

FAMILY & CARER MENTAL HEALTH SUPPORT SERVICE

July Edition

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Taking the Tackle

On July 7th. 2015, Family and Carer Mental Health Support Service sponsored Taking the Tackle program with Andrew Downs Victoria Police, at the Tyntynder Football clubrooms.

The Mallee Eagles football club under Under 16's and Under 18's were invited to join the Tyntynder Under 16's and Under 18's for the presentation. In total 35 young footballers participated.

Facts and information on looking out for themselves and their mates as well what constitutes good and bad behavior in relationships with females . Andrew clarified the legal repercussions to unacceptable behavior's in social situations and in the cyber world.

We are hopeful that the information the players and their families have been presented with equips them with confidence and clarity from those messages in determining what is expected of them from community/society and they are confident with the knowledge to guide them in their promising footballing futures and work careers. They will be able to avoid common mistakes associated with these problems and if they think before they speak and act, will avoid problems now and into the future.



Thank you to Pina Mancinelli from Mallee Family Care, Andrew Downes from Victoria Police, Jan Hickmott from Tyntynder Football Club and Paul Morrison from Subway for including us in your 'Taking the Tackle' event.

Alison Bradley



Kids with Confidence



CAMHS and Mallee Family Care are running a program for young people aged 11-14 living in families affected by mental illness.

The program includes education about mental illness, mental health and coping strategies.

It is a great opportunity to meet other families, learn about mental health, make friends and have fun .

For more information please contact Pina on 5032 4479

The program begins in August and is FREE



MALLEE FAMILY CARE

towards stronger more caring communities



Young Carers met at 63 McCrae Street, Swan Hill for their breakup last month.

They enjoyed KFC for afternoon tea followed by the very popular chocolate game.

Two of the Young Carers have shown interest in the Mentoring program and have learnt new skills around supporting and guiding new Young Carers who join the the group in the future.



One of the Young Carers is joining the Australian Air Force Cadets which has been one of her passions.

Family and Carer Mental Health Support Service together with Bendigo Health will be running

“Kids with Confidence “

Program run by Faye

Hayman. The program includes education about mental health and coping strategies.

It is a great opportunity for children to meet with other families, make friends and have fun whilst learning.



For more information please contact.

Pina on 50324479





“Hi my name is Deb McDonald. I work for St Luke’s Anglicare and recently began as the Support Facilitator for Partners in Recovery in Swan Hill.

Partners in Recovery is a program for people who are experiencing severe and persistent mental illness, and also have some very complex needs. My role is to work with individuals to help them to develop a recovery plan, and to also help to coordinate a range of services and supports to make this plan happen. I will work closely with individuals to develop goals in various areas of their lives, and will assist with referrals to required services as they are identified. My role is about assisting individuals with improving their wellness, ensuring they are linked with the correct services, and also encouraging solid relationships that ensure that the individual and the services are working together as a team.

Prior to this role I have worked in disability employment services, counselling, community development projects including drought recovery, and youth programs. I am passionate about helping community members to access the appropriate services they need, and helping them to live happy and fulfilling lives. Having lived in the Swan Hill area for over 20 years I have a very thorough knowledge of the services available within our community, and am willing to advocate on behalf of our commu-

Challenges, Changes, Choices.

7th Mental Health Carers Rural Conference.

Mandee, Sue and Debra travelled to Bendigo on 30/5/15 to attend the conference. MC for the Day was Captain Grumpy who entertained and made people laugh. Food was great, terrific to see so many people attending.

Guest Speakers.

Janette Korelew, Carer Consultant for Barwon Mental Illness Fellowship.

Topic- the National Disability Insurance Scheme.

Janette spoke about her son's eligibility for a NDIS package. Difficulties people faced meeting the criteria for eligibility. NDIS will be rolled out nationally and progressively from 2016, full roll out 2020. NDIS is first and foremost a service for the participant (consumer). NDIS planner meets with the participant to discuss goals and support. The NDIS planner needs to be aware and understand informal care arrangements. Can the carer provide support? Carers should document what they do for the participant and if they want to keep providing supports or can the government provide services. They should be familiar with the NDIS language. Refer to the website for further information, keep connected. Concerns were that most people with mental illness will not qualify for NDIS. Mental Health Community Support services may be at risk.

www.ndis.gov.au

Jim Reid, Merrilyn Bergbauer, Bendigo Health Psychiatric Services.

Topic – Changes to the Mental Health Act.

Jim and Merrilyn talked about the Mental Health Act, recovery framework, compulsory treatment, Mental Health Tribunal, presumption of capacity, advanced statements, nominated persons, assessment orders.

Lynne Coulson Barr- Mental Health Complaints Commissioner.

