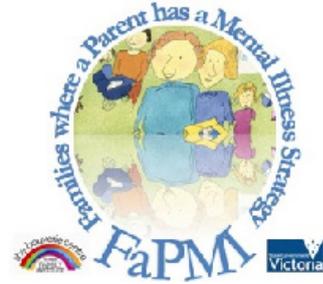


FaPMI newsletter



Welcome Welcome to the Spring Edition of our 2015 Newsletter. We are now starting to have a significant amount of more sunshine which can warm our backs if we stand in it, and less rain, which can make it easier to go outside and enjoy some of the sights and smells of flower beginning to bloom. The football season is almost over, so we wish you well for your team if this is your interest!

Library activity during Mental Health Week The FaPMI team have been working with local libraries in the Eastern Region Network, and there will be several StoryTime sessions run together with our staff and the Youth Librarians in the Eastern Region during Mental Health Week - which is from 4-10 October 2015. Keep your eyes peeled for these - your library will provide some information about these once dates are confirmed. We anticipate there will also be information displayed about Mental Health and Well-being during Mental Health Week.

Book Review Our book review for this newsletter edition is 'Making Mummy Better: A Child's Experience of Post Natal Depression'. If you are interested in providing us with a book review, please contact us, and we will provide you with the book for you and your child to read. You will receive a book as a gift for providing us with the review.

Victoria's 10 Year Mental Health Strategy The Department of Health and Human Services are currently developing a 10 Year Mental Health Strategy for Victoria, and have had consultations with workers in all areas of the health sector, as well as with families and carers. It is not too late to contribute your ideas about what you would like to see as priorities for the government in their planning around services for families. It is hoped that people will also send any ideas via email to : mentalhealthplan@dhhs.vic.gov.au

Articles Kelsey, working as a volunteer with FaPMI has written two articles for the newsletter about Managing Anxiety and also Goal Setting. These ideas are useful for any of us, because making any changes in our life can be difficult, even when we want to! Remember that with any change, it can take several weeks before you feel comfortable about it and able to know it will be sustained.

Programs During Term 4, no programs will be running, however the Family Fun Day is on Sunday 29 November 2015, so look out for your invitation in the mail in the next few weeks!

The FaPMI Team - Eastern Health Adult Mental Health Program
Becca Allchin & Kirsty Jungwirth FaPMI Coordinators
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SEPTEMBER 2015

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Would you like to contribute to this newsletter?

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easternhealth
GREAT HEALTH AND WELLBEING

SCHOOL HOLIDAY IDEAS

ACTIVITY AT HOME **Make your own bubble solution**

Bubbles, bubbles everywhere! Get creative with homemade bubbles by making your own solution. Follow the simple steps below and there will be bubbles galore! Number of Players: 1+

What You Need:

- 6 cups of water
- 2 cups of liquid dishwashing soap
- 3/4 cup of corn syrup (glucose syrup)
- Large mixing bowl
- Shallow pan
- Pipe cleaners or wire coathanger
- Adult Assistance

Instructions:

1. Help your child to measure and combine water, dish washing soap and corn/glucose syrup in a large mixing bowl
2. Leave for 4 hours then pour into a shallow pan
3. Make bubble wands by twisting pipe cleaners and coathangers into circles, squares and any closed shape.
4. The bigger the wand opening the bigger the bubble.
5. Make sure you bend any sharp edges back so they do not make contact with the opening and don't forget to make a handle with the end.
6. Have your child dip the wand into the solution and gently wave their arm through the air to make bubbles.

Emerald Lake Park

The spacious Emerald Lake Park is one of Melbourne's largest recreational areas, hosting regular community events, and boasts two large lakes which are a haven for birds and aquatic life. Bring your fishing gear and try your hand at catching one of the resident trout, enjoy a paddleboat ride, or take a walk or bike ride along the 15km of scenic walking tracks. There are many playground areas and you simply must check out the model railway on display - it is the largest in the southern hemisphere! Free barbecues are available, or grab a bite from the cafe - it's easy to stay all day!

