



# MY FAMILY MATTERS

Macedon Ranges



5/24/2016



**Delivering carer support through an integrated local community strategy.**



PSMFM- May 2016



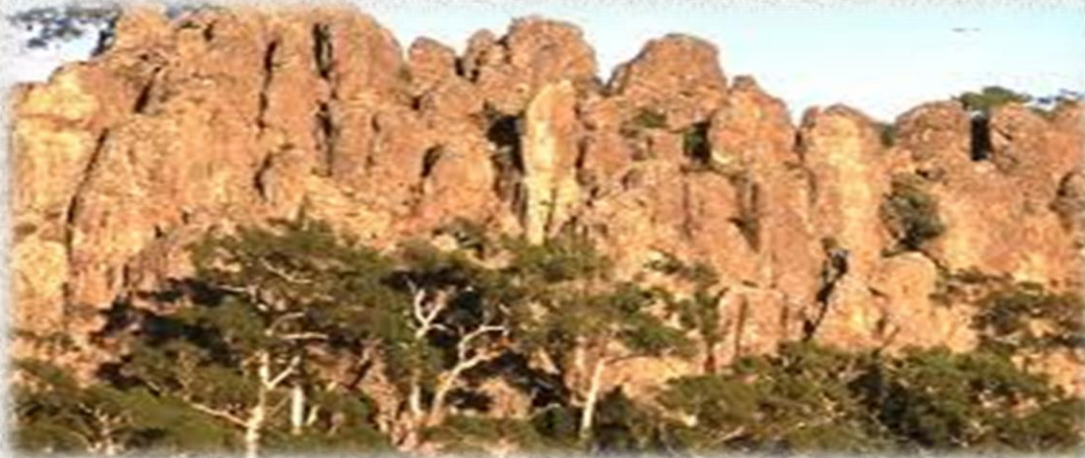


# The Macedon Ranges



- One hour North of Melbourne
- Population- 43,000 people.
- Largest communities- Gisborne, Kyneton, Romsey, Woodend.
- Dispersed population presents unique geographical service issues

*“Changes in the policy and planning environments have had significant impacts on the confidence and sustainability of the health and wellbeing service providers in Macedon Ranges Shire.”*



Source: Biruu Health

# Challenges



- Primary Health Network splits region in the middle.
- Lack of outreach from Mental Health agencies
- Lack of clarity re Ambulance Services
- Partners in Recovery/NDIS

But above all

The lived experience of navigating the complexities of the mental health system



# PSMFM Story



Founded by Gisborne mothers, Tamara Wilson and Louise Hunter in 2014.

Lived experience of caring for family members with a mental illness.

## Vision Statement –

PSMFM recognises and supports the vital responsibility of Parents/Carers and Siblings living with a family member with mental illness. No family needs experience the impact of mental illness alone. We work to inspire moments of strength, optimism and happiness.

**Self-help meets health needs**

Louise Hunter and Tamara Wilson needed support when their daughters were dealing with mental health issues but didn't know where to turn.

So the Gisborne mothers have formed a support group for parents to learn and network.

They hope P.S. My Family Matters (the first two letters stand for parents and siblings) will provide a clearer path for families struggling with mental illness.

Ms Wilson said families did not need to battle mental health issues alone.

"I had experienced a real lack of support for my family and I didn't want any other family and need... consideration, planning... and concerted action. The rest of us who chose to picture..."

"There's also the ugly factor of our town's entrance being marred with all that But Hugh McKenzie, a planning consultant turning how to... traffic congestion..."

"I strongly believe the proposed service station will not... the town," he said.

"The number of signs have been reduced around the site, some trees in the south-east corner will remain... when you come over the bridge, the petrol station is partially hidden," Mr McKenzie said the current building was set back two metres compared to the proposed building, which would be set back three.

Angela Valente

**Trentham Station SUNDAY MARKET**  
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## 3 Pillar Strategy



CARER SUPPORT	INFORMATION	COMMUNITY ENGAGEMENT
<ul style="list-style-type: none"><li>• Groups</li><li>• Forums</li><li>• One on one peer support</li><li>• Volunteer coordinator</li><li>• Coffee for carers</li></ul>	<ul style="list-style-type: none"><li>• Web site</li><li>• Facebook</li><li>• Media coverage</li><li>• Mental health first aid</li><li>• Info evenings</li><li>• Mental health expo.</li></ul>	<ul style="list-style-type: none"><li>• Health agencies</li><li>• Schools</li><li>• Community groups</li><li>• Church groups</li><li>• Local businesses</li></ul>

## Achievements to date.



- Over 200 families impacted
- Funding for a volunteer co-ordinator- Bendigo Health
- Funding for Policies and Procedures manuals- Bendigo Health
- Support from Macedon Ranges Health- Accommodation /joint activities
- Mental Health Expo held Oct 2015
- Trusts and foundations funding
- Establishment of volunteer peer support team
- Mental First Aid training program established
  
- Tamara Wilson – Australia Day award- community services- 2015



## 5 lessons we have learnt



- A compelling narrative, with a human face to it.
- The benefits of an inclusive, documented strategy.
- The need to experiment, learn and adapt.
- The value of local media.
- The kindness of others and the courage of asking.



# A compelling narrative

- Context- Macedon Ranges. Mental health. Ice.
- Lived experience
- Passion of founder- Tamara Wilson
- Australia Day awards 2015









# The value of local media



# The kindness of others



- Support from agencies
  - Bendigo Health- Funding for volunteer co-ordinator
  - Macedon Ranges Health- Office accommodation, joint promotions
- Engagement of community
  - Help in kind[meals, gardening, cleaning]
  - Donations, bequests
- Reciprocity
  - Involvement in total mental health issues







