



VOICES
Vol. 2, No. 1, February 2017

From The Editor's Desk

Welcome to the first edition of VOICES for 2017. Last year was an incredible year for Flourish and 2017 promises to be even better. From the perspective of Editor for VOICES, to help make 2017 a good year, then please consider contributing articles. Your contribution can be just about anything. It can be poetry, a story on recovery, a photograph you have taken, something you have participated in, something that is important to you, or just something you would like to share. More than one article per person is welcome, as are photographs, but please keep in mind the word limit for each story.

A Few Words From Flourish CEO, Julia



Welcome to the New Year everyone! As our editor has already quite rightly stated, last year was an incredible year. We celebrated the move to our new office premises; engaged more volunteers; recruited new board members with diverse skills and experience and successfully met our service agreement outcomes. My yearly highlight was the Flourish Annual Report, written and produced by consumers for consumers. Please visit our website to read the consumers amazing stories.

Even though it's only January, this year is already shaping up to be an exciting yet jam-packed year with a focus on the structural review recommendations. Last year, a survey of 108 stakeholders yielded a return of 35 responses. Seventeen stakeholders participated in focus groups, providing feedback and suggestions for improvements to governance and operations, including calling on a constitutional review and a more mature membership structure with clear voting rights for Flourish members.

On behalf of Flourish I would like to express my gratitude and appreciation to all those that were involved in the process, for your willingness to share your experiences and ideas for the future of Flourish. Your input and enthusiasm was invaluable.

Lambs, Cats, And Dogs



Some years back a staff member from the secure mental health unit, Wilfred Lopes (WL), was looking after an orphaned lamb while on holiday. However, needing to return to work the dilemma arose of what to do with the lamb. Naturally, the lamb followed the worker to WL where it became a celebrity. Patients quickly began queuing up to hold and/or feed the lamb. In the process of looking after the lamb, the patients unwittingly helped themselves deal with trauma and other personal issues.

So successful was the lamb in helping the patients that it was decided to acquire a cat for the same purpose. A Ragdoll cat was chosen as this breed has the right temperament for such an environment. Furthermore, being a longhaired breed, it needed lots of grooming, and as any cat lover will tell you, grooming a cat, or just having one sitting on your lap, is highly therapeutic.



Meanwhile, the Royal Hobart Hospital's Department of Psychiatry (DoP) acquired a small terrier named Oscar. Oscar belongs to the DoP's Diversional Therapist and each week he accompanies her to work where he greets all those he meets, returning to especially friendly patients for that little extra bit of attention. Oscar has been a therapy dog for almost 10 years. When the new Mental Health Unit became operational it was feared Oscar would not be allowed to visit, but happily he is back at work doing what he loves.

Research has shown that having access to an animal such as a cat or dog in an in-patient setting can have positive psychological benefits, such as increasing self-esteem and helping to generate a more positive outlook on life. They can also enhance social connectedness and social skills. Contact with animals also creates less loneliness, restlessness, despair, boredom, less depression, and they help people to cope better with stress. There are also many proven physical benefits associated with contact with animals in a hospital setting.

Images: Ragdoll cat: ragdollkittens.com, Lamb: pininterest.com

Sources: Smith, B 2012, 'The Pet Effect', *Australian Family Physician*, June, pp. 439-442; Herzog, H 2011, 'The impact of pets on human health and psychological well-being: fact, fiction, or hypothesis?' *Psychological Science*, No. 20, pp. 236-239; Nickolina M, Duvall A, Timothy A, 2010, 'An examination of the potential role of pet ownership, human social support and pet attachment in the psychological health of individuals living alone. *Anthrozoos*, Vol. 23, No. 1, pp. 37-54.

White Flower Memorial (Tas) 2016



On 8 December last year, a small group of people gathered outside the gates to Willow Court at New Norfolk. The event was part of White Flower Memorial and Human Rights Week, and a time to remember the forgotten children of the Royal Derwent Hospital, which at its peak held hundreds. The event was hosted by Flourish, and guest speaker

was the Anti-Discrimination Commissioner, Robin Banks.