- Time: FREE fun from sunrise to sunset
- Location: Emerald Lake Park, Emerald Lake Rd, Emerald VIC 3782
- Ages: All Ages / Family
- Cost: Free
- Phone: 1300 131 683

Scienceworks **Make a T. Rex Mask 19 Sep - 4 Oct 2015**

Become a T. Rex when you wear your own mask modelled on this famous dinosaur! Members of the Tyrannosaurid family had very distinct skulls. Find out more about these characteristics by making your very own Tyrannosaurus Rex mask to take home!

- Venue: Science Stage at Scienceworks, 2 Booker Street, Spotswood
- Book: online or phone 13 11 02
- Cost: Incl with museum entry - Free for concession card holders and children, \$14 for adults
- Source: Museum Victoria

Federation Square **Australian Centre for Moving Image**

Opp Flinders St Station - Cnr Swanston & Flinders Sts, Melbourne; ph 8663 2200 <http://www.acmi.net.au/>

Kids' Flicks: Muppet's Treasure Island Take to the high seas in a tale inspired by Robert Louis Stevenson. Watch the mayhem unfold on the decks as Kermit the frog captains the old Hispaniola. Rated G. Sep 29 - Oct 4.

Kids' Flicks: The Muppets take Manhattan In an attempt to crack Broadway, Miss Piggy, Kermit and the gang head to New York to try and make it big. School's out and suddenly their big dreams seem further than they'd hoped for as Kermit gets a job in a diner and some of the gang leave town. Learning that persistence is key, will they get their big break? Rated G. Sep 23 - 28.

Kids' Flicks: Labyrinth Join David Bowie in Labyrinth, a fairytale land that mixes Alice in Wonderland with The Wizard of Oz. Bowie parades in his glam rock wig as goblin king Jareth, and gives a nod to his former alter ego, Ziggy Stardust. Screenings are every third weekend throughout the David Bowie Is exhibition. 10:30am-3pm. \$5-\$9. Rated G. Sat Jun 20 - Sun Oct 18.

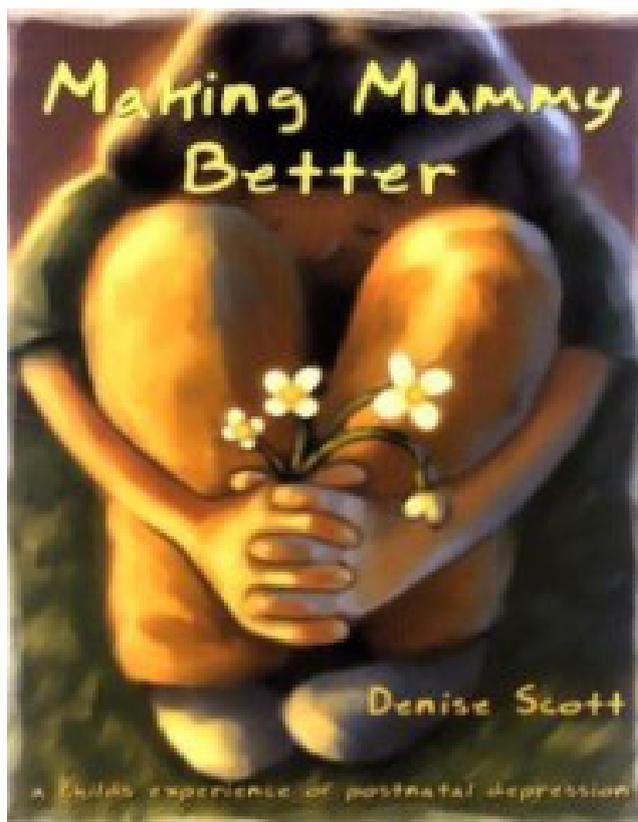
BOOK REVIEW 'Making Mummy Better: A child's Experience of Post Natal Depression by Kirsty Jungwirth (FaPMI Co-ordinator)

Author: Denise Scott
Publisher: Spectrum Publications

Whilst having a new baby can be a joyful time, it can also be very challenging during the first few months in particular, with lack of sleep and a lot of feeding for the baby. It can also be difficult to meet the needs of other siblings.

This book highlights very clearly the difficulties a young girl has when her mother has Post Natal Depression and we see the illness through her eyes. There are explanations about the type of help her mum receives - via the doctor, home visiting nurse, family support, playgroup, and some medicine.

