

## Well Ways Duo reduces anxiety and improves relationships

People who care for people with a dual diagnosis often experience higher levels of anxiety and depression than the rest of the population.

*Well Ways Duo* evaluation shows that levels of depression and anxiety in participants were reduced and that this improvement was still present six months later. In addition, the levels of tension between the family and the person with a dual diagnosis were reduced, as well as the need for the family to 'urge' the person to perform daily tasks.

### Testimonial

"Hearing other families stories helped me realise that our family is not alone. In the same way, hearing the story of recovery from the consumer facilitator was an extraordinary experience. It helped me to see that there is hope for the future." **Cathy 2009**

*"Knowledge is power...relevant knowledge is more power... relevant knowledge delivered by people who have been there and done that is inspirational!"*

#### Mental Illness Fellowship of Australia (MIFA)

(08) 8272 1018 [www.mifa.org.au](http://www.mifa.org.au)

#### Mental Illness Fellowship Victoria

(03) 8486 4200 [www.mifellowship.org](http://www.mifellowship.org)

#### Schizophrenia Fellowship of NSW Inc.

(02) 9879 2600 [www.sfnsw.org.au](http://www.sfnsw.org.au)

#### Mental Illness Fellowship of Queensland Inc.

(07) 3358 4424 [www.mifq.org.au](http://www.mifq.org.au)

#### Mental Illness Fellowship of North Queensland Inc.

(07) 4725 3664 [www.fellowship@mifnq.org.au](mailto:fellowship@mifnq.org.au)

#### Mental Illness Fellowship of Western Australia Inc.

(08) 9228 0200 [www.mifwa.org.au](http://www.mifwa.org.au)

#### Mental Illness Fellowship of South Australia Inc.

(08) 8378 4100 [www.mifsa.org](http://www.mifsa.org)

#### Mental Health Carers NT

(08) 8948 1051 [www.mentalhealthcarersnt.org](http://www.mentalhealthcarersnt.org)

#### Mental Illness Fellowship of the ACT Inc.

(02) 6205 1349 [www.mifact.org.au](http://www.mifact.org.au)

#### Association of Relatives and Friends of the Mentally Ill (TAS) known as ARAFMI Inc.

(03) 6331 4486 [www.mentalhealthcarersnt.org](http://www.mentalhealthcarersnt.org)

For your local booking or more information:



©Mental Illness Fellowship Victoria 2010 (ACN 093357165)

# well ways duo



well ways helping families & friends find better ways

mental illness,  
drugs & alcohol  
for families and friends of  
people with a mental illness

## Well Ways Duo

*Well Ways Duo* is an established peer-based group program for families of people with a dual diagnosis - mental illness and drug and alcohol use issues. Families in this situation experience stigma, fears, lack of information, stress and strain on relationships. This program provides support for these issues.

### Well Ways Duo aims to:

Increase the ability of families and friends to care effectively for themselves, other family members, and the person living with a mental illness and drug and alcohol use issues. The program provides a broad and sensitive perspective to the many issues facing families as they manage the impact of dual diagnosis on their lives. It offers the opportunity to build problem-solving skills in an environment of trust and support. Families develop a better idea of what is needed to take the path to recovery.

### The success of Well Ways Duo is based on:

- Learning the technique of problem solving that works for families of people with a dual diagnosis
- Learning the causes and recovery paths from mental illness and substance use issues
- Learning about drugs and their effects, the interaction between them and mental illness
- Learning about behaviours often associated with diagnosis and strategies to respond effectively
- Learning about the mental health, drug and alcohol and legal systems
- Learning skills to respond to the challenges of being a carer in this situation
- The rare opportunity to meet and talk with people dealing with the same challenges, in a supportive environment that promotes learning and positive action.

### Well Ways Duo outcomes

- An increased sense of well being
- Increased confidence in dealing with the challenges created by dual diagnosis
- New ideas and skills to cope with the impact of dual diagnosis on your life
- Opportunities to share experiences, learn from others' experiences, and find ongoing support and information.

### Duration

*Well Ways Duo* is a program delivered in 6 modules of 3 hours each, followed by 4 sessions two months apart.