



MENTAL ILLNESS
FELLOWSHIP
of Australia (NT) Inc



April - June 2017

Schizophrenia Awareness Week

Have a look at pages 10-11 for stories and photos from our successful Schizophrenia Awareness Week

Mindfulness

Turn to pages 18-19 for some Mindfulness and meditation tips, information and activities

Research Study

See page 13 for an interesting study from University of Queensland about ground breaking Schizophrenia Research.



THE UNIVERSITY
OF QUEENSLAND
AUSTRALIA

Executive Officers report

Here you will find information about our Value of Caring report launched at Parliament House

Like us on Facebook and Instagram and Follow us on Twitter for informative updates, events, recipes and more!



Executive Officer's Message



With schizophrenia being 10 times more common than melanoma, cot death and AIDS combined and research showing that more than 5% of people with schizophrenia end their own lives (almost 12 times the national average). It is time we busted the myths that surround schizophrenia. Myths like the idea that people with schizophrenia never recover, that people with schizophrenia have multiple personalities, or that they are dangerous.

As always in May each year, we set about raising awareness about schizophrenia and mental illness and reducing stigma as a part of Schizophrenia Awareness Week. This year was no different with a range of activities being held at each of our sites and within the community with my personal favourite being our annual art exhibition which showcased the diversity of talent from artists around the Top End. The general public also were provided correct information as opposed to mythical information about schizophrenia and encouraged to reach out if they know of or are caring for someone with schizophrenia.

Inside this edition of In Touch, you will find some interesting new research conducted by University of Queensland regarding schizophrenia.

During the last quarter at Parliament House, Hon. Kezia Purick Speaker of the NT Legislative Assembly launched “The Economic Value of Informal Mental Health Caring In Australia” a product MIFA(NT) has been promoting as members of Mental Health Carers Australia. This important document quantifies the input of carers into the mental health system and is the first piece of research that has been conducted on this subject in Australia. The document outlines the profile of Australian mental health carers, the replacement costs of informal carers and a review of current government spending. The report can be found here <http://www.mentalhealthcarersaustralia.org.au/>

The Parliament House event attracted attention from the NT Health Minister Hon. Natasha Fyles as well as a number of carers and NT community services.



L-R Assistant Minister for Mental Health, Ngaree Ah Kit, Minister for Health, Hon. Natasha Fyles, MIFA (NT) Executive Officer, Lorraine Davies, MIFA(NT) Chairperson, Bronwyn Russell, Madam Speaker Hon. Kezia Purick

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We would like to take this opportunity to welcome new staff to our organisation.

Kiaora everyone I'm Steff, yes you guessed correctly I am a Kiwi (not that I have an accent at all) but have been living and playing in Alice Springs for the past 6.5 years and loving it. I spend a lot of my time caring for orphaned joeys which of course has nothing to do be the empty nest syndrome my husband and I have. I hold a Bachelor of Social Sciences and have previously worked in Human Resources. I thrive on challenges so was thrilled to originally accept the position of Community Sales and Development here in Alice Springs to promote both the MiTrack and Carers programs. However, my role is now Carer Support and Community Development officer, where my primary focus is supporting carers of a person with a mental illness.



Hey everybody...I'm Rachel and even though I was born and raised in Brazil, I believe I am similar to the indigenous and belong to the earth....it's a mission so it doesn't matter the place. I hold a bachelor in Social Communication which led me to be a professional photographer for newspapers and sport magazines for almost 7 years before commencing in the social work field in 2010. I have always been concerned about the wellbeing of others and my mother tells me that even before I could speak I would point and cry at the homeless people on the streets. Once I could speak my mother finally realised that I was crying because I couldn't understand why these people were sleeping on the cold floor and not in a home. Well, MIFA(NT) came as a gift in my life and I will definitely do my best to fulfil our clients' and co-workers' expectations about this journey together because I do believe our biggest happiness comes from making others happy!!



Hello! My name is Daniel. I'm a musician and teacher from Queensland. I've studied popular music, language (Chinese) and education at Conservatorium of Music and Griffith University respectively. I didn't quite fit the mould of state education - perhaps it was my staunch rebellion to growing up! Now, I work to use music as resource in young people's lives, redirecting their energy into something that is not harmful to oneself or others. It is amazing.

Hi my name is Emma, I am a busy mum of two crazy boys 12 years old and 8 years old, and I am a descendant of the Yankunytjara People from the APY Lands and Kuyani People of the Flinders Rangers. I have worked in the Community Service sector for most of my working history. I come to the Mental Illness Fellowship of Australia from a 5 month stint as a mentor for the Karen Sheldon Employment and Training in Alice Springs and before that I was employed as a Domestic and Family Violence Case Worker for the NPY Women's Council here in Alice Springs as well for 5 and a half years. I have a passion for helping others and I am excited to see where this journey with MIFA(NT) takes me and I look forward to meeting new people and learning new things.



