

Supporting people who experience mental distress, use of alcohol/drugs and possible Justice interface

**Margaret Doherty, Independent Lived
Experience Advisor**

**Chris Hipwood, Outcare - Manager, Mental
Health and Accommodation**

**Trevor Rees, Independent Lived Experience
Advisor**

**Theo Semuntu, Diversion Officer, Start
Court, North Metro Community, Alcohol
and Drug Service**

Acknowledgements

This opportunity for sharing is hosted by the NDIA ECSN Program.

Content is informed by a panel of people with sector expertise and content knowledge as well as input from group members.



Acknowledgement of Country

I would like to acknowledge the Whadjuk People of the Noongar Nation, who are the Traditional Custodians of the land from which I speak to you today. I also wish to acknowledge that we may have people joining us today from other First Nations - Nations with their own Traditional Custodians, culture and spirituality. I would like to recognise the deep and unique connection of Aboriginal and Torres Strait Islander People to Country and waters, and pay my deep respects to Elders past and present.

Our Content Mentors for Today

Margaret Doherty - Margaret has a particular interest in improving outcomes for individuals and families who have experience with ongoing mental distress and alcohol and drug use. To this end, she blends the expertise of her lived experience as a family member in this area with her professional knowledge and experience. Margaret is the founder of Mental Health Matters 2, a grassroots, volunteer-based, systemic advocacy group.

Chris Hipwood - Chris is currently managing Outcare's mental health court diversion programs, Start Court and Links. Both programs combine several disciplines, including case management and peer support, and are part of a larger multidisciplinary team that includes the Department of Health and Corrective Services.

Trevor Rees - Trevor is a 37 year old man who has lived with mental illness throughout his life, developing signs of schizophrenia in his early teens, but remaining undiagnosed until his 20s. Alcohol and other drugs have been part of Trevor's history. He has since studied mental health in youth and adults and is now a strong advocate for people living with mental illness.

Theo Semuntu - Theo is currently The AOD Diversion Officer for START Mental Health Court. He is a qualified Social Worker, Counsellor/Educator with North Metro Community Drug Service. Theo has worked in Alcohol and Other Drugs sector for 15 years as AOD Counsellor for Individuals and families; He is also a group facilitator with Department of Justice AOD programs, and is an AOD Outreach Counsellor with Homeless Institutions in Perth.

**Today's
conversations
will include
exploration of:**

- How do you keep the person and those around them safe?
- What resources can Support Organisations call on?
- How do policies shape the way organisations work with people who are using alcohol and other drugs?
- What competencies do support organisations need to build into their practice to minimise harm for people?
- How do you manage if you are a service provider and the person you are supporting is under the influence at the time of support?

Trevor's Story



Joe



Ed



Margaret Doherty
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2.8 million carers in Australia



240,000 mental health carers



50% aged between 45 - 64 years



208 million hours of informal care per year



Equivalent to 173,000 FTE formal support workers



\$129,000 annual replacement cost of a primary carer



Total annual replacement cost for mental health carers is

\$14.3 billion

(yes, that's billion!)

“Each family and each family member is uniquely affected by the individual using substances including but not limited to:

- having unmet developmental needs,
- impaired attachment,
- economic hardship,
- legal problems,
- emotional distress,
- and sometimes violence being perpetrated against him or her.

For children there is also an increased risk of developing a (*Substance Use Disorder*) SUD themselves ([Zimic & Jakic, 2012](#)).

Thus, treating only the individual with the active disease of addiction is limited in effectiveness”.

Who's YOUR family?

