Hello from the Executive Director Community, Mental Health and State-wide Services

Hello everyone,

I am delighted to have been invited to write an introduction for this issue of WrapAround, the Children’s Health Queensland Child and Youth Mental Health Service (CHQ CYMHS) newsletter for parents and carers. I have recently joined CHQ; it is a real privilege to work here.

This issue of WrapAround has a recovery theme. Years ago, I was fortunate enough to spend time at the University of Kansas with Professor Charles Rapp, originator of the Strengths Model. This model offers a strengths-based, recovery-orientated approach to the delivery of mental health services. It is a philosophy for working with people which recognises the importance of their environment and the multiple contexts that influence their lives. Those who embrace this perspective hold the belief that young people, their families and carers have strengths, resources and the ability to recover from adversity; that all people have the inherent capacity to learn, grow and change.

When we operate from a strengths-based perspective, we don’t ignore the problems and difficulties that present themselves. Rather, we attempt to identify the positive basis of the person’s/family’s resources and to see opportunities, hope and solutions – not just the problems. Our task is to become a partner in the recovery process, rather than adopting an expert role. If we take the view that people are doing the best they can in light of their experiences to date, then one of our critical tasks – when partnering with young people and their families and carers in their recovery – is to expose them to new possibilities, experiences and learning.

Increasingly, we are learning that employing strengths-based approaches with parents has been shown to increase engagement and enhance protective elements of good family functioning. I am confident that our CYMHS staff can assist children and their families to bring about their desired change to reach their true potential and experience healthy and happy lives.

Even at this early stage in my work with CHQ, I have been thoroughly impressed by the dedication and commitment of so many of the people I have met to improving the lives of the people they serve. I have been party to conversations and observed behaviours that are truly patient and family-centric and strengths-based. My experience of working in health care systems tells me that organisations which focus on harnessing such commitment, and which enhance it with the wealth of lived experience, knowledge and empathy of carers and parents, really do realise better health quality and outcomes for the people they serve. From my perspective, CHQ is well on its way to realising this aim.

Frank Tracey
Executive Director Community, Mental Health and State-wide Services

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Parent and carer news

Would you like to join the Parent Carer Advisory Group?

The Parent Carer Advisory Group (PCAG) is focused on contributing ideas, sharing experiences, increasing knowledge and making a difference.

Listening to other parents and carers – whose infant, child or young person attends any part of CYMHS – brings many benefits to managers, clinicians and other caregivers. We can all learn from each other.

If you would like to give back to the service, or help improve the way it is delivered, you might be interested in getting involved.

Meetings are regularly held where parents and carers work, together with clinicians and managers, on projects affecting families. Training is also provided so you feel confident in your role.

The PCAG is currently reviewing resources around medication and working on information for the CHQ website.

We continue to support parents to speak at training days and conferences, attend workshops and de-stigmatise mental health.

With the merger of North and South Brisbane CYMHS for the opening of the Lady Cilento Children’s Hospital, the time is right for more members to join. You are welcome to come along to share your knowledge and experiences. We welcome your involvement and look forward to hearing from you.

Please call Kerry Geraghty, Consumer Carer Coordinator, on (07) 3310 9444 to register your interest, or talk to a CYMHS staff member.

Alternatively, call Margaret Hoyland, Manager of Consumer and Carer Participation, on (07) 3310 9444 or email CHQ-CYMHS-CCP@health.qld.gov.au

PCAG meeting dates 2016
10.30am-noon Tuesday, July 26
10.30am-noon Tuesday, September 27
10.30am-noon Tuesday, November 22

Do you need extra support?

Aftercare is a non-government organisation which runs programs to help families cope with mental illness.

Several PCAG members have used this service and spoken highly of its friendly and understanding staff.

One Aftercare program on offer is the Art Therapy Sunset Sessions for carers.

