



Australian BPD Foundation Limited

*Support Promote Advocate
for Borderline Personality Disorder*



Annual Report 2015 - 2016



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for Borderline Personality Disorder*

VISION

The **vision** of the foundation is to encourage a positive culture around BPD and the ready availability and accessibility of appropriate services for people with BPD and those that care for them.

MISSION

The **mission** of the foundation is to promote a positive culture to support the recovery journey of people with BPD and their families/carers. The Foundation also supports clinicians, health care personnel and researches working in this field and acknowledges everyone who works towards a better recognition of BPD.

AIMS

The Foundation **aims** to support and promote services which

- provide high quality accessible, timely, responsive and appropriate services, treatment and care for people with BPD and their families/carers.
- provide high quality and accessible education and support for families/carers of people with BPD
- provide high quality appropriate education for clinicians and frontline workers providing treatment and care for people with BPD and their carers /families.
- promote a positive culture for those with BPD and to advocate for accessible and appropriate services provided by highly skilled professionals offering choice within an environment of hope and optimism
- improve the well-being of people with BPD and their families/carers and clinicians and others in the community who assist them.
- provide high quality scientific research about all aspects of BPD



Report from the President: Julien McDonald

BPD Awareness Week 2016 is our most successful to date as a BPD Awareness week website has been created for the October 2016 BPD Awareness Week featuring excellent information about BPD which will contribute towards increased understanding of this distressing mental illness.

The website highlights events and activities being conducted around Australia focusing on raising awareness of BPD including of course the National BPD Conference being held in Sydney organized by the Foundation in partnership with Mental Health Carers NSW. The website also contains some excellent video clips together with a paper prepared by A/Professor Sathya, Deputy President of the Foundation "Towards developing a National Strategy for Borderline Personality Disorder." It is anticipated that this will start a national conversation via the BPD Awareness Week website. The website also encourages and supports advocacy around BPD at a political level. For more information, please do visit the website at www.bpdawareness.com.au

The increased focus on BPD Awareness Week for 2016 has been made possible through a collaborative effort initiated by Anne Reeves, National Education Alliance for BPD Australia [NEABPD (Aust)]. The collaboration brought together the Australian BPD Foundation, BPD Community Victoria, Private Mental Health Consumer Carer Network (Australia), Project Air and Spectrum The Personality Service for Victoria who have worked together with volunteer coordinator Guy Ellies to encourage and support the development of events and activities for the BPD Awareness Week 2016 and contribute to the development of the Awareness Week website.

Congratulations to Anne, Guy and all involved in this collaborative effort. The Foundation is keen to be very active in this space in 2017 as we see this as a key role of the Foundation.

National BPD Conferences: are the key awareness raising focus for the Foundation and continue to play an important role in assisting us to carry out our objectives of changing the prevailing negative culture around BPD by providing information and education to mental health professionals, consumers and carers to create a more realistic, positive and hopeful attitude to BPD.

6th National BPD Conference plans are nearly finalized. It will be held at the Wesley Conference Centre in Sydney on Thursday 6th October 2016. Mental Health Carers NSW have partnered with the Foundation to organize this conference with great support from Project Air as Platinum

Sponsors and Spectrum The Personality Service for Victoria as Gold sponsors. SANE Australia has provided silver sponsorship and Orygen the National Centre of Excellence in Youth Mental Health is a 'Friend on the Australian BPD Foundation' sponsor. The Royal Australian New Zealand College of Psychiatrists have also provided support as Friends of the BPD Awareness Week. We thank these organizations for their vital contribution in assisting us to make this important conference possible.

The program is exciting and contains an excellent mix of consumer, carer and clinician focused and delivered presentations.

The Preconference workshop "Staying Connected when Emotions Run High" an introductory workshop for professionals facilitated by Dr Annemaree Bickerton Family Psychiatrist and Toni Garretty Clinical Coordinator Family & Carer MH Program Illawarra Shoalhaven Local Health District also promises to be an excellent educational opportunity and is scheduled for Wednesday 5th October in Sydney. Details of these events can be found at:

<http://bpdfoundation.org.au/news.php?newsid=1>. The proceedings will be uploaded to www.bpdfoundation.org.au/2016.php as soon as possible after the event.

The 5th National BPD Conference was held in Adelaide in October 2015 and was a great success. It was fully booked well before the conference with over 250 registrations. The conference was preceded by a preconference dinner which provided a wonderful opportunity for networking and building relationships nationally. Congratulations to our patron Janne McMahon OAM, the SA branch of the Foundation and Rita Brown, Board member of the Foundation for a highly successful conference. For more information about the 2015 conference go to: www.bpdfoundation.org.au/new-directions-new-opportunities-2015.php

Branch Development:

Australian Capital Territory: information about services available for people with BPD and their families in the ACT is currently being compiled and discussions have been held with some people with experience of BPD in ACT with a view to a branch being developed in ACT in 2017.

