December Supreme Court Gardens at 7.30 pm

MIFWA Christmas Hours

MIFWA Central Office – 110 Edward Street, PERTH

Central Office Opening Hours

Christmas Eve – open from 9 am – 12 pm only
Christmas Day Public Holiday, Monday 27 December – office closed
Boxing Day Public Holiday, Tuesday 28 December – office closed

Wednesday 29 December – office open for limited hours
Thursday 30 December – office open for limited hours
Friday 31 December – open from 9 am – 12 pm

New Years Day Public Holiday, Monday 03 January 2011 – office closed

Central office will resume normal business hours as of Tuesday 4 January 2011.

If you have a psychiatric emergency during this time please call the Mental Health Emergency Response Line on:
1300 555 788 (all hours)
1800 676 822 (rural free call)

Lorikeet Centre – 104 Cambridge Street, West Leederville

Lorikeet Centre will be closed during the Christmas period from Monday 27 December and will resume normal business hours as of Tuesday 4 January 2011.

For enquires during the Christmas holiday period please call MIFWA's Central Office on 9228 0200.

MIFWA's Midland office - ERBEAC Building: Suite 29, 8-12 Stafford Street Midland

The Midland office will be closed during the Christmas period from Monday 27 December and will resume normal business hours as of Tuesday 4 January 2011.

For enquires during the Christmas holiday period please call MIFWA's Central Office on 9228 0200.

MIFWA's Subiaco office – 60 Bagot Road, Subiaco

The Early Intervention Recovery Program (EIRP) office will be closed during the Christmas period from Monday 27 December and will resume normal business hours as of Tuesday 4 January 2011.

For enquires during the Christmas holiday period please call MIFWA's Central Office on 9228 0200.

Family Support Program Children's Christmas Party

Once again the Ocean Reef Sea Sports Club kindly invited the Family Support Program to take part in the Annual Children's Christmas Party which was held on Sunday the 28th of November 2010. Twenty children and their families from the Family Support Program joined the Ocean Reef Sea Sports Club for the day and were involved in this Christmas party which included a visit and gift from Santa along with fun entertainment and food.

Many thanks go to the Ocean Reef Sea Sports Club for involving MIFWA again this year, for funding the children's gifts and providing the opportunity for families and children to come together and enjoy the start of the Christmas period.

Watch this space for news of the next event being organised in partnership with Ocean Reef Sea Sports Club and the Family Support Program in the new year, which will incorporate a boating activity.

The Family Support Program would like to thank members for their ongoing support and wish you all a happy and peaceful Christmas!

TECWYN JONES BEQUEST GRANTS

APPLICATIONS NOW OPEN

Mental Illness Fellowship of WA Inc is pleased to announce that applications for the Tecwyn Jones Bequest Grant are now open. An Application Guidelines and an Application Form have been included in this month's Newsletter.

All MIFWA members Carers/Consumers are eligible to apply, if you have any questions or need assistance with your application please contact Michelle/Caroline on 9228 0200 or michelle@mifwa.org.au or the Lorikeet Centre on 9381 9144.

Winners will be notified and awarded their grants at a function/awards ceremony during Schizophrenia Awareness Week in May 2011.



Carer/Family Services

Samantha Harris

Carer Support Program

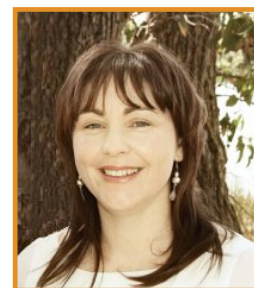
This has been another exciting and eventful year as I reflect on 2010. In more recent weeks the Carer Program along with the Family Support Program has relocated to Midland from Perth Central. The carer program still maintains a presence over the whole metro and continues to respond to the needs of carers across this area. We are excited that with the increase in staff and office space that we are in a much better position to assist families.

The Carer Programs team consisting of Caroline, Trudy, Debra, Bev and Jess are working hard to improve information access, well ways peer education programs and respite opportunities for families.

MIFWA trained thirty-five (35) carer facilitators during 2010 to enable metro and regional communities to deliver well ways in their own area.