Family of Origin

Family of Choice / Acceptance

Kinship connections

Fur / Feather family 😊

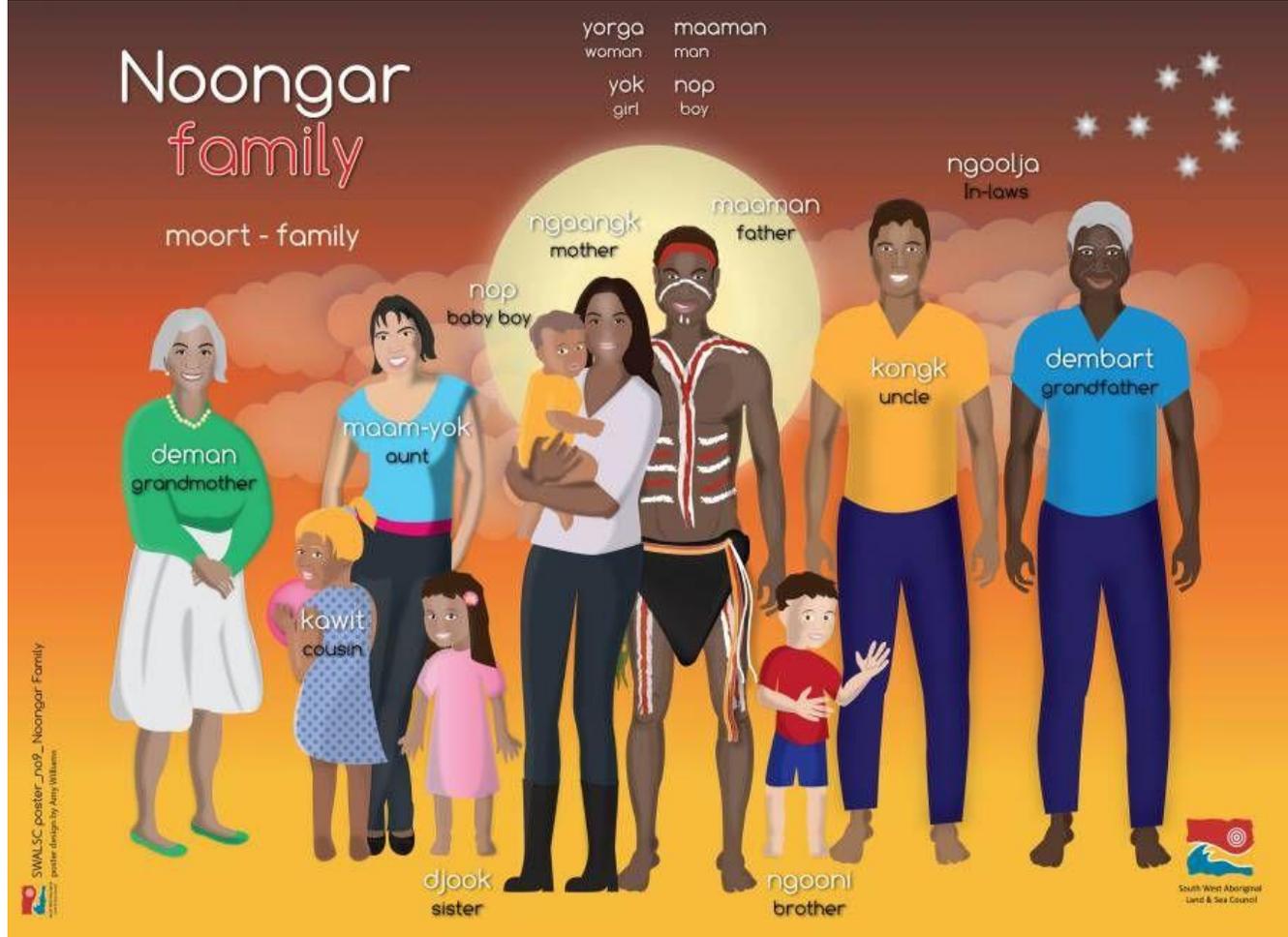
Different family roles

Impacts of alcohol and other drug use
will differ depending on family role

Language:

carers, families, supporters, significant
others, parents, partners, siblings,
children?





Earning an income / Holding down a job / Building a career

Tending to other
family
relationships

Maintaining
housing/
rent/mortgage

Looking after
own mental
health

Addressing physical health /
exercising / eating healthily
...often while stretched and
stressed.



Finding time for friends /
hobbies / interests

Parenting /
Grandparenting

This may involve
helping out at
school, with
transport,
managing visits
with Child
Protection,
prison...



COMMON REACTIONS AND FEELINGS



Grief and Loss

Shame: I am bad.
Guilt: I did something bad.



A
N
G
E
R



Isolation & Alienation

Shock and
Disbelief

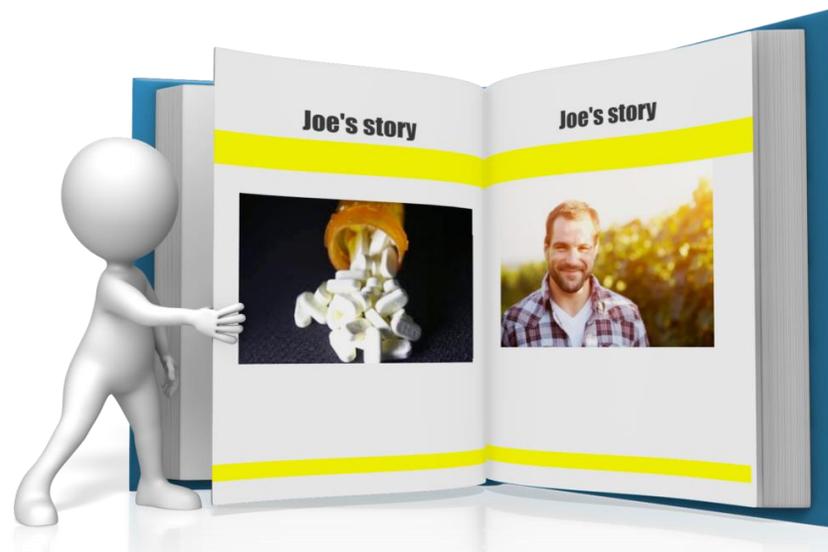


DENIAL

f e a r

***“Words are important.
The language we use and the stories we tell have
great significance to all involved. They carry a
sense of hope and possibility or can be
associated with a sense of pessimism and
expectations, both of which can influence
personal outcomes”.***

Recovery Oriented Language Guide (Second edition, p.3). (2018). NSW: Mental Health Co-ordinating Council.
http://www.mhcc.org.au/media/108227/recovery-oriented-language-guide_2018ed_v3_201800418-final.pdf



What narratives do you share about families & supporters?

Do you support a strengths-based representation by others?

Worn out words	Language of Hope & Acceptance
What's wrong with this family?	What's happening for / in this family?
Distressed, emotional	Affected by what's happening; trauma-affected including inter-generational and multi-generational trauma <i>(how can we help?)</i>
Disengaged, uninvolved families	Needing to take a step back (for their own wellbeing). We, the service, hasn't found the right way to engage yet <i>(what support can we offer the family as well as the individual?)</i>
Over-involved parents	Assertive, active parents <i>(what can we learn from these parents? How can we best support them?)</i>
Not coping	Doing the best they can do in difficult circumstances <i>(Has something changed? What supports may different family members need?)</i>
Dysfunctional, 'multi-problem, complex families	Families with multiple, unmet needs / multiple vulnerabilities <i>(what other agencies could offer help here and who is going to co-ordinate these services / supports? Co-ordination has often been left to a family member which further compounds their stress)</i>

Families are:

- systems within themselves and are also
- part of broader systems

Family Systems Theory is a concept of looking at the family as a cohesive emotional unit.