For more information visit www.aftercare.com.au
In recent years, I’ve observed a new focus on a recovery-oriented approach to mental-health service provision. This approach is backed by adult-focused consumer research which shows that a client’s mental-health recovery is much more strongly linked to their sense of well-being (personal and social recovery) than to their symptom remission or a cure (clinical recovery).

Key themes identified as important to facilitating recovery included: a sense of connectedness – at social, spiritual or community levels; the facilitation of hope or optimism for the future; rebuilding a positive sense of self or personal identity; finding meaning and purpose in life events; and redeveloping a sense of empowerment and autonomy in managing illness and activities.

Unfortunately, adolescent-focused recovery research is currently very limited. The few research articles which specifically focus on adolescents’ perspectives suggest there may be some differences in how adolescents and adults experience the process of recovery. It is therefore unclear whether adult-oriented recovery principles are applicable to young people.

If we are to deliver effective child and youth health services, we need to give voice to young people’s stories. So, I set out on a research project to map adolescents’ processes of recovery as they transition into and through CYMHS.

I am in the process of looking for up to 20 project participants aged 12-17 who can share their journey. Strict confidentiality is guaranteed. If you’re interested, please contact me on (07) 3735 3337.

Lucianne Palmquist
Principal Researcher, Griffith University
Exercise and well-being

Right now you are no longer shy, angry, a rule breaker, an outsider, scared, or loud. You are in the moment. You are strong, capable, confident, and joyous. You are playing sport.

The “feel-good” benefits of exercise, whether performed individually or in a group, are well-documented. Exercise has a great capacity to make us feel better and boost our self-esteem.

So, exercise has great capacity to change how we think and feel about ourselves and the world around us. What’s more, if we are suffering from mental health issues, the importance of regular exercise cannot be overstated.

Participating in sport greatly reduces teens’ suicide risk. Studies have shown that young people aged 14-24 who have a mental illness enjoy lower rates of associated anxiety disorders, substance use and dysthymia (persistent, mild depression) when they exercise regularly.

In fact, regular exercise has also been demonstrated to be as effective as psychotherapy for mild depression and it aids interventions for schizophrenia, conversion disorder and alcohol dependence.

Participating in sport is a way in which we can challenge and learn about ourselves, be in touch with our bodies, make friends and have something to focus on and talk about with others.

*Raeleigh Bryant*
CYMHS Director Occupational Therapy

So, what are you waiting for? Get your family active today.

Handy websites to help you get active

Brisbane City Council’s sport and leisure programs, via [www.brisbane.qld.gov.au](http://www.brisbane.qld.gov.au)

Communify Queensland which provides activities and classes for adults and young people, via [www.communify.org.au](http://www.communify.org.au)

Tips on active play for children up to the age of 12, via [www.healthyactive.gov.au](http://www.healthyactive.gov.au)

Reclink Australia, whose mission is to provide and promote sport and art for disadvantaged people, via [www.reclink.org](http://www.reclink.org)
Breathe In, Breathe Out

This is such a natural thing to do until you are a parent of a sick child.

At the beginning of our journey, I thought there are not enough tears in the world to express my sadness. My world had stopped turning and no one noticed. How could I have not known that my son was so sick?

Breathe In, Breathe Out

These few, simple actions I would fail to do during each changing diagnosis, each doctor’s meeting, each medication change and each case management meeting until I at last heard some good news.

Breathe In, Breathe Out

My tears came easily without control, usually in the car where no one would see them. Why didn’t I know that this secret world existed, hidden away in the sad, desperate eyes of other parents who never spoke?

Breathe In, Breathe Out

Months turn into years and I try to forget the horrors of our journey. Some days are easier than others and our happiness is so dependent on this rollercoaster ride. My tears still come easily, but now they comfort me as I have hope to keep going.

Breathe In, Breathe Out

Finally some good news at last and I can breathe again. I have my smile back and although I am cautious, this scary ride has turned to climb the ravine that we all try to avoid falling into.

Breathe In, Hold for Three, Breathe Out

This is a process I can now enjoy.