Your Legal Rights And The Mental Health Act



When Tasmania's Mental Health Act was introduced in 2014, it contained for the first time a range of legal rights for people detained under the Act. Three years later there are still many consumers who remain unaware of these rights. To assist consumers to more easily understand these rights, especially when unwell, a plain language document titled 'Statement of Rights' (SOR) was designed and printed. The Act requires that copies of the SOR be given to a patient during various stages of their detention, but especially when restrained or secluded.

If you are restrained or secluded, you have the following legal rights:

- You cannot be restrained or secluded unless the Act allows it
- You must be given a copy of the SOR if restrained or secluded
- You must be given clean clothing and bedding
- You must be given food and drink
- You have the right to use any prescribed medications (in most circumstances)
- You have the right to keep aids such as glasses, hearing aids, and inhalers, unless staff say it is not safe for you to keep them

Other more general rights include:

- You must be given a copy of your rights (SOR). You should not have to ask.
- You can only be held in protective custody for four hours unless an Order is issued
- You can only be given treatment if you consent or the Act allows
- You have the right to see a legal representative, support person, and/or the Official Visitors
- You have the right to be told about your diagnosis and treatment
- You have the right to copies of documents related to your assessment and treatment
- You have the right to receive general health care while detained, e.g., diabetes
- You have the right to practice your religion and retain items associated with that religion
- You have the right to be informed of local, national and global events (news)
- You have the right to wear your own clothing

There are a range of other legal rights, which consumers can access via the Mental Health Service's website, and clicking on the link; 'Information for Consumers'.

http://www.dhhs.tas.gov.au/mentalhealth/mental_health_act/mental_health_act_2013_new_mental_health_act

If you believe your legal rights have been violated while detained under the Mental Health Act, then you should discuss the matter with either the Legal Aid Commission or Advocacy Tasmania.

Dannii Lane, Mental Health and Human Rights Advocate

Sources: Mental Health Act (2013); Statewide Mental Health Services Fact Sheets: Statement of Rights – Involuntary Patients, and Statement of Rights – Seclusion and Restraint.

A Champion Of Our Time ~ Dr. Len Lambeth



It may seem strange, nominating a psychiatrist as a champion, yet we are more fortunate than many realise to have Dr. Lambeth working here in Tasmania, as he is a dedicated man on a mission.

Dr. Leonard (Len) Lambeth began his career in mental health in 1963, qualifying as a psychiatric nurse. He then studied medicine at the University of New South Wales, qualifying in 1976. An internship and residency followed at the Royal Hobart Hospital. Between 1978 and 1982, he was a Medical Officer (Major) in the Royal Australian Army Medical Corps. He resigned his commission and became a Registrar in Psychiatry, obtaining his Fellowship in 1987. Len has also held positions as the Director of Clinical Services in the Hunter Region, and worked in private practice; mostly dealing with veterans with trauma-related psychiatric illness.

In 2001, Len was appointed Clinical Specialist (Psychiatry) at the Australian Centre for Post Traumatic Mental Health, and then in 2005 he became Director of Mental Health for the Australian Defence Force (ADF). He retired from the ADF in February 2011 to join Mental Health ACT in Canberra, where he variously held positions of Clinical Director (Adult Mental Health Services) and Clinical Director (Forensic Psychiatry). In 2013, Len became Tasmania's Chief Civil and Forensic Psychiatrist (CCFP), tasked with overseeing the state's new Mental Health Act (2013). He was also appointed Clinical Associate Professor at the University of Tasmania.

Len has served as a member of the NSW Mental Health Review Tribunal, has lectured in Psychiatry at the University of Newcastle and the Australian National University, and has lectured in Aviation Medicine at the University of Newcastle. He has published, with Dr. Maurice Sainsbury, a textbook on Psychiatry and has co-authored a number of reports for government on psychiatric services. Len also has postgraduate qualifications in aviation medicine, forensic mental health and medical administration, plus he is a pilot and has consulted for the Civil Aviation Safety Authority.

Last year, Dr. Lambeth accepted the role of Head of Department, Adult Mental Health Service.

Source: Tasmanian Suicide Prevention Network, 2014. Image: Crawley 2013, *The Mercury*, 13 September.