- *A family functions as an emotional system within which each person plays a specific role and must follow certain roles.*
- *Patterns develop within the system.*
- *Depending on the specific system, a member's actions/behaviours can either balance or cause imbalance of the system at various points in time.*
- *Even when people feel disconnected from members of their family, the family can still have a profound impact on their emotions and actions.*
- ***A change in one person sparks a change in how other members of the family unit act and feel as well.***

Families and supporters are a
Resource to be nurtured and valued
not a
Risk to be mitigated!



Know Your Resources:

Parent & Family Drug Service (24/7 phone line)

Metro: (08) 9442 5050

Country: 1800 653 203

Strong Spirit, Strong Mind webpage <https://strongspiritstrongmind.com.au/>

The Green Book - a directory of mental health and alcohol and other drug services in WA

<http://greenbook.org.au/>

Families 4 Families WA - peer support plus group

MH + AOD + / - Criminal justice involvement.

Mental Health Matters 2 + Cyrenian House

www.mentalhealthmatters2.com.au

AOD Consumer Community Coalition <https://aodccc.org/>

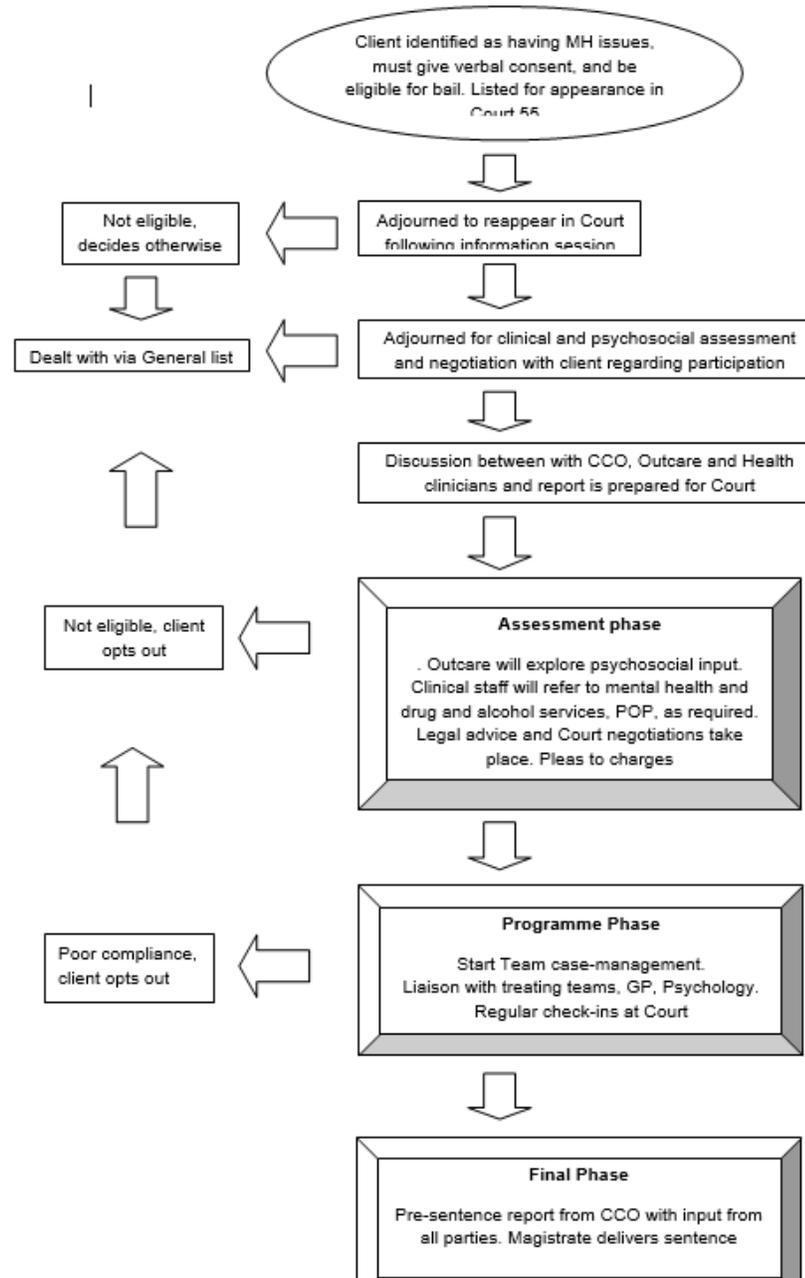
Emerging Minds www.emerginminds.com.au

Helping Minds (formerly ARAFMI)