To all the people who have helped me in this journey of horror and discovery so far, I thank you. Without this support, I may not have made it this far and gee, I am only the parent.
Music therapy and emotions

There is strong scientific evidence supporting the use of music therapy for mood enhancement and anxiety/stress relief.

Music therapy can also greatly aid children’s and teens’ mental health.

A great, recent example of this is an eight-year-old boy with leukaemia, who used music therapy sessions to help him learn to manage his emotions. Jason (not his real name) was diagnosed when he was five and began treatment soon after his diagnosis.

When he was seven, he began having tantrums, swearing and getting angry. His mum said he would “snap” for no reason, and he “wanted to die” or felt he “should have died”. Sometimes, it would take his mum up to three hours to help him calm down. Jason had many questions about death and was worried he was going to die in hospital. He had nightmares and did not want to go to sleep as he was scared he wouldn’t wake.

When in hospital, Jason was referred to the music therapist to help resolve his troubled feelings. The first time Jason met with the music therapist, he sang songs, talked, wrote a song, played the drums and relaxed to music.

Continued over page
Jason loved drumming improvisation, requesting it at each therapy session. At the end of each meeting, they also practised spoken relaxation with music. The therapist helped Jason to download a music app for his iPad, so he could practise relaxation at home. His mum helped him to practise it daily and it helped them both to feel calmer.

When Jason went back to school full-time, he was still very tired. He became frustrated and angry again, especially when told “no”. The music therapist spent time with Jason individually and talked about bullying at school. The music therapist helped Jason to write a “calming down” song to remind him of helpful strategies to manage his emotions.

The benefits for Jason from going to his music therapy were:
- Able to use relaxation strategies to feel calmer at home
- Able to use song writing to help him feel better about himself and express distress related to his treatment
- Able to use a “calming down” song to remind him of emotion management strategies

Kate Aitchison
CYMHS, Music Therapist

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The music therapist supported Jason to write a song listing his favourite things, his least favourite things and his three wishes. He was able to list “having chemo” as one of his least favourite things – something he previously had difficulty talking about. Jason enjoyed writing the song and smiled. After the second meeting, the song was complete and the music therapist assisted Jason to make a recording of it. The lyrics were:

**All About Me**

I’d like to tell you all a little bit about my favourite things!
There’s my favourite cat called Scruffy
She’s cuddly and she likes to chase butterflies
I couldn’t live without her
I also like Pet City,
It’s a game that I play so I can relax

Yeah, my name is Jason, I am 8 years old
I hate broccoli, don’t you?
I also hate when I have to have chemo
And being teased by my sister Hayley
Oooh...oooh....

If I could ask for anything in the whole world
I would like to have an iPad
I would also like to wish that Scruffy could be left alone
And who wouldn’t want a million dollars!!!
These are my 3 wishes,
I hope that someone’s listening to my plan

Yeah, my name is Jason, I am 8 years old
I hate broccoli, don’t you?
I also hate when I have to have chemo
And being teased by my sister Hayley
Oooh...oooh.....

**Calming Down**

Take a deep breath and count to three,
Walk away, sit under a tree,
Remember that mum is mostly right,
Don’t waste my energy on a fight.

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- Able to use song writing to help him feel better about himself and express distress related to his treatment
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Kate Aitchison
CYMHS, Music Therapist
Family feedback
A thank you to the Persistent Pain Service and CYMHS Consultation Liaison

My daughter especially loved her CYMHS psychologist. I was so pleased to have this expert looking after her because she’d also looked after my son when he was younger. Watching the banter between my daughter and her clinician was really special to see because my daughter is a quiet and withdrawn young lady. I still giggle now when I think of some of the conversations the two shared.

In our second week, I saw a new cheeky side to my daughter. I came into this admission not really knowing what these health services could do to help. After my daughter suffered 14 months of chronic pain and debilitating fatigue/insomnia, I had all but given up hope. I thought that this was how the rest of our life was going to be.