We hope by the move to Midland and development of the North Metro we can start to increase our capacity to become a community based support service to families in these areas and beyond the north and east metro and continue to raise awareness within the community in relation to mental illness and the families affected.

Samantha Harris
Development Officer, Carer Programs



MIFWA Carer Services -North Metro

Trudy started with MIFWA at the end of June 2010 with the specific task of developing Carers Services in the North Metropolitan area. Trudy has been very busy engaging carers and local agencies in the north metro area and two well ways building a future programs have been implemented over the last five months.

Trudy was instrumental in the inclusion of a newspaper article in the Joondalup area; this included a carer's story.

In amongst all her hard work Trudy has also had time for a holiday overseas visiting family, it's great to have her back.

Trudy has been working with Michelle our new volunteer in the North Metro who has been a real asset to the team.

Strong relationships with Joondalup Clarkson Mental Health, Uniting Care West, Lotteries House Joondalup, Richmond Fellowship, Day to Day Living Program (D2DL) – June O'Connor Centre, CRCC (Independent Living Centre) have been developed.

Trudy also participated in the organization of Joondalup Community Mental Health event called Stress Less Day, which will be run on an annual basis and was highly successful. They

managed to reach the public's attention with regard to mental health but also networked to support each other. Face painting, yoga, massage to name a few of the activities were offered through the day in the Joondalup shopping centre. Trudy offered hand massage as MIFWA contribution.

Trudy reflected on her time so far "It's a pleasure working with all the MIFWA staff and getting to slowly know everyone, I thank you all for your support with regards to the MIFWA north program".

well ways building a future

Building a Future programs (8 weeks) are being considered in February 2011

- Joondalup
- Midland
- Rockingham
- Perth –program for men

Outcomes upon completion of Well Ways, Building a Future people will:

- Have increased information about mental illness, treatment and support options
- Gain new ideas and further develop skills to learn to cope with the impact of mental illness on their lives.
- Have increased confidence in dealing with the challenges created by mental illness.
- Have opportunity to share personal experiences, learn from others' experiences and develop ongoing support and information mechanisms.

Outcomes

- Increased confidence in dealing with the challenges created by mental illness.
- Knowledge about mental illness, treatments and recovery.
- New ideas and skills to cope with the impact of mental illness on daily life.
- An opportunity to share experiences, learn from others experiences and develop ongoing support and information mechanisms.

Contact Leonie Walker at Richmond Fellowship 9258 5692 for more details.

Carer Respite weekends -well ways Train The Facilitators took place in Ascot during October.

Train The Facilitator- well ways 'building a future and 'snapshot'

MIFWA was proud to host the most recent train the Facilitator well ways 'building a

enjoyable evenings talking and tasting interesting food from a variety of different and unusual venues.

The trainees became familiar with the format of the program, which is; a problem based learning approach, with an educational component and thirdly skills training that address the identified problems arising from the vignettes or stories around mental illness and substance use. The program focuses on a multi-family group format.

The participants also benefited from a presentation from a member of the police force who addressed their role in dealing with individuals with dual diagnosis.

The focus of the Well Ways Duo Program is to support carers by increasing their knowledge and understanding around the complex issues of people with mental illness and co-existing substance



well ways duo

Well Ways Duo is a support and information program for carers, families and friends of people with mental illness and co-existing substance use (dual diagnosis).

The aim of the Well Wells Duo Program is to increase the capacity of carers, families and friends of people with dual diagnosis to care effectively for themselves, the person with the dual diagnosis and other family members.

- Perth - February 2011

well ways snapshot

Carers Weekend Away at Nathaniel's Rest, 11th – 13th December 2010.

Well Ways facilitators provide a 'snapshot' program during respite weekends.

future' and 'snapshot' training here in Perth at Ascot Quays. We were fortunate to enjoy a beautiful venue for the training by the Swan River. Brendon Clark from Mental Illness Fellowship Victoria attended as the snapshot Trainer for the person with the lived experience. All who attended commented on Brendon's genuine character and excellence as a Trainer. We were also privileged to have Gary Williams as a WA grown experienced Trainer of well ways suite of programs.