New South Wales: we are very excited that Mental Health Commissioner John Feneley and Jonathan Harms, CEO Mental Health Carers NSW (MHCN NSW) will officially launch the NSW branch of the Australian BPD Foundation at the 2016 National BPD Conference. We are delighted that MHCN NSW will provide a support to the branch and that Project Air will also continue to support this development.

Northern Territory: no contacts developed at this stage.

Queensland: contacts and information being explored.

South Australia: in addition to organizing the 2015 National BPD conference, the SA Branch ran a preconference workshop with Professor Andrew Chanen which was very successful with 70 + attendees. Andrew spoke about "The HYPE program: Prevention and Early Intervention Approaches for Emerging Personality Disorder in Youth" which is run by Orygen Youth Health in Melbourne. A GP training event for 25 GP was also held. The training was provided by Dr Martha Kent and Catherine Bennett. The SA branch has also initiated training for mental health professionals through the Mental Health Professionals Network and this has been highly successful (see later section on MHPN) with three meetings held since its establishment.

Victoria: has developed a Guide to Accessing Services for Borderline Personality Disorder in Victoria which was to be launched by Ms Leanne Beagley, Director Mental Health and Drugs, Victorian Department of Health following our AGM in 2015. Copies of the Guide may be downloaded from www.bpdfoundation.org.au/images/Vic_Guide_2.pdf or alternatively contact us and we will mail a copy to you.

Western Australia: discussions are continuing to explore possibilities of holding the 2017 conference in WA and it is anticipated that this will assist in the formation of a branch of the foundation in WA. Project Fenix is also interested in the development of a branch of the foundation in WA.

Mental Health Professionals Network (MHPN):

The South Australian branch has coordinated three SA BPD Clinical Network meetings through the MHPN in 2016. The inaugural March meeting featured Dr Paul Cammell who presented on **“Borderline Personality Disorder: Trends in training, research and service provision,”** June featured Dr Martha Kent **“Good care for people with Borderline Personality Disorder”** and most recently September with Dr Jackie Amos, **“BPD - Understanding and practical tips.”** All are psychiatrists with a keen interest in furthering the understanding of BPD in SA. We requested the presenters to focus on practical ways in which the roles as clinicians could be enhanced. The meeting capacity filled very quickly for all three with many on the wait list. Some 80+ people registered within the first 48 hours for each meeting meaning that the venue required additional rooms which were able to be converted into one large area. The normal numbers for MHPN meetings is usually around 20 people so the interest driven by the SA Branch has been phenomenal.

The Victorian branch of the foundation has followed the lead of SA in also organizing training in BPD through the MHPN. The response has also been excellent with over 60 registrations for each of the sessions run to date. The 2 sessions for this financial year are:

Responding effectively to BPD: Challenges for the service system: provided by Dr Peter McKenzie, Bouverie Centre and Katerina Volny, Clinical Psychologist and Advocate for BPD.

Early Intervention for Young People with Borderline Personality Disorder: will be provided by Professor Andrew Chanen, Director of Clinical Services at Orygen Youth in Melbourne on Thursday 13th October as a Mental Health Week event. This will follow the AGM.

A big thank you to Angela Miller and the team from the MHPN for assisting with and supporting these educational activities.

The Victorian Branch also organised an information evening for everyone interested in the topic of **“Parenting and BPD”:** provided by Rose Cuff, FaPMI program, Bouverie Centre and Hannah Dee, a parent with BPD and author.

Communications: we are delighted to have redeveloped our website making it easier for people to navigate and source information. A big thankyou to Rita and Designscope for their work on this. We are also pleased to be partnering with SANE Australia in providing access for people with BPD and their families/carers to the SANE consumer/carers online forums.

Our members and contacts are updated through our website, emails and many phone calls. Only one newsletter was circulated in the last financial year and another one is in process at present. We hope to increase the frequency of our newsletter in future years.

Sadly we learnt of 3 people impacted by BPD who ended their lives during this last financial year. The families of these people made contact with the Foundation as they wished to arrange memorial donations to the Foundation to support the work we do to inform, educate and advocate for better resources and services for people with BPD. One family requested BPD wristbands which we willingly supplied to increase awareness around BPD.

We feel for these families and the terrible pain of their family member. We deeply appreciate the support given to the Foundation by these families and their wish to improve the future for others experiencing this distressing mental illness. Such support strengthens our resolve and determination to work hard to change the culture and advocate for access for appropriate treatment and support for people with BPD and their families/carers.

