



NADA FAMILY AND CARER EMAIL UPDATE: 11 August 2009

This is an email update for NADA Mental Health and Drug & Alcohol Family & Carer Grant recipients.

Contact [Ciara Donaghy](#) if you have problems viewing this update, would like to be added or removed from the distribution list or have items to include in the next edition .

► **Children Of Parents with Mental Illness Health Care Worker Resource to be launched**

Keeping Families and Children in Mind: COPMI Mental Health Worker Education Resource is to be launched at the Inaugural World COPMI Conference in Adelaide in October, 2009.

The resource includes six modules including interactive activities and assessment which can be accessed via the web or through group workshops. The modules of the resource provide workers with specific information about the issues faced by parents who experience mental illness, the impact on their children, and on their broader family. It offers scenarios about families for workers to reflect on their own practice. It also provides access to practical information and resources for workers to support families.

People interested in becoming a trainer are required to complete an application form and return the form by post to Kylie Eddy by August 31st 2009. A workshop for those who have met the criteria to become a trainer will be held on October 28th, 2009 in Adelaide. If you wish to become a trainer but are unable to attend in October, please fill out the form and register your interest.

Please contact **Kylie Eddy** on eddyk@aicafmha.net.au , to request a copy of the application form.

► **Family to Family – telling it like it is resource has been launched**

Ruah Community Services and COMIC WA have launched a series of booklets which were produced by a group of consumers and carers reflecting on their experiences of managing family life and raising children whilst managing the affects of mental illness, in collaboration with Ruah Community Services. COMIC WA now 'holds' the voice of consumers and carers. The project was funded by Lotterywest.

There are five booklets in the series

- **Our stories**
- **Children and parenting**
- **Families and recovery**
- **Going to hospital**
- **Working things out as a family**

The booklets can be found on the **Ruah website** at www.ruah.com.au/page/FamilytoFamily or you can enquire about ordering via email to perspectives@ruah.com.au with 'booklets' in the subject line

► **The Parent and Child Sensitive Practice Survey will be closing on Friday 14th August 2009**

The National Centre for Education and Training on Addiction (NCETA) would like to advise that the **Parent and Child Sensitive Practice Survey** is still open. Please note that this survey is independent of the recently conducted Australian National Council on Drugs (ANCD) Strengthening Families Program survey

The **Parent and Child Sensitive Practice Survey** is being conducted in conjunction with the Australian Centre for Child Protection and we are keen to hear your views and experiences of parent and child sensitive work practice in alcohol and other drug (AOD) treatment setting.

To participate in the 15 minute anonymous survey please follow the link from NCETA's home page www.nceta.flinders.edu.au/

For further information on this project please contact **Mr Allan Trifonoff**, NCETA Deputy Director (Programs) on 08 8201 7511 or email allan.trifonoff@flinders.edu.au

► **Mindfulness walks: A pathway to calmness in caring**

A **FREE** introduction to mindfulness and guided walk is open to family and friends of people with a mental health problem. Held on the first Monday of the month until November across Sydney locations.

For more information on upcoming walks contact **David Loncar** on **9289 4249** or email davidl@carersnsw.asn.au

► **Foundations – An education program for families and carers of people with mental health problems**

Increase your knowledge and skills to assist you in caring for your relative or friend.

Course content includes:

- Mental illness; diagnosis and treatment
- Understanding of the mental health system
- Coping strategies and dealing with stress
- Understanding carer grief and loss
- Supporting recovery
- Planning ahead
- Resources to support you and your family

Gain hope and confidence to make positive changes in a supportive environment.

When: **11th and 18th September 2009** (Attendance both days is required) in **Nowra**

Cost: **FREE** for relatives and friends of people with mental health problems

Spaces are limited! For more information or to register, contact **Lorna Downes** on **(02) 4422 6514** or **0400 331 075**, or email lornad@carersnsw.asn.au

► **Telling your family you use drugs - yes or no?**

In Issue No. 57 **Users News** Winter 2009 Tony Trimmingham, Family Drug Support discusses the question of telling family members about drug use. To access the full article click [here](#).

► **Including people with a DD & their families together in treatment: From policy to practice**

David Hartman, Program Co-ordinator, Family Eclipse Program, Odyssey House Victoria discusses the move to include People with dual diagnosis and their families in treatment. For more information see **VAADA news June/July 09** (newsletter to be available online as of 12/8/09) www.vaada.org.au/news/index.shtml

Kind Regards,

Ciara Donaghy
Project Officer
NADA