

HNE Mental Health Service

Family and Carer Virtual Education Series

2022

The HNE Mental Health Service Family Carer Mental Health Program (FCMHP), in collaboration with the Family, Kinship Carer and Lived Experience Action Group and One Door Carer Services have developed a ***Virtual Education Series for family members and carers of people living with a mental illness.***

The program is designed to address common questions and topics that are raised by carers and families and has been informed by

- The Carer Experience of Service Survey (CES)
- Carer Rounding
- Feedback from One Door Carer Services and
- Feedback from HNE MHS Carer and Clinician conferences.

Please note; these sessions are for carers and family members of people living with a mental illness- not for MHS staff.

HOW TO REGISTER for a session?

Please see links on timetable below or you can access the registration via

- Your local One Door Carer Advocate (list below) or
- emailing The Family Carer MH Program via

HNELHD-MentalHealthFamilyCarerProgram@health.nsw.gov.au

One Door carer Advocates

- **Armidale**– Isabelle Devos, ph. 0400463171
- **Taree**– Mydie Keegan, ph. 0429995907
- **Muswellbrook**– Bindi Baker, ph. 0466453078
- **Tamworth**– Diane Dobson, ph. 0438446542
- **Newcastle**– Daryn Steer, ph. 0400498479 or Johanna Rowe, ph. 0498953920
- **Inverell**– Lisa Dunlop, ph. 0428964000





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What's involved?

- **A monthly education session provided virtually via Microsoft Teams**
- This education program is provided free to carers and families of people living with a mental illness
- **You are able to attend as little or as many sessions as you like, depending on your interests and specific needs.**
- We do ask that you attend the whole session and to be on time to be respectful of the other people attending and of the presenters time and efforts to provide a meaningful education session.

Timetable, March-October 2022

Sessions introduced and co-supported by Kimberley Apps (Family Carer MH Program Coordinator) and One Door Carer Advocates, One Door Carer Services.

| Date/Time/ Presenter | Topic and brief synopsis |
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| <p>Wednesday 9th March 9am-10:30am</p> <p>Kynan Cliff</p> <ul style="list-style-type: none"> • Acting Clinical Coordinator- Mental Health and Substance Use Service, HNE Mental Health Services | <p>The Addicted Brain: how science can help us better understand and support someone in their recovery from substance use</p> <p>When a person with mental illness also uses substances, this can be very painful for the person and for those who care for them. It can be hard for families and carers to makes sense of what is happening and to find safe and effective ways to care for themselves and their loved one. This workshop focuses on the neurobiological basis of addiction - what happens in the brain when people use substances, why some people might be more vulnerable to addiction than others, and how science can help us to better understand and support the recovery process.</p> |



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| <p>Tuesday 19th April 9am-10:30am</p> <p>Laura Newman</p> <ul style="list-style-type: none"> • Senior Social Worker- Child and Adolescent MH Services, HNE Mental Health | <p>Navigating Teenagers: How to support young people experiencing mental health difficulties</p> <p>Adolescence is a whirlwind. It's a time of huge growth and development, with its fair share of ups and downs. Parenting teenagers is both rewarding and at times challenging, but when your child is experiencing mental health difficulties, it can leave many parents feeling lost, isolated and unsure of how to support their child. In this session, we will be exploring the impacts of Mental Illness on a young person's development, the role you can have in supporting your child and where you and your child can go for help.</p> <ul style="list-style-type: none"> • Register for April session: <u>April 2022 Registration- Family Carer Virtual Education Series</u> |
| <p>Wednesday 18th May 10am-11:30am</p> <p>Katie Bleus</p> <ul style="list-style-type: none"> • Clinical Nurse Consultant- Rehab Services, HNE Mental Health Services | <p>What is Rehabilitation within Mental Health Services</p> <p>You may have heard about rehabilitation before, but perhaps it makes you think of drug rehab, or physical rehabilitation following an injury. Rehabilitation in the mental health sense is complex, multifaceted, hopeful and accessible. This workshop aims to help you understand mental health rehabilitation, how it fits within our mental health services here in the Hunter, who might be suitable for rehabilitation and how to access rehabilitation services.</p> <ul style="list-style-type: none"> • Register for May session: <u>May 2022 Virtual Education Registration- What is Rehabilitation?</u> |
| <p>Wednesday 15th June 9am-10:30am</p> <p>Matt Garrett</p> <ul style="list-style-type: none"> • Senior Social Worker/Family Worker- Family Carer MH Program, HNE Mental Health Service; in partnership with, Daryn Steer and Johanna Rowe • One Door Carer Advocates- One Door Carer Services | <p>Common communication challenges:</p> <p>This introductory workshop looks at the challenges with communicating effectively when a family member is unwell and struggling with their recovery. The workshop also identifies some of the common pitfalls that may get in the way of families and carers communicating effectively with staff and professionals of mental health services.</p> <p>The workshop will offer strategies and tips to guide a better understanding between people with a lived experiencing, their families or people close to them involved in their care and for family members and carers communicating with medical staff and professionals in mental health services.</p> <ul style="list-style-type: none"> • Register for June session: <u>June 2022 Virtual Education Registration- Common Communication Challenges</u> |



