

WrapAround



Issue 4 Summer 2016

A newsletter for the young people, carers and families of the Child and Youth Mental Health Service

Hello from Judi Krause, Divisional Director, Child and Youth Mental Health Services

Hello everyone,

Welcome to the fifth and final edition of the Child and Youth Mental Health Service *WrapAround* for 2016. We have certainly experienced a busy few months in the Child and Youth Mental Health Service (CYMHS) teams, which culminated in our Mental Health Week celebrations in October. Mental Health Week was a wonderful opportunity to showcase the significant work undertaken by our CYMHS staff and enabled us to promote a range of activities which illustrated this year's theme (value mental health across both the hospital and the broader community settings). The focus on positive mental health was inclusive of our young people and their families and carers, our staff and stakeholders and the community in general.

Our CYMHS teams were actively engaged highlighting the importance of staying mentally healthy and providing information to schools, community agencies and to our families and young people to raise awareness of mental health. As a service, we remain committed to providing support and working collaboratively with you to develop a shared understanding of your concerns, hopes and goals for the future.

We are very grateful for the input from families and in this edition we are privileged to have a parent share her family's recovery journey. It is important that we are supportive of each other and acknowledge those who are willing to share their stories.

As we approach the festive season, I would like to take the opportunity to wish everyone a safe and happy Christmas and a restful holiday break. We look forward to continuing to work in partnership with you during 2017.

Judi Krause

Divisional Director,
Child and Youth Mental Health Service



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A parent shares her experience

Our family's journey over 21 years

Our son was born with a congenital heart abnormality requiring open heart surgery as an infant. He was diagnosed with Autism Spectrum Disorder (ASD) as a five-year-old in 2000.

At the time he was in pre-school where his teacher documented his behaviour over 2 years. I thought this was excessive but proved very beneficial for early diagnosis by the paediatrician. He has been our advocate, when we have needed a professional to intervene when things were not going well during our son's primary school years.

The school did take notice of him as he was seen as the voice of authority. He encouraged us to apply to Centrelink for a health care card. He also referred us to CYMHS Yeronga clinic where we received appointments with a social worker. I didn't know what to expect, so I was very appreciative of the time spent listening, without judgment, patience with our son, and thoughtfulness around the holistic care of our family.

We have two daughters younger than our son who need support also. The girls attended a sibling group within CYMHS which gave them some info about mental illness within a fun day during the school holidays. I found it very important for the girls to have their own identity away from being the sister of that boy with ASD. It is important for us as parents to take time to show an interest in their

individual activities, even if it is just asking them about what's happening today, so they know they are still being thought of.

When we had the opportunity, we changed the girls school away from our son's school . This way the girls would only be known as themselves without being attached to their brother's diagnosis.

Our little family sure has experienced many ups and downs over the years. I have found it easier to cope with when I am most physically and mentally well. This isn't as easy as it sounds. It is a day to day process of moderation. Decreasing excess pressures out of my life, for example, distancing myself from judgmental extended family, school work and social associates and removing extra volunteer activities.

I think it's important to do something for yourself every day. For me it was going for a walk for 20 minutes after dinner. Joining a social swimming group was great because I was able to do some exercise and have social morning tea afterwards. It is important to surround yourself with positive uplifting people. I think it's very important to have regular check up with a good GP who can monitor how your overall health is fairing. Often the family GP is a good advocate for the whole family.

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It can sometimes be an advantage for the extended family to be close by to offer regular support, but that wasn't to be in our case. Respite agencies were available 15 years ago, but I didn't know their names so I had to start from the yellow pages, under the heading 'autism'. This was a starting point and I soon learned that you don't find out anything without asking.

Eventually I was sent application forms and received four hours subsidized regular respite two years later! Now that our family is in the system, respite from other agencies has been offered to us at times. Other informal respite can be found in your local community, such as trivia, music appreciation, bingo in local community halls. Sport groups such as lawn bowls, ten pin bowling and the PCYC where a variety of sports were on offer, which were fun and inclusive.

