



well ways helping families & friends find better ways

Well Ways Programs Support and Information Programs Families and Friends of people with Mental Illness

Southern and Gippsland Region Jan – June 2011

Aim

The three Well Ways programs detailed below are designed to increase the capacity of families, carers and friends to care effectively for themselves, other family members and their relative living with mental illness or mental illness with substance abuse. The programs provide a broad and sensitive perspective on the many issues facing families as they manage the impact of mental illness on their lives.

Outcomes

Upon completion of a Well Ways program, people will:

- Have increased information about mental illnesses, treatment and support options, and related issues such as dual diagnosis
- Gain new ideas and further develop skills to learn to cope with the impact of mental illness on their lives
- Have increased confidence in dealing with the challenging behaviours created by mental illness
- Have had an opportunity to share experiences, learn from others experiences and develop ongoing support and information mechanisms

Who Should Attend - Family members, friends and carers of people with a mental illness/ dual diagnosis

Program Style - Informal workshops involving group discussion, videos, practical demonstration and problem solving

About the Facilitators - The Facilitators are experienced carers of a person with a mental illness/ dual diagnosis who have been specifically trained to lead our programs

Well Ways Building a Future

The Well Ways Building a Future program consists of eight, three hour weekly group sessions plus four follow-up sessions over twelve months.

Topics

The program includes:

- Information about mental health and carer services
- Up to date information about anxiety, depression, bi-polar disorder, schizophrenia, obsessive compulsive disorders, schizoaffective disorder and dual diagnosis disorders
- Practical insight into behaviours associated with mental illness
- Practical frameworks to improve communication and problem solving skills
- Dilemmas and complexities of the caring role

Evaluation results confirm that participation in the Well Ways Building a Future program significantly reduces carer worrying and distress.

Well Ways Duo

The Well Ways Duo program consists of six, three hour weekly group sessions plus four follow-up sessions over 12 months.

Topics:

The program includes:

- Up to date information about Bipolar, Borderline Personality Disorder, Depression, Anxiety, Schizophrenia, First Episode Psychosis disorders
- Practical insights into how families can improve their communication skills, manage their own grief and learn how to move past guilt.

- Information about substances including marijuana, heroin, alcohol, ecstasy and amphetamines and the effect their use can have on a person who also has a mental illness
- Practical insights into the management of dual diagnosis through understanding harm minimisation, 'Stages of Change' model, discharge from hospital, addiction, withdrawal etc.

Well Ways Snapshot

The Well Ways Snapshot Program consists of two modules delivered over one entire day or in two separate sessions.

Topics

- An exploration of the contemporary understandings of mental illness including the biopsychosocial approach to cause and recovery
- Caring for the person with mental illness
- Recovery and Mental illness
- Skills for surviving the journey of mental illness

Well Ways Snapshot includes the essential elements of the longer programs with the addition of a consumer speaker. It provides opportunity for family members to meet together with others experiencing similar situations. Early evaluation results indicate that the participation in the Well Ways Snapshot program increases carer hope and reduces self-stigma.

Schedule of program dates and locations Jan - June 2011

Southern and Gippsland Region

Well Ways Building a Future

Cheltenham	Tuesday	6.30pm - 9.30pm	Commencing 15th February	12 modules
Dandenong	Wednesday	6.30pm - 9.30pm	Commencing 16th February	12 modules
Traralgon	Tuesday	6.30pm - 9.30pm	Commencing 22nd February	12 modules
Frankston	Tuesday	6.30pm - 9.30pm	Commencing 15th March	12 modules
South Yarra	Monday	6.30pm - 9.30pm	Commencing 21st March	12 modules
Hastings	Monday	6.30pm - 9.30pm	Commencing 18th April	12 modules
Bairnsdale	Tuesday	6.30pm - 9.30pm	Commencing 3rd May	12 modules

Well Ways Duo

South Yarra	Monday	6.30pm - 9.30pm	Commencing 13th June	10 modules
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Well Ways Snapshot

Rosebud	Saturday	9.30am - 4.30pm	26th March 2011	2 modules
Clayton	Saturday	9.30am - 4.30pm	16th April 2011	2 modules
Wonthaggi	Saturday	9.30am - 4.30pm	30th April 2011	2 modules
Albert Park	Saturday	9.30am - 4.30pm	7th May 2011	2 modules

Contact Southern Specialist Family Support Worker Farida on 9784 6809
or email wellwaysouth@mifellowship.org

Contact Gippsland Specialist Family Support Worker Andrew on 0488033115
or email wellwaysgipps@mifellowship.org

BOOKINGS ESSENTIAL

Please book early as places are limited

COST \$25.00 Payment Methods include Cheque (payable to Mental Illness Fellowship Victoria) or credit card (Mastercard or Visa)

Programs available in other regions. For details ring 03 8486 4200 or visit

www.mifellowship.org/services/learnaboutmentalillness/wellwayspage

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for people with mental illness, their family and friends
A member of Mental Illness Fellowship Australia