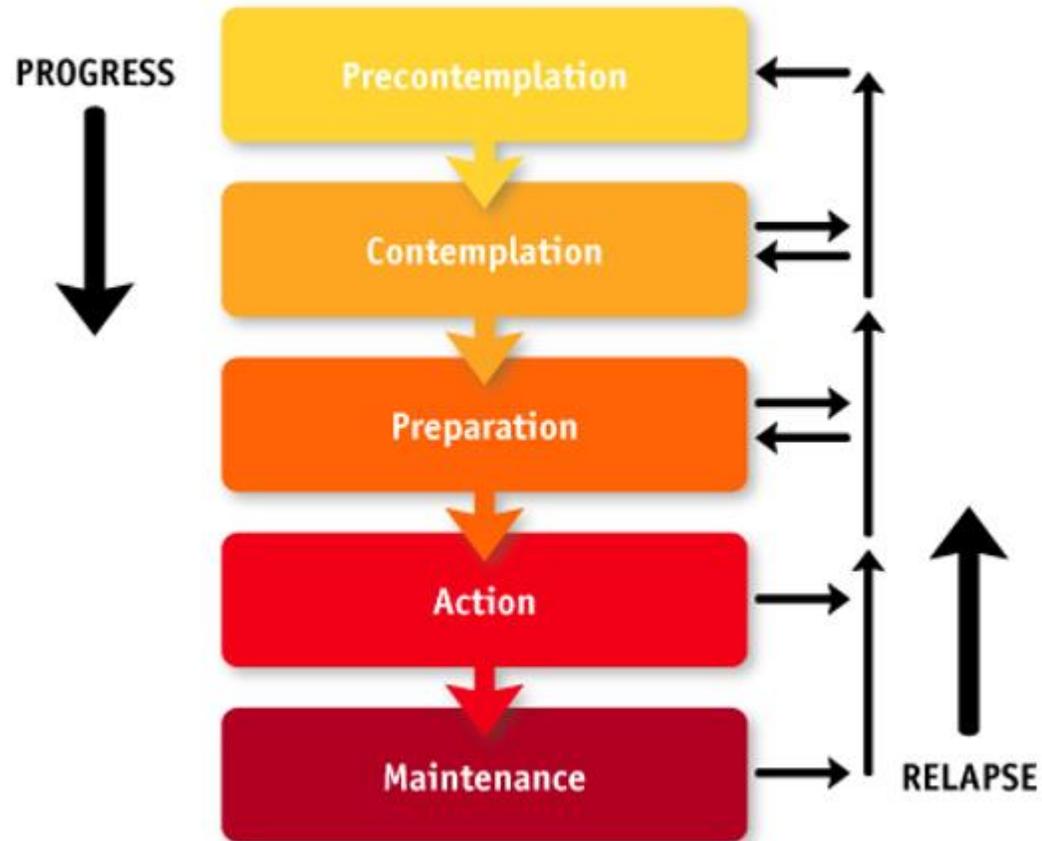
SANE Carer Online Forum

Most alcohol & other drug agencies have a family group

Outcare - Start Court flow process



Stages of Change

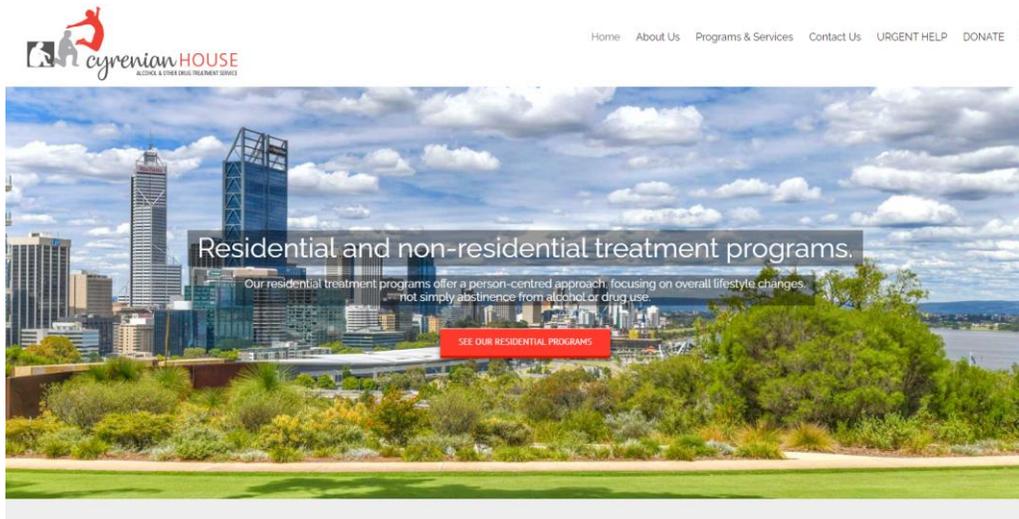


Managing Emotions

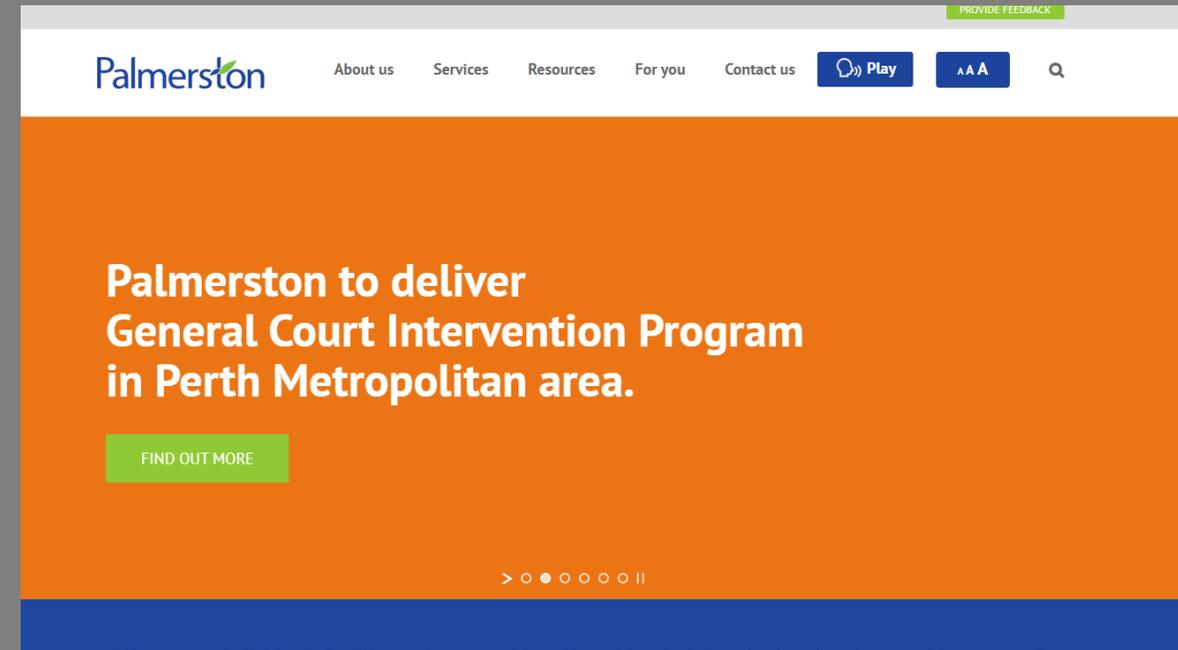
- The 3 D's
- Lazy 8 Breathing
- Mindfulness of Emotions
 - TIPP
 - Managing Anger
- Grounding Exercises
 - Assertive Rights
- Cognitive Restructuring
 - SMART Goals

Resources

<https://cyrenianhouse.com/>



<https://www.palmerston.org.au/>



Resources

<https://holyoake.org.au/>

Need to talk to someone? HOLYOAKE

PLEASE DONATE

Life Changing

Enabling positive change for individuals, families and communities

Learn more about Holyoake

What we offer at Holyoake

<https://www.wungening.com.au/>

Wungening Aboriginal Corporation
Healing Aboriginal Peoples, Mind, Body and Spirit

Become a member Donate to SRWA Covid-19 Food Appeal

About us How we help Our impact Get involved Work with us Latest Get in touch

Boorloo Bidee Mia

We are excited to introduce Boorloo Bidee Mia, which forms a unique part of a range of initiatives to support WA's 10-year strategy on homelessness.

Resources

<https://www.salvationarmy.org.au/locations/western-australia/our-services/alcohol-and-other-drugs/>

