



BPD COMMUNITY

Volume 1, Issue 11

June 2017

The newsletter of
BPD Community Victoria Ltd.

To join our email list, email:
barb@bpdcommunity.com.au

In Oct, it is BPD Awareness Week. At BPD Community we are busy preparing our annual 'Celebration Night'. For details, see the back page.

It is also time for our Annual General Meeting. We are recruiting new Directors to our Board. If you would like to join our dynamic team please submit an expression of interest with your CV to the above email address. For further information, contact Barb by email or on 0409 952 754.

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Strength in numbers



Imagine world where a diagnosis of BPD was accompanied with the same thoughtful attention and supports that we currently get if we are given a diagnosis of cancer. Imagine a world without the stigma and discrimination that permeates all aspects of the mental health system. Our work is not just to imagine the possibilities but also to create the changes that make those possibilities real.

Since our last newsletter, BPD Community has had the opportunity to meet with many of the decision makers who determine how the mental health system in relation to BPD operates. It seems that there is no argument about the problems, but there is disagreement about the extent of the problems and how to change them.

One of the areas of concern is the prevalence of BPD. Research in USA determined a prevalence of 6.2% for women and 5.7% for men (5.9% overall). This number is endorsed by the USA government. In Australia that figure is not accepted.

The Australian position on prevalence ranges from 1% to 2% to 4%, depending on who you speak to. An Australian Bureau of Statistics report suggests a prevalence of Personality Disorders of 6.5%.

6% of Victoria is about 360,000 people and each person with lived experience has a family in distress.



In Victoria it is estimated that less than 4,000 people with BPD receive treatment for the illness. This represents about 1.1% of Victorians with BPD.

People with lived experience and their families have first hand experience of the difficulties and challenges in obtaining treatment. But we have hope and optimism, because we are working on bringing about change.

With the continued growth of the organization that is our BPD Community, we can with your support, continue to advocate on behalf of us all. We have strength in numbers.

BPD Awareness Week is in Oct

This will be the fourth year for BPD Awareness Week. It is in the first week of Oct. and across the country plans are being made to celebrate.

A national survey of people with lived experi-

ence and the families is currently taking place. This important initiative will give us a direct voice on the matters of concern to us.

For people with lived experience:

www.surveymonkey.com/r/nnconsumer17



For family members:

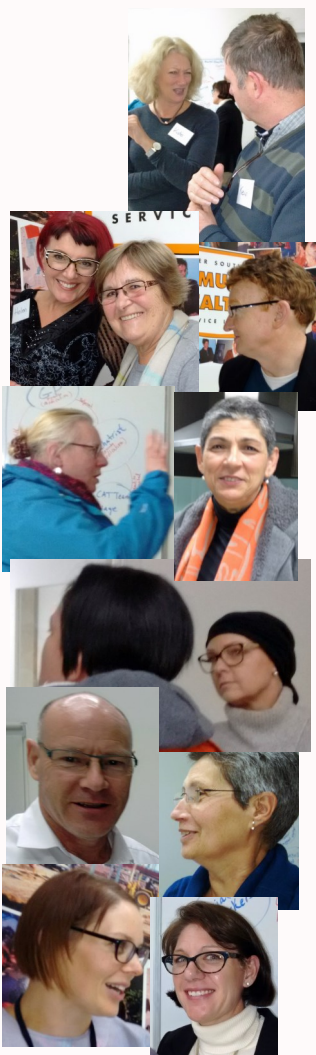
www.surveymonkey.com/r/nnarer17

Please complete the survey, the results will be available to us in October.

The survey closes 14 July.



Ilona Morrison



What does recovery mean?

Cure means a medical condition has ended. The dictionary says a cure is the relief of the symptoms of an illness or condition.

Recovery means a return to a normal state of mind or health or strength. When we talk of BPD, we can get tied up in the semantics, words can be used to confuse. So, we prefer to use the term, 'recovery' for this reason.

To help us understand what recovery is, Ilona Morrison in her presentation to our community at the last Info Night, used the definition of Jacobson and Greenley that identi-

fies that recovery refers to both internal conditions and external conditions.