Mental Health Loses To Defence

In 2013-14 the Australian Government spent \$8 billion on mental health, which sounds like a lot. However, in the same period they spent three times that amount on defence (\$21 billion). In 2016-17, the government will increase defence spending to \$32 billion while cutting spending on mental health/welfare to save \$1.3 billion over five years. Ironically, the government will spend more than \$41 million on treating defence force personnel for mental health issues arising from active service.

Dannii Lane, Mental Health Advocate

'The end of 2%: Australia gets serious about its defence budget', *The Conversation*, February 26, 2016; 'Health Expenditure Australia 2013-14', Australian Institute of Health and Welfare, Canberra; 'Australia's Health 2016', Australian Institute of Health and Welfare, Canberra, 2016; Mental Health Australia, <https://mhaustralia.org/fact-sheets/clone-2016-federal-budget-mental-health-australia-summary>.



Help your clients manage electricity costs

Power bills are among the biggest expenses in any Tasmanian household, and, when you are on a low income, small changes can make a big difference. TasCOSS and Sustainable Living Tasmania's *Staying Connected Workshops*

give frontline community service workers information and skills to help their clients manage energy costs. Workshops cover how to:

- Help clients avoid disconnection
- Ensure your clients are getting the concessions they're entitled to
- Find financial help and support
- Reduce energy costs
- Read an electricity bill
- Make a complaint
- Get help with a dispute

All community service workers, including volunteers, are welcome to attend. Simply register at the location that suits you best. For more information on towns, venues, and dates, contact Kath McLean at TasCOSS. Phone 03 6169 9506 or email kath@tascoss.org.au

Introduction to Safe-Wards Information Session



Tasmanian
Government

We invite you to attend one of our 'Introduction to Safe-Wards' information sessions. Safe-Wards (www.safewards.net) is a key action outlined in the Rethink Mental Health Plan – A Long-Term Plan for Mental Health in Tasmania 2015-2025. This initiative will improve consumer experiences of care and contribute the ongoing quality and safety of services. The session is

aimed at service providers, consumers, carers and families, so please come along to one of the following sessions:

Burnie: Tuesday 7 February, 10am–12pm, Burnie Yacht Club, The Esplanade, South Burnie

Launceston: Wednesday 8 February, 10am–12pm, Tailrace Centre, 1 Waterside Drive, Riverside

Hobart: Friday 10 February, 10am–12pm, Level 4, 34 Davey St, Hobart

A light morning tea will be provided at each session. The Rethink Mental Health Plan is available online at www.dhhs.tas.gov.au/rethink

RSVP by Friday 3 February to: director.mhadd@dhhs.tas.gov.au or phone 03 6166 0781

The Power of Green Paint

With a tin of green paint and a brush, Helena walked barefoot out of the hospital grounds and into the township. She painted broken fences, sick trees, old dogs, the dying grass. With the last of the green paint, she walked to the bridge and wrote over the Derwent River; DON'T JUMP.

Knight, K 2008, *Postcards From The Asylum*, Pardalote Press, Lauderdale



The Power Of Plant Based Diets

There are lots of promises made about diets, but one approach suggests that conditions such as diabetes, heart disease, high cholesterol, and dementia can be reduced.

Eating a plant-based diet that is rich in fruits, vegetables, whole grains, and legumes, can help slow or prevent various diseases, says dietician Sue Radd.

Plant-based foods lower oxidative stress, dampen inflammation and lower insulin resistance. Adopting a plant-based diet doesn't mean becoming a vegan or vegetarian, but it does mean eating a variety of vegetables, legumes, unrefined grains, nuts and seeds, and fruits. Nutritionist, Dr. Rosemary Stanton says a plant based diet, with or without the addition of animal foods, is the healthiest way to eat. "If you eat the recommended foods in the Australian Dietary Guidelines from the five food groups, you'll get the nutrients you need."

The Heart Foundation's Professor Garry Jennings, says heart disease develops over decades and prevention measures are much more effective if they start early. Cancer prevention is another area in which diet has been found to have a significant impact.

Nutrition and cooking go hand-in-hand, and people need to learn how to cook to better look after their health. It's an important part of what Dr. Stanton terms "food literacy". That is, being aware of where your food comes from, how it's grown, and importantly, how to prepare it in ways that doesn't ruin its nutritional value.

