



flourish

*Mental Health Action
In Our Hands Inc.*

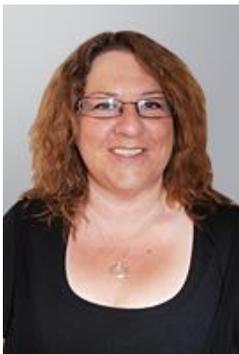
VOICES

Vol. 2, No. 10, November 2017

From The Editor's Desk

Sadly, Flourish is losing our much-loved CEO in December. Julia and her partner are taking on a small business enterprise and we at Flourish wish her and her partner well and every success in their new endeavour. However, we do hope Julia will find time to make an occasional visit to Flourish. Last month was Flourish's sixth birthday and the first anniversary of the move to bigger and better premises at Pressland House. What a fabulous six years! Let's hope the next six are just as exciting. Last month an article was published in the VOICES newsletter titled, 'What You May Not Know About Antipsychotic Drugs'. An oversight meant there was no editorial postscript advising that people should not stop taking medication without first discussing the issue with their treating clinician.

***in memorium* ~ Vale Jackie Crowe: 1968 - 2017**



It is with great sadness that Flourish has learned of the death of Jackie Crowe last month. Jackie had been a Commissioner with the National Mental Health Commission since the commission was established in 2012. Many people would have known Jackie through her involvement with the National Mental Health Consumer and Carer Forum and National Consumer and Carer Register. Jackie was a great and supportive friend to Tasmania over many years and was involved in a number of significant local initiatives; generously offering guidance, support, and her extensive knowledge to inform the development of consumer, family and carer engagement and leadership. She was an outstanding advocate for better mental health and suicide prevention services, and a highly intelligent, generous and witty person. Her legacy will survive her death and whilst we mourn her passing we are blessed to have had her play such a pivotal role in the mental health sector and in many of our lives. Jackie will be sadly missed by everyone who knew her.

Source: NMHC/MHADD



New Flourish Constitution

At a Special General Meeting of the Flourish Board on 19 September, changes to the constitution were formally adopted. The changes mean that Flourish must do the following:

1. Invite consumers to become registered members of Flourish. This will establish a formal register which will be kept in confidential status. This will also become a data base of valuable and important information which (without names) can inform stakeholders. Registered members will be entitled to vote at Annual and Special General Meetings. Individuals applying for membership to the Association must do so in writing on the prescribed form and sign.

The following extracts from the new Constitution are important.

- All applications must be considered by the CEO and endorsed by the Board and recorded in the minutes of the meeting;
- Applications can only be considered up to one month before an Annual General Meeting. Applications for new membership received during the one month prior to an Annual General Meeting shall be processed after the Annual General Meeting.
- Applications for membership will not be considered from the floor during a general meeting.
- The Board retains the discretionary right to not accept or endorse any application for membership.
- All individuals applying for membership will receive written advice on the outcome of their application.

This means that individuals wishing to become registered members with entitlement to vote at the AGM (22 November) MUST have their application forms to the CEO by 20 October.

2. Establish the procedures we will follow for members of the three Flourish Action Groups (FLAGs) to nominate and/or accept nomination for election to the Board.
- Each FLAG can elect a Board member.
 - Nomination procedures will be sent to you very soon.



Harry Wilsdon, AM
Flourish Board Chair

Do You Need Help Understanding The NDIS?



Reimagine.today is a new and free online resource designed to help you to gain confidence navigating the NDIS

and understand how it can support mental health recovery aspirations. The online tool is designed to be a one-stop-shop that not only provides information about the NDIS, but can be used as a side-by-side conversation and planning tool. Designed to help people living with mental health conditions, families, carers and workers work better together, reimagine:

- outlines the steps and processes required to apply for NDIS funding
- explains the language of the NDIS including psychosocial disability
- helps you prepare your access request through interactive activities
- helps you identify goals and aspirations to support you in the planning process
- provides hints and tips from people who have been there

Use the reimagine tools and workbook to engage with services to help access the NDIS and get the funded supports you need to reimagine your life today.

Reimagine your life, your future, your recovery: reimagine.today (<https://reimagine.today/>)

Source: MHCC FYI e-news October 2017. Image: aasw.asn.au

Bullying And Youth Suicide



Almost every day of the year one person under the age of 25 dies of suicide. While not all these tragic losses are a result of bullying, research shows that bullying is a major contributing factor in the suicide of people under the age of 25 years. Angels Hope seeks to mentor, educate, and inspire children and young adults with the skills and courage needed to

stop becoming a victim of bullying in schools, sporting clubs, workplaces and the broader community.