“I think it's very important to have regular check up with a good GP who can monitor how your overall health is fairing”

Now our son is a young adult, some activities he used to be involved in, are now not appropriate. My biggest challenge at the moment is to prevent him from being idle. I have to try and be creative and suggest things to him, considering his interests. Often the ideas fall flat, sometimes I think it's because I'm a mother! This is when

good positive role models are so important. For example, if a young strong male gym instructor suggested to him to drink plenty of water and less soft drink, our son would take more notice.

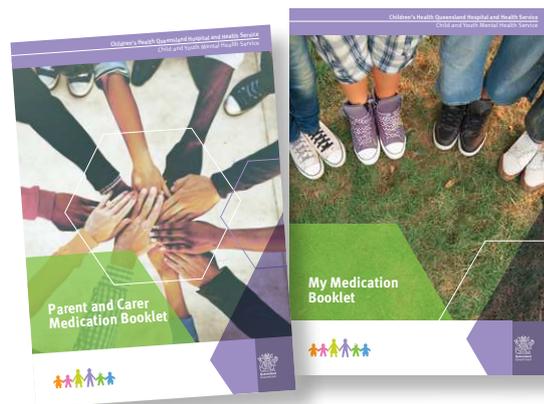
The role models do not have to be family members. They can be a carer, neighbour, employer, fellow employee, coach, family friend or the old guy who walks his dog regularly in the street.

Ours is an ongoing journey. When things don't go right I just have to think, every day is a new day.

New resources – FREE medication booklets

CYMHS has developed two new resources for young people and their parents and carers to support them, to keep track of their own or their young person's medication. The booklets are designed to encourage active participation in treatment to support our commitment to recovery-oriented care, to provide psycho-education, and to address some of the fears people might have about medication. This resource is an initiative of the Parent Carer Advisory Group (PCAG) and was co-designed with Beautiful Minds, CYMHS Youth Advisory Group, and our clinicians.

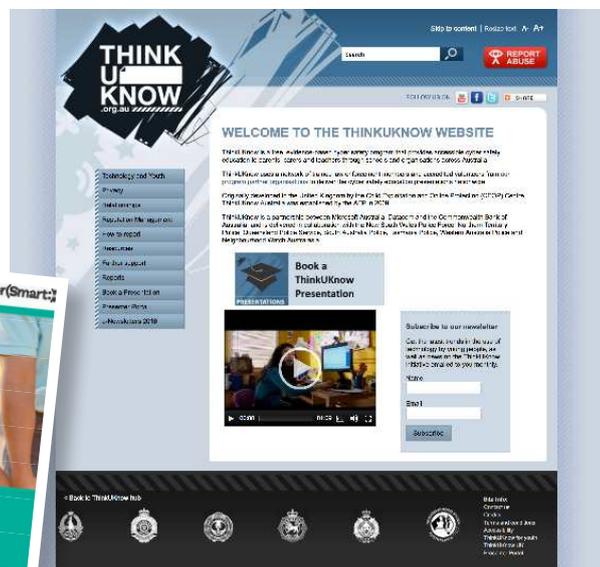
These resources will be available from CYMHS teams in 2017. Please let your case manager or CYMHS consultant know if you would like a copy.



Cyber safety resources

Office of the Children's eSafety Commissioner Esafety website www.esafety.gov.au has a downloadable "Parent's guide to online safety" as well as information, resources and useful website links. "So you got naked online" brochure has advice and support around issues resulting from sexting incidents.

www.thinkuknow.org.au website provides cyber safety information for young people, and parents, carers and teachers across Australia. The information was originally developed in the United Kingdom by the Child Exploitation and Online Protection (CEOP). Generation Next you tube channel has cyber safety information.

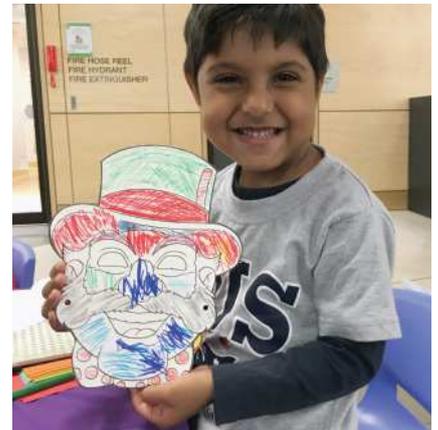




Mental Health Week awareness stand at LCCH

On Tuesday, 11 October, team members from CYMHS set up a Mental Health Week awareness stand in the Lady Cilento Children’s Hospital.