Train the Facilitator –duo

The second training held in Perth for facilitators of the well ways duo Program. It was held in August at the Trade Winds Hotel in Fremantle. What a wonderful setting so close to the ocean.

The participants successfully enjoyed three days of intensive training! They spent

use (dual diagnosis). Carer's capacity to cope is improved through knowledge, skill development, understanding that they are not alone and most importantly developing increasingly effective and improved problem solving skills.

Carol Peers
Duo Project Officer

Carers Week

Mental Illness Fellowship of WA family carers enjoyed an evening at the Midland Ace Cinemas on Thursday 21st October. They also enjoyed a light supper in the Gold Lounge and were treated as VIP guests. Carers came together to recognise Carers Week and more specially carers that care for a loved one affected by mental illness.



Gary Williams has stepped into the role as Training Officer -well ways. Gary is very experienced as a facilitator and has been a part of the roll out of the well ways suite of programs since their introduction to Western Australia. In Gary's previous position as Executive Director of MIFWA he was exposed to the complex issues affecting families impacted by mental health issues. He has his own personal experience as a carer of his son who has an Acquired Brain Injury (ABI), compounded with long standing Alcohol and other Drug Issues (AOD).

Gary has conducted Train The Facilitator for well ways 'building a future', 'duo' and 'snapshot' as well as facilitator Refresher training with much kudos from participants, all appreciating his genuine and professional manner.

Along with facilitator training, another part of Gary's role will be to support well ways facilitators to a greater level by visiting programs and providing individual feedback and support within the Perth Metropolitan area and with Regional Partners - Pathways92, Lamp and Bay of Isles Community Outreach (BOICO).

MIFWA is committed to the process of peer education programs and values the contribution that carers make as well ways facilitators and is pleased to be able to continue to empower carers to make a difference within their communities.

Graylands Early Intervention in Psychosis (EIP) Service Review

The Graylands Early Intervention in Psychosis (EIP) Service Review was carried out in June 2010. The review was conducted by Peel and Rockingham Kwinana (PaRK) Mental Health Service Early Episode Psychosis (EEP) Team. Alan Cock, MIFWA's Early Intervention Recovery Program (EIRP) Manager contributed to this review.

Graylands EIP has developed a partnership and Memorandum of Understanding with MIFWA's EIRP Program, as part of the hospital's affiliation with the non-government sector. This service is integral as EIRP's Case Managers provide in-reach into Graylands Hospital for EIP clients through support while clients are in hospital and then ongoing support once they have been discharged through linking them into public community services and providing them with important psycho social interventions.

In the report key recommendations were identified.

Recommendation 1

Graylands Hospital should maintain a dedicated Early Episode Psychosis Service.

Graylands Hospital continues to provide acute psychiatric services. This includes significant closed ward care. As a result, Graylands Hospital will continue to cater for patients presenting with their first episode of psychosis or in the earlier stages of psychotic illness. It is imperative that the experience of first and early episode patients is optimised and our opinion based on accepted standards and guidelines is that this group requires a stand alone unit and service within Graylands Hospital to cater for their needs.

Recommendation 2

The Pinch Unit should be utilised as the Graylands EIP Service Unit.

Recommendation 3

The consolidation and further development of the Graylands EIP Service should be a parallel process to a decision to implement an EIP Service for each North Metropolitan community mental health service.

Recommendation 4

There should be the continued development of links with the community.

There was a comment here relating to lack of tangible links to established community service services, however it was noted that the link with MIFWA's Lorikeet EIRP service was strong and that outpatients would be referred to this service.

Recommendation 5

The Graylands EIP Service should provide short term management to discharged clients in concert with the NGO sector until these clients are successfully engaged with the community sector.

The importance of providing discharged clients with mental health services within 7 days of discharge was an issue. This was seen as vital and the management of this service is to occur in conjunction with EIRP and the North Metropolitan community mental health services.

Recommendation 6

There should be a dedicated Team Leader Coordinator for EIP.