During those two weeks in hospital, I was very impressed with the team and their kind and gentle approach. Everyone involved in my daughter’s care were absolutely amazing; the unity between the entire team was very noticeable from day one.

The team looked after me as well. They explained things to me and I finally began to understand what had made my daughter so sick. It all began to fall into place for me and my hopelessness was replaced with a new sense of excitement and optimism.

I can’t thank everyone enough for what they have done for both of us. They took my sick, little girl and set her on the track to recovery. Thank you one and all for taking the time to help us and change our lives for the better.
Farewell
Maggie Wilson
CYMHS Art Therapist, retires

CHQ CYMHS art therapist Maggie Wilson recently retired after a great, 14-year contribution to the children, young people and families of CYMHS and previously, the Mater CYMHS.

Maggie was passionate about developing new Art Therapists and helping other Mental Health staff learn about Art Therapy. She was an enthusiastic and respected tutor in the Master of Mental Health-Art Therapy program at the University of Queensland.

Maggie’s passion, enthusiasm and drive will be missed.

Tom O’Brien, CYMHS Senior Social Worker paid tribute to Maggie. “Thanks for your hard work Maggie. We’ll miss you.”

Interest in the arts boosts mental health

A recent study by The University of Western Australia found that participating in the arts for just two hours a week can improve mental health and well-being.

Up to 700 adults were surveyed on their mental health and their interest in the arts for entertainment, enjoyment, or a hobby. Participants who had engaged in the arts for 100 hours or more – the equivalent of two or more hours a week – within the last 12 months reported significantly better mental health than those with lower levels of engagement.

Arts engagement was found to boost a person’s happiness, confidence and self-esteem and conversely reduce their stress and social isolation.

For more information about this study, visit www.ctvnews.ca/health/interest-in-arts-can-boost-mental-health-study-1.2735252

Sophie Morson
Team Leader (Psychologist) Ed-LinQ Renewal Project

Above: CYMHS Divisional Director Margaret Hoyland with Maggie at her retirement morning tea.
Resilience is the process of learning to “bounce back” from adversity, trauma, tragedy and other significant sources of stress. It is not a trait people are born with; it involves behaviours, thoughts and actions which can be learned and developed.

Make connections: Good relationships with family and friends are very important. Accepting help and support from those who care about you strengthens your resilience. Some people find social support in local groups, while others find helping people rewarding.

Look for the positive: You can’t stop highly stressful events, but you can change how you interpret and respond to these events. Try looking beyond the present to how future circumstances may be a little better.

Accept change: Certain goals may no longer be attainable as a result of adverse situations. Accepting circumstances which cannot be changed can help you focus on circumstances you can alter.

Set realistic goals: Take small steps often towards achieving your goals. Instead of focusing on tasks which seem unachievable, ask yourself: “What’s one thing I know I can accomplish today that helps me move in the direction I want to go?”

Take decisive actions: Act on adverse situations as much as you can. Make proactive changes, rather than detaching completely from problems and stressors and wishing they would just go away.

Embrace self-discovery: People often learn and grow as a result of loss. Tragedies and hardship can actually enhance your relationships by providing you with a greater sense of strength and self-worth, a more developed spirituality and a heightened appreciation for life.

Nurture your self-esteem: Developing confidence in your ability to solve problems and trusting your instincts helps build resilience.

Keep things in perspective: In trying times, try to consider the stressful situation in a broader context and keep a long-term perspective. Avoid blowing the event out of proportion.

Maintain a hopeful outlook: An optimistic world view enables you to expect that good things will happen in your life. Try visualising what you want, rather than worrying about what you fear.

Top 10 ways to build resilience

1. Make connections: Good relationships with family and friends are very important. Accepting help and support from those who care about you strengthens your resilience. Some people find social support in local groups, while others find helping people rewarding.

2. Look for the positive: You can’t stop highly stressful events, but you can change how you interpret and respond to these events. Try looking beyond the present to how future circumstances may be a little better.