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| <p>Wednesday 13th July 9am-10:30am</p> <p>Dr Petra Muir</p> <ul style="list-style-type: none"> • Staff Specialist- Older Persons Mental Health Service, HNE Mental Health Services | <p>Dementia, Depression and Delirium – Joining the Dots to see the Bigger Picture.</p> <p>This presentation will cover the clinical symptoms and impacts of three common mental health diagnoses in older people. We will explore how these can influence each other and what this means for diagnosis, care and treatment.</p> <ul style="list-style-type: none"> • Register for July session: <u>July 2022 Virtual Education Series Registration Link</u> |
| <p>Wednesday 10th August 9am-10:30am</p> <p>Dr Nick Bendit</p> <ul style="list-style-type: none"> • Staff Specialist- Centre for Psychotherapy, HNE Mental Health Services | <p>Title: What is Psychotherapy and will it help?</p> <p>For clients with mental health problems, it is often a lot clearer what they can expect when they take psychiatric medication. There seems to be more confusion for clients and their families about what psychotherapy is, whether psychotherapy will be helpful, and what kind of psychotherapy is of most benefit for different conditions. This talk will be a chance to ask questions about the role of psychotherapy for a wide range of mental health problems.</p> <ul style="list-style-type: none"> • Register for August session: <u>August 2022 Virtual Education Series Registration Link- What is psychotherapy and will it help?</u> |
| <p>Wednesday 21st September 9am-10:30am</p> <p>Kynan Cliff</p> <ul style="list-style-type: none"> • Senior Social Worker- Mental Health and Substance Use Service, HNE Mental Health Services | <p>Stages of Change: a compassionate approach to helping people change</p> <p>We often hear the recovery process described as a journey, but we all know it's rarely a straightforward trip from Point A to Point B. Sometimes people with mental illness can seem stuck in a holding pattern or don't seem to be making progress as quickly as we might hope. While we know these experiences are a normal part of the change process, they can also cause significant stress, frustration or even despair for families and carers. This workshop introduces the stages of change model as an organised way to understand the recovery process. Families and carers will explore how to support someone effectively while motivation and engagement fluctuates - including responding to setbacks.</p> <ul style="list-style-type: none"> • Register for Sept session: <u>Sept 2022 Virtual Education Registration Link- Stages of Change</u> |



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October 2022 is World Mental Health Month and Carers Week (9th -17th October 2022):

Stay tuned for a number of education sessions to be run throughout this month.

Topics focusing on;

- CALD Carers
- Navigating the MH Act/Legal frameworks
- Issues that impact upon carers from rural areas
- Family and kinship- the centrality of Aboriginal and Torres Strait islander family and kinship must be recognised
- Eating disorders...and more

For more information and for resources specific to families and carers of individuals experiencing a mental illness;

- **Please click here:** [Information for Consumers and Carers | HNE Health \(nsw.gov.au\)](https://www.hne.health.nsw.gov.au/information-for-consumers-and-carers)

or

- email Kimberley Apps (FCMHP Coordinator) via HNELHD-MentalHealthFamilyCarerProgram@health.nsw.gov.au

or

- contact your local One Door Carer Advocate, carerservices@onedoor.org.au

**Please note: ACON Hunter will also be providing a session-
Watch this space for details of date/time and topic**



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