



Voices

Vol. 1, No. 4, October 2016



Flourish Is Moving!

After years in a cold, cramped office, Flourish is finally moving to bigger and better premises. The new office is located in Pressland House, 33 Melville St, Hobart (opposite Red Cross). Flourish will be located on the ground floor just inside the main entrance. With a trouble free transition, the new office should be operational by Wednesday 26 October. Meanwhile, please be aware that there will be organised chaos during the relocation. Flourish's postal address will remain the same, as will our office phone number. While car parking is restricted to just the CEO, there is a council car park nearby with 90 minutes free parking and a metro bus stop nearby.

From The Editor's Desk

Welcome everyone to the October edition of the Flourish newsletter, Voices.

Mental Health Week 2016 is upon us again and Flourish will be out in the community celebrating and recruiting. The heart of Flourish lies in its members. Without our Regional Advisory Group members, general members, volunteers, staff, and board members, Flourish would just be a word. So if you've nothing too pressing, and there is a Flourish event on nearby, stroll along and say hello, or better yet, become a member of Flourish.

Meanwhile, please keep Friday 18 November free. Richmond Fellowship Tasmania and Flourish are co-hosting a Tasmanian Film Premiere, Healing Voices. You can read more in this issue.

For operational and fiscal reasons, quarterly editions of Voices will no longer be produced. However, Voices will continue in its monthly E-News format. It will also be available to view or download from Flourish's website and Face-Book page. Limited quantities will be printed for distribution to places such as Eureka Clubhouse, Richmond Fellowship, DPM, Community Mental Health Centres, etc.



Spotlight ~ Amber Meredith

Hi my name is Amber Meredith and I'm a middle-aged crazy cat woman!

I presently live in Glenorchy and moved to Tasmania in 1993 to study at the University of Tasmania. After gaining my degree I was a high school teacher. I taught English, Drama, Mathematics and Social Science.

In 2002, I had a major nervous breakdown and developed what's called schizo-effective disorder, which is a combination of schizophrenia and

depression. I am now on the road to recovery.

Last year I completed my Certificate IV in Mental Health, which qualifies me to work in that domain. I currently run the Hobart Hearing Voices Group, which helps 'voice hearers' to develop strategies to cope with distressing symptoms. I am also on several mental health related committees, including being the state representative on a national committee.

In terms of my personal life I just got engaged to Darren, a lovely man who I met through Flourish. We plan to get married next year. We would both like to thank Flourish for helping us get to know each other. In my spare time I enjoy writing. I have written a novel and a



play and many shorter pieces (a rare few were published). I am currently writing my memoir and a blog. I also plan on doing some writing courses and join some writing groups at a later stage. I currently sing in The Choir of High Hopes, which is a choir for people doing it tough, in whatever way. I once wrote a song and sang it solo, which was terrifying, but in a good way. It was called 'River Song'. Participating in the choir helped me overcome a major struggle in my life.

I cannot live without a cat. My current cat's name is Shadow He is a 12 month old long haired black and white cat, and very eccentric. He likes sniffing people's hair. He is very moody too, alternatively playing, then aggressive, and then smoochy.

Amber

Images: Amber, Richmond Fellowship Tasmania; Wedding doves,downloadclipart.org

Flourish Structural Review

The Flourish Structural Review Working Group held a series of focus groups last month. Discussion covered membership, Board committees, the Consumer Representation Service (CRS) Regional Advisory Groups (RAG), long term funding, sponsorship, training and mentoring, resource sharing, the role of the Chief Executive Officer (CEO) position, and the constitution.

Combined 2016 Flourish AGM and Statewide RAG Meeting

It is nearly that time of year again when all of Flourish's members come together for the Annual General Meeting. It is also an opportunity for all of the Regional Advisory Groups to meet. This year the event will again be in Campbelltown on the 15 November between 10:30 am and 3:00 pm. Please let Julia or admin know if you require transport or have dietary needs.

Politicians Unite To Save Psychiatric Detainees From Eviction

In a tripartite agreement, the Greens, Labor, and Liberals have all agreed to remove Schedule 20 from the 2016 Budget Savings Bill, meaning that people detained in psychiatric facilities, or who are declared unfit to plead in a court case, will continue to receive the Disability Support Pension (DSP) whilst detained. For those on the DSP, they also tend to have public housing with the rent automatically deducted from their pension. With no income, many would face potential eviction and homelessness. This decision was due to the efforts of Senator Rachel Siewert and Jenny Macklin who both supported strong submissions from various stakeholders including the Aboriginal Disability Justice Campaign (ADJC).

