

Peninsula Carer Council Inc.

Building bridges between carers and mental health services

15th Annual Report



Celebrating 15 years of building strong bridges where carers of people with a mental illness, consumers, professional workers & the wider community can walk & work together with mutual respect and understanding

Certificate of Registration A0046150R

ABN 59526865481

Head Space Centre, 62 Playne St .Frankston 3199

1300 550 962

Email: info@peninsulacarercouncil.org.au

Website: <http://www.peninsulacarercouncil.org.au>

Acknowledgement to traditional owners of the land

We would like to acknowledge the Bunurong/ Boon Wurrung People who are the traditional custodians of this land. The traditional landowners in and around Frankston are the Bunurong / Boon Wurrung people. The Bunurong / Boon Wurrung territory stretched from Werribee, expanding north, as well as continuing east and south along the Mornington Peninsula. The specific Bunurong / Boon Wurrung clan who lived in the area now known as Frankston was the Yallacut Willem clan.

We would also like to pay respect to the elders past and present of the Calicut Willem Clan and extend that respect to other Aboriginal people present.

The PCC Mission

To build strong bridges where professional mental health workers and carers of people with a mental illness can walk confidently together. Working towards fulfilling this mission the PCC is currently represented on the committees of many Peninsula Mental Health and Community Services.

Acknowledgement to Carers & Consumers

We would like to acknowledge families and carers past and present who have worked tirelessly to ensure that their participation is fundamental to informing and shaping the continual improvement of all our services.

We would also like to acknowledge the families and carers and the consumers who are not with us today, those who have lost the battle with the all-encompassing effects that mental illness perpetuates.

We would like to acknowledge that families and carers are respected and involved, their contribution is valued, and that they are supported in their role as carers.

Thank you

Life isn't about waiting for the
storm to pass...It's about learning
to dance in the rain.



COMMITTEE of MANAGEMENT
15th ANNUAL REPORT
October 14 2019

It is with pleasure that the Committee of Management presents
The 15th ANNUAL REPORT of the Peninsula Carer Council.

Committee of Management

Co-Presidents – Suzie Adam and Margaret Howden who resigned during the year

Treasurer – Bill Keilar

Assistant Treasurer – Anne Chung

Committee Secretary – Denise Hassett

Assistant Secretary – Judy Anderson

Assistant Committee Secretary/Community Liaison – Aline Burgess

Committee Members – Nyorie Lindner, Sandra Reardon, Lynette Wilks

Public Officer/Secretary – Bill Keilar

Research Coordinator – Walter de Goede

Website and Technical Officer – Nyorie Lindner

Support Group Coordinators – Ron and Aline Burgess

Coffee Morning Coordinators/Treasurer - Greg Roberts/Aline Burgess/Denise Hassett

Retirement of Committee Member Margaret Howden



Margaret Howden has announced her retirement from the PCC Committee of Management after working tirelessly for 13 years advocating strongly and effectively for improvement in the quality of life for people with mental health issues and their carers.

When Headspace first established their services on the Peninsula, Margaret was the PCC'S first representative on their Committee. Even though she was facing many challenges as a carer herself plus working professionally in her own business, she attended full -day workshops and ensured that the Voice of grassroots carers was heard. Margaret represented the PCC at the Frankston Community Advisory Group and participated effectively in many forums, meetings and lectures. For 13 years she has been a wise committee member and a talented chairperson as Deputy, then Co President; we will all miss her very much and continue to seek her advice.

We thank her for her wonderful service, wish her happiness in the future and are heartened by the knowledge that she will always continue to advocate strongly for more quality of life for people with mental health issues and their carers.

The President's Report (Suzie Adam)

It has been my absolute honour to walk alongside our Families and Carers for the last 9 years. And although we've experienced lots of changes with the Mental Health systems we work with, I don't believe they've presently making our lives any easier. We've been very concerned about the new roles of Carer Consultants within hospital settings and although the inclusion of Peer Workers confused the situation initially. I am hoping that my representation of the Peer Work Development Workforce (see below) will improve this situation.

Our PCC Committee members and individual members contributed to the Royal Commission and hope there will be speedy action to solve problems highlighted by constantly recurring presentation of heart-breaking stories of lived experiences. We are ever hopeful of some better outcomes from this Commission.

There have been many difficulties for people with Mental Health issues accessing the NDIS, particularly if they haven't had family or other advocates to work beside them on their journey. The sheer episodic nature of mental issues causing many to not have the correct packages assigned to them because of misunderstanding the criteria correctly. On the other hand, some who have been successful in gaining an NDIS package have found it to be a positive experience. It's a minefield to work through the application process but once the package has been approved sufficiently we've only heard that their loved ones are working well with the support workers that they have been allocated.