Hi my name is Leisha, I was born in QLD but have spent most of my life here in Tennant Creek. I'm really excited to be a part of the MIFA(NT) team and hope to achieve many great things within my community.

As usual we have had a range of activities to suit everyone at miPlace, including an ANZAC Day BBQ in April. Many people had attended the special event, a BBQ was prepared and participants were encouraged to make poppies for the special day.

Many new activities have taken place in the centre and are gaining plenty of positive feedback from all. Beauty therapy on Thursdays and Movie Days on Wednesdays are some of the new activities we have put into place for the centre and have so far they have been a success. We have been lucky enough to have our resident musician, Daniel, playing in the centre on Friday morning. These sessions have certainly been enjoyed by many. Daniel is off to work with youth in our Alice Springs and Tennant Creek offices in the coming months, however, he will be back, so keep your eye out around miPlace.



Throughout the year we are looking to include more activities for our participants to enjoy and hope they will gain the same positive feedback. We encourage you to come into the centre and let us know what you would like to see in miPlace.

As we started to enter into the month of May, Schizophrenia Awareness Week came around and was a very busy and joyful week for all. There were many successful events to look forward to and the miPlace open day was certainly one highlight. The day was filled with wonderful pieces of artwork both from consumers and carers, a massive BBQ which included many healthy salads and some great activities for all who attended to enjoy.

Another special event for miPlace was the Nightcliff Seabreeze Festival. The consumers who attend the art class on a Tuesday produced an amazing art piece to be entered, with hard work and dedication the piece was entered in the busy festival and was also presented at Malak Marketplace. MiPlace would like to extend their thanks to Claude, Tracey, Bendigo Bank and the Nightcliff Seabreeze Festival for a great opportunity and ongoing support.

The month of June came around quickly and a new cooking class activity was held in the centre. The cooking class was a great success and the consumers made some delicious Vietnamese Rice Paper Rolls. The cooking classes will be held once a month and we look forward to the amazing foods that will follow.

The centre is still providing new activities for all clients to enjoy, another activity that is in action is an art activity that involves outlining the shape of your hand/arm and creating beautiful patterns inside the outline. The hand art created so far has been wonderful and everyone has done an amazing job. We will be looking forward to many more consumers participating and creating some wonderful pieces.



Thanks Everyone,
leshia



The Month of May was very busy with various outings and everyone was excited by the news that MIFA(NT) restarted the cool program after a break.

For the first outing we were off to the Nightcliff pool. The participants who attended the program said they had a great time with swimming and going on a beach walk.

As part of Schizophrenia Awareness Week, we got a golden opportunity for bowling along with lunch at Kingpin. All Participants said they had

great time and really loved the outing, especially an amazing lunch that was enjoyed by all. Some people said this is their best and happiest day of the year so far.

It seemed that the game was really helpful for enhancing social skills, developing self-confidence and community engagement.

We had another full day trip on Saturday to the movies at Casuarina shopping centre, which was fantastic. Everyone enjoyed the movie and lovely lunch from Grill'd in The Quarter. This was a great opportunity for a fun day and an excellent social outing.

For the next Tuesday cool program we went to the Leanyer Water Park and had a swim and afternoon tea. This was an outing that was enjoyed by all who attended.

It was by popular demand that a full day outing to Crocodylus Park was organised. After some pick ups in the morning we arrived and popped into the onsite Café for lunch and a drink. We then made our way into the park to start our outing with a crocodile cruise. This was one of the most memorable moments of our day, it was very helpful to understand more about crocodiles, their habitat and behaviours. After this we visited the zoo section of the park where we had the opportunity to see many wild animals, both local and some exotic too. We were able to spend quite some time here as everyone was very excited by the exhibits. Those who were brave enough were also lucky enough to have their photo taken holding a beautiful orange and red snake.



There are some great outings coming up for the cool program, including, swimming at the wave pool, bowling at Kingpin and having a look around the museum and art gallery.

As beautiful dry season weather is upon us we also have some plans to go to some trips further out of Darwin, such as, Litchfield, Berry Springs and the Batchelor Butterfly Farm



The Cool program provides an easy-going environment for everyone who attends. It allows participants to have an understanding about each other and make some great social connections. We attempt to make all Cool program outings fun events that help develop team spirit and make us feel happy.

We welcome any ideas for cool program outings, please feel free to come into our miPlace drop in centre and have a chat.