Source: Burge, K 2017, 'The Power of Plant Based Diets', Australian Broadcasting Corporation, 18 January.

Image: Hinterhaus Productions

The Growing Flourish Art Collection



Phoenix Rising American Eagle

Zebra Crossing

Silos

Morning Fog

If you are interested in donating a piece of art, or just lending it, please contact Flourish Admin. It is desirable that any work is by the person making the donation and that it is ready to hang, but it is not a strict requirement.

Cradle Mountain



Joint Committee on the NDIS - Mental Health Terms of Reference

The provision of services under the NDIS for people with psychosocial disabilities related to a mental health condition

As part of the committee's inquiry into the implementation, performance and governance of the National Disability Insurance Scheme (NDIS), the committee will inquire into the provision of services under the NDIS for people with psychosocial disabilities related to a mental health condition. The terms of reference for the inquiry are as follows:

1. That the joint committee inquire into and report on the provision of services under the NDIS for people with psychosocial disabilities related to a mental health condition, with particular reference to: the eligibility criteria for the NDIS for people with a psychosocial disability; the transition to the NDIS of all current long and short term mental health Commonwealth Government funded services, including the Personal Helpers and Mentors services and Partners in Recovery programs, and in particular; whether these services will continue to be provided for people deemed ineligible for the NDIS; the transition to the NDIS of all current long and short term mental health state and territory government funded services, and in particular; whether these services will continue to be provided for people deemed ineligible for the NDIS; the scope and level of funding for mental health services under the Information, Linkages and Capacity building framework; the planning process for people with a psychosocial disability, and the role of primary health networks in that process; whether spending on services for people with a psychosocial disability is in line with projections; the role and extent of outreach services to identify potential NDIS participants with a psychosocial disability; and the provision, and continuation of services for NDIS participants in receipt of forensic disability services; any related matter.
2. That the joint committee report by 22 June 2017.

Submissions

The committee calls for submissions on the provision of services under the NDIS for people with psychosocial disabilities related to a mental health condition. The due date for submissions is 27 February 2017.

Committee Secretariat contact:

Joint Standing Committee on the National Disability Insurance Scheme

Mail: PO Box 6100, Parliament House, Canberra ACT 2600

Phone: +61 2 6277 3083

Fax: +61 2 6277 5829

Email: ndis.sen@aph.gov.au

Take Up The 30-Day Challenge



The other day I was chatting with a friend. She asked me what my hobbies are. My answer to her is always the same to everyone; I like 30 day challenges. "Interesting, tell me more," she said. "Well, one day 5 years ago, I was watching a 'TED Talk'. In the TED Talk, Matt Cutts asked the audience if they ever felt like they were a bit stuck in life? My answer was yes. Sometimes the days, weeks and years just drift by. Matt's idea could not be simpler and changed my life. Just do something you used to do every day for the next 30 days. Or don't do something you do now. Or do something you thought you would never do. So over 30 days I did the following; I watched a TED - Talk every day, did a jigsaw, listened to ABC National, wrote letters to family members, took photos, sung to music, played the trumpet, plus lots more. The odd thing about doing these challenges is that it's catchy. In 30 days, my brother wrote a 50,000 word book about his 'Poppy' for the whole family to read. And a workmate took to swimming every day in the sea in the early morning for a month. Some things I keep doing and some not. Some months I forget. But when I feel stuck in the mud a bit, then it's time for a new challenge. This month is spicy food month for me. Matt's challenge to you... Try to add something new to your day for a month. Just for you and just for fun.

For more information go to https://www.ted.com/talks/matt_cutts_try_something_new_for_30_days

Darren

Images: Clipfest.com

'Split' Splits The Community



Split, the new horror film by M. Night-Shyamalan has been widely condemned by mental health experts for its depiction of mental illness. Actor James McAvoy plays Kevin, a man with Dissociative Identity Disorder (DID). DID used to be known as Multiple Personality

Disorder (MPD), but was also mistakenly called split personality. In the film, three girls are kidnapped and held captive by 'Dennis', one of 23 alter personalities inhabiting the body of Kevin. The girls realise their fate when another alter, 'Patricia', tells them as they serve a greater purpose; that of being sacrifices to 'The Beast', another mysterious alter.