We've worked through some trying times as a group this year including the Brotherhood of St Laurence informing us that we couldn't utilise their rooms for our meetings anymore. This has caused us to search for a new venue and after a lot of searching have settled happily into our new venue at the Frankston Uniting Church in High St.

One of the delights of our Support Meetings is our Circle of Friendship where all those in attendance tell of how their last month or so has gone with their respective family members. It often causes much laughter, and tears, and somehow brings each of us closer knowing there are others in very much the same boat and listening to any worries and vexations we have. We always end with a self-care circle which I believe, no matter how trying the worry, can always bring a positive end to the meeting

I have been very honoured to represent the PCC to work with the National Mental Health Commission and the Dept. of Health on three separate matters. The DOH Early Psychosis Youth Services Evaluation Reference group is evaluating all the Early Psychosis and headspace centres throughout Australia. This has been a valuable on-going body of work for the last two years and is coming to an end this year.

The National Mental Health Commission, has asked me to represent carers on the Peer Workforce Development Guidelines Steering Committee which, as a part of the Fifth National Mental Health and Suicide Prevention Plan (Fifth Plan) will focus on the development of the Peer Workforce and to create best practice guidelines for both employers and employees. We will be developing a targeted engagement and communication strategy, including engaging with peer workers, peak consumer and carer organisations, peer workforce networks, mental health professionals, service providers and health professional bodies

My representation with the National Mental Health Commission has entailed working with the Mental Health and Suicide Prevention Branch, Primary Care and Mental Health Division to work with the Primary Mental Health in regard to Minimum Data Sets that are filled out by anyone accessing health

care. This is a most interesting post and I'm looking forward to working closely with the NMHC and Dept of Health in the area. From my involvement in this post I was asked to represent carers nationally on another Steering Committee with the Australian Bureau of Statistics. More of this to come in 2020.

I would like to thank our amazing Committee and the fantastic amount of work they do for all of us. And welcome our new Committee member Lynne Wilkinson. We are hopeful that we will be able to welcome two new members for next year to the committee.

Yours in caring, Suzie Adam

The Secretary's Report (Denise Hassett)

As Secretary of Peninsula Carer Council my job has been made easier with the support of our amazing Committee, especially Aline Burgess and Nyorie Lindner our IT expert.

It has been another challenging year for many of our Carers and their loved ones, especially with the implementation of and expectations of the National Disability Insurance Scheme. Some having excellent results others with ongoing challenges.

It was very pleasing the Victorian State Government announced and implemented a Royal Commission into Mental Health. The Committee spent a lot of time and thought on our submission. This was possible with the input of many of PCC Carers. We are hopeful that many of the concerns that our members have been advocating over many years will finally be addressed.

Some of these concerns we included in our submission included:

- A review of Admission/Discharge policies.
- Continuity of care in the Public Health System and a holistic approach when admitted.
- Implementation of Open Dialogue Principles.
- Homelessness
- The importance of communication of treatment and continued support of loved ones when in hospital and on discharge.

It has been a pleasure and a privilege to be Secretary over the past few years, however I will be stepping down but hope to remain on the Committee.

warm regards, Denise Hassett

PCC Coffee Morning Report

Carers and families face many challenges but each month, every second Tuesday, there is time to relax and enjoy a couple of hours chatting together, even laughing together, at The Wildness Café Frankston.

We thank Alfred Health Care for continuing to provide a free drink for everyone. Special thanks to Greg Roberts who handles all the finances and makes sure everyone is seated comfortably.

PENINSULA CARER COUNCIL



Invites carers and people suffering from mental illness to a

Coffee morning

**2nd Tuesday of the month at
Wildness Café**

**135 Beach St, Frankston (cnr Beach St and Royle St)
Drop in any time between 10.30 – 12**

If coming by public transport, the 770 Karingal bus runs between Frankston station and Karingal shopping centre. No bookings required.

For more information: info@peninsulacarercouncil.org.au or 1300 550 962

Kindly subsidised by Alfred Health Carer Services

The BBQ BOYS CARER GROUP Report (Bill Keilar)

This year the BBQ Boys have been a little quieter than past years. Our attending numbers have dropped away mainly due to illnesses and the extremely cold weather. We continue to meet every Tuesday from 9.30am at the Carrum Activity Hub in Valetta St. Carrum for informal chats and socialisation. We welcome any new members to come along and join us.

Our general meetings continue to be held on the first Tuesday of each month, with a BBQ lunch provided at a cost of \$5.00 per head.

The group experienced their annual retreat at Presentation Sisters Haven in Balnarring in March and are planning to go there again next March. We have applied for funding for this activity as previously it has been self-funded by the attendees. We have planned a couple of future outings when the weather improves.

