



TheMHS Conference 2007

20/20 Vision: Seeing the Way Ahead for Carers/Families

Carer Forum

Tuesday 4th September 2007
Melbourne Convention Centre

- 9.00am Registration
- 9.45am **Introductions** - Beth Bailey, Chair Carers Network
Welcome – Warren Jenkins, CEO ARAFEMI Vic
Welcome to Country - Wurrundjeri Elder, Joy Murphy
- 10.00am **Managing Stress Mindfully**
Dr Craig Hassed is a General Practitioner & Senior Lecturer, Dept of General Practice, Monash University. His teaching, research and clinical interests involve mindfulness-based stress management, mind-body medicine, meditation, holistic healthcare, health promotion, complementary therapies and medical ethics. Craig is regularly invited to speak in Australia and overseas on these issues. Mindfulness is a gentle but powerful practice which fosters good mental health and helps us to cope with demands.
- 11.00 Morning Tea
- 11.30am **Concurrent sessions** (choose only one)

Bellarine Room 7	Bellarine Room 5	Bellarine Room 1
<p><i>Session 1.</i> Confidentiality and information-sharing with families and carers.</p> <p><i>Chair:</i> Dr Margaret Leggatt, Mental Health Consultant, Family Work <i>Panel:</i> Isabell Collins, consumer Director, VMIAC, David Leggatt, lawyer Sue, carer.</p>	<p><i>Session 2.</i> Grief and mental illness – ‘a human experience’. Acknowledge, understand and better manage your unique grief experience as a carer of your loved one affected by mental illness.</p> <p>Presenter: Garrett O’Dowd, Mercy Western Grief Services</p>	<p><i>Session 3.</i> Why coping with mental illness is so hard - and what to do about it. Understanding how mental illness affects family relationships is an important step in developing practical strategies to support recovery.</p> <p>Presenter: Jeff Young, Bouverie Family Centre</p>

12.30- 1.30pm Lunch

Pampering for Carers is available during breaks with complimentary hand massages, courtesy of the Body Shop

1.30pm* **Concurrent sessions** (choose only one)

<p>Bellarine Room 7</p> <p><i>Session 1.</i> Medication as a part of treatment. Medications are used to help the person to get well and to keep well.</p> <p>Presenter: Prof. David Castle, The University of Melbourne, St Vincent's Mental Health</p>	<p>Bellarine Room 5</p> <p><i>Session 2.</i> The lived experience of partners. 3 couples will reflect on their experience of living in partnership and the impact mental illness has on their lives together.</p> <p>Presenters: Lana & Paul Thomas; Brendon Clarke & Gerard Reed; Bernadette Doyle & Mary Nosedá</p>	<p>Bellarine Room 1</p> <p><i>Session 3.</i> Sharing carer experiences – a facilitated group for carers who have not been able to attend a support group. Pre registration required by 11.30am – see message boards.</p> <p>Facilitators - Kali Paxinos and Liz Ward</p>
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2.30pm Afternoon Tea

3.00pm **Celebration Time!**
Combined Carer and Consumer Celebration: a session of entertainment and relaxation. To celebrate the resilience and strength that consumers and carers have. Chair Gerard Reed.

Entertainers include poet, Sandy Jeffs; mind illusionist, Mark Meyer; Sudanese dancers; consumer & indigenous artists/musicians.

4.30pm Close

* *Extra-curricula activities – for your pleasure!*

Available after 1.30pm in Bellarine Room 2:

Relaxation Yoga session with yoga teacher, Anna Crowley.

Sessions of 12 per group at 1.30pm and 2pm. Book on message board list.

Two **myotherapists** providing massage. Book on message board list

Many thanks . . .

Key Sponsor - ARAFEMI Victoria

ARAFEMI is a statewide specialist provider of carer support for families and carers of people with a mental illness

With assistance from MI Fellowship Victoria and Richmond Fellowship Victoria

Organised for TheMHS Conference by the Carers Network, Victorian peak body for Carers of people with mental health issues