Recommendation 7

The intake criteria should be adjusted.

Recommendation 8

The Triage system should be reviewed.

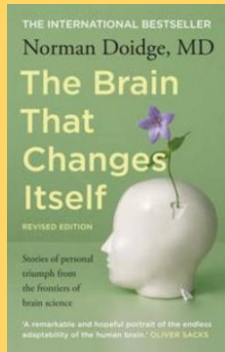
Recommendation 9

The team requires one physical location.

For further information, please contact Alan Cock on 9388 2191.



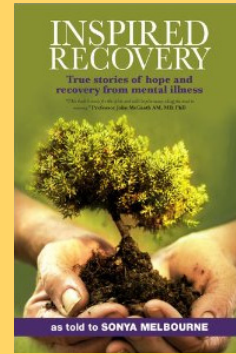
Book



An astonishing new scientific discovery called neuroplasticity is overthrowing the centuries-old notion that the adult human brain is fixed and unchanging. It is, instead, able to change its own structure and function, even into old age. Psychiatrist and researcher **Norman Doidge** travelled around the US to meet the brilliant scientists championing neuroplasticity, and the people whose lives they've transformed. We see a woman born with half a brain that rewired itself to work as a whole; a woman labelled retarded who cured her deficits with brain exercises; blind people who learn to see; learning disorders cured; IQs raised; ageing brains rejuvenated; and lifelong character traits changed. Doidge takes us on to terrain that might seem fantastic. We learn that our thoughts can switch our genes on and off, altering our brain anatomy. We learn how people of average intelligence can, with brain exercises, improve their cognition and perception, develop muscle strength, or learn to play a musical instrument - simply by imagining doing so.

For more information:
The see Nile books online at <http://www.thenile.com.au>

Resources and Information



Inspired Recovery by Sonya Melbourne

Inspired Recovery is a collection of true stories of 'lived experience' that have been personally told to the author Sonya Melbourne. These stories are inspiring and will provide people with hope, knowledge and empowerment. They are evidence of how people with mental illness can overcome incredible adversity and challenges in their lives to achieve recovery. Sonya was inspired to write this book from her mother's life story and experiences of bipolar disorder, schizoaffective disorder, borderline personality disorder and generalized anxiety disorder.

You can find out more about the book by visiting the following website at <http://www.inspiredrecovery.com>. You can also download a video of author speaking about Inspired Recovery, and sharing some of the wonderful accounts from the book.

To order your own copy of this book, you can visit the above web address. The book retails at \$25.00 plus postage.

Copies of this book will be made available to MIFWA members on loan at our Lorikeet Centre Library.

Neuroplasticity

The Fellowship, in partnership with Paul Gurry, from Syrene Partners recently hosted a free seminar at the Health Department, Discover the Healing Power of Neuroplasticity on Thursday 28 October 2010.

The event was well attended with over 70 people, consisting of employees from the Health Department, the Drug and Alcohol sector and many mental health service providers, as well as carers and consumers.

Paul introduced the audience to the revolutionary science in mental health: neuroplasticity, and explained how this science is transforming the lives of people with mental illness, he gave specific examples of lived experiences where the techniques have helped people with schizophrenia, anxiety and depression.

In the new year MIFWA will be holding a Master Class workshop which will be open to mental health and other service providers, carers and consumers dealing with mental health, anger and/or addiction issues, and anyone wanting to reduce stress, improve their efficiency and overall mental and physical health.

News and Research

Publication: The Australian, Page 11 (Tue 2 Nov 2010)

LONDON:

A recent article 'Regular exercise lifts spirits' published on Tuesday 2 November in the Australian Newspaper, outlined that people who engaged in light exercise were less likely to have symptoms of depression.

A study was carried out by Institute of Psychiatry, King's College London and found that people engaged in small amounts of light, regular exercise during their spare time were less likely to be depressed. The study found that the social aspects linked to exercise such as spending time with friends, family and building new relationships were also important. It is interesting to note that physical activity does not need to be strenuous and lead to being sweating or out of breath. The study was carried out on 40,000 Norwegians and the results were published in the British Journal of Psychiatry. The study also extended to participants workplaces and found that doing lots of walking or lifting during the day you were less likely to be depressed.