3. Accept change: Certain goals may no longer be attainable as a result of adverse situations. Accepting circumstances which cannot be changed can help you focus on circumstances you can alter.

4. Set realistic goals: Take small steps often towards achieving your goals. Instead of focusing on tasks which seem unachievable, ask yourself: “What’s one thing I know I can accomplish today that helps me move in the direction I want to go?”

5. Take decisive actions: Act on adverse situations as much as you can. Make proactive changes, rather than detaching completely from problems and stressors and wishing they would just go away.

6. Embrace self-discovery: People often learn and grow as a result of loss. Tragedies and hardship can actually enhance your relationships by providing you with a greater sense of strength and self-worth, a more developed spirituality and a heightened appreciation for life.

7. Nurture your self-esteem: Developing confidence in your ability to solve problems and trusting your instincts helps build resilience.

8. Keep things in perspective: In trying times, try to consider the stressful situation in a broader context and keep a long-term perspective. Avoid blowing the event out of proportion.

9. Maintain a hopeful outlook: An optimistic world view enables you to expect that good things will happen in your life. Try visualising what you want, rather than worrying about what you fear.

10. Take care of yourself. Pay attention to your own needs and feelings. Engage in activities you enjoy, take time out to relax and exercise regularly. These self-care strategies will help to keep your mind and body primed to deal with situations which require resilience.

Adapted from *The Road to Resilience*, by the American Psychological Association

For more information visit www.generationnext.com.au Generation Next is a non-profit social enterprise which runs nationwide seminars about the mental health and well-being of young people and their community.
COPMI Kids Club and adolescent peer support groups

COPMI: Children Of Parents Who Have A Mental Illness

Parenting can be challenging, especially if you are suffering anxiety, depression and/or other mental health issues. At CYMHS, we are very fortunate to have COPMI coordinators who support families to better manage tough days.

Learning how to talk to children about a relative’s mental illness can help children better understand it and prevent them from becoming overly anxious themselves. Visit www.copmi.net.au

If mental illness of a family member is causing you concern, speak to your CYMHS clinician. Or for information on COPMI interventions, contact COPMI program coordinator Rebecca Reuter on (07) 3310 9444 and (07) 3310 9460, email chq-cymhs-copmi@health.qld.gov.au and visit www.childrens.health.qld.gov.au

Throughout the year, groups like Kidz Club and Adolescent Peer Support Group are available for children and adolescents of a parent with a mental illness to come together. It is a safe and fun environment where much can be gained by discussion with clinicians who have extensive experience in this area.

Diary Dates

Primary Children’s Kidz Club COPMI Group July holiday sessions include: Monday, July 4 from 10am-2.30pm and Tuesday, July 5 from 10am-2.30pm.

Kidz Club Parent Group will meet Tuesday, July 5, from 1-2.30pm at the Lady Cilento Children’s Hospital Day Program, South level 8B, South Brisbane.

Adolescent Peer Support Groups meet at Yeronga CYMHS Clinic, 51 Park Rd, Yeronga, on Mondays, from 3.30-5pm. They also meet at North West CYMHS Clinic, 49 Corrigan St, Keperra, on Tuesdays from 3.30-5pm. Dates include July 12, 19, 26 and August 2 and 9.

Websites

Headspace
Going through a tough time? Headspace can help with whatever you are going through. www.headspace.org.au

Black Dog Institute
The Black Dog Institute is a not-for-profit organisation and world leader in the diagnosis, treatment and prevention of mood disorders such as depression and bipolar disorder. www.blackdoginstitute.org.au

Youth Beyond Blue
This is Beyond Blue’s dedicated site for youth containing information, resources and support for young people dealing with depression and/or anxiety. www.youthbeyondblue.com

Reachout
Reachout is a youth mental health website covering issues such as alcohol use, making friends, mental wellbeing, cybersafety and dealing with tough times. www.reachout.com.au