CYMHS staff spoke with visiting children and families about the importance of mental health. A selection of arts and crafts activities was available for children and families to help them take some time out from potentially stressful times in their lives. Dexter the pet therapy dog stopped by to give warm cuddles to children and families. Attention from a dog can brighten someone’s day, make them feel loved and improve overall mental health and wellbeing.



School activities

CYMHS ran school activities for students to increase their awareness about positive mental health at Stretton College and Sunnybank State High School. We asked students to identify what they do to keep themselves mentally healthy. Students wrote down their ideas and we made a banner to give back to the school. Students made their own “chatterbox” about good mental health (see picture). School sessions were co-ordinated by Children’s Health Queensland Ed-LinQ coordinators and supported by Programs and Partnerships Team members.



Claire Rabaa, Ulrike Kraus and Melissa Russell



Program and partnerships team activities

Brisbane Metro Interagency Forum

On Tuesday, 11 October, CYMHS held the Brisbane Metro Interagency Forum on “Methamphetamine and youth mental health: Integrating a dual diagnosis approach”.

The forum was held at the Lady Cilento Children’s Hospital. Presenters included Dr Bobby Smyth, Consultant Child and Adolescent Psychiatrist, Child and Youth Mental Health Service and Jeff Buckley Director, Insight, Queensland Health Statewide Clinical Support Services. The forum aimed to raise awareness of treatment and education of methamphetamine use and mental health.



Clare Mason, Jeff Buckley, Bobby Smyth and Sophie Morson

Mental Health Week Chinese forum



Dr Belinda Khong presenting at Cathay Community Association

Cathay Community Association Coopers Plains

This year, CYMHS delivered the first non-English workshop promoting mental health to the Chinese community at the Cathay Community Association. Dr Belinda Khong, Psychologist at CYMHS and Dee Lim, Social Worker at Relationships Australia talked to the Chinese community about mental health prevention and promotion.

The Queensland Mental Health Week website indicated that a total of 175 mental health week events were registered. There was only one event targeting culturally and linguistically diverse (CALD) community. This was the event that was hosted by us for the Cathay Community Association.

The event was a success with the Chinese community indicating that they would like to know more about mental health. Dr Belinda Khong has since been invited to other Chinese community groups to spread awareness about mental health.

Multicultural mental health

Multicultural Mental Health Coordinators, Dr Belinda Kong and Ulrike Krauss engaged with various groups during Mental Health Week, including attending the Youth Voice Total Wellbeing Dinner and meeting with community organisations and groups.

Mental Health Week contributors: **Jeffrey Wallis**, Senior Dual Diagnosis Coordinator; **Claire Rabaa**, Senior Ed-LinQ Coordinator and **Dr Belinda Khong**, Psychologist

Beautiful Minds – CYMHS Youth Advisory Group

CYMHS would like to welcome Georgia, Beautiful Minds' newest youth advisor.

Georgia recently shared part of her mental health journey in a document aimed at supporting other young people navigating and accessing CYMHS. CYMHS, as well as the other members of Beautiful Minds, look forward to working in partnership with Georgia to improve Children's Health Queensland (CHQ) CYMHS services for young people.

Beautiful minds is the youth advisory group for CHQ CYMHS. Members are aged 16–24 and all have unique strengths and varied lived experiences of mental health problems.