Both the little girl's father, mother, and nurse talk to her at her level to explain that mummy is sick and getting help to get better. It is a hopeful book and highlights the steps that can be taken for families to obtain assistance and also shows that talking to the little girl meant that she understood what was happening and did not blame herself for the difficulties that she experienced in the first few months of having a new baby sibling.



PERSONAL STORY

You are all aware that Eastern Health FaPMI help in making sure there are CHAMPS programs running in different areas of our region. These programs would not continue to be successful without the support of all the families and their children who attend these programs and are so honest and open about their experiences. The people who run the programs have a great passion for this area of work, and love all the fun and learning that happens together with the children/young people who attend these programs and their families.

We don't have a personal story this newsletter edition, and as a result thought we would include some of the feedback that has been provided about the CHAMPS groups by Jasmine and her son John. 'John has enjoyed CHAMPS and he is looking forward to attending the next program. As a mum, I feel relief that John has space for himself. He has improved in terms of his behaviour and attitude. Thank you a lot.' (Jasmine, John's mum)

'Hello it's me John from CHAMPS program. I have learned that mental illness is one of the stuff that is not your fault. A lot of people develop with their experiences. They can be very naughty and make people annoyed. I have enjoyed learning stuff at champs and the free food.'



MANAGING EMOTIONS (for teenagers)

Experiencing emotions is a natural part of the human nature. They help us to understand not only how we feel but how to react to certain situations. To feel any number of emotions throughout the day can vary for each individual but it is completely normal to have them be mild, severe or anywhere in between. It is not uncommon to struggle to cope with varying emotions, it happens even in adulthood.

However, understanding these emotions for a teenager can be difficult when they are also trying to keep up with school, friends, maybe even a part time job. When a parent may experience a mental illness, teenagers can become more stressed or anxious or even angry. Finding the words to communicate how they are feeling or coping can be a difficult task. It is important to understand that these responses are normal for teenagers, as they are going through a range of changes and issues as they continue to grow into adults. Things that may help:

- Parents can encourage or support their child to seek help from a school counsellor or even an outside source if it is more appropriate. Engaging in this support as well can help to make it seem less daunting.
- Some local councils have counselling sessions available for free, and there are organisations such as HeadSpace that can offer peer support to children and young adults.
- Children of Parent's with a Mental Illness (CoPMI) is a fantastic resource for children and teenagers to find stories of others they may relate too. While they may have a difficult way of expressing how they are feeling, there may be feelings of familiarity with some of the stories that are shared than can help them to understand.
- Try to have a regular check in with each other. By making sure that you touch base with how both the parent and child or children are feeling, it can help to feel acknowledged, a little more understood or a little more open to the idea of receiving help if they need it.
- If face-to-face counselling isn't an option for any reason, there are other services available which can be used as a way of unloading any of the stress, anger, sadness or other emotions young people may be feeling. They are not just for children or young people who have a parent with a mental illness, as they can provide confidential support on a range of issues.

Kids HelpLine: 1800 55 1800

COPMI: www.copmi.net.au

headspace: 1800 650 890 or www.eheadspace.org.au (you can contact counsellors via email)

GOAL SETTING

If you went to bed one night and you woke up the next morning, how would you know if everything changed? What would you notice that was different? This kind of question is called the miracle question and it helps to identify goals for change. Sometimes when we pin point changes we want to make, it can be difficult to know where to start.

Having little goals can help you to stay on track and make that big goal seem less daunting or unachievable. As an example, say you wish to get into the habit of exercising more regularly. A large goal would be to do an hour a time, five days a week. A small goal would be to try half an hour, three times a week and build it up from there.

Attempting to go all in straight from the beginning can wear you down early on and discourage you from continuing. This can be as a result of not necessarily being used to exerting the additional energy, be it physical, emotional, mental or spiritual. By starting small and building your way up it helps you acclimatise to the changes you are making.

A tip is to keep a record of how you are going. This helps you to keep track and keep a steady pace. Also don't forget to reward yourself for reaching each of your smaller goals! It helps to give you a little more incentive to keep going and to stick to your goals.