The internal conditions of a person in recovery refer to hope, healing, empowerment and connection. The external conditions that facilitate recovery are: the implementation of human rights, a positive culture

of healing and recovery oriented services.

A person with lived experience of BPD who is in recovery is able to regulate their emotions, experience healthy relationships with others, control their behaviours, manage their unhelpful thoughts and have a strong sense of self identity.



Recovery Oriented Services

To understand how the mental health system works, it helps to consider services into two categories: Clinical Services and Community Services.

In the public health sector, the clinical services are the Adult Mental Health Services (AMHS) and the Child and Adolescent Mental

Health Services (CAMHS). This is the place where you find treatment programs. Also, people with BPD have Spectrum, a statewide service to provide treatment programs.

Also in the Public Health Sector are 'Community services', such as Commu-

nity Health Centres with Mental Health Community Support Services (MHCSS) and Personal helpers and mentors (PHaMS).



Principles of Recovery

In 2010, the Australian Government Department of Health defined 6 Principles for Recovery

Uniqueness of the individual is to be respected;
There have to be real choices;
The attitudes and rights of the person come first;

Dignity and respect should always be shown;
The practitioner should involve the person and be open in communication;
There should be continuous evaluation of progress towards recovery.

When these principles are unpacked, they

sound wonderfully idealistic and just what we would want to experience. For example, in assessing recovery we should also take into account: housing, employment, education, social and family relationships and health and well being.

Recovery is more than just a cure.

"Recovery is more than just a cure"

How do we find the support we need?

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Tamara Stillwell knows only too well how hard it is to find the right way. When hospitalised once she disappeared into the system and was lost to her family for three days. Now well into recovery, Tamara has dedicated her life to showing us how to navigate the system.

Better than words was the picture she drew for us.

We find the support we need when we can understand how the system works.

We can start with our GP. We can ask for a mental health plan and a referral. We can ask for a copy of that mental health plan and begin to keep a file of our progress in the system.

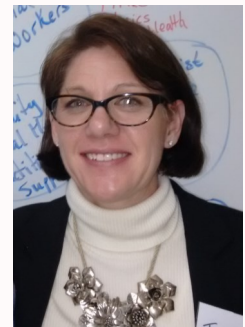
If they recommend a private practitioner, we can ask to use the public system, but be prepared to wait for appointments to happen.

Or, we can contact the NDIS providers relevant to our local government

area. Depending on where we live it may be:

EACH: 1300 785 358
NEAMI: 1300 379 462
ACSO: 1300 022 760

How do we find out which one to ring?
Read on below...



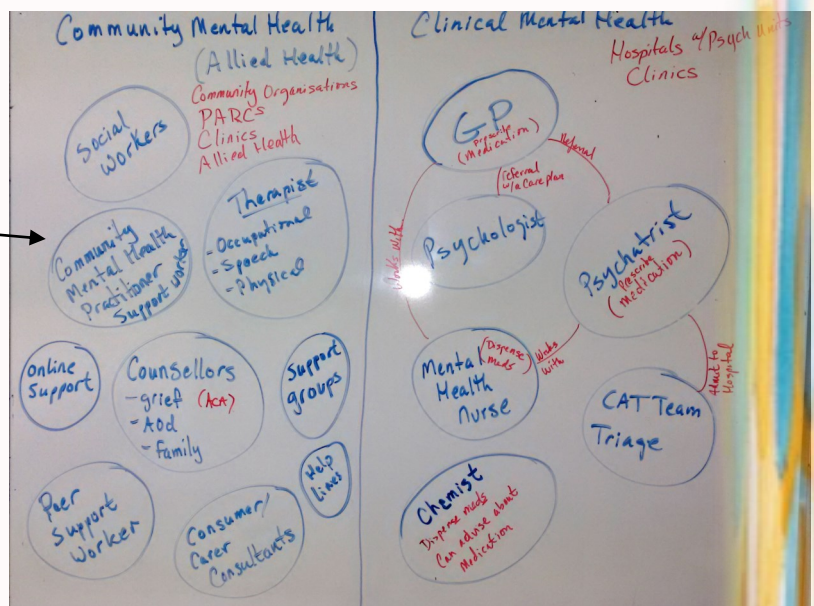
Tamara Stillwell

Mental Health Compass

Possibly the best news since sliced bread is the website that is our mental health compass. It has everything we would want to know.