Active Consumer Engagement Implementation Tool

Hermione, one of Flourish's Project Officers, has been busy putting together an Active Consumer Engagement Implementation Tool (ACEIT) for use in community service organisations. The tool is a requirement under the National Standards for Mental Health Services, in particular Standard 3. The Standards were developed by the federal government in 2006 and later revised in 2010.

ACEIT will help staff and consumers assess progress in implementing Standard 3 with respect to consumer engagement. Standard 3 is summarised as: Consumers and carers are actively involved in the development, planning, delivery, and evaluation of services.

Many organisation's funding agreements include compliance with the standard.



Eugenics, Pressland House, And Flourish

While researching the former Royal Derwent (psychiatric) Hospital and its links to eugenics and children with disabilities, I found an obscure link to Flourish's new office. Eugenics is the philosophy the Nazis used to justify the extermination of people they deemed undesirable. Tasmania's Mental Deficiency Act (1920) was also

eugenics based, which is one reason so many children with disabilities ended up in the former asylum. A bit more research revealed a few surprises. In the 1930s, Pressland House was the home of Professor Thomas Flynn and his family, which included their son, Errol, who became a notoriously famous actor in Hollywood. Prof. Flynn taught biology and Zoology at the University of Hobart, and was also a contributor to eugenics, notably concerning foetal development in mammals, including aboriginals, hence the link between Pressland House and eugenics. So now, not only does Flourish occupy one of Hobart's surviving Georgian buildings, but we share space with the ghosts of Errol Flynn and his equally famous father, Prof. T. Flynn.

Dannii Lane

Image: Pressland House, c.1880, UTAS Archives



Healing Voices: A Tasmanian Film Premiere

This compelling and award winning documentary goes a long way to healing our fear of people whom society commonly labels as 'schizo', 'mad' or 'crazy'. The message in this film is that understanding, rather than fear is what people who have experienced these conditions need.

Healing Voices follows the lives of three people, Oryx, Jen, and Dan, who have all been diagnosed with mental illness. Oryx, Jen, and Dan are each very different, but all are articulate and insightful in describing their journey from extreme states to satisfying relationships and meaningful work.

"When I first encountered the mental health system I was shocked to see how people were treated. I had just been through an amazing experience, yet nobody wanted to talk about what led up that moment. I was just a collection of symptoms, a diagnosis. Nobody cared about my story. I believe that the public does care about consumer's stories" (Oryx Cohen, 2012).

The film's director, Patrick Moynihan, describes his film as a "grassroots, non-theatrical film." While the film is full of emotional triggers, it is nonetheless a must see for anyone who has been touched by mental illness, as well as our clinicians and support people. As Martin Luther King, Jr. said, *"The salvation of the world lies in the hands of the creatively maladjusted."*

The film's Tasmanian premiere is being hosted by Flourish and Richmond Fellowship Tasmania. The venue will be The Olde Woolstore, Macquarie St, Hobart (opposite the Federation Concert Hall) on Friday 18 November between 10:00 am and 2:00 pm. Lunch will be provided. Between 1:00 pm and 2:00 pm there will be a Q&A panel discussion involving consumers, clinicians and social workers. Due to the nature of the film a support person will be available. There is free car parking at the venue and metro bus stops are located nearby.

To register, go to:

http://www.eventbrite.com/e/healing-voices-a-tasmanian-film-premier-tickets-28128341627?aff=utm_source%3Ddeb_email%26utm_medium%3Demail%26utm_campaign%3Dnew_event_email&utm_term=eventurl_text



A Champion Of Our Time ~ Darren Jiggins

Darren has been around the mental health block a few times, but remains cheerfully optimistic that mental health in Tasmania is getting better. Between 2005 and 2009 Darren acquired TAFE-Tasmania diplomas in Alcohol and Other Drugs, Community Welfare Work, and Community Services (case management). He remains committed to making sure the mental health system improves at all levels.



Darren has represented Tasmania many times. He was a member with the Private Mental Health Consumer Carer Network (PMHCN). Between 2009 and 2014, Darren was a state representative on the National Mental Health Consumer and Carer Forum (NMHCCF).

Darren's work with Richmond Fellowship Tasmania (RFT) and his involvement with the former Tasmanian Mental Health Consumer Network (TMHCN) allowed him to gain in-depth knowledge of the mental health environment in Tasmania. In 2010, Darren was also a consumer representative on the Adult Mental Health Information Development Expert Advisory Panel member (AMHIDEAP).