Last month in Launceston, the Angles Hope website was launched by The Hon. Tony Abbott MP.

Also in attendance was Senator Eric Abetz, the Mayor of Launceston, Albert van Zetten, and

Alderman Danny Gibson, plus many other guests. Also in attendance was Reuben Cunningham, the

Co-founder of Angelshope. The launch was highly motivational and positive. (Edited)

www.angelshope.org.au/

<http://www.bullyingstatistics.org/content/bullying-and-suicide.html>

Data source: Australian Bureau of Statistics

“Blowing out someone else’s candle doesn’t make yours shine any brighter.”

Source: Thisislovelifequotes.net

Regional Mental Health Group Meetings

Our final round of Regional Mental Health Group meetings for 2017 are in November. If you would like to be added to the invite list, please get in contact with our Member Services Officer, Brittany Szlezak, phone 6224 9222 or email: bszlezak@mhct.org

Northwest

Tuesday 14 November, 1.30pm - 3.30pm

Wellways, 1/41 Mount Street, Burnie

North

Wednesday 15 November, 1.30pm - 3.30pm

Anglicare, 116 Elizabeth Street, Launceston

South

Thursday 16 November, 1.30pm - 3.30pm

Mental Health Council of Tasmania, Level 1, 131 Collins Street, Hobart

Review of the Guardianship And Administration Act (1995)

The Law Reform Institute (TLRI) is undertaking a review of the Guardian and Administration Act. If you would like to provide any comments about what is working well, what is not working well, or how the Act might be improved, please contact Kate Hanslow at the TLRI on (03) 6226 2192 or email at Kate.Hanslow@utas.edu.au. If you would like more information about the project, please do not hesitate to contact the TLRI. (Edited)

Kira White, Executive Officer

Consumer and Carer Priorities for Mental Health Research

Participants are wanted for a study that seeks to explore priorities for mental health research among mental health consumers and carers in the community. The survey asks you to rate the priority of research topics generated by consumers and carers, suggest new topics, and help guide future research.

To complete the survey, go to: https://anu.co1.qualtrics.com/jfe/form/SV_bxvfe1WyMJy811j

Flourish State-wide FLAG meeting and 2017 Annual General Meeting

The logo for the Annual General Meeting (AGM) features the letters 'AGM' in a large, bold, red, sans-serif font. The letters are slightly shadowed, giving them a 3D appearance as if they are floating above a surface.

When: Wednesday 22 November 10:00am – 3:00pm

Where: Campbelltown Hotel, Main Rd, Campbelltown

AGM commences at 2:00pm

Mental Health & Suicide Prevention Monitoring & Reporting Framework

The National Mental Health Commission (NMHC) has engaged the Nous Group to develop a mental health and suicide prevention monitoring and reporting framework. We are seeking input from consumers, carers, families and support people, service providers, policy and decision makers across Australia through our online consultation and target workshops.

The purpose of our consultation is to inform the development of a strategic framework to guide the Commission's national monitoring and reporting on mental health and suicide prevention.

Monitoring and reporting is critical to know whether reform commitments are being implemented, and if they are making a difference to mental health outcomes for consumers, carers and their families.

This information helps inform future funding directions, policy, practice and research priorities. To have your say, go to:

<http://www.surveymoz.com/s3/3909519/National-Mental-Health-Commission-National-Mental-Health-and-Suicide-Prevention-Monitoring-and-Reporting-Framework-online-consultation-survey>

For more information about the NMHC visit: www.mentalhealthcommission.gov.au (Edited)

Election Of Flourish Board Members November 2017

In accordance with the Flourish Constitution, each of the three Flourish Advisory Groups (FLAG) is entitled to elect a Board member from within the FLAG membership. The elected Board member will be a member of the Flourish Board for a period of two years, at which time a new election will be held. If during that period of two years a Board member resigns from the Board, then the Board may fill the casual vacancy by appointing a replacement person who is also from the same FLAG as the one who resigned. A FLAG elected member will have the Board member rights, responsibilities, expectations of conduct and participation as specified in the Constitution. A newly elected Board member will take part in an induction program and have appropriate support for the role. Registered Flourish members as defined in the Constitution are entitled to nominate and/or accept nomination for Board election. This is a new provision of our Constitution and I encourage members to make good use of it by nomination and/or accepting nomination. Please contact me with any questions of discussion before nomination via email: harryw@flourishtas.org.au

If you wish to nominate yourself or another person, a nomination form is attached. The nominee will be required to submit a biography of their skills, knowledge and experience. Once nominations are received, they will then be sent out to members, who will vote for their board member representative.