SANE Australia CEO, Jack Heath, said there are a significant number of people living with DID/MPD. "Films like this reinforce a false stereotypical notion that people living with complex mental illnesses are inherently dangerous and violent."

Fincina Hopgood, a lecturer in screen studies at the University of New England, said Split was a step backwards when compared to other films about DID/MPD, like the TV series The United States of Tara. "It's disappointing to see a film rehashing old and damaging stereotypes about what it is like to live with mental illness."

Source: C. Slattery, 'M. Night-Shyamalan film condemned, labelled 'gross parody' of mental illness' Australian Broadcasting Corporation, 20 January 2017

An Inconvenient Truth: 'Split' And DID/MPD



A film called Split is being widely condemned for stigmatising a mental condition known as Dissociative Identity Disorder (DID). The film is about a man who has DID and is considered dangerous. It is the portrayal of dangerousness linked to mental illness that has upset many people and organisations.

Many films have been made about DID/MPD. The most notable ones being Psycho, The Three Faces of Eve, and Sybil. More recently there was The United States of Tara.

The accepted cause of DID/MPD is severe and ongoing trauma in childhood, and mostly, but not always, it is due to sexual abuse. The still developing brain is unable to cope with the trauma, so creates fragments of personality (alters) to deal with the horror. Over time these fragments evolve as different personalities, seeing themselves as separate entities.

For the record, I have MPD and that makes me more of an expert than many other people. Some 'systems' are small with a handful of alters while others, like mine, are large and complex. It is generally accepted that the earlier and more prolonged the abuse then the larger the system. My system numbers 35 alters of different ages and gender. There are children, rescuers, protectors, persecutors, witches and demons, plus many others, some not nice. The whole system works in total secrecy with often barriers (amnesia) between the alters, so not everyone knows what is happening or has happened.

In Split, we see various alters, each one different to the others and each with a different mind-set. In the film, as in life, a 'protector alter' may engage in behaviour that outwardly seems dangerous, but they are often doing what they are programmed to do: protecting the body and system. Sometimes, protection may mean eliminating a potential or perceived threat so as to appease a powerful alter, as in Split. One must also remember that many alters are trapped in the past as if it were the present, thus chaos rules.

It would be wrong to say Split is not a true representation of DID/MPD, because for many 'multiples' the film is a reflection of their own life and struggles, including my own. For me, Split is closer to the truth than I would like. That said, Split should be seen for what it is; fictional entertainment for people who like psychological thrillers. Rather than worrying about the film's rating or if it might upset people, we should be focusing on important issues like child sexual abuse and domestic violence, which all contribute to childhood trauma and the potential for DID/MPD.

Dannii Lane, et al

Image: dingtwist.com

If any story in this newsletter, causes you distress and you need to talk to someone, please contact any of the following: Lifeline: 131114, Beyondblue: 1300 22 4636, Suicide Call Back Service: 1300 659 467, SANE Helpline: 180018 7263.

Royal Derwent Hospital Memorial Plaque



Last year Flourish established a working group to investigate the feasibility of erecting a memorial on site for former patients and staff of the Royal Derwent Hospital, aka Willow Court. Flourish is now one step closer to achieving that goal.

With the support of the Derwent Valley Council, the Friends of Frescati House are planning a reflective garden as a part of their restoration of the heritage listed Frescati House. The house was built in 1834, originally as a 'country retreat' for the Colonial Secretary, John Burnett. However, its primary use was as the residence for the asylum's Medical Superintendent.

The planned garden will feature a fountain and have a memorial plaque that remembers both patients and staff of the institution during its 173-year history.

Source: G. Ritchie, 2016

Image: Frescati House, New Norfolk News, May 2016

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.

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. Contributors may be anonymous, use only their first name, or use their entire name. If reporting on Flourish project/policy committee involvement, it is the responsibility of the author to check with the relevant organisation and/or the Flourish CEO, to ensure confidentiality is not being breached.

Deadline for submissions for Vol. 2 No. 2 March 2017 is Friday 24 February

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)