In 2011 Flourish emerged on the Tasmanian mental health scene and Darren was one of the organisation's first members. Darren served on the Flourish Board from 2011 to 2012, but his passion has been Flourish's Southern Regional Advisory Group. In July 2013, Darren accepted the position of Executive Officer of Flourish for a six-month secondment. During 2015 Darren became involved with the Flourish Board's Royal Derwent Hospital Memorial Committee, where he, along with fellow committee members, began the process of formal recognition for former patients who suffered human rights abuses at the former institution.

In 2013 Darren gained a federal government ministerial appointment to the Consumer Reference Group (CRG) to establish the new Consumer Mental Health Consumer Organisation. Also in 2013, Darren became a board member with the Hobart Clinic.

In December 2015, during Human Rights Week, Darren became only the third person to receive the Lucy Henry Mental Health Award. While the award was recognition for his years of human rights promotion, it was also because of his efforts in fostering greater understanding of the issues faced by people living with mental illness. In particular, the award affirmed his commitment to ensuring consumer participation in policy development, service delivery and decision-making.

Darren continues to contribute greatly to improving mental health outcomes for consumers, including human rights. In an age where mental health attracts few votes, gets little funding, and less attention, Darren is, and remains, a champion of our time.

Mental Health Week 2016

Family Fun Day - Fun for Healthy Minds 7 October

Soundshell and Park, Ulverstone

12:00 pm – 4:00 pm

Contact: Bekah Hayes, Wellways Burnie. Phone: 0400 364 317

Email: bhayes@mifellowship.org

Lifting The Lid On Mental Health 10 October

A Q&A Forum, Tramsheds Auditorium, Launceston

7:00 – 8:30 pm

Contact: Linette Venn, Phone: 03 6777 4383

Eureka Clubhouse Breakfast 11 October

7:30 am – 10:30 am, 6 Florence Street, Moonah

RSVP by Tuesday, October 4th 2016

Contact: Laura at laurag@colony47.com.au

Phone: 03 6214 9977

Colony 47 Good Vibes On The Green 12 October

Parliament Lawns

10:00 am – 12:00 pm

Contact: Louise Cornish

Email: louisec@colony47.com.au

Glenorchy LINC Expo 13 October

10:00 am – 12:00 pm

Contact: Jill Sleiters, Coordinator Community Development, Glenorchy City Council

Phone: 03 6216 6780

Email: jsleiters@gcc.tas.gov.au

Launceston Expo 20 October

LINC Launceston Rooms on the 2nd floor starting at 10:00 am

Contact: Alison Filgate, Community Liaison Officer

Phone: 03 6335 3100, Mobile: 0400 476 894, Email: afilgate@csys.com.au

Mental Health Week Art Exhibitions

Hobart - Waterside Pavilion, Mawson Place, 17 - 24 October

Burnie - Burnie Coastal Art Gallery, 211 Mount St, Upper Burnie, 17 - 28 October

Launceston - Queen Victoria Museum, Invermay Rd, Inveresk, 30 September – 30 October



On The Road To...

Thoughts? What are yours saying to you?

We have been travelling Australia now for over 15 weeks, I have seen some of the most amazing sites in Australia, experiencing the warmth of the sun, swimming in gorges so grand and spiritual you have the feeling they are alive in some way. Yet despite all of this, negative thoughts still are going around in my head.

Depression never just stays at home, even though we wish we could just get a small break, a holiday. Don't get me wrong, I didn't think that when we started travelling I would be cured! I know all too well, you can put yourself in the dream location. Perhaps lazing at the beach on an exotic Island, drinking out of a coconut with one of those tiny umbrella's, but that doesn't mean you are well again. What it does do though is help you silence the distractions of your 'normal' life by being away from them, to be able to really focus on YOU.

As I mentioned last time our eldest son has Type 1 Diabetes. Anyone that knows this life threatening disease will understand the daily commitment. It's a 24 hour a day, 365 days a year for the rest of his life disease and until he can manage it we will be doing it for him. He is now 5 years old.

So one of the thoughts that has become clear for me is how do we manage our depression when others in our family also have a chronic illness? Especially when sometimes we are unable to even help ourselves? I know I find myself filled with guilt; pull yourself together Alice or your son will die or your family needs you. But I feel I can't sometimes; depression has me.

Being away travelling I have had the time to be able to focus on me and I realise how much my thoughts affect me and what I want achieve. Those darn negative thoughts of mine are so powerful. Are they only powerful if I let them be? I think so.

