



flourish

*Mental Health Action
In Our Hands Inc.*

VOICES

Vol. 2, No. 7, August 2017

From The Editor's Desk

Back in late October of last year, Flourish moved into bigger and better offices in Pressland House in the Hobart CBD. After coming from a small cramped office, having so much space was a bit overwhelming. However, once all the furniture was in place and the décor organized, everyone happily settled in. Now, nine months later, Flourish has more volunteers and work experience students using the office, and we find space becoming a little cramped. How wonderful is that!

Welcome Laura

Flourish extends a warm welcome to work experience student, Laura, who will be with Flourish until December. Laura is studying for a Bachelor of Social Work at UTAS. Not surprisingly, Laura loves cats and has two called Igor and Didier.

Sharing The Lived Experience

There is now a page on the Craze Lateral Solution's project's website for people with lived experience and families, friends and carers to give their views and ideas about engagement and participation in mental health.

<http://engageandparticipate.com.au/lived-experience-ideas>

Please feel free to forward this message to other people who you think might be interested.

If you have questions, contact:

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Website: www.crazelateralsolutions.com

Tasmania's Affordable Housing Action Plan 2015 ~ 2019

So far, 352 new households have been assisted in accessing safe and affordable housing including:

194 households have been assisted into affordable home ownership

46 households have been assisted into supported accommodation

33 households have been assisted into new social housing

65 affordable land lots have been released

9 units of medium term (transitional) accommodation have been provided

5 households have been assisted into micro-housing (Youth Castles).

The original target of 27 new homes from the Private Developer initiative has been exceeded by six, with an overall total of 33 new homes. In addition, 50 homes have been made available for households escaping family violence through the Family Violence Action Plan. You can read the Quarterly Housing Report through the link below;

www.dhhs.tas.gov.au/housing/key_projects_for_201415/tasmanian_affordable_housing_strategy

Tim Denby

A/Director, Housing Programs



Healthy Potato Soup For Winter

Spring may not be all that far away, but the days and nights are still very cold and frosty. One great way to warm up is a generous portion of potato soup.

Ingredients

3-4 potatoes, diced with skin on (because all the goodness is just under the skin)

2 leeks or 1 large onion, chopped

Water, as required

Vegetable/chicken stock, if desired

Herbs; sage, thyme, pepper, marjoram [oregano], fresh parsley, fresh chives, garlic, and salt (if desired)

Sour cream

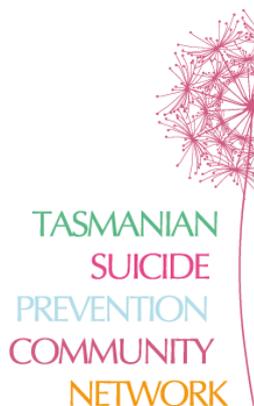
Method

Combine potatoes, onion, herbs and garlic with water and cook in microwave or on stovetop until soft. Do not drain off the water used in the cooking process as that is the liquid you need for the soup. Let cool a little, then dish small amounts at a time into a blender until all done. Add extra water if needed. Serve with a dollop of sour cream and chopped fresh chives or parsley.

If you wish you can add herbed dumplings. Make a flour dough mixed with herbs and roll into a long tube, then slice small portions and roll into balls. Add the dumplings to boiling water and cook until they rise. These can then be added to the prepared soup.

2017 LiFE Awards

On 28 June last, a gathering of people from across the community and government sectors attended



the LiFE Awards at The Pavilion on the Hobart waterfront. LiFE stands for Living is For Everyone. The Tasmanian awards are based on the national LiFE framework, which recognises that suicide prevention is a whole-of-community responsibility and promotes collaborative action by all Australians. The awards have the following categories:

Outstanding Contribution LiFE Award

Communities in Action for Suicide Prevention LiFE Award

Best Practice in Suicide Prevention in a Workplace LiFE Award

The 2017 awards went to:

Robin Errey; The Red Herring Surf Outstanding Contribution LiFE Award

Kingborough Tigers Football Club; The Lifeline Tasmania Communities in Action for Suicide Prevention LiFE Award

TasNetworks; The SPEAK UP! Stay ChatTY Best Practice in a Workplace LiFE Award

Flourish Staff Profile



My name is Nathan, and I have been involved with Flourish from the very beginning when I worked with the Flourish board to create the branding for Flourish. Since then I have been the Social Media Officer for Flourish, as well as being a member of the Consumer Representative Service (CRS).