Thanks,

Mini

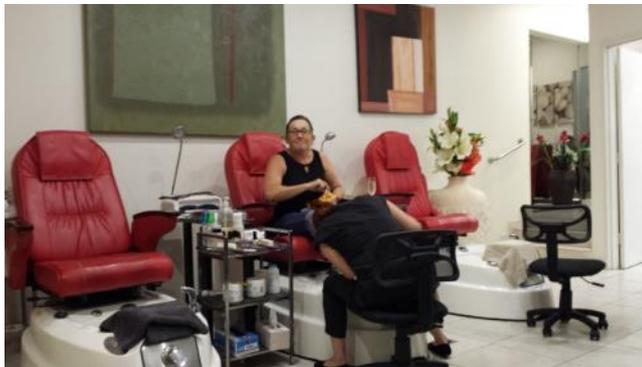
Hi Everyone,

2017 is definitely moving fast and here at MIFA(NT) we are happy to finally welcome the dry season and get excited about wearing jeans.

Throughout Schizophrenia Awareness Week our beautiful city provided some much welcomed respite at the Waterfront. A group of carers were given the opportunity to stay overnight at the Vibe Hotel, relax at Elements Day Spa and have a beautiful meal of tapas at Antiquity. This gave everyone who attended the chance to have a break, share stories and build support. Feed back on the evening was very positive and included statements such as 'I feel like I have a new lease on life' and 'I have energy to continue on'.

Our Yoga sessions here in Coconut Grove on Mondays from 10-11am are still attracting great numbers. This is a great relaxing session and a wonderful way to start your caring week. We encourage you to all come along and take some time out of your busy schedules to have a look around our drop in centre, meet our wonderful staff and practice good self care.

This quarter we have begun an educational program for carers of a person experiencing a mental illness. The Assisting Families course is continuing with great success. Assisting Families is a module based educational program that has allowed participants to become more informed about mental illnesses such as depression, psychosis, as well as, communication and self care. Assisting Families runs alternating Monday evenings from 5:00-7:30pm, this is a safe place with some great comradery, I encourage you to attend future sessions of the course.



Our Living Well life coaching sessions have be running on Tuesday afternoons from 2:00-4:00pm. It has been great fun seeing participants surprised to learn why we think the way we do and how they can change things up in their world, allowing them the skills to enjoy more of what life has to offer. Please contact the office for more information as these will continue into the future.

As always the Coolie Rural Support group continues to run every Wednesday afternoon from 2:00-4:00pm at Kezia Puricks Office. For the last few months we have been focusing on Well Being activities to support living well as a carer. We often forget to look after ourselves as carers so this as a lovely opportunity to come along, relax and feel the support of other carers.

To end a busy few months a movie night at Casuarina was a lovely way to have some well deserved respite.

MIFA(NT) is all about respect, commitment and integrity, with this in mind we endeavour to deliver you the tools you want to experience the best results and aspects of life. Please email me at carers@mifant.org.au for support, advocacy or just a friendly chat

With warm regards,

Amanda



The miTrack program has been going strong this year in Tennant Creek and the Barkly Region. The program, so far, has attracted children and young people from the community between the ages of 6 to 18. We have been busy working with young people who are at risk of developing a mental illness due to a range of issues including, poor resilience, trauma and exposure to family violence in the community.



We have had great success opening the youth centre here in Tennant Creek. It has been a very positive and exciting couple of months with school holiday programs, BBQ's and lots of fun activities. For our school holiday program we were lucky enough to have Emma, Leah and Gavin come to Tennant Creek to run circus, breakdancing and graffiti workshops. These workshops were well received by everyone who attended and we have an awesome reminder of this with our new mural in the centre. We welcome everyone to come in and have a look.



Within the space of the last few months the team have provided interactive platforms for children and creative activities for young ones in the community. The



good news is that people are beginning to feel the impact of the program in the community, we have had many parents drop by the centre to see and ask lots of questions about the program.

We are happy to say the miTrack program has been widely accepted in the community, we have had lots of positive outcomes supporting children and young people in the area of client individual support, and family capacity building which also includes family bonding within the

Barkly Region.

Furthermore, we are progressing further with miTrack program in Elliot and Ali Curung, as we continue to work with other relevant support organisations in these communities.

See you all soon,

Temily, Martins, Richard and Leisha





The MiTrack program in Alice Springs is going extremely well. although we here in the Alice Office are expecting the program to extend a lot further in the coming months. We now have two new team members and are starting to increase the number of clients and referral stakeholders available to us as we manage to network and promote the excellent program and successful outcomes our participants have achieved.