I know in my heart my family love me and support me. Conclusion. I think I shall follow my heart a little more and not my head! It's time to focus on my goals.

My next challenge? A training program. And how do I maintain it? Heart and mind together. Ultra-marathon here I come!

Alice Skilton



Image: Mitchell Falls Kimberley region, WA

**From the outside looking in, mental illness is hard to understand.
From the inside looking out, it's nearly always harder to explain.** Anon

Recovery and the Psychiatrist: A RANZCP Position Statement

An edited extract from Position Statement No. 86, March 2016

The Royal Australian and New Zealand College of Psychiatrists (RANZCP) acknowledges that there is no single definition of the concept of 'recovery' in mental health. However, central to all descriptions are hope, self-determination, self-management, empowerment, and advocacy. The most commonly used description is:

Recovery does not refer to an end product or result. It does not mean that one is 'cured'. In fact, recovery is marked by an ever-deepening acceptance of our limitations. But now, rather than being an occasion for despair, we find that our personal limitations are the ground from which spring our own unique possibilities. This is the paradox of recovery, i.e., that in accepting what we cannot do or be, we begin to discover who we can be and what we can do. Thus, recovery is a process (Deegan, 1996).

The concept of recovery began in the 1970s as a social movement aimed at improving the lives and rights of people affected by mental illness. While the concept of clinical recovery, which focuses upon improvements in symptoms and function, differs from personal recovery, they are closely interrelated. In Australia, personal recovery is defined as; 'being able to create and live a meaningful and contributing life in a community of choice with or without the presence of mental health issues'. Psychiatrists have a key role to play in applying the principles of recovery. In particular, all psychiatrists need to: be aware of key elements of concept of recovery; ensure they are knowledgeable in relevant competencies and Australian competency standards.

The RANZCP:

Encourages reflection on recovery-oriented practice and its impact on individuals and families, communities, and psychiatrist practitioners and organisations.

Values psychiatrists who have been affected by mental illness, able to provide hope and optimism by using their personal experience to encourage others to work through their own recovery process.

Will work with the Mental Health Commissions to identify opportunities to improve the understanding of recovery and recovery-oriented practice by clinical professions, and to support the fulfilment of relevant goals within Mental Health Strategic Plans.

Will develop and deliver professional resources and programs on recovery-oriented care, drawing on the expertise of people living with mental illness, and encourage integration of models of recovery and recovery-oriented practice into the Fellowship syllabus will develop and deliver resources on recovery-oriented care for private psychiatrists, drawing on the expertise of people living with mental illness.

Will work to improve education and training of the mental health and associated workforce on recovery-oriented care.

Mental Health News



Royal Hobart Hospital B Block Decant

Despite a series of setbacks, the process of preparing to move everything and everyone from the soon to be demolished B Block is progressing. Once construction of the temporary modular facility off Liverpool St is completed and handed over to the hospital, then all the preparations become actions. Tuesday 29 November has been scheduled as the big day.

Regional Mental Health Group Meetings

The next Regional Mental Health Group meetings are scheduled for November. If you have any agenda items please get in touch with our Sector Liaison Officer Elinor via ehard@mhct.org. Locations and times will be confirmed closed to the dates.

November Meeting Dates for your diary:

North West	Tuesday 8 November
North	Wednesday 9 November
South	Thursday 10 November



Stop Male Suicide Workshop 7 December

On 7 December 2016 there will be a Male Suicide Prevention seminar in Hobart. The aim is to bring together some of the key people concerned with, and committed to, taking action to Stop Male Suicide. Each event will provide a great opportunity for networking, sharing experiences and expertise and gaining new knowledge and

insights. The seminars will cover four key areas:

Facts, theories and first person accounts

Sharing best practice in male suicide prevention

Reflecting of different ways to respond to men's high male suicide rate

Exploring new solutions, commitments and actions to Stop Male Suicide in Australia.

Please send us an email to reserve your place to: StopMaleSuicide@gmail.com.



TasCOSS Conference 23 & 24 November

The Tasmanian Council Of Social Service's biennial conference brings together Tasmania's community services sector to think, learn, challenge and lead on issues that affect our families, communities, workplaces and government. This year's theme, 'Everyone a Leader', invokes the need for citizen-led change in Tasmania to stop the cycle of repeatedly doing things the same way without achieving change.