The Foundation regards its role in distributing information, informing people about services and resources and promoting educational events and activities as of prime importance and we undertake this mainly through our website and contacts with other organizations. Please let admin@bpdfoundation.org.au know of any information relevant to BPD that you would like promoted.

Fund Raising: as the Foundation does not receive any government or corporate funding we are reliant on the commitment of a small band of volunteers to carry out our important work. We gratefully receive donations through our website, in Memorial Donations and the Good2Give Workplace Giving Program. Some funds are raised through the conference, provision of training to mental health professionals, sale of books and other fund raising activities.

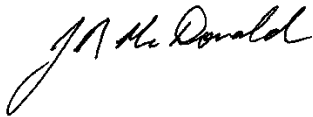
A Fundraising lunch to support the work of the Australian Borderline Personality Disorder (BPD) Foundation was held at the Dunyazad Lebanese Restaurant in North Balwyn in June 2016. Terry Laidler, clinical psychologist and well-known former ABC radio presenter was MC for the event and guests were able to enjoy excellent food and wine whilst being inspired by several special guest speaker presentations including:

- Neuroplasticity: cause and cure for BPD: Haley Peckham, a neuroscientist, nurse and consumer
- A Carer Perspective: Estelle Malseed, carer
- A Clinical Perspective: Associate Prof Jo Beatson, Senior Clinical Advisor to Spectrum the Personality Disorder Service for Victoria

Thank you: a special thank you to fellow board members for their ongoing hard work and commitment to the Foundation, the Board and staff of Tandem Inc. for the generous in kind support provided, Janne McMahan for her wise counsel and support, Jo Beatson for the professional skill, experience and support so generously provided, Pat Rogerson for administrative support, the Bouverie Centre for enabling the Foundation to hold training and meetings at the Bouverie Centre, Dr Peter McKenzie for support provided to the Foundation and Angela Miller from the Mental Health Professionals Network for partnering with the Foundation to provide training in BPD to the clinical workforce.

Also a huge thank you to Mental Health Carers NSW for a great partnership in organizing the 2016 National BPD conference and the wonderful support provided to establish the NSW branch of the Australian BPD Foundation.

Thank you also to the many friends and supporters of the Foundation who contribute in so many ways to support our work. We feel very proud to have been able to maintain a balance of people with BPD, families/carers and mental health professionals in our many activities and look forward to a positive and productive 2017.



Julien McDonald September 2016

President

Australian BPD Foundation.

Report of the 5th Annual National BPD Conference

held in Adelaide on 2nd October 2015



*The Board of the Australian BPD Foundation at the Conference.
L to R: Julien McDonald
(President) Janne McMahon
(Patron) Rita Brown, Katerina
Volny (Secretary), Dr. Sathya Rao
(Vice President)*

The 5th Annual National Borderline Personality Disorder Conference was held on Friday 2nd October 2015 at Flinders University in Adelaide. The Faculty of Health Sciences building was made available to participants, who were able to appreciate the natural serenity of the University surrounds during conference breaks.

The Conference M.C. was De Backman-Hoyle who introduced Penny Wright to officially open the Conference. Penny Wright is a former Greens Party Senator and a passionate advocate for mental health awareness. Senator Wright immediately engaged a capacity crowd of more than 250 people.

Senator Wright reflected on her time in the Senate and documented her [Grab your reader's attention with a great quote from the document or use this space to emphasize a key point. To place this text box anywhere on the page, just drag it.]

understanding of the daily struggle that consumers experience.

Senator Wright's comment resonated with participants when she said: *'I have learned how difficult it is for some people to get out of bed – every day takes courage'.*

The Conference Keynote Speaker was Professor Andrew Chanen, Director of Clinical Services at Orygen Youth Health Clinical Program. Professor Chanen has a major involvement in many organizations and presented a dedicated and compassionate view of the importance of early diagnosis of mental illnesses such as BPD. Professor Chanen's address New Directions in Borderline Personality Disorder gave an outline of how people with BPD present themselves in our community. Challenging the belief that BPD cannot be diagnosed early, Professor Chanen outlined that BPD is the same disorder in youth as in adults, and can be fully developed by age 18. He emphasised the degree to which BPD is associated with poor physical health and that severe and persistent disability is an under-recognised and devastating hallmark of BPD.

Professor Chanen outlined that 1 in 5 patients have traits of BPD, that Conduct Disorder, Oppositional Defiant Disorder and Attention Deficit Hyperactivity Disorder can all be considered clues to a possible diagnosis of BPD.