Topic- the Commissioners role and how it can assist carers. The Mental Health Complaints Commissioner was created because people wanted an independent, specialist body to receive complaints about public mental health services funded by the Victorian Government. Anyone can com-

independent, specialist body to receive complaints about public mental health services funded by the Victorian Government .Anyone can complain ,you have a right to speak up . To make a complaint

Phone 1800246054

www.mhcc.vic.gov.au/form

email.help@mhcc.vic.gov.au

Local services ,workers spoke from Mind Australia, Care Connect

ACSO, Intake and Referral Service, 1300022760

Renee Wilson- legal Aid , spoke about Legal services. Mental Health and Disability Advocacy Team ,guardianship, assessment orders. Legal Aid . lawyers can help you understand your rights under the Mental Health Act and may be able to represent you at the Mental Health Tribunal.

Appointment in Bendigo call (03) 54482333

For help over the phone call 1300792387

www.legalaid.vic.gov.au/mentalhealth

To finish up the day all watched a great music video by Young carers who attended Kids with Confidence in Bendigo . A program that provides education about mental illness, mental health and coping strategies.

Debra Paull



Supporting
Families & Carers

Carer Support Group

Next Carers Meeting will be held at:

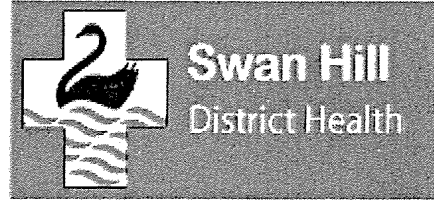
Pamper morning at the Centre of Excellence on the 29th. July at 9.30 a.m.

New Carers Welcomed

Please remember to invite new Carers to attend our Support Service and Carer Support meetings.

If you have any articles or information you would like to add into the Newsletter, please contact Pina at the Support Service on **50324479** or email to:

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2 DAY MENTAL HEALTH FIRST AID TRAINING COURSE – SWAN HILL

Swan Hill District Health - Education Centre, 62 McCrae Street, Swan Hill

August 19th & 20th (Wednesday & Thursday), 2015 – 9.00am to 4.00pm (Both Days)

Course Outline:

The course covers helping people in mental health crisis situations and/or in the early stages of mental health problems.

Participants will learn the signs and symptoms of common mental health problems, where and how to get help and what sort of help has been shown by research to be effective.

Presenters:

Jann Barkman, Sally Russell & Elwyn Witney

Fees:

\$70.00 (incl GST)

Includes morning tea and afternoon tea, Third Edition Manual and certificate.

Lunch: Lunch NOT provided

Lunch break: 12 noon -1pm

CPD points:

The 12 hour Standard MHFA Course has been endorsed for Continuing Professional Development (CPD) points, by several professional bodies. If you think you qualify, please let us know when you register.

Enrolments Close:

Friday 14th August, 2014

Numbers are limited to 15

Course Applications:

Complete the attached registration form and return either by email, fax, post or over the phone.

For more details, please call:

Swan Hill District Health,

Janette Davison - Counselling Department

Phone: 03 5032 9755

Fax: 03 5033 1663

Email: counsellingreception@shdh.org.au

Mallee Family Care



Building capacity
Through partnerships to achieve
Resilience and sustainability.

Program Manager

Chris Hobart

Community Support Workers

Debbie Murphy—Team Leader

Pina Mancinelli (**Swan Hill**)

Shane Johnston (**Mildura**)

Support Service

122 Ninth St, **Mildura**.

Phone: 5023 5966

Fax: 5022 1065

PO Box 1049, **Swan Hill** 3585

Phone: 5032 4479

Fax: 5032 4946

Central Information hub for service coordination and delivery. Facilitate Carer identified training.

Provide access to Respite options (Flexible or Planned).

Provide education to support professionals to build service capacity & better respond & understand the needs of Carers.

Provide outreach services to the Mallee Track, Millewa, Swan Hill, Kerang & Robinvale communities.

HELPFUL NUMBERS



Swan Hill Hospital

- 50339300

Beyond Blue

- 1300 224 636

Suicide Help Line

- 1300 651 251

Carers Helpline

- 1300 550 265

Men's HelpLine

- 1300 789 978

Victorian Interpreting & Translating Services

- (03) 9280 1955

Alcohol & Drugs

- 1800 888 236

Carers Victoria

- (03) 9396 9500

Community Mental Health Swan Hill

- 50361 900

Mental Illness Fellowship

- (03) 8486 4222

MIND Victoria Helpline

1300 286 463

DHS Swan Hill

- 50320100

Financial counseling

- 50324479

Family & Carer Mental Health Support Service

- 5023 5966 (**Mildura**)
- 5032 4479 (**Swan Hill**)

Murray Mallee Community Legal Service

- 1800 243 002

Grief Support

www.grief.org.au

Loddon Mallee Mental Health carers network.

Www.Immhcncn.org.au

Headspace

Www.headspace.org.au