The screenshot shows the Salvation Army website's navigation bar with links like 'Need Help?', 'Get Involved', 'About Us', 'Donate', 'Our Faith', 'Locations', and 'Contact Us'. Below the navigation is a dark blue banner with the hashtag '#SALVOS' and a red 'DONATE NOW' button. The main content area is titled 'Alcohol and other drugs' and features a section for 'The Bridge Programme' which provides information about crisis interventions and contact details. A sidebar on the right lists 'Our services' including 'Homelessness support and accommodation', 'Street Outreach Service', and 'Women's support'.

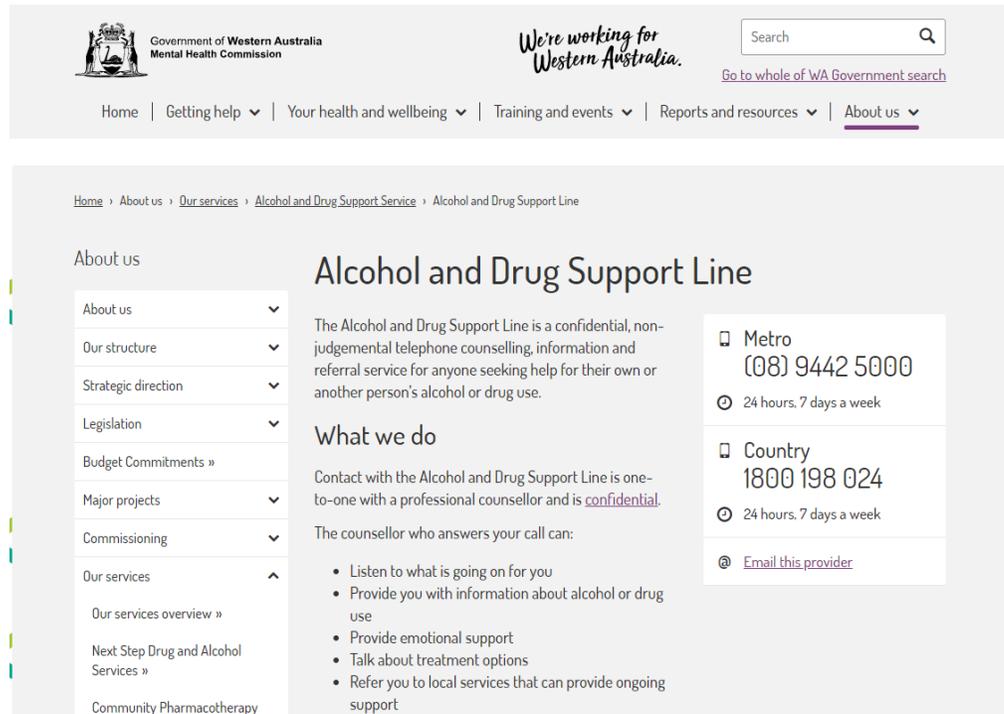
<https://carehub.waamh.org.au/feed>

The screenshot displays the CARE Hub website interface. It features a search bar at the top right and a navigation menu on the left with options like 'Home', 'Discovery', 'Members', 'About', 'Invite', 'Topics', 'Events', 'Resources', 'Groups', and 'CARE Hub Training Courses'. The main content area is titled 'CARE Hub' and includes a text input field for sharing thoughts, a 'SHOWING PERSONAL FEED' dropdown, and a 'SORTED BY LAST ACTIVITY' dropdown. A 'Featured' section highlights a video titled 'New to the Hub? Check out this orientation video for tips'.