During the April School Holidays we were lucky enough to have a team of performers from Queensland come and run workshops at McEllister Park including, breakdancing, graffiti and circus moves. The day was a huge success with over 50 participants in attendance at different stages throughout the workshop. Lots of fruit and water were distributed to the participants and their parents and of course the Easter bunny shed his trail of chocolate treats to ensure energy levels were maintained.

A Bush Medicine Program has commenced at Hidden Valley Camp under the miTrack program which has been a huge hit with the participants. This program is run with local residents leading the way and MIFA(NT) providing the resources and support to ensure the program participants are engaging in their community.



Raquel is about to re-commence the miHappy program at Braitling Primary School next term and we are all looking forward to this program kicking off again and benefiting the school and kids.

Thanks everyone,

Emma, Raquel and Lisa

The Voice has Arrived at MIFA(NT)

We are adding a new activity to the miTrack program, miVoice. *MiVoice* is a free music centred, early intervention program designed for young people (12-18) at risk of developing mental illness. The program is delivered in conjunction with case coordinators as part of miTrack. miVoice aims to strengthen protective factors by forming positive relationships with their peers alongside a professional mentor. It will also reduce risk factors of developing mental illness by providing a diversionary activity in a safe and organised learning environment. MiVoice mentors young people through the process of writing, rehearsing and recording original music as a solo artist or in a band.



We are beginning our school holiday programs in the coming weeks so please feel free to contact the Alice Springs and Tennant Creek offices for more information.

I look forward to seeing miVoice come to life,

Daniel

Schizophrenia Awareness Week



Our information stall at Raintree Park

During the second week in May, MIFA(NT), together with the Mental Illness Fellowship of Australia, and the Fellowships around the nation, hosted the 30th Annual Schizophrenia Awareness Week.

In Darwin, we launched Schizophrenia Awareness Week (SAW) with a sausage sizzle by Bunnings in Raintree

Park, Darwin CBD. We were joined by Catholic Care for a very successful day and an excellent opportunity for us to reach out to the wider community and provide much need Information and support to all who stopped by.



Everyone loves a Bunnings Sausage Sizzle

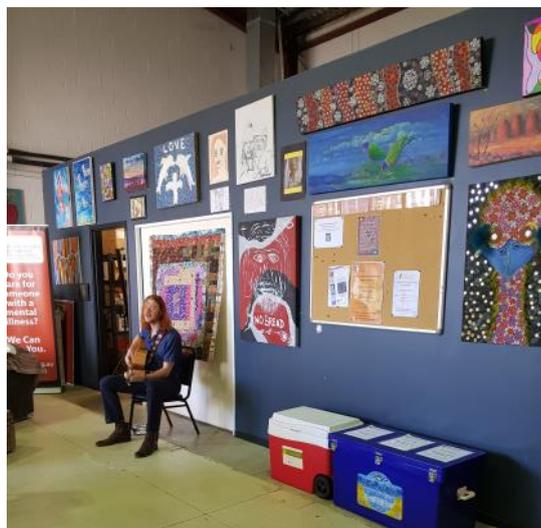
We followed this by a fun day of Lunch and Bowling at Kingpin on Tuesday. Many consumers were able to come together to enjoy a shared lunch and multiple games of bowling. It was heart-warming to see

everyone laughing and having a great time with their peers.



Daniel performing at Raintree Park

On Wednesday we were in for another busy day as we set up our miPlace drop in centre for an exciting Open day and Art Exhibition. A number of Carers and Consumers submitted remarkable artwork for our exhibition, which was enjoyed by all who attended. Ieshia, our miPlace support worker, alongside some consumers cooked a great BBQ and had an opportunity to listen to live music by our Music Program Officer, Daniel.



Our wonderful art display and live music for the miPlace Open Day

On Thursday, we attended the Darwin Trailer Boat Club for a fun Trivia Night Fundraiser. This was an excellent opportunity to raise awareness and reduce the stigma surrounding Mental Illness. It was a great night had by all, including those who won our raffles with prizes from Yellow Water Cruises by Kakadu Tourism and the Territory Wildlife Park



Beautiful sunset for our fun Trivia Night at the Trailer Boat Club

As the end of Schizophrenia Awareness Week came around very quickly our Carer Coordinator Amanda and some much deserving Carers attended a respite evening. This was a lovely opportunity for everyone to relax and utilise the support and respite our organisation can offer.



Carer respite evening at the Waterfront

I'm late, I'm late Late? Late for what... The Alice In Wonderland High Tea Party. Thankfully not everyone was late and our Alice Springs team had a pretty good turnout for the Schizophrenia Awareness Week activity on the lawns of the United Church. Plenty of fun was had playing a quick



Flamingo Croquet on the lawns

game of Flamingo Croquet and a delicious snack from our Alice in Wonderland high tea table. Thank you to all who attended.