For more information or to register your interest, please speak to your case manager or contact Margaret Hoyland on 07 3310 9444, or CHQ-CYMHS-CCP@health.qld.gov.au

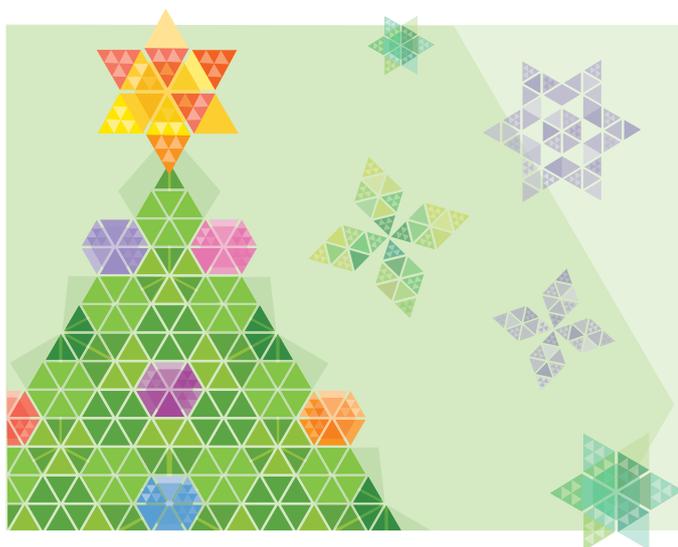
“When I was 13, which was the year prior to my involvement with CYMHS, I had already seen multiple mental health professionals such as my school counsellors and two private psychologists. I was struggling with depression and anxiety, which were greatly affecting my school, social and home life.

As the year progressed it was clear that my condition was not improving and actually declining, my school counsellors suggested making an appointment with my GP. My GP being worried about the limited progress I had made over the year and my general safety, suggested that we go straight to the hospital to see someone about entering CYMHS. After a few months I started seeing someone at CYMHS.

Initially I was nervous and sceptical about having to open up completely to someone again. However, overall my time with CYMHS was incredibly beneficial to my mental health, having a whole team involved in my recovery helped in a way that seeing multiple private mental health professional separately couldn't. I would always recommend CYMHS to anyone experiencing difficulties with their mental health, as CYMHS helped change my life and outlook on mental health.

I would recommend that any young person struggling with their mental health speak out to a trusted adult immediately, because you don't have to struggle alone and your recovery should be a collaborative process.

I'm now 18 years old and studying fulltime at university, and also work with a group of individuals to help young people who were faced with similar situations to me. I hope in the future that I will be able to continue helping young people whilst beginning a career in the justice system.”



Season's Greetings

Children's Health Queensland
Child and Youth Mental Health Service
would like to wish all patients,
families, carers and staff
a safe and happy festive season

Consumer and Carer Consultant news

Mental Health Week

Mental Health Week is growing in significance across the country and at CYMHS it was also a busy week for all.

The Mental Health Week BMIF Forum was attended by Lyn, who has been one of our Parent Carer Advisory Group members for many years.

The main message of the week was we need to value our mental health every day and look after each other.

Along with the Manager of Clinical Quality and Safety, I had the opportunity to speak briefly at the staff forum. I reminded staff of how out of our depth we can all feel when one of our loved ones suffers a mental health problem but particularly when they need to be admitted to a mental health ward. There are lots of things staff can do to ease the load we carry and it was an opportunity to show gratitude on behalf of many families who have asked for help.

Kerry Geraghty

CYMHS Consumer Carer Coordinator



Lyn, Kerry Geraghty and Maria Lovely

Health Consumers Queensland



Health Consumers Queensland (HCQ) has been working with Children's Health Queensland to encourage parents/carers to have a voice in health services.

On 13 September several parents attended a workshop to learn how engaging with families can benefit an organisation. CYMHS was well represented by three parents, Chris, Debbie and Samantha and Consumer Carer Consultants Kerry and Maria.

Another workshop is planned for February 2017 and will be advertised in *WrapAround* so keep an eye out for the day.

Community forum at Chermside

An evening community forum was held on Wednesday, 9 November for the benefit of families.

Sometimes you can feel you are the only one coping with problems and meeting other families can be a huge support.

Listening to well respected speakers like Dr Peter Parry, child and adolescent psychiatrist, can enlighten us to new ways of managing worrying problems. In a world of changing values we want our young people to develop resilience and strong self-identity. It isn't always about

medication and talking therapies. Along with these tools come other therapeutic life choices like making good choices, good nutrition, regular sleep and a healthy dose of activity and exercise. Parents enjoyed a light supper and had plenty of opportunity to ask questions.