Professor Chanen further outlined that unemployment due to illness and extreme difficulty in regulating emotions can have the effect of scarring a consumer's self-esteem for decades, producing a self-perpetuating cycle. People with BPD have the strongest association of any population group with being the recipient of disability benefits.

Professor Chanen discussed the various treatments helpful for people with BPD. He believes that good clinical care and structured psychological and psychiatric management can work as well as specialised treatments and that the primary focus should be developing the consumer's life function skills rather than treating symptoms and behaviour.

Conference participants were then addressed by speakers for whom BPD is an ongoing and continually changing reality. Three perspectives were given - Consumer, Carer and Clinical Psychologist.

Consumer Catherine Bennett outlined her journey with BPD with her Address Recovery – A Lived Experience. Catherine's journey has taken many years and her stories resonated with many in the Conference. Her defining moment came when she recognised that there was *something missing* in her recovery. She had been unable to take responsibility for herself and her actions. She wanted *someone else* to fix her problems. She did not believe in fighting to recover – *it was too hard, she hated herself*. Catherine eventually realised that only she could initiate change. Catherine now believes the *Essentials for Recovery* are: the right therapist and treatment, the right medication (if appropriate), the right psychiatrist and the right support people. Catherine is an advocate for recovery from BPD and her continued success and participation in life is a reminder that recovery is indeed possible.

Karen Bailey from South Australia outlined her journey as a carer for her daughter with BPD. Karen knows the difficulties that everyday living brings for her daughter. The ongoing issue of how to *quell the pain inside* is ever present and invariably leads to destructive and addictive behaviours. The emotional dysregulation is a rollercoaster – one which a carer is also destined to ride.

Karen believes passionately that clinicians need to discuss their patients' situation with the family. Karen says Carers need to know what happens so that they can work on the home front and they and the clinicians can be on the same page.

Karen believes support and information is essential for Carers and cited Partners in Recovery and the Semi-Colon Project as programs that have been of assistance to her as a carer.

From her experience Karen also believes *that psychotherapy is more effective than medication*.

The goal for consumers is to become independent, and able to develop stable life skills.

Clinical Psychologist Professor Brin Grenyer is the Director of the Project Air Strategy for Personality Disorders - a project funded by the Health Department of NSW. The Project Air Team work with patients, carers and their families to develop solutions where everyone works together. Project Air's name derives from air symbolising life and hope.

Professor Grenyer also believes that effectively managed clinical care works as well as specialised treatment programs.

The Conference offered Concurrent Sessions for participants to attend. Each session offered a different perspective. Topics were:

- Commonalities in Therapeutic Approaches,
- What might a Model for a Statewide Service
- Look like and Making Sense of it All.

All three presentations were informative and thought provoking and offered participants the opportunity to raise questions for challenging discussion. Most importantly these sessions offered different perspectives to be shared with those in the wider community. Panel Members included Dr. Clara Bookless, Dr. Jackie Amos, Dr. Sathya Rao, Dr. Martha Kent, Ms Sonia Neale, Ms. Anne Reeve, Mrs. Judy Burke.

The next presentation was given by Dr. Cathy Kezelman who is a medical practitioner and President of ASCA (Adults Surviving Child Abuse). Dr. Kezelman is a passionate advocate for and leader in trauma informed policy and practice and has worked closely with the Royal Commission into Institutional Responses to Child Sexual Abuse.

Dr. Kezelman raised many questions concerning the complex needs of survivors of child abuse and more broadly the ongoing treatment needs of consumers who have experienced other forms of trauma. Dr. Kezelman argued that survivors of trauma have, at times, been unnecessarily retraumatised by health professionals who lack the appropriate skills and understanding to deal with them. This results in an invalidating experience and does little to rebuild trust and empowerment. Dr. Kezelman encouraged the necessity for trauma survivors' needs to be handled with more compassion, advocacy, and depth of understanding.

Dr. Paul Cammell is a psychiatrist, academic and psychotherapist. He is affiliated with Flinders University and Flinders Medical Centre and has recently been appointed as Chair of a committee tasked to lobby for the establishment of a South Australian statewide Personality Disorder service.

Dr. Cammell's presentation was entitled 'Moving Forward'. Originally trained in Philosophy, Dr. Cammell gave an interesting and informative presentation outlining the history and development of the understanding of Borderline Personality Disorder. He is interested in relating philosophy to

theories and clinical approaches in psychiatry, psychotherapy and psychoanalysis. He has recently published a book focusing on Borderline Personality Disorder.

Dr. Cammell noted that as a health professional he is constantly aware that consumers need an individualised treatment approach as there is the constant concern of triggering past fears.

Following an overview of presentations and a wrap-up of the day the Conference