Unfortunately, our shed at Carrum was broken into in February and \$1000 worth of equipment was stolen. We are applying for a quick grant from Kingston council to replace these items. Once again Kingston council have supplied a grant for a music & lunch day on Tuesday 22nd October in celebration of Seniors Month. This has proved to be a very popular day.

In closing I hope that our numbers increase and look forward to another exciting year.

Bill Keilar

PENINSULA CARER COUNCIL INC.

Registered No. A0046150R

Statement of Accounts

1st. July 2018 - 30th. June 2019

OPENING BALANCE		\$4456.70
PLUS INCOME		
Bank Rebate	\$39.85	
Bank Interest	\$120.01	
Grants	\$1930.00	
Carers Vic. Grant (\$430)		
Morn. Pen. Shire (\$1,000)		
Frankston Council (\$500)		
Donation (Elizabeth Byrne)	\$1,000.00	
Rent Rebate (from	\$43.50	
Overpayment to Brotherhood		
St Lawrence		
	SUB TOTAL	\$3,133.36
	TOTAL	\$7590.06
LESS EXPENDITURE		
Bank Fees	\$39.85	
Petty Cash	\$1800.00	
Telephone (Telcofusion)	\$157.04	
Rent	\$916.55	
Office Expenses (Stationary,	\$997.82	
Printer, Inks etc.)		
Gifts/Entertainment AGM	\$350.00	
Consumer Affairs Vic	\$57.60	
Postage	\$100.00	
Insurance Public Liability	\$653.29	
	SUB TOTAL	\$5072.15
GRAND TOTAL (Cash in Bank)		\$2517.91

PETTY CASH SUMMARY

OPENING BALANCE	\$200.80
------------------------	-----------------

REIMBURSEMENTS	\$2000.00
----------------	-----------

Memberships	\$5.00
-------------	--------

Coffee Club Surplus Funds returned	\$10.90
------------------------------------	---------

SUB TOTAL	\$2216.70
------------------	------------------

LESS EXPENSES

Supper Support Meetings	\$533.50
-------------------------	----------

Travel Expenses to Meetings	\$610.00
-----------------------------	----------

Entertainment AGM	\$300.00
-------------------	----------

Gifts/Flowers	\$174.00
---------------	----------

Coffee Club	\$300.00
-------------	----------

Technical Support Office	\$250.00
--------------------------	----------

Rent (High St Uniting Church	\$30.00
------------------------------	---------

Committee meeting	
-------------------	--

SUB TOTAL	\$2197.50
------------------	------------------

TOTAL PETTY CASH	
-------------------------	--

\$19.20

SUMMARY

PLUS FIXED TERM DEPOSIT	\$6,000.00
-------------------------	------------

Cash in bank	\$2517.91
--------------	-----------

Petty Cash	\$19.20
------------	---------

GRAND TOTAL (Balance as at 30/6/19)	
--	--

\$8,537.11

Words from the Treasurer

Once again it has been a very busy year for our committee.

There have been some substantial differences in our income and expenditure compared to last financial year. The major one being our income. There has been a reduction of 73% in income due to major funding cuts by the government to the various service agencies with the introduction of NDIS & My Aged Care. This has meant that a lot of these agencies have either closed or operated on a much-reduced staffing level with more people being recommended for a Home Care Package or managed funds in the case of NDIS.

On the other side of this, we have managed to reduce our expenditure by 27%.

The main areas where this has occurred is in the travel reimbursement as there have been fewer consortium meetings due to the above-mentioned reasons.

I take this opportunity to thank the following for their generous support - Mornington Peninsula Shire, Carers Vic., Frankston Council & Elizabeth Byrne.

I also wish to acknowledge Alfred Health for their major financial support over many years and providing a \$945.00 grant for the Coffee Club, to enable this very successful informal morning meeting to continue. This has proved to be very popular with some of our carers who cannot attend evening meetings

In closing, although Peninsula Carer Council is still reasonably financial, the committee have been making several submissions for financial assistance to various organisations in order to keep providing their invaluable assistance and referrals to our carers.

Bill Keilar-Treasurer Peninsula Carer Council Inc.

Mental Health Initiatives

Equally Well

The Peninsula Carer Council fully support the Equally Well National Consensus Statement and urges everyone to pledge support to the Equally Well project.

“In July 2017, Professor Alan Fels launched the Equally Well National Consensus Statement at the National Press Club. This statement was written with the intended purpose of improving the physical health of people living with mental illness.

The statement came about after an extensive consultation process, involving a series of interviews and workshops and was based on Australian and international research and policy. Subsequently, a consultation draft was circulated and made available. The feedback and submissions in response to the consultation draft were incorporated in the final version.