We are looking forward to our next big week in October. Keep your eye out and see what you can join us for in Mental Health Week, Page 14 has some great information about our annual Corporate Dinner.

Thank you to everyone who attended and assisted us with making Schizophrenia Awareness Week so successful.



High Tea at the Alice in Wonderland morning tea



High Tea at the Alice in Wonderland event

Like us on Facebook to keep up to date!



Did you know that informal carers of people living with mental illness, such as schizophrenia, spend 22 hours per week caring for their loved ones, comparable to a part-time job.

Thank you to Lundbeck for this great infographic and to Mental Illness Fellowship of Australia, One Door Mental Health, The European Brain Council, Otsuka Pharmaceutical, European Federation of Associations of Families of People with Mental Illness, Global Alliance of Mental Illness Advocacy Networks - Europe and World Federation for Mental Health for partnering on this important initiative.

PEOPLE LIVING WITH SCHIZOPHRENIA DESERVE ACCESS TO TREATMENTS THAT CAN IMPROVE THEIR FUNCTIONING AND QUALITY OF LIFE

Reduced functioning and lower quality of life affects people living with schizophrenia and society as a whole



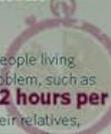
Treatment associated side effects may mean patients stop taking their medication¹¹

Patients who do not take their medication have higher rates of **relapse and hospitalisation**¹²





Unemployment of people living with schizophrenia is high at **70-90%**^{13,14}



Informal caregivers of people living with a mental health problem, such as schizophrenia, spend **22 hours per week caring** for their relatives, comparable to a part-time job¹⁵



One in four caregivers (28%) has difficulties making ends meet¹⁵

Improved functioning and quality of life are major goals for people living with schizophrenia...^{16,17}



...however the focus of many treatments is on managing symptoms¹⁸



There could be an opportunity to **improve assessment of new treatments** by considering functioning and quality of life



Policies and guidelines that could increase access to new treatments are not always implemented due to **stigma, lack of awareness, lack of uptake and disparity** between national and local mental health legislation^{19,20}

SO WHAT CAN WE DO?

- INVOLVE** patient and caregiver groups to give patients a voice when developing programmes and assessing new treatments
- EDUCATE** people living with schizophrenia and their informal caregivers about treatment options, so they can play an active role in decisions that affect them and society at large
- PROMOTE** access to treatment with fewer side effects, that improve functioning and quality of life, especially when assessing new treatments

1. World Health Organization. Schizophrenia Fact Sheet. April 2016. Retrieved from: <http://www.who.int/mediacentre/factsheets/fs2016/>. Accessed December 2016; 2. Kahn RS, et al. *Conserv* 2008;37(10):95-97; 3. Morgan VA, et al. *Aust N Z J Psychiatry* 2002;46(8):735-52; 4. SANE study. Living with schizophrenia: People's experience of the condition. May 2014. Retrieved from: http://www.sane.org.au/uploads/iving-with-schizophrenia-final-uk-am_046_020_identification_12.pdf. Last accessed January 2017; 5. Liberman RP, et al. *Int J Psychiatry* 2002;144(2):146-174; 6. Pinsky V, Wilson RB. Handbook of disease burden and quality of life measures. New York: Springer; 2012; 7. The WHOQOL Group. *Soc Sci Med* 1998;46(2):149-89; 8. Harvey PD. *Stanning* 18 *World Psychiatry* 2002;3(2):73-79; 9. Hider A, et al. *J Clin Psychiatry* 2004;65(7):932-39; 10. Kane AL, Sharif ZA. *J Clin Psychiatry* 2006;67(Suppl 1):8-11; 11. Lieberman JA, et al. *N Engl J Med* 2005;353(2):1209-23; 12. Haddad PM, et al. *Public Health* 2006;110(4):243-50; 13. Haddad PM, et al. *Public Health* 2006;110(4):243-50; 14. Haddad PM, et al. *Public Health* 2006;110(4):243-50; 15. *Soc Psychiatry Psychiatr Epidemiol* 2004;39(5):337-46; 16. Rosenheck R, et al. *Am J Psychiatry* 2006;163(3):401-07; 17. EURIM. March 2015. Retrieved from: http://www.caringformentalhealth.org.uk/reports/46_global.pdf. Accessed December 2016; 18. Bellack AS, et al. *Schizophr Bull* 2003;29(2):305-22; 19. Lehman AF, et al. for Work Group on Schizophrenia. *Practice Guidelines for the Treatment of Patients with Schizophrenia*. 2nd ed. Washington, DC: American Psychiatric Association; 2010; 20. Mizubata I, et al. *Schizophr Bull* 2009;35(4):679-95; 21. Cohen MS, et al. *JAMA* 1999;282(25):3458-65. *Current perspectives* May 2007; 22. *BMJ* 2016;352(10016):f1045; 23. *BMJ* 2016;352(10016):f1045; 24. *BMJ* 2016;352(10016):f1045