Look out for the next forum in early 2017. If you have suggestions for a topic please email CHQ-CYMHS-CCP@health.qld.gov.au

SMS 4 Perinatal Parents

Using text messages to engage with parents of babies aged up to 6 months

The Queensland Centre for Perinatal and Infant Mental Health is collaborating with the University of Newcastle Family Action Centre to investigate the use of mental health promotion and prevention SMS messages to engage women with diagnosed perinatal mental illness (during pregnancy) and their partners.

The SMS messages will include information about parental wellbeing, enhancing the co-parenting relationship, and how parents can create a positive relationship with their infant.

This feasibility study will be conducted in 2017 over two regional and rural areas—Darling Downs and Townsville—with participants drawn from local perinatal mental

health services. The program is being guided and informed by the larger scale SMS4Dads project, run by the Family Action Centre, funded by beyondblue and Movember.

This research project has four main aims:

1. Reduction in psychological distress in individuals and couples during the perinatal period.
2. Strengthening parenting partnerships.
3. Increase fathers' self-efficacy and view of themselves as a 'co-parent'.
4. Reaching and engaging with vulnerable couples, including fathers.

For more information on the project please contact Cate Rawlinson, Service Development Leader on 07 3266 3100.



beyondblue has a new feature on their website called Dadvice – an online video series following men through the joys and challenges of becoming a dad.

www.beyondblue.org.au

Useful resources

Children's health and wellbeing

Raising Children Network

The Raising Children Network offers comprehensive, practical and expert health and parenting information and activities covering children and adolescents. Visit www.raisingchildren.net.au

Generation Next

Generation Next provides education and information about the prevention and management of mental illness in young people to professionals, young people, their families and carers, and the wider community.

www.generationnext.com.au

www.youtube.com/c/GenerationNextCommunity

Kyabra Community Association

The Kyabra Community Association runs workshops and programs that support family wellbeing during Term 3 and Term 4. Visit www.kyabra.org

Siblings Australia

Siblings Australia offers support for brothers and sisters of children with special needs. Visit www.siblingsaustralia.org.au

Learning Links

Learning Links provides support for children with disabilities and learning support needs. Visit www.learninglinks.org.au

Kids Matter

Kids Matter, a primary schools mental health initiative, has a useful website and e-newsletter with information for parents and children.

Visit www.kidsmatter.edu.au

Kids Helpline

Kids Helpline is Australia's only free, private and confidential, telephone and online counselling service specifically for young people aged between five and 25. Visit www.kidshelp.com.au or phone **1800 55 1800**.

Parentline

Parentline is a confidential telephone counselling service which provides professional counselling and support for parents and those who care for children. Phone **1300 30 1300** or visit www.parentline.com.au

Reachout

Reachout, a youth mental health website, has recently launched a new website designed to help parents help teenagers. It offers fact sheets, stories, practical tips and tools covering a range of topics, issues and experiences that are relevant to teenagers aged 12–18. Teen topics include effective communication, cyberbullying and stress. Visit parents.au.reachout.com

Websites

Headspace

Going through a tough time? Headspace can help with whatever you are going through.

www.headspace.org.au

Black Dog Institute

The Black Dog Institute is a not-for-profit organisation and world leader in the diagnosis, treatment and prevention of mood disorders such as depression and bipolar disorder.

www.blackdoginstitute.org.au

Youth Beyond Blue

This is Beyond Blue's dedicated site for youth containing information, resources and support for young people dealing with depression and/or anxiety.

www.youthbeyondblue.com

Reachout

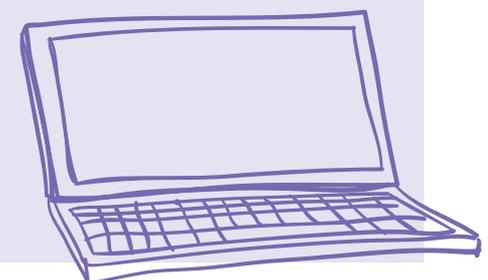
Reachout is a youth mental health website covering issues such as alcohol use, making friends, mental wellbeing, cybersafety and dealing with tough times.