The 2016 TasCOSS Conference will be held at the Blundstone Oval Arena Function Centre in Hobart. To register, go to; <https://2016tascossconference.org/tag/tascoss/>



Blue Knot Day

Blue Knot Foundation's annual awareness day is not far off. One easy way to support the foundation is entering their photo competition. The competition is a way to bring the community together via imagery. First prize is \$1,000 cash. Second prize is \$500, and third prize is \$250. Entry is free and the competition is open to everyone 16 years or older. All entries must feature a blue knot and follow the theme of 'Together we lead the way to survivor recovery'. All submissions are to be made online via our website. Each individual entrant can submit up to 3 high-resolution photographic images. The competition is limited to still photography. Substantial digital manipulation is not permitted, but slight enhancement is. **Entries close at midnight on 9 October 2016.** Finalists will be notified by 14 October 2016. For more details go to: <http://www.blueknot.org.au>

Comments And Submissions

Feedback is always welcome. This can be done via SharePoint, e-mail, phone, or mail. Newsletter content does not necessarily reflect the views of the Flourish Board or staff. Flourish is not responsible for, and refutes all liability for, damages of any kind arising out of use, reference to, or reliance on any information contained within the newsletter. There is no guarantee the information provided in the newsletter is correct, complete, or up-to-date. Although links may be provided to Internet resources, including websites, Flourish is not responsible for the accuracy or content of information contained in these sites.

The next edition of Voices is due out 4 November. Deadline for articles is 31 October

Newsletter guidelines

Submissions should be neatly written or typed articles. A maximum of 500 words per story applies. More than one article per person is welcome, but dependent on space and other restrictions, publication is at the editor's discretion. The editor reserves the right to edit spelling, punctuation, and if needed, grammar. Articles will not be otherwise altered without the permission of the author. Contributors may be anonymous, use only their first name, or use their entire name. If reporting on project/policy committee involvement, it is the responsibility of the author to check with the relevant organisation and/or the Flourish CEO, to ensure that confidentiality is not being breached.

Flourish Membership

Membership of Flourish is free and open to all Tasmanian's who have a lived experience of mental illness and/or have experience in and an understanding of mental health issues. Being a member of Flourish can provide you with information about mental health through our newsletter, website, and forums where people with an interest in mental health can meet and share their experiences and ideas. Flourish has four Regional Advisory Groups in the North West, the West Coast, the North, and the South, which provide a forum for consumers to have input into the way mental health services are delivered. To apply for membership, complete the attached form, and agree to the Flourish Code of Conduct. If you would like to discuss Flourish membership in more detail, please phone our office on 03 6223 1952 or email admin@flourishtas.org.au

Flourish Code of Conduct

The Code Of Conduct guides Flourish members. The term 'member' refers to employees, Board members, volunteers, Regional Advisory Group members, and work-experience students of Flourish. Flourish seeks best practice in management and governance. Flourish expects a high standard of behaviour from members and there is an expectation that members will conduct themselves in a professional manner. This code underpins other policies, e.g., Anti-Discrimination Act. The following principles form the Code of Conduct:

- Members work in a professional manner, adhering to relevant professional and organization codes' of ethics and working with respect, fairness and integrity at all times.
- Workplace Health and Safety and the Anti- Discrimination Act are adhered to.
- Flourish policy and procedures are adhered to, such as Anti-Discrimination and Harassment, Complaints, Privacy and Confidentiality.
- Members are respectful of colleagues and work to resolve conflict in an appropriate manner.
- Members conduct themselves professionally at all times and do not act in a manner that might jeopardise the safety of others or themselves or bring the name of Flourish into disrepute.
- Members show due care when using all assets and property belonging to Flourish.
- Members are aware of diversity in the workplace and are respectful of others.
- Members are aware of harassment and bullying issues, discrimination and sexual harassment.
- The Code of Conduct mandates the need for appropriate working relationships and the resolution of conflict in a safe and respectful manner. Where conflict is not resolvable members should refer to the Grievance Policy or the Bullying and Harassment policy.

I understand and agree to abide by the Flourish Code of Conduct.

Member's name:

Signature:

Date:

Flourish Membership Application Form

First Name:

Last Name:

Gender (circle): Male / Female / Other

Age (circle): 18-25, 26-35, 36-45, 46-55, 56-65, 66+

Address:

Phone:

Mobile:

Email:

Preferred method of contact:

Do you have any special needs, e.g. mobility?

I agree to Flourish disclosing my contact details to other members for the purposes of contacting me about relevant matters. YES / NO

By signing this application for membership you have read and agree to abide by the Flourish Code of Conduct

Signature of applicant:

OFFICE USE ONLY

Application processed (date)

Information on register (date)

Letter sent to applicant (date)