Having firsthand experience of anxiety and depression, I have found being involved with Flourish an awesome experience. Not only does coming in once a week to work on the website and social media help me keep a routine, but I am able to help other people who are living with mental ill-health, which is a big self-esteem boost. As the Social Media Officer, I maintain the Flourish Facebook page and website, updating them weekly with new events, news articles and announcements to do with every-thing Mental Health. I also ensure all the office computers are working as they should and help other staff members and volunteers with any IT issues.

Being a part of Flourish has also given me the opportunity to gain experience, which I can then put on my resume, furthering my chances of gaining employment. It has also been a great way to meet new people and develop new friendships and relationships.

Nathan

“There are two means of refuge from the misery of life. They are music and cats.”

Albert Schweitzer

Some Good Reasons For Having A Cat



One third of Australian households have cats. Other than being cute, cuddly, and constantly demanding to be fed, cats can actually benefit your general health and mental wellbeing, if not your bank balance!

A cat is better for the environment

If you're worried about your carbon footprint, a cat is better for the environment than a dog. A 2009 study found the resources needed to feed a dog over its lifetime created the same eco-footprint as that of a large 4x4/SUV. Meanwhile, cats only have the carbon footprint of a small hatchback sedan.

Cats help you cope with life

Cats crucially serve as social support during difficult and/or emotional times. People report that talking to their pet helps them to work out their feelings, since it is often easier to talk to a non-judgmental cat than to a human.

A cat means a healthier heart

Owning any pet is good, but cats in particular help lower the amount of anxiety in your life. Petting a cat, especially a purring cat, has a calming effect. One study found that over a 10-year period, cat owners were 30 per cent less likely to die of a heart attack or stroke than non-cat owners.

Cats can help you find love

If you're single and you can't get a date, then get a cat! A British poll found that 82 per cent of women agreed they are more attracted to men who like cats. Furthermore, ninety per cent of women said that men who own a cat are nicer than other men.

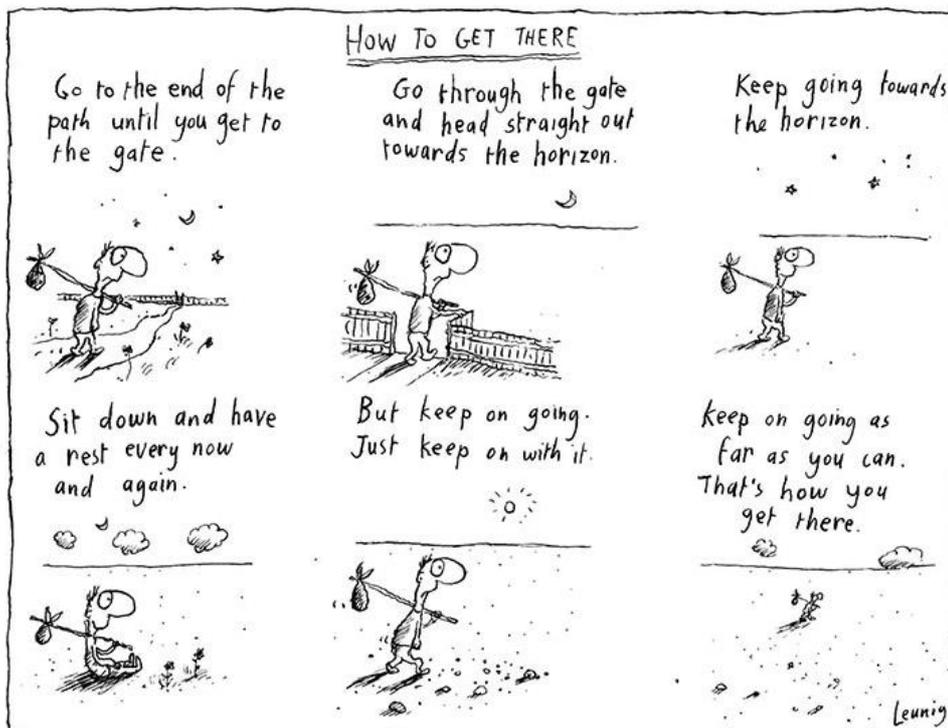
Cats make great companions

A 2003 Austrian study found that having a cat in the house is the emotional equivalent of having a romantic partner. As well as initiating contact much of the time, studies have shown cats will remember kindness shown to them and return the favour.