Lundbeck Ambulita Pty Ltd, ABN 86 020094 290. Ground floor, Innovation Road, North Ryde NSW 2113. Ph: +61 8669 000 fax: +61 8669 090
This infographic has been developed by Otsuka Pharmaceutical Europe Ltd and H. Lundbeck A/S from published literature as a contribution to the public health debate and is endorsed by the European Brain Council, the European Federation of Associations of Families of People with Mental Illness, the Global Alliance of Mental Health Illness Advocacy Networks and the World Federation for Mental Health.



Ground-breaking schizophrenia research recognised

The University of Queensland's Professor John McGrath has won a prestigious international fellowship in the Niels Bohr Professorship Program in Denmark to continue his ground-breaking research into schizophrenia.

Professor McGrath, a psychiatrist and researcher with the Queensland Brain Institute and Director of the Queensland Centre for Mental Health Research, will divide his time between Australia and Denmark while building a new program with colleagues at the Aarhus BSS – Aarhus University.



This new work will include investigating the link between schizophrenia and Vitamin D levels in 80,000 newborns.

Professor McGrath said the \$6 million program opened up a new world of research possibilities.

"I am excited because this funding offers the opportunity to build new teams and explore our data in new ways," Professor McGrath said.

"We will be working with teams at the Queensland Centre for Mental Health Research and Harvard University, looking at the epidemiology of mental disorders."

The Niels Bohr Professorship Program attracts applicants from across the globe in all disciplines of science and the humanities. Recipients demonstrate outstanding research and a high standing in the international research community.

Professor McGrath's team was the first in the world to show that low Vitamin D status in pregnant women and babies could affect brain development and increase risk of schizophrenia later in life.

He will use the Niels Bohr Professorship to repeat the study with a much larger population of Danes, building on a long-standing collaboration with Professor Preben Bo Mortensen at Aarhus University National Centre for Register-Based Research.

"Much like the role of folate in preventing spina bifida, our hypothesis is that we could prevent a small fraction of schizophrenia cases in a simple, safe and acceptable manner with a vitamin D supplement," Professor McGrath said.

"While developing better treatments of mental disorders is crucial, there is also an urgent need to discover causal risk factors for serious disorders like schizophrenia. If we can understand the causes we can then think about prevention."

Professor McGrath will also use the professorship to establish a Danish research program to identify environmental and genetic causes of schizophrenia and other mental illnesses.



**THE UNIVERSITY
OF QUEENSLAND**
AUSTRALIA

Mental Health Week

Corporate Dinner

9th October 2017 at 6:30pm

Oaks Elan, 31 Woods Street, Darwin

Join us for a delicious 3 course meal as we launch **Mental Health Week** to raise awareness and reduce the stigma surrounding mental illness and poor mental health.

Our speakers for the evening

Joe Williams, Founder of The Enemy Within, Professional sportsman.



Joe is a proud Wiradjuri, 1st Nations Aboriginal man born in Cowra, raised in Wagga NSW, Australia. Joe played in the National Rugby League for South Sydney Rabbitohs, Penrith Panthers and Canterbury Bulldogs before switching to professional Boxing in 2009. Awarded Wagga Wagga Citizen of the Year in 2015 for his work within the community, mental health and suicide prevention sectors. Joe now spends his time working to inspire youth and individuals through motivational speaking workshops, run through his charity The Enemy Within. He has had his own battles, struggles and setbacks, which culminated in his own suicide attempt in 2012.

Tony Stevenson, National CEO, Mental Illness Fellowship of Australia

For more than 35 years, Tony Stevenson has been committed to a viable and proactive health and community services sector which works alongside families and individuals to inspire self-confidence and hope. He has held CEO level positions with some of Australia's most well-respected not-for-profit organisations as well as executive roles in the Commonwealth and State governments. Tony is the National CEO for the Mental Illness Fellowship of Australia, a federation of 10 mental health organisations across Australia, committed to amplifying the voice of lived experience in national advocacy and policy influence.