Resources

Alcohol and Drugs Support Line

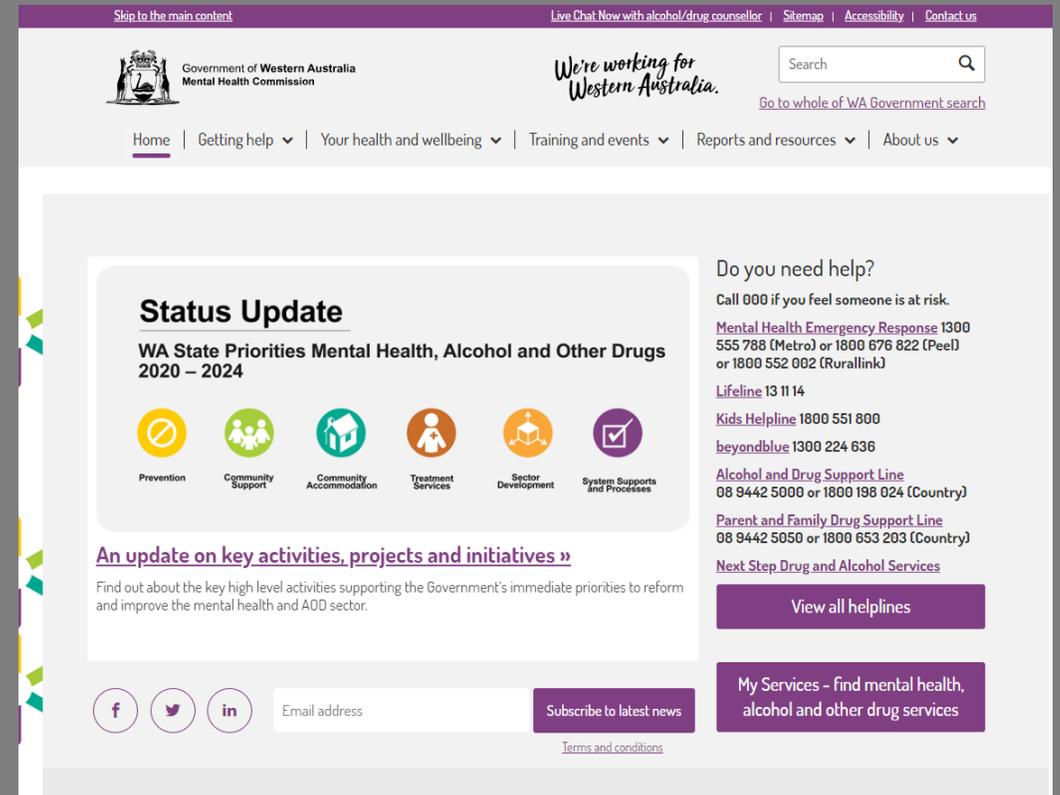
<https://www.mhc.wa.gov.au/alcoholanddrugsupportline>



The screenshot shows the 'Alcohol and Drug Support Line' page. It features a navigation menu with 'Home', 'Getting help', 'Your health and wellbeing', 'Training and events', 'Reports and resources', and 'About us'. The main content area includes a search bar, a 'Go to whole of WA Government search' link, and a breadcrumb trail: 'Home > About us > Our services > Alcohol and Drug Support Service > Alcohol and Drug Support Line'. A left sidebar lists 'About us' with sub-items like 'Our structure', 'Strategic direction', 'Legislation', 'Budget Commitments', 'Major projects', 'Commissioning', 'Our services', 'Our services overview', 'Next Step Drug and Alcohol Services', and 'Community Pharmacotherapy'. The main heading is 'Alcohol and Drug Support Line'. The text describes the service as confidential, non-judgemental telephone counselling, information and referral for anyone seeking help for their own or another person's alcohol or drug use. It lists contact numbers for Metro (08) 9442 5000 and Country 1800 198 024, both available 24 hours, 7 days a week. A 'What we do' section lists: 'Listen to what is going on for you', 'Provide you with information about alcohol or drug use', 'Provide emotional support', 'Talk about treatment options', and 'Refer you to local services that can provide ongoing support'. A contact form includes an 'Email this provider' button.

The Mental Health Commission of WA have a range of resources available, including the 'My Services Directory' under the 'Getting Help' Tab and a number of other resources under their 'Reports and Resources' tab

<https://www.mhc.wa.gov.au/>



The screenshot shows the MHC website homepage. It features a navigation menu with 'Home', 'Getting help', 'Your health and wellbeing', 'Training and events', 'Reports and resources', and 'About us'. The main content area includes a search bar, a 'Go to whole of WA Government search' link, and a 'Status Update' section titled 'WA State Priorities Mental Health, Alcohol and Other Drugs 2020 – 2024'. The status update section lists key activities supporting the Government's immediate priorities to reform and improve the mental health and AOD sector. A right sidebar lists helplines: 'Mental Health Emergency Response 1300 555 788 (Metro) or 1800 676 822 (Peel) or 1800 552 002 (Ruralink)', 'Lifeline 13 11 14', 'Kids Helpline 1800 551 800', 'beyondblue 1300 224 636', 'Alcohol and Drug Support Line 08 9442 5000 or 1800 198 024 (Country)', 'Parent and Family Drug Support Line 08 9442 5050 or 1800 653 203 (Country)', and 'Next Step Drug and Alcohol Services'. A 'View all helplines' button is present. The footer includes social media icons for Facebook, Twitter, and LinkedIn, an 'Email address' field, a 'Subscribe to latest news' button, and a 'Terms and conditions' link.