Having cats means you'll sleep better

Several studies in the UK have found that women report sleeping better with a cat than with a man. A recent study by the Mayo Clinic Center for Sleep found 41 per cent of the people in that study indicated that they slept better because of their cat.

Sources: Kathy Benjamin, Austin Thompson, <http://www.ozcatcon.com.au>; Image: Eris, an Australian Bombay



Wellways Community Advocacy Forums

In May Wellways held a series of community advocacy forums across Tasmania. During our time in Tasmania we were interested in hearing what the 'big issues' are for individuals, families and communities. The forums were a great success and very well attended across Hobart, Launceston and Ulverstone. The information we collected ensures the voice of people living in Tasmania is represented in our local and national advocacy work. We also hope to activate local communities to take action and create the changes they want to see in their community. Attached is the 'Spotlight' document from the Hobart Community Advocacy Forum for your information and a short media clip from our Hobart Advocacy Forum, which reflects our time in Tasmania and commitment to raising up voices and creating change: <https://www.youtube.com/watch?v=G1E074Qit0k>

If you have any queries or would like further information please do not hesitate to contact the advocacy team or your local Wellways team.

Email: advocacy@wellways.org; Web: wellways.org; Phone: 1300 111 400

Rachael Lovelock and Cassy Nunan

**If you would like to contribute to the newsletter, please contact Flourish
Phone: 03 6223 1952 Email: admin@flourishtas.org.au**

Proposed Changes to MHS Tolosa Street Respite and Mistral Place

Chris Fox from the Community Mental Health and Alcohol and Drug Service recently explained to clients, consumers and carers of proposed changes in how Tolosa Street and Mistral Place will be managed. These changes are expected to take effect from September 2017.

It is proposed that respite admission from the community will only be to Tolosa Street or a new respite option operated by the community sector. There would be no increase in bed numbers at Tolosa Street. Clients will continue to receive case management support while in respite. Where it is considered safe, appropriate, and preferred by a client, the MHS is introducing the option of being cared for in their own home as opposed to admission to Tolosa Street or the new community sector service. It is expected that this option will be available seven days a week between 8:30 am and 8:00 pm. Care might include cooking meals, cleaning, taking clients to appointments, etc; whatever is required to keep clients out of hospital. This will be in addition to ongoing clinical support from MHS. In terms of staffing numbers at Tolosa Street, it is proposed to employ an extra six staff. These will include a Clinical Nurse Consultant, a part-time occupational therapist in addition to a part time social worker. A part-time pharmacist will also be employed as well as a part-time Administrative Assistant. Finally, there will be a Career Medical Officer (CMO) or a GP with either psychiatric training or related experience who will work in both Mistral Place and Tolosa Street.

In relation to Mistral Place, the major changes will be employment of a CMO, and that admissions will be via the RHH, not the community. These admissions will be via the Dept of Psychiatry or the Emergency Dept. There will be no increase in bed numbers.

There are also some very early stage discussions about increasing capacity within the RHH Emergency Dept via some additional short stay beds within a mental health observation unit. The planning for this new resource is still at the early stage and there will be further discussions with relevant stakeholders. In the interim the MHS will continue to ensure that whenever possible there is a Psychiatric Emergency Nurse (PEN) on duty within the ED.

When the Mental Health Act (2013) was introduced, it was done so in the belief that only the most serious psychiatric cases would require forced detention and treatment, resulting in the need for fewer hospital beds. Everyone else would be treated within community settings. Sadly, this has not eventuated. However, despite the ongoing issue over bed numbers, *prima facie*, these changes appear to be good for the consumer and their carers. Early intervention and access to timely and appropriate community care, including respite and home care, means not only better outcomes for consumers, but long-term savings for government budgets and a lessening of the burden on the Mental Health Unit (DoP). However, the government must, as a priority, consider providing more beds within community settings, utilising where possible, the private sector. (edited)

Dannii Lane

Mental Health Advocate

National Mental Health Consumer and Carer Engagement Project

Change to Consultation Timeframe

Due to the large number of responses to the National Mental Health Commission's Consumer and Carer Engagement Project consultations, it has been decided to extend the consultation period. The closing date for consultations is now 31 August 2017. For more information, or to participate, please go to:

<https://consultation.mentalhealthcommission.gov.au/policy-projects/engage-and-participate/>

Lynette Pearce

Senior Consumer and Carer Liaison Consultant

Mental Health, Alcohol and Drug Directorate

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. 8 September 2017 is Monday 28 August

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)