Harry Wilsdon, AM

Chair, Flourish Board

Nomination Of Flourish Board Members November 2017

Please read the above article: ELECTION OF BOARD MEMBERS NOVEMBER 2017 before completing this form. Nominations will be a confidential document and will not be made public.

Nominations must be lodged by 8th November 2017. Newly elected Board members will be announced at the AGM on 22nd of November 2017.

Please complete the sections below and return it to the CEO at the Flourish office (33 Melville Street Hobart), or PO Box 4836, Bathurst Street Post Office, Hobart 7001. You may also email your nomination to: ceo@flourishtas.ohg.au

In addition, each nominee is to provide a biography of their experience, skills and knowledge. This should be no more than 300 words.

Harry Wilsdon, AM

Chair, Flourish Board

NOMINATION FOR ELECTION TO BOARD 2017

I, of nominate
..... who is a member of Flourish to be elected to the Board of
Flourish

Signed Date

I, of second
the nomination second the nomination.

Signed Date

I, Accept nomination to be elected to the Board of
Flourish

Signed Date



Got something to say? Do you have an event you want to promote? Do you want to tell people about your journey towards better mental health? Maybe you have an update on a project you are working on? Whatever it is, we at Flourish would love to hear about it for our newsletter. Check out details on our [Comments And Submissions page](#).



Festival of Ideas

Design Thinking for Future Action

Dec. 5th, 6th & 7th

Camp Banksia, Port Sorrell

We all know the problems - You have ideas -
Let's transform them into action together!

Work with others to identify and reframe mental
health challenges you are passionate about.

Visit <http://tinyurl.com/ffoil7> to register.

Facilitated by **Helen Glover**, Director of Enlightened Consultants
and **Stephan Hitchins**, Lecturer in Design Thinking
at Deakin University, Melbourne.

Funded by



New Mental Health Multipurpose Short Stay Unit For RHH



The past 12 months or so there has been a significant increase in demand for mental health services and hospital beds. This demand has put pressure on the Emergency Department (ED), which in turn has created issues with bed block within the Royal Hobart Hospital's Department of Psychiatry (DoP) and elsewhere. As part of the solution to the various problems being experienced, Statewide Mental Health Services have responded by proposing the development of a new combined Multipurpose Short Stay and Observation Unit. This new flexible unit will be located adjacent to the Royal Hobart Hospital's Emergency Department. The unit will have five beds and will provide clinicians with an additional option for clients beyond ED which should both assist with client flow and provide a quieter treatment setting for appropriate clients. It is planned that the average target length of stay would be 48 hours and provide a safe low stimulus environment with specialist clinical staff available to conduct assessments and where needed, appropriate treatment. The unit will also provide for crisis stabilisation, discharge planning, consultation and support for families and carers.

It is expected the new unit will employ a range of staff including a Psychiatrist, a Psychiatry Registrar, a Social Worker, Registered Nurses, Enrolled Nurses and a Ward Aid.

Some of the key objectives of the new unit will be to improve consumer outcomes, reduce ED presentations, reduce length of stay in ED and DoP, and to improve links to community mental health supports and other services as required.

Source: Chris Fox, Manager, CMHADS

Mental Health Week – RHH Department of Psychiatry

Last month the staff at the Royal Hobart Hospital's Department of Psychiatry (DoP), held a series of events and activities as part of MHW. World Mental Health Day (10 October) was celebrated by wearing odd socks (or stockings), plus a scrumptious morning tea was provided, which involved DoP patients and staff, plus invited guests. Partners In Recovery (PIR) provided a delightful group of musicians and singers. The next morning Flourish, Headspace, and Mental Health Carers Tasmania, set up information stalls in one of the wards and handed out novelty items such as balloons, sweets, pens, squeeze balls, and wrist bands. Later, patients and staff went to the Cenotaph to fly kites the patients had made as one of the week's activities. One activity involved staff having their photograph taken while holding signs of empowerment and hope. These images were then formed to make two massive photographic collages above the stairwell between Levels 2 & 3.