Tickets available online at <https://www.trybooking.com/274263>

Early Bird until 30th June \$85.00 per person

General \$95.00 per person

Ticket price Includes 3 course meal

Drinks available at cash bar

For more information call Casey 89481051

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NORTHERN TERRITORY
An Australian Government Initiative

During April we launched our new website. This was an exciting opportunity to modernise the look of our website and assure that we were providing up to date and correct information to all of the MIFA (NT)'s online visitors. Another great feature of the website is the SANE Australia forums, there are two separate forums for both carers of someone with a mental illness and those who are living with a mental illness. Each month we are part of SANE's Topic Tuesday forums where you can come together with others from around the country in a supported environment to discuss specific topics. We strongly urge you to go online and have a look at our new website.

www.mifant.com.au



Here at MIFA(NT) Social Media is changing the way we can keep you up to date with events, research studies, calendars and so much more. More often than not we have our phones with us and it can be much more convenient and informative to get an update or event reminder on our smart phones. It is a great way to let everyone know what is going on throughout the programs.

Being on social media also allows us to raise awareness and help fight the stigma surrounding Mental Illness.

Like and Follow us today on Facebook, Instagram and Twitter for access to our social media feeds. If you are not sure how to do this just ask one of our friendly staff members.



Download the apps today and search for us under the following names.

Facebook: Mental Illness Fellowship NT

Instagram: mifellowshipnt

Twitter: MIFANT



You Need Help

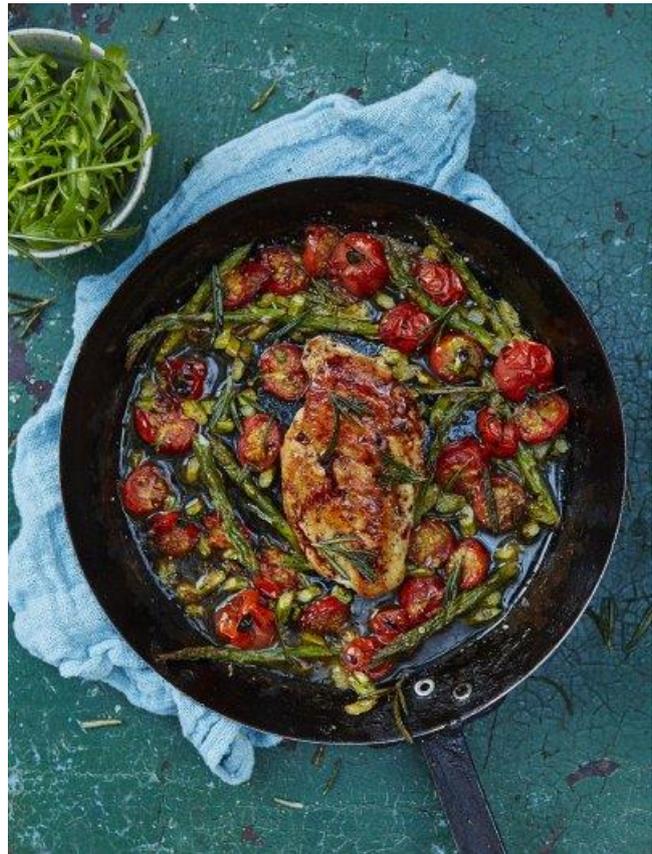
When you are sad and feel alone and the tears did not help you look or think no one is close enough to care about you and your thoughts. Phone all the help lines and find the one you think can help and understand. Comments to respond to. How are you? Cannot complain, no one listens anyway. Some say no. Find the right person who will listen, talk and talk, do not give up. Negative thoughts can turn positive. Some need a push in the right direction. No matter what it is it can be fixed, you can learn how to think.

Carol. G. Richards

MIFA(NT) welcomes any entries from across the Territory. It is a space for Consumers or Carers to submit poems, short stories, songs or anything creative and have them published in the quarterly Newsletter. This is a positive and encouraging space and we welcome your submissions. Please note that not all contributions will be published in the newsletter. Please forward to admin@mifant.org.au or call 08 8948 1051.

Ingredients

- 1 chicken breast
- 8 sticks asparagus , trimmed
- 6 cherry tomatoes
- 2 sprigs rosemary
- 1 pinch sea salt
- 1 pinch freshly ground black pepper
- olive oil
- white wine
- balsamic vinegar



Method

Preheat the oven to 200°C/400°F/gas 6. Put 1 chicken breast, with its skin left on, in a bowl. Add 8 trimmed sticks of asparagus, 6 halved cherry tomatoes and the leaves from 1 sprig of fresh rosemary plus a whole sprig of rosemary as well. Toss everything together with a pinch of sea salt and freshly ground black pepper and a drizzle of olive oil. Put the veg into a tinfoil tray and place the chicken and rosemary sprig on top. Season well. Add some white wine and cook in the middle of the oven for 25 to 35 minutes. Serve drizzled with balsamic vinegar.