National Mental Health Standards

The Australian Health Ministers' Council (AHMC) recently endorsed the revised National Mental Health Standards to guide quality care provision across Australia's mental health services.

The revised National Standards now include the development of a Recovery Standard. This standard outlines that the focus of care to be expanded from symptom remission to now include all aspects of a person's wellbeing including social engagement, autonomy, identity and purpose in life. The revised standards also now include a Diversity standard.

Three implementation guideline documents accompany the standard, providing clear directions for mental health service providers. In particular there are guidelines specific for public and private mental health services, non-government mental health service providers and office based mental health services.

The National Standards are available for download from <http://www.health.gov.au/mhsc>. Alternatively, copies can be sourced from the National Mail and Marketing, health@nationalmailing.com.au.

SUICIDE HELPLINE CALL BACK SERVICE

The Suicide Helpline Call Back Service (SHLCBS) is a nationwide outbound telephone counseling service provided by Crisis Support Services. The service offers specialized support to people who are at risk of suicide, people caring for someone who is suicidal or people bereaved by suicide.

SHLCBS offers six sessions of telephone counseling, which run for approximately 50 minutes each, over a period of up to six months. The service gives people the opportunity to receive supportive counseling, information and referrals to specialist services for on-going support.

The service also caters for people from Cultural and Linguistically diverse (CALD) backgrounds through its links with the Translating and Interpreting Service (TIS). SHLCBS is completely confidential and non-judgemental.

Suicide Helpline Call Back Service 1300 659 467 (referral line only)

EMERGENCY CONTACT NUMBERS:

SERVICE / ORGANISATION NAME	HOURS OF OPERATION	DETAILS	PHONE NUMBER
Crisis Phone Contacts			
Mental Health Emergency Response Line (MHERL)	24 hrs, 7 days	Metro	1300 555 788
	24 hrs, 7 days	Rural	1800 676 822
Crisis Care	24 hrs, 7 days	Metro	(08) 9223 1111
	24 hrs, 7 days	Rural	1800 199 008
Suicide Phone Contacts			
Crisis Care	24 hrs, 7 days	Metro	(08) 9223 1111
	24 hrs, 7 days	Rural	1800 199 008
Lifeline	24 hrs, 7 days		13 11 14
Suicide Helpline Call Back Service			1300 659 467
Samaritans Suicide Emergency Service		Country	1800 198 313
		Careline	(08) 9381 5555
Counselling Phone Contacts			
Beyond Blue	24 hrs, 7 days		1300 22 4636
Lifeline	24 hrs, 7 days		13 11 14
Mensline Australia	24 hrs, 7 days	Counselling Service for men	1300 78 99 78
Salvo Care Line	24 hrs, 7 days		(08) 9227 8655
Samaritans	24 hrs, 7 days	Careline	(08) 9381 5555
	24 hrs, 7 days	Youth Line	(08) 9388 2500
	24 hrs, 7 days	Country	1800 198 313
SANE Helpline:	9-5 weekdays		1800 18 SANE (7263)
Alcohol & Drug Phone Contacts			
Alcohol & Drug Information Service	24 hrs, 7 days		1800 198 024 (country toll free)
Healthdirect Australia	24 hrs, 7 days		1800 022 222
Domestic Violence			
Men's Domestic Violence Helpline	24 hrs, 7 days	Metro	(08) 9223 1199
	24 hrs, 7 days	Free Call	1800 007 599
Women's Domestic Violence Helpline	24 hrs, 7 days		(08) 9223 1188
	24 hrs, 7 days	Free Call	1800 007 339
Carer Phone Contacts			
Arafmi (carers, relatives, friends) counselling	9am-4.30pm Mon-Fri		9427 7100
Carers WA Counselling Line	24 hrs, 7 days		1300 227 377
Financial Assistance			
Consumer Credit Legal Service (WA). We help the WA community develop just and fair relationships with banks and financial institutions			(08) 9221 7066
Family Support Phone Contacts			
Child Protection and Family Crisis Service			1800 656 463