Dannii Lane

Mental Illness Increase Among Methamphetamine Users

Mental illnesses are becoming more common among methamphetamine and ecstasy users, according to a report released today by the Australian Institute of Health and Welfare (AIHW). The 2016 report, National Drug Strategy Household Survey, builds on preliminary data and gives further insight into Australians' use of, and attitudes to, drugs and alcohol. The report shows that among people who had in the last 12 months used an illicit drug, about 27% had been diagnosed or treated for a mental illness; an increase from 21% in 2013. Rates of mental illness were particularly high with the most significant increases for methamphetamine and ecstasy users.

AIHW spokesperson, Matthew James, says "Drug use is a complex issue, and it's difficult to determine to what degree drug use causes mental health problems, and to what degree mental health problems give rise to drug use".

The report also revealed a complex relationship between employment and drug use.

"For example, people who were unemployed were about 3 times as likely to have recently used methamphetamines as employed people, and about 2 times as likely to use cannabis or smoke tobacco daily", Mr. James said. (Edited)

Source: PMHCCN E-News September 2017

Mental Health Week And Flourish In Launceston



During Mental Health Week, Flourish had a successful stall at the Launceston MHW Expo, located within the Albert Hall. There were a considerable number of visitors to the stall. There were many giveaways, including newsletters, Festival of Ideas fliers, stress balls, balloons, wrist bands, flannel flower pins, Consumer Representative Service and general Flourish cards, plus fridge magnets and coasters. For the children and young at heart there was a quoits game lollypop prizes. There were also expo bingo cards for attendees, which was a game run by the Expo organisers. (Edited)

Lisa Coppe

Festival Of Smiles



The Festival of Smiles is a family fun day celebrating International Day of People with a Disability. You are welcome to be part of the event and share our vision. The event is open to people of all ages and all abilities. When: 11:00am – 2:00pm, Sunday, 3 December 2017

Where: Bellerive Beach Park

Open Dialogue - The Finnish Approach To Treating Psychosis

Open Dialogue is for people who want to open their minds to new ways of understanding and treating mental illness. Open Dialogue is becoming the leading mental health treatment in the Western world that produces the best results for recovery from mental illness. Open Dialogue increases the awareness of mental illness in the wider society and consequently decreases stigma. It is effective as well as cost efficient and humane whilst it improves the quality of life for the consumer, those in his/her social network and mental health clinicians.

Relevant members of this network and clinicians are coupled with the consumer as equal members of the treatment team to discuss and consider the consumer's present needs instead of focusing on diagnosis and medication. Open dialogue is used as communication to reveal the causes of the mental illness, to find solutions and decide on actions needed to treat the illness. Hospitalisation is avoided if possible whilst emphasis is on alternative psychosocial therapies and immediate help. Open Dialogue is a win- win situation for people with mental illness, their families and friends, health professionals, the society in general and the government. In Lapland, where Open Dialogue was developed, the number of new cases of schizophrenia has declined there dramatically. The keys to success is based on the following principles:

1. Immediate help. The first treatment meeting takes place within 24 hours of the referral;
2. Social network perspective. Family/social network is included in every case from the beginning though the entire treatment period;
3. Flexibility and mobility. Flexible treatment response is required to meet the varying and unique needs of each consumer/family;
4. Responsibility. Psychiatric units guarantee the responsibility by mobilising a specific treatment team for each consumer;
5. Psychological continuity. The mental health team takes charge of the entire process for as long as necessary both inpatient and outpatient settings;
6. Tolerance of uncertainty. Health professionals must deal with the unknown in every network treatment meeting;
7. Dialogism. Open Dialogue is a conversation that values everybody's thoughts, feelings and ideas and encourages everybody to be heard.

The Finnish research shows that not many treatment team meetings are needed on the long run; very little drugs are used; home is the preferred place of treatment; most patients are never hospitalised; most patients recover; and most patients become employed and/or go back to further study. (Edited)

Source: PMHCCN September 2017 E-News

“If people are trying to bring you down, it only means you are above them.”

Source: Unknown

What If It Works?