SERVES: 1

COOKS IN: 40 MINUTES

DIFFICULTY: SUPER EASY



BALANCE
CALMNESS
COMPOSURE
CONTEMPLATION
CONTENTMENT
HUSH
MEDITATION
PEACEFULNESS

QUIETNESS
REFLECTION
RELAXATION
RESTFULNESS
SERENITY
STILLNESS
TRANQUILLITY
UNDISTURBED

Membership Information

Membership Fee: \$10.00 for carers/families/individuals, \$20.00 for organisations.

Membership period runs from 01/07/2016 - 30/06/2017.

Please return this form with your payment to: Mental Illness Fellowship NT, PO Box 40556, Casuarina NT 0811

Name: _____

Address: _____

Telephone: _____

Email: _____

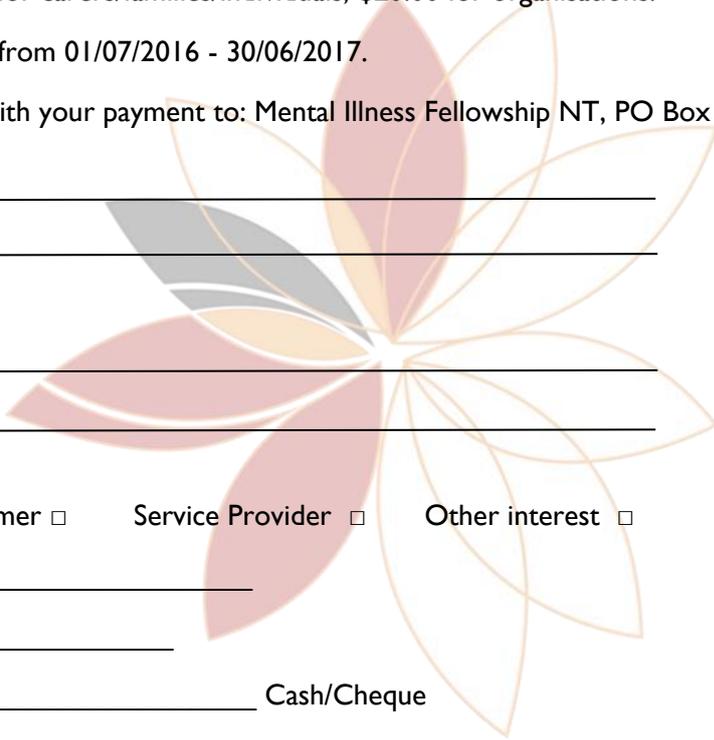
Carer Consumer Service Provider Other interest

Membership fee: _____

Donation: _____

Amount Enclosed: _____ Cash/Cheque

Signature _____



Your Contact Details

We would like to stay in touch with carers and consumers, we regularly send out our iNTouch newsletter and a variety of flyers. There are many workshops, support groups and information that you may be missing out on, could you please phone or email us if you have changed your address, phone number or email since we last had contact with you. We respect your privacy and your personal information will remain confidential at all times.

Contacts

**Mental Illness Fellowship Australia (NT)
Darwin**

Open 8:30am to 4:30pm Monday to Friday

2/273 Bagot Rd, Coconut Grove, NT 0810

PO Box 40556, Casuarina, NT 0811

Ph. 08 8948 1051 Fax 08 8948 2473

1800 985 944

Email: admin@mifant.org.au

www.mifanmt.org.au

miPlace - Drop In centre for consumers

Open 9:30am-1:00pm, Monday to Friday

Mental Illness Fellowship Australia (NT)

Alice Springs

Open Monday-Friday 8:30am- 4:00pm

3/58 Reg Harris Lane, Alice Springs, 0871

Alice Springs, NT 0871

Ph. 08 8953 1467

Email: alice@mifant.org.au

Mental Illness Fellowship Australia (NT)

Tennant Creek

Open Monday-Friday 8:30am- 4:30pm

42 Paterson Street, Tennant Creek

Ph. 8962 1931

Email: tennant@mifant.org.au

24 Hour Emergency Service

In case of an emergency call **000** and ask for ambulance, fire or police

Useful numbers

MHAT Team 1800 682 288

Centrelink 13 27 17

Commonwealth Carelink Centre 1800 05 2222

Community Visitor Program 1800 021 919

Grow 8981 1210

Headspace 1800 659 388

Kids Helpline 24 hr. 1800 55 1800

Lifeline 24hr crisis counseling 131114

Mensline Australia 24 hr. 1300 78 9978

SANE Mental Illness Helpline 1800 18 7263

Tamarind 8999 4988

TEMHCO 08 8932 6686