EMERGENCY CONTACT NUMBERS:

Family Helpline	24 hrs, 7 days		(08) 9223 1100
	24 hrs, 7 days	Free Call STD	1800 643 000
Parenting Line	24 hrs, 7 days		(08) 6279 1200
	24 hrs, 7 days	Free Call STD	1800 654 432
Youth & Kids Phone Contacts			
Kids Helpline (if you are under 18 years)	24 hrs, 7 days	Free Call STD	1800 551 800
Samaritans	Youthline		(08) 9388 2500
Law Phone Contacts			
Mental Health Law Centre	9am to 4.30pm	Free Call STD	1800 620 285
	9am to 4.30pm		9328 8266
Rural Phone Contacts			
Rurallink - specialist after hours mental health telephone service for the rural communities of WA	Operates 4.30pm-8.30am Monday to Friday and 24 hours Saturday, Sunday and public holidays.	Free Call STD	1800 552 002
			TTY 1800 720 101
Transcultural and Translating Services for Mental Health			
Transcultural Mental Health Centre			9224 1760

Diary Dates

Midland Office Launch

The expansion of the MIFWA Family Support Programs and Carers Support/ Well Ways Programs has led to the relocation from Edward Street, Perth, to Stafford Street in Midland.

To celebrate this MIFWA will hold an Official Opening on Thursday 16th December at 2.30pm. All interested members of the community will be invited to the opening followed by light refreshments. For more details please call the Midland office on 9250 2884.

Well Ways Events

Building a Future programs (8 weeks) are being considered in February 2011

- Joondalup
- Midland
- Rockingham
- Perth –program for men

well ways snapshot

Carers Weekend Away at
Nathanael's Rest Retreat
800 Gill Street
MUNDARING WA 6073

The Weekend away will be held from 11th – 13th December 2010

Mental Illness Fellowship of WA WEBSITE

The MIFWA website is www.mifwa.org.au. If you have any feedback or any information/events/news you would like promoted on the website please contact info@mifwa.org.au or contact Annika 9228 0200.

MIFWA Locations/Sites:



ERBEAC Building
P: (08) 9250 2884
F: (08) 9250 4881
Suite 29
8-12 Stafford Street
Midland WA

MIFWA Fellowship Central
P: (08) 9228 0200
110 Edward Street, Perth
PO Box 8422 Perth Business Centre WA 6849
Opens 9am to 5pm, Monday to Friday

Lorikeet Centre
P: (08) 9381 9144
104 Cambridge Street, West Leederville
Opens 9am – 4.30pm, Tuesday – Friday

Early Intervention Recovery Program (EIRP)
Phone/Fax: (08) 9388 2191
Subiaco Office.

MIFWA Team

Chief Executive Officer
Sandra Vidot

Communications Officer
Annika Wallace

Executive Assistant
Michelle Treasure

Administration Officers
Noelene Zanos and Jennifer Afric

Finance Officers
Joy Morey and Max Wang

Volunteers
Jan Davis

Carer/Family Services
Development Officer
Samantha Harris

Children of Mentally Ill Consumers WA
(Comic WA) Conveners
Margaret Cook and Pauline Miles

Assistant Carer Support Officers
Debra Harrison
Trudy Young

Lorikeet Centre
Lorikeet Service Co-ordinator
Dilajila Volaric

Administration Assistant
Beverley Gibellini

Senior Facilitator
Laura Humphries

Carers Support Worker
Jessica Merrels

Peer Support/Team Facilitator
Ian Hampton

Duo Project Officer
Carol Peers

Early Intervention Recovery Program (EIRP)
Manager
Alan Cock

Carer Support
Caroline Wood

Team Facilitators
Amelia Gedye and Madeline Saunders

Family Support Program (FSP)
Manager
Angie Gallagher

Lotus Education
Coordinator
Juanita Fishwick

Family Support Workers
Sharon Puren, Margaret Gardiner,
Gaye Hodgson, Karla Osorio-Saca