Richmond Fellowship Tasmania, Mental Health Carers Tasmania, and Flourish, are proud to present the award winning Australian film, *What If It Works?* Written and directed by actress turned filmmaker, Romi Trower, and produced by Tristram Miall (*Strictly Ballroom*, *The Black Balloon*). The film has been described as “a delightful journey filled with laughter and tears. Romantic, heartfelt, and endearing; you’d be crazy to miss it.” Filmed in the colourful, street art filled laneways of Melbourne, this romantic-comedy with a difference charts the unlikely courtship of Adrian (Luke Ford), a tech-nerd with Obsessive Compulsive Disorder (OCD), and Grace (Anna Samson),

an artist with Multiple Personality Disorder (MPD), now known as Dissociative Identity Disorder (DID). Romi Trower has been acting on screen for more than a decade and recently turned to directing short film and theatre work. “My interest in telling this story is born of my personal experiences,” she said. “My older brother has a severe case of OCD, and my aunt is a psychiatrist who specialises in DID/MPD. I wanted to share some of their stories, with kindness and honesty.”

What If It Works? Will screen at the State Cinema in Hobart on 30 November, starting at 6:00pm. This is a one-off event. There are only sixty (60) tickets available. These can be purchased on the State Cinema’s website (<http://www.statecinema.com.au>) for \$11. Afterwards there will be a Q&A session with the film’s director, Romi Trower.

Consultation For Young People Whose Parents Have A Mental Illness

Monash University is seeking 18 to 25 year old people whose parents have a mental illness to participate in a pilot study of mi.spot, a facilitated online program that offers peer support and education. As well as participating in mi.spot, participants will be asked to complete online evaluation questionnaires before and after, the online program as well as one telephone interview. Participants will receive a \$40 electronic voucher for each round (a total amount of \$160 if all four rounds are completed). Participant requirements: Aged between 18 and 25 years inclusive; Must have a parent with a mental illness (you don’t have to be living with them); Living in Australia and speak fluent English; Regular Internet access from 17th November to 13th December 2017, via smart phone, tablet or computer.

Register your interest by clicking [here](#). Please let us know as soon as possible as there are limited places. If you have any questions, or if you require more time to decide whether you would like to participate, contact Assoc. Prof. Andrea Reupert; Email: andrea.reupert@monash.edu. Phone 03 99024587. (Edited)

Source: MHCC FYI e-news October 2017

Comments And Submissions

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 contained in these sites.

Newsletter Guidelines

Submissions should be written or typed articles. A maximum of 500 words per story applies. More than one article 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. Contributors may be anonymous, use only their first name, or use their full name.

Deadline for submissions for Vol. 2 No. 11 December 2017 is Monday 27 November

A reminder that there will be no VOICES newsletter in January 2018

Flourish Participation

Membership of Flourish is free to all Tasmanian's who have a lived experience of mental illness. Participating in Flourish activities can provide you with information about mental health through our newsletter, website, Facebook page, and regional forums where people with an interest in mental health can meet and share their experiences and ideas. To participate, complete the attached form, and agree to the Flourish Code of Conduct. If you would like to discuss Flourish participation 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 all Flourish members. The term 'member' refers to employees, Board members, volunteers, Regional Advisory Group (RAG) members, Consumer Representative Consultants (CRS), and anyone undertaking work-experience. 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 organisational 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 such as Anti-Discrimination and Harassment, Complaints, Privacy and Confidentiality are adhered to.

Members are respectful of colleagues and work to resolve conflict in an appropriate manner.

Members conduct themselves professionally 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.

Name:

Signature:

Date:

Flourish Participation Application Form

Application date:

First Name:

Last Name:

Gender:

Date of Birth (optional)

Phone:

Mobile:

Email:

Preferred method of contact:

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

Do you have any special needs that Flourish should be aware of?

What activities would you like to participate in?

- | | | | |
|--|-------------------|-------|-------|
| 1. Flourish Action Group (FLAG) | | YES | NO |
| Which group? | WEST NORTHWEST | NORTH | SOUTH |
| 2. Consumer Representation Service (CRS) | | YES | NO |
| 3. Volunteering for Flourish | | YES | NO |

By signing this application for membership, you have read and agree to abide by the Flourish Code of Conduct. This is a requirement for participation in Flourish activities.

Signature of applicant:

OFFICE USE ONLY

Application processed (date)

Information on register (date)

Letter sent to applicant (date)