10 YEAR MENTAL HEALTH STRATEGY FOR VICTORIA

As discussed earlier in the newsletter, the development of a 10 Year Mental Health Strategy is currently underway for Victoria. The strategy will then be used to inform the direction of policies and service provision for not just mental health services, but also other services that are accessed by everyone. There is a discussion paper on the DHHS website, and there have been consultations held for workers in the field and also for carers and consumers. Both Becca and Kirsty have attended a workshop - one for workers and one for carers and consumers.

Some guiding principles of the strategy state that services and policies should:

- be consumer centred, family and carer inclusive
- have families involved in the planning and delivery of the strategy and services
- have a recovery orientation
- be responsive to diversity
- be provided based on planning and funded according to need of a community
- reflect a social model of health (not just medical)
- be based on evidence about their effectiveness

If there are any comments you would like to make about your experience or what you think should happen to provide helpful intervention, please email the Department and offer them some of your ideas. The email address is: mentalhealthplan@dhhs.vic.gov.au

MOVIE REVIEW - 'Inside Out' by Lauren Cowling CHAMPS facilitator

Rating: PG (for mild thematic elements and some action)

Genre: Animation, Kids & Family

Featuring: 11 yr old **Riley Angerson** & her 5 emotions:

Website: www.movies.disney.com.au/inside-out

Produced by: Disney, Pixar

Directed By: Pete Docherty, Ronaldo del Carmen

Runtime: 1 hr. 34 min

Joy (Amy Poehler)

Sadness (Phyllis Smith)

Fear (Bill Hader)

Anger (Lewis Black)

Disgust (Mindy Kaling)

Featuring lead character Riley, 'Inside Out' is a technologically advanced Animation movie that imagines what happens in a universe inside her 11 yr old mind. Five characters (Joy, Sadness, Fear, Anger & Disgust) operate the mind's control room, responding to situations and events that unfold in the outside world.

At the back of the control room, memories appear as glowing balls while Riley's thoughts are shown as literal trains that go through tunnels into deeper layers within Riley's consciousness.

When Riley is forced to move with her family to a horrible new house and a school full of strangers, Sadness takes over at the controls and Riley slips into a depression.

The five characters have to learn to identify with and support each other in working together as a team to navigate the crisis.

'Inside Out' reminds us to be compassionate towards each other and gives clues on how we can share emotions to build connections with others.

We are also reminded that even though it may seem easier to pretend that everything is all right, it is important to feel and express our emotions rather than bottling them up.



SPOTLIGHT ON A SERVICE

In each newsletter we plan to interview someone from a support agency so that you can learn a bit more about resources that are available to families.

What is your name? Trish Paddock

Who do you work for? Koonung Secondary College

What is your role?

Manager Pathways and Transition (Manage the Careers Unit at Koonung Secondary College and students and families to plan for successful transition throughout secondary school and then into the next step following school - such as pursuing a hobby, training, apprenticeships, TAFE, university, and/or employment.

I'm also a teacher of French and English, and Year 10 Pathways/Careers Program. This subject involves preparing for work experience. Students identify interests and jobs they would like to explore. In this subject students also learn skills to apply for work experience - cover letters, resumes, cold calling, as well as job and industry investigation. They also prepare for interviews and do any groundwork for choosing their Year 11 and 12 subjects/courses. To do this students need to investigate post secondary options to determine the best course to take them where they want to go.

What is the best part of your job?

The best part of my job is working with students and their families to help them discover their strengths, their values that really drive them, and to help them in the exploration of the best options for them. Giving information is a small part of our work. Most of the work is to have conversations with students to really draw out their interests so they find each step they make a positive one and take ownership of it.

In the Careers Unit we don't see ourselves as only preparing students for a job, but rather seeing their career as the sum total of their life experiences. This may not just include paid employment, but also involvement in voluntary work, community groups, leisure activities, and hobbies.

I love working with parents and the students too, because very often students will have ideas about a career from their family. Parents have a significant influence on their child's view of the world. When parents are feeling confident to allow their child to explore ideas it passes on confidence to their child about their future. Parents sometimes worry that students may not know what they want to do as a career straight away, and may have fears about that. However, this exploration is natural and important because the most important aspects of a successful career are to be confident, positive and to be able to feel interested in further learning and to have an ability to adapt to change throughout their life. It's okay not to know what the future will look like exactly, because life brings up many twists and turns, and responding with positivity is the key.