Australian Government
Carer Gateway
The carer gateway provides information about the services and support available for people who care for someone with a disability, chronic illness, dementia, mental illness and/or who are frail-aged. For information about services and support, phone 1800 422 737 from Monday to Friday, between 8am-6pm. www.carergateway.gov.au
Useful contacts

Carer organisations

**Aftercare**
07 3435 2600
Aftercare is a non-government organisation that delivers a range of services aimed at supporting the wellbeing of family and friends of people with a mental health concern.
182 Logan Road Woolloongabba.
www.aftercare.com.au

**Arafmi Queensland**
Arafmi Queensland provides support for carers, families and friends of people with mental health issues. It offers 24-hour telephone support, counselling, family respite, support group meetings and workshops for carers on a range of topics.
Monthly Mental Health Carer workshops address a broad range of issues including carer coping skills, understanding and supporting recovery, setting boundaries and communication are held in New Farm or other locations.

**Coping Skills for Carers:**
9:30am-1:00pm Tuesday, July 12
A workshop designed to look at a broad range of issues that mental health carers confront such as communicating with someone who is unwell, providing support to someone with a mental health issue, coping with situations and understanding the symptoms of mental illnesses. For more information, location and registration please call Arafmi on 3254 1881 or email: carereducation@arafmiqld.org
www.arafmiqld.org

**Carers Queensland**
1800 242 636
Carers Queensland advocates for carers’ rights and provides support services including:
- the Carers Advisory Service, which provides specialist information and referral advice
- face-to-face counselling for carers through the National Carer Counselling Program free of charge
- the Young Carers Program
- carer support groups in your area and carer education and training.

**Eating disorder organisations**

**Eating Disorders Association Inc**
07 3394 3661 or 1300 550 236
The Eating Disorders Association Inc (Qld) is a non-profit organisation funded by Queensland Health to provide information, support, referrals and support group services for all people affected by eating disorders in Queensland. The EDA also provides tailored workshops for positive body image and eating disorders to schools, universities, health professionals and the community.
12 Chatsworth Rd Greenslopes 4120
www.eda.org.au

**National Eating Disorders Collaboration**
The National Eating Disorders Collaboration (NEDC) brings research, expertise and evidence from leaders in the field together in one place. It’s a one stop portal to make eating disorders information a lot more accessible for everyone. NEDC provides resources for families, carers, teachers and health professionals.
www.nedc.com.au

**Foster Carers**
Foster Care Queensland is an organisation for Foster and Kinship Carers and the children and young people for whom they care.
www.fcq.com.au

**Kyabra Community Association**
Offers information, forums, and help for families supporting a person with a mental health difficulty. Workshops, sharing recovery forums and mental health first aid for young people occurs several times during the year.
www.kyabra.org

**My Time**
My Time provides support for mothers, fathers, grandparents and anyone caring for a child with a disability or chronic illness. Visit their website for useful information and links to helpful organisations for those who have a parenting role.
www.mytime.net.au

**Useful contacts**

**CYMHS**
Child and Youth Mental Health Service
Acute Response Team
3068 2555
24hrs, 7 days

**Eating Disorders Clinic**
07 3397 9077
34 Curd St, Greenslopes 4120

**Inala**
07 3372 5577
7 Kittyhawk Ave, Inala 4077

**Mt Gravatt**
07 3087 2260
643 Kessels Rd, Mt Gravatt 4122

**North West**
07 3335 8888
49 Corrigan St, Keperra 4054

**Nundah**
07 3146 2693
10 Nellie St, Nundah 4012

**Pine Rivers**
07 3817 6380
568 Gympie Rd, Strathpine 4500

**Yeronga**
07 3848 8011
51 Park Rd, Yeronga 4104

**Zero to Four**
07 3266 3100
31 Robinson Rd, Nundah 4012

Thank you to everyone who has contributed great articles, stories and photos.
Contributions are welcome from parents, families and staff. Please call or email for further information.
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