



NADA FAMILY AND CARER EMAIL UPDATE: 14 September 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 .

NOTICE BOARD

► **Leadership Development Program for Families 2010**, auspiced by the National Federation of Parents, Families and Carers.

Applications are invited for participants in the 2010 Leadership Development Program for Families. The Program runs from February 2010 to November 2010.

Applications must be received **by 1 December 2009** for consideration in the First Round, so that selection can be completed before Christmas. A **Second Round** of applications will be considered, and must be received by **31 January 2010**

This is a leadership development program for families (parents/siblings) who meet four criteria:

1. have a family member with challenges (disability, mental illness, chronic illness, aged frailty, addictions, etc);
2. are searching for living solutions for their loved one in social support, accommodation, meaningful paid or voluntary work, or financial security;
3. have experienced obstacles, frustration, and powerlessness along the way; and
4. want to play a leadership role in assisting other families in developing solutions, through both public policy change and social innovation.

For more information about this program visit: www.civilsociety.org.au/Leadership-Families.htm or contact Vern Hughes 0425 722 890 or vern@civilsociety.org.au

An online registration form is available at: www.civilsociety.org.au/Leadership-FamiliesRegistration.htm.

PUBLICATIONS & RESOURCES

► **ADF spring edition** resource catalogue is available and offers a range of materials and resources for families and carers.

They also offer a 10% discount on the Stepping Stones Workbook (FDS & ADF) until the 31st October. For more information follow the link to the spring catalogue

www.adf.org.au/downloads/ADF_catalogue_55_www.pdf

► **Journal of Substance Use Vol 14 No 3-4 June-Aug 2009-09-14**

Young People living with parental alcohol misuse and parental violence: "No –one has ever asked me how I feel in any of this", Templeton, L., Velleman R., Hardy, E. & Boon, S., p 139

Use of structured brief intervention in a group setting for family members living with substance misuse, Templeton, L., p 211

If you are unable to access these documents, please contact me for electronic copies of these articles.

► **ADCA comment on the How to Drug Proof Your Kids Program**

ADCA SAYS ANTI-AOD PROGRAM FOR YOUNG CHILDREN RESPONDS TO NEEDS OF PARENTS (12 August 2009): The Federal Government's newly revised anti-alcohol and other drugs (AOD) program for young children responded to the needs of parents dealing with these very real and complex AOD issues, Chief Executive Officer (CEO) of the Alcohol and other Drugs Council of Australia (ADCA), Mr David Templeman said today. For full media release see www.adca.org.au/content/view/233/111 and for more information on the program follow the link www.dpyk.families.org.au/Default.aspx?cat=0

► **Evaluating Family Support Services**

Turning point offer some pointers in evaluating Family Support Services see the September edition of *Practice Link* by following this link www.turningpoint.org.au/library/prac_link/pralink_0909.pdf

EVENTS

► **Information Forums**

Bradfield Park Wellbeing Centre provides activities, information forums, referrals and support to carers or people who support someone with a mental illness. The service invites the service providers and the community to information forums about mental illness and respite..

Wed 30th September: Petrea King

CEO and Founding Director Quest for Life Foundation. The Quest for Life Foundations, seminars and residential programs educate, inspire and encourage people to make meaning of their circumstances and actively create an environment for physical, emotional and spiritual healing.

forums *free of charge*

TIME: 7-9pm

VENUE: **Bradfield Park Wellbeing Centre, 41 Alfred Street, Milsons Point NSW 2061**

RSVP for all events essential Ruth Jacka or Paul Oglesby 8920 0675, Email wrap1@knksydney.org

► **Statewide Working with Families**

Professional Development and Networking Day

Thursday 19th November, 2009

St George Leagues Club, Kogarah.

What's on:

Innovative Presentations by the WWF team

This full program of professional development, information sharing and networking will include:

- Lighting the Future: Bringing Hope to Families of People with Borderline Personality Disorder
- Presentation of a new resource "Connecting with Carers Through Education: a guide for mental health providers".
- Intervening in Bottom Drawer Syndrome: strategic implementation of the Connecting With Carers training resource.

Share, Connect and Consult

- Free paper segment to hear presentations delivered by your colleagues
- Display tables for showcasing and sharing F&C MHP initiatives, program, resources in each AHS
- Opportunities for networking with colleagues from Area Health Services across NSW

Free paper segment – celebrating members' presentations on F&C programs and perspectives at conferences and forums over recent years. **If you would like to present a summary (about 7-10 mins depending on available time) of your paper or presentation we would like to hear from you ASAP but no later than Monday Sept 21st.**

We are inviting you this year to participate in an area "show and tell" - we will provide tables for each area to showcase and share your family and carer program resources and initiatives. At morning tea and lunchtime participants will be able to wander around the tables and talk to those involved. **Please let me know by Sept 21st of any special display requirements and we will try and accommodate.**

Who should attend:

Clinicians and managers involved in the Family and Carer Mental Health Program including members of the WWF Statewide Interest Group, Carer NGO partners and other key stakeholders.

So as to ensure representation from all area health services we are offering 7-8 places per AHS at this event. The event is free.

Videoconferencing facilities will not be available for this event.

Registration:

RSVP by 30th September, 2009 to karen.taylor@sesiahs.health.nsw.gov.au

If you would like further information please contact Kathleen Hossack on email or phone on the details below.

Phone: Direct 9540 8094. Message can be left on 02 9540 7800 (Mon -Thurs)

<mailto:kathleen.hossack@sesiahs.health.nsw.gov.au>

► Respite Services for families and friends affected by mental illness

- **EMPOWERMENT FOR WOMEN: “OPPORTUNITIES IN YOUR LOCAL AREA”:** this program includes a visit to Marrickville library, Petersham TAFE and using walking tracks in the local area. This group is for women who have a mental illness who have a carer. Meet at 6 Burwood Rd. Burwood. Every **Monday 11am to 2pm** from **August 31st to November 9th**. Bring lunch or money to purchase
- **ART EXPRESSIONS:** this is an art program in a supportive environment for people living with a mental illness who have a carer. Will run on **Fridays from 11am to 2pm, commencing 4th September**. Bring lunch or money to purchase
- **HEALTH & DEVELOPMENT “ACTION MAN”:** these are Health & Development Groups for people with a mental illness with a carer living in the Sydney Inner West Region. These groups will be fun and interactive with the aim of increasing physical exercise and providing education about the benefits of starting and maintaining a healthier lifestyle. Starting on Thursday **17th September to 5th November 2009**. Every **Thursday from 11am to 2pm**. Bookings are essential. There will be a complementary lunch in weeks one and four. On other weeks members should take their own lunch or money to buy
- **BODY MIND FOCUS:** these classes will be run in the Canterbury area for people living with mental illness who have a carer. These will focus on learning cooking techniques, experiencing gentle exercises and the opportunity to serve meals at community organisations. This class will be fun and interactive and no previous experience of cooking is needed. Classes start **Friday 18 September** and run every week for 8 weeks from **11am to 2pm** at Canterbury.

For bookings and further information on any of the above programs call Inner West Respite Services on (02) 9747 8616. Respite Services of the Schizophrenia Fellowship of NSW Inc. is funded by the Australian Government under the Mental Health Respite Program.

► **Carer Assist** is conducting a DUO program for Carers (family and friends) of people with a mental illness and a co-existing substance use problem. (Dual Diagnosis). This is a free, two and a half hour weekly program running for 6 weeks at the Belmore Carer Assist office. Contact Ciara to receive a flyer with more information.

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