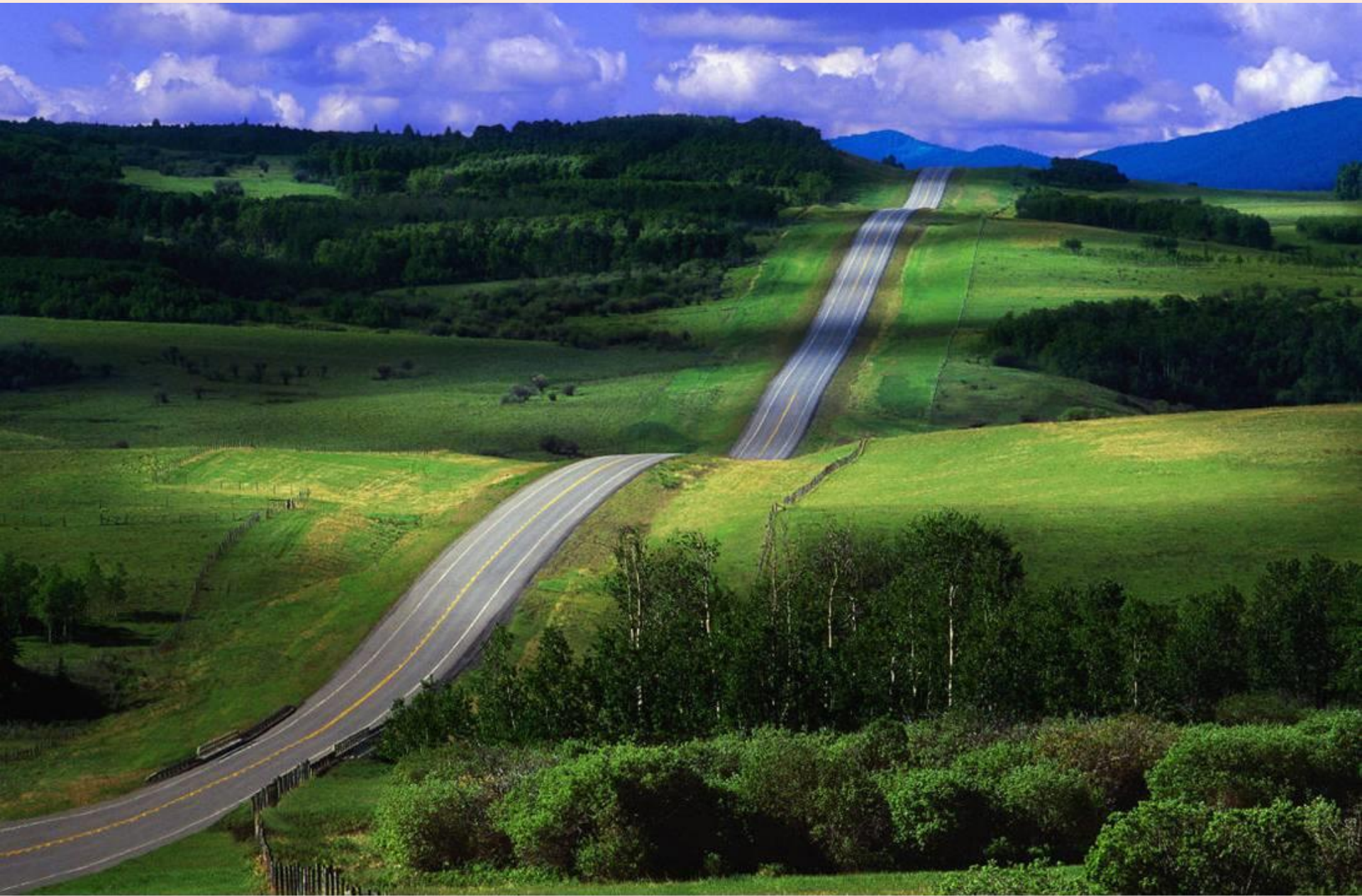


# **BPD . . . Achieving Recovery Together**

**6th October 2017 Sydney NSW**

**Jenny Learmont AM carer**



# A carer's experience of OCD and BPD

- The dark ages
- OCD and guilt
- Searching for answers
- “The boy who could not stop washing”

# BPD Diagnosis

- More guilt
- Research
- The causes are multi factorial
- In many cases no evidence of abuse

# What Positive Changes in BPD Awareness?

- Conferences
- New positive messages and understanding of BPD and its treatment
- From “too hard basket” to recovery with treatment is possible
- Less stigma

# what are the gaps?

- No support groups for carer and/or consumers of BPD in Sydney and suburbs
- Difficult access to treatment
- Lack of “care plan” in D and A settings Or other health services
- Lack of coordination between D and A and mental health services

# what helps me as a carer?

- Books
- Attending BPD conferences
- Non judgemental friends
- Less stigma

# Dual Diagnosis

- ‘No Right door’
- Alcohol can mask BPD symptoms



# What has helped with Dual Diagnosis?

- Books
- Use of mobile devices

# The New Age

- Take Today!

# Suggestions to help carers

- Support Groups
- “Are you Ok”

# Hope

“Even when times are tough, and things aren't going to plan, or the outcome is not as expected, never give up hope.

Hope is not a fairy-tale ending, but a gritty commitment to the recovery journey.

When hope is knocked down, it gets up.”

**ALWAYS** a rainbow after a storm—even during a storm