www.reachout.com.au

Australian Government Carer Gateway

The carer gateway provides information about the services and support available for people who care for someone with a disability, chronic illness, dementia, mental illness and/or who are frail-aged. For information about services and support, phone **1800 422 737** from Monday to Friday, between 8am-6pm.

www.carergateway.gov.au



Useful contacts

Carer organisations

Aftercare 07 3435 2600

Aftercare is a non-government organisation that delivers a range of services aimed at supporting the wellbeing of family and friends of people with a mental health concern.
182 Logan Road Woolloongabba.
www.aftercare.com.au

Arafmi Queensland

Arafmi Queensland provides support for carers, families and friends of people with mental health issues. It offers 24-hour telephone support, counselling, family respite, support group meetings and workshops for carers on a range of topics. Monthly Mental Health Carer workshops address a broad range of issues including carer coping skills, understanding and supporting recovery, setting boundaries and communication are held in New Farm or other locations.

Coping Skills for Carers

A workshop designed to look at a broad range of issues that mental health carers confront such as communicating with someone who is unwell, providing support to someone with a mental health issue, coping with situations and understanding the symptoms of mental illnesses. For more information, location and registration please call Arafmi on 3254 1881 or email: carereducation@arafmiqld.org
www.arafmiqld.org

Carers Queensland* 1800 242 636

Carers Queensland advocates for carers' rights and provides support services including:

- the Carers Advisory Service, which provides specialist information and referral advice
- face-to-face counselling for carers through the National Carer Counselling Program free of charge
- the Young Carers Program
- carer support groups in your area and carer education and training.

*Carers support family and friends who have a disability, mental illness, chronic condition, terminal illness or who are frail aged.

Foster Carers

Foster Care Queensland is an organisation for Foster and Kinship Carers and the children and young people for whom they care.
www.fcq.com.au

Kyabra Community Association

Offers information, forums, and help for families supporting a person with a mental health difficulty. Workshops, sharing recovery forums and mental health first aid for young people occurs several times during the year.
www.kyabra.org

My Time

My Time provides support for mothers, fathers, grandparents and anyone caring for a child with a disability or chronic illness. Visit their website for useful information and links to helpful organisations for those who have a parenting role.
www.mytime.net.au

Eating disorder organisations

Eating Disorders Association Inc 07 3394 3661 or 1300 550 236

The Eating Disorders Association Inc (Qld) is a non-profit organisation funded by Queensland Health to provide information, support, referrals and support group services for all people affected by eating disorders in Queensland. The EDA also provides tailored workshops for positive body image and eating disorders to schools, universities, health professionals and the community.
12 Chatsworth Rd Greenslopes 4120
www.eda.org.au

National Eating Disorders Collaboration

The National Eating Disorders Collaboration (NEDC) brings research, expertise and evidence from leaders in the field together in one place. It's a one stop portal to make eating disorders information a lot more accessible for everyone. NEDC provides resources for families, carers, teachers and health professionals.
www.nedc.com.au

Children's Health Queensland Hospital and Health Service

CYMHS

Child and Youth
Mental Health Service

Acute Response Team

3068 2555
24hrs, 7 days

CYMHS community clinics

Eating Disorders Clinic

07 3397 9077
34 Curd St, Greenslopes 4120

Inala

07 3372 5577
7 Kittyhawk Ave, Inala 4077

Mt Gravatt

07 3087 2260
643 Kessels Rd, Mt Gravatt 4122

North West

07 3335 8888
49 Corrigan St, Keperra 4054

Nundah

07 3146 2693
10 Nellie St, Nundah 4012

Pine Rivers

07 3817 6380
568 Gympie Rd, Strathpine 4500

Yeronga

07 3848 8011
51 Park Rd, Yeronga 4104

Zero to Four

07 3266 3100
31 Robinson Rd, Nundah 4012

Thank you to everyone who has contributed great articles, stories and photos.

Contributions are welcome from parents, families and staff. Please call or email for further information.

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Margaret.Hoyland@health.qld.gov.au CYMHS Clinical Quality and Safety Manager 07 3310 9499

Maria.Lovely@health.qld.gov.au Consumer Carer Consultant CYMHS 07 3310 9495 or email CHQ-CYMHS-CCP@health.qld.gov.au