Resources

Start Court

https://www.magistratescourt.wa.gov.au/s/start_court.aspx

Search this site Search

Magistrates Court of Western Australia

Home About the Court Types of Cases Going to Court Fees, Forms & Factsheets Electronic Lodgment Court Listings

Home → Going to Court → Specialist Courts → Start Court

Start Court

The **Mental Health Court Diversion and Support Program** offers a solution focused response for individuals experiencing a mental health issue.

Program participants are supervised by a Court while they receive holistic support that endeavours to address the underlying causes of their offending behaviour. This approach aims to:

- enhance participants' health and wellbeing
- improve community safety
- reduce future contact with the criminal justice system
- re-engage or link participants with the most appropriate services to help manage their mental health
- where appropriate, provide an alternative to imprisonment.

The Program comprises an adult program, **Start Court**, and a children's program, **Links**. The program is a partnership between the Mental Health Commission and the Department of Justice. Independent consumer and family representatives are involved operationally. The other agencies that contribute to the program are:

- The Department of Health
- WA Police
- Legal Aid WA
- Outcare Inc. (a Non-Government service provider)
- Mental Health Law Centre.

Start Court (adult program)

Start Court is a Magistrates Court that specialises in dealing with offenders who have mental health

The Mental Health Commission - Training Calendar

<https://www.mhc.wa.gov.au/training-and-events/training-for-professionals/>

Government of Western Australia
Mental Health Commission

We're working for
Western Australia.

Search

Go to whole of WA Government search

Home | Getting help | Your health and wellbeing | **Training and events** | Reports and resources | About us

Home » Training and events » Training for professionals

Training and events

Training overview »

Training for professionals

Overview »

Alcohol and other drug training »

Fetal Alcohol Spectrum Disorder (FASD) training »

Community Program for Opioid Pharmacotherapy (CPOP) Training »

Mental health training »

Ways of Working with Aboriginal people »

Prevention training »

Prevention network »

Video conferencing »

Training for professionals

The Mental Health Commission aims to support the alcohol and other drugs sector, mental health and other human service providers to enhance their capacity to engage and respond effectively to people experiencing mental health, alcohol and other drug-related harms using evidence-based best-practice.

The Commission delivers training, develops resources including online learning, and works in partnership with agencies to implement a range of workforce development strategies.

Training is offered to professionals in the following areas:

- [Alcohol and other drug training](#)
- [Community Program for Opioid Pharmacotherapy \(CPOP\) Training](#)
- [Mental health training](#)
- [Ways of Working with Aboriginal people](#)
- [Prevention training](#)
- [Prevention network](#)
- [Fetal Alcohol Spectrum Disorder \(FASD\) training](#)
- [Video conferencing](#)
- [Online learning](#)

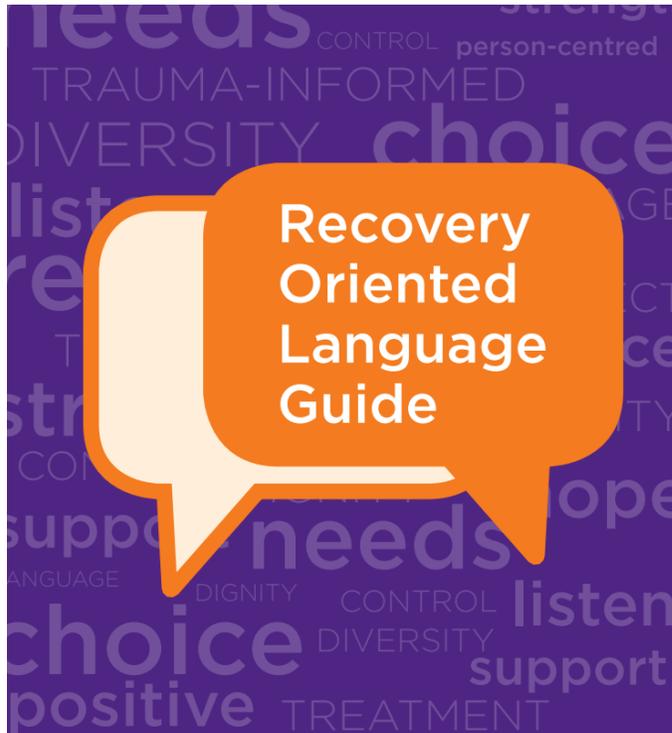
The Commission also funds the following organisations to deliver training:

- [Perinatal mental health](#) (King Edward Memorial Hospital)

Resources

Recovery Oriented Language Guide

http://www.mhcc.org.au/wp-content/uploads/2019/08/Recovery-Oriented-Language-Guide_2019ed_v1_20190809-Web.pdf



Mental Health Matters 2 - Families 4 Families

<https://www.mentalhealthmatters2.com.au/families-4-families-wa/>

Mental Health Matters 2

Home About us Families 4 Families WA Resources History Contact Us Search ...