This entire process was guided by an Expert Advisory Group set up by the National Mental Health Commission. To date over 70 organisations have signed up to Equally Well and to ‘making the physical health of people living with mental illness a priority at all levels: national, state/territory and regional’.

(Equally Well n.d. Background, accessed 19 September 2019, <https://www.equallywell.org.au/our-journey/>)

From the Statement

We will improve the physical health of people living with mental illness by acting to deliver:

1. a holistic, person centred approach to physical and mental health and well being
2. effective promotion, prevention and early intervention
3. equity of access to all services
4. improved quality of health care
5. care co-ordination and regional integration across health, mental health and other services and sectors which enable a contributing life
6. the monitoring of progress towards improved physical and wellbeing.

(Equally Well. n.d. EQUALLY WELL: Quality of Life Equality of Life. Retrieved from <https://www.equallywell.org.au/wp-content/uploads/2018/12/Equally-Well-National-Consensus-Booklet-47537.pdf>)

Please consider pledging your support at and for more information: www.equallywell.org.au

Royal Commission into Victoria’s Mental Health System

The Royal Commission into Victoria’s Mental Health System is the first of its kind in Australia. This provides a once in a generation opportunity to improve mental health services, service navigation, access and models of care.

The Peninsula Carer Council made a submission along with a number of members who made individual submissions.

Chairperson Penny Armytage is leading the Royal Commission and is supported by commissioners Professor Bernadette McSherry, Professor Allan Fels AO and Dr Alex Cockram. Following input from the community, The Royal Commission's Terms of Reference were finalised to provide direction for the inquiry and set out expectations regarding the Commission's program of work.

The Commission has received more than 2,500 submissions from organisations and members of the public.

Timelines:

- September - community consultations, online submissions and public hearings completed
- August - October Submissions reviewed. Targeted stakeholder engagement
- November 2019 An interim report
- October 2020 Final Report

The Victorian Government has already committed to implementing all recommendations.

For more information : <https://rcvmhs.vic.gov.au/>

Open Dialogue in Australia

Open Dialogue was originally developed and used in Finland in the 1980s and has been taken up by various places in the UK, Europe and America. Results of such an approach have been impressive with lower amounts of medication and less hospitalisations.

Open Dialogue is a community-based treatment which involves families and whoever the patient wants to include working with mental health professionals – the meetings are called network meetings. The other key feature of Open Dialogue is based on a type of conversation and mode of communication called Dialogic Practice, where everyone's views are listened to and valued.

There has been much interest in Open Dialogue in Australia. There has been training and implementations in a number of places. The following are known projects but is by no means an exhaustive list.

Victoria

Open Dialogue has been adopted by some Headspace sites including Frankston and Alfred Health.

Bouverie Centre

The Bouverie Centre has begun a project to develop a dialogical informed Single Session Family Consultation model. The first stage of forming an advisory steering group to oversee the project has commenced and this will include a MH service to continue the development and trial the model, open dialogue specialists, lived experience workers, and hopefully the Alfred Headspace, who are practicing a SSFC dialogical model. Peter McKenzie has been seeing families at Bouverie using a SSFC/dialogical approach with Cath Roper, consumer academic, who is currently training in open dialogue. This clinical work has been an important step in developing a framework.

An expression of interest for a Mental Health Service to participate in continuing the development and trialing the model over 18-month period will be issued in November of this year.

Queensland

The Intentional Peer Support Open Dialogue project is a joint venture of Central Queensland, Wide Bay and Sunshine Coast PHN in partnership with the Wide Bay Mental Health Alcohol Other Drugs Service (WBMHAODS); Flourish Australia; and Central Queensland University. Trainers from the UK provided a one-year foundation course in Open Dialogue with many trainees having lived experience.

NSW

A number of mental health services in NSW, are collaborating with Sydney University, to conduct training in Open Dialogue and implement Open Dialogue in services. Nepean Blue Mountains Health Child & Youth Service have started using Open Dialogue.

For more information:

- Bouverie Centre website - short videos of Dr Kari Valtanen talking about Open Dialogue <http://www.bouverie.org.au/resources/category/videos>
- <http://opendialogueapproach.co.uk/>
- <http://willhall.net/opendialogue/>
- <https://opendialogue.org.au/>



"If our pluralistic society is to progress it must be guided by some common transcendent principles, such as respect for life, individual dignity, justice and equal opportunity. All are based on the principle of human diversity. We can never allow this to be diminished. Social values are built on shifting sands, but we are all duty-bound to engage in the debate and to strive for better solutions. It is as if we live in a Garden of Eden with ever-growing delights and increasing dangers. Having eaten from the tree of Knowledge we must now enlarge our capacity to make informed ethical choices. This struggle is one of the very things that make us human."

The Age Editorial 1997