Like all new innovations, it takes a bit to get used to, but this is designed with us in mind and it is user friendly.

<http://www.mentalhealthcompass.com.au/>



People with lived experience and their families can have choice...but it is hard to navigate the system. Patience and understanding how it works helps. Finally:

If you are not happy with any of your mental health clinical service providers, it is your right to have a second opinion and you may choose to change providers.



Navigating the mental health care system can be confusing, however it is important to remember that everyone's journey is unique and there are many different types of professionals who can provide a variety of mental

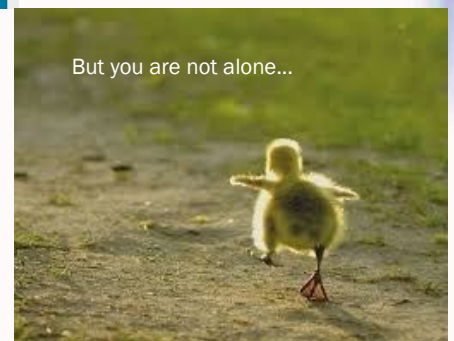
health treatments and support to best suit your needs.

Service providers and services are generally divided into two categories: **Clinical mental health care and community (non-medical) mental health care.**

The path to recovery is windy, sometimes steep, sometimes slippery. It is often poorly signposted. But it is our journey to make and create the life we want, to achieve our potential.

One step at a time.

But you are not alone...



Celebration Night—Thurs 5 October, 6.30pm

Let's Celebrate!

Please accept this as our personal invitation to you to join us all. We are celebrating another year of achievements here in Victoria. In the last three short years we have had an impact on changing things for the better, we have a lot to be proud of.

This is the second year that we have a nationally co-ordinated BPD Awareness Week for this first week of October. All across the country people of goodwill are working to create change. Make sure you do the national survey (see front page), and be a part of the movement to replace stigma and discrimination with hope and optimism.

BPD Community has its AGM before the party, on the night we will present to you all our year's efforts on your behalf and introduce the new Board of Directors to you.

TITLE: Celebration Night!
PRESENTED BY: Lisa Webb
FEATURING: Zeke Ox
TIME: 6.30pm
DATE: Thurs 5 Oct, 2017

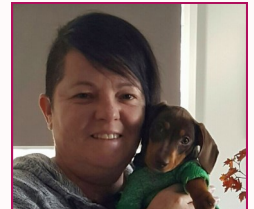
PLACE:
The Theatrette
Sth Melbourne Town Hall
Bank St
Sth Melbourne

Please RSVP to:
barb@bpdcommunity.com.au



It's all about Recovery!

Recovery is possible and this knowledge gives us hope and optimism. Recovery is worth celebrating too. This year, Lisa Webb will tell her story of recovery.



It was in her third hospitalisation that Lisa got her diagnosis. She had a successful career in admin and then in community service, but spent the next 8 years navigating the mental health system.

Lisa is on her own journey in recovery and wants to encourage others by offering her perspective and sharing her experiences of living with BPD.



Changing the world through music

Ezekiel Ox, is an Australian entertainer, singer-songwriter, film maker, actor and political activist. He is currently the singer for Superheist and Over-Reactor. He also works closely with New Zealand born DJ Marze.

Zeke is a conundrum to those who don't know him: he is a nu metal rocker and musical theatre performer. When he sings at our BPD Celebration, he sings solo, acoustic and movingly of family and people. There is no contradiction in these personas, they all meld to create a man



dedicated to making the world a better place through music and performance.

We will have the privilege of hearing Zeke again on 5 Oct at the Sth Melb Town Hall. What would our annual celebration be without Zeke Ox?