FAMILIES 4 FAMILIES WA




NOTE: Since March 2020 due to COVID, F4FWA is held online via Zoom. Please email mentalhealthmatters2@gmail.com or text 0413861049 for further details. We're still meeting on the 2nd and 4th Tuesday nights of the month from 7pm – 8pm.

F4FWA – 2015 Winner of Alcohol and Other Drug Excellence (Families) Award

Families 4 Families WA (F4FWA) is a bi-monthly group where families, friends and supporters of people who experience mental distress, alcohol and other drug use and sometimes criminal justice involvement come together to share, support and learn. The group is peer-led and peer-run (run by family members for family members), with clinical support from Cyrenian House drug and alcohol agency.

- Held on 2nd and 4th Tuesday night of the month (excluding public holidays)
- 7pm – 8.30pm with tea/coffee/chat afterwards
- Venue: The Carer Centre, 182 Lord Street, Perth (See map at bottom of page). Thank you to our friends at Helping Minds and Carers WA for providing the venue.
- Close to Claisebrook Train Station. Free parking on adjoining streets (evening).
- RSVP by text to 0413 861 049 for set-up purposes.

The group supports and promotes safety and harm minimisation for individuals and families.

ECSN consultancy panel supports

Consultancy Panels and 1:1

Support coordinators and disability providers can access support from a small panel of people with expertise from within the sector to problem solve a way forward in relation to support and planning.

You can access this through putting in a request at

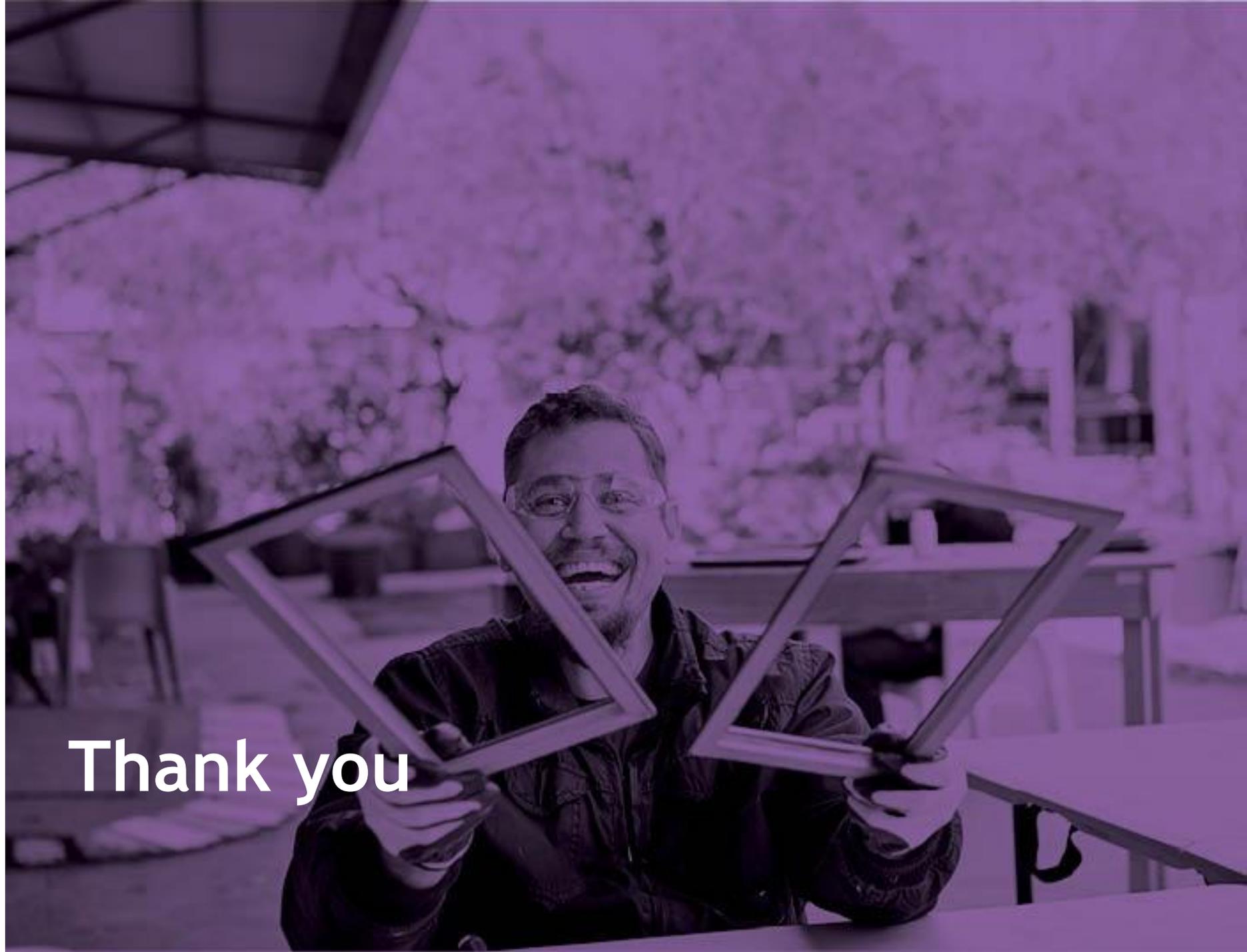
<https://www.nulsen.com.au/home-page/ecsn/>

Discussion Forums and upcoming events:

Support Coordinator Complex Case Discussions

NDIS Planning for people with Huntington's Disease and other progressive degenerative diseases.

Person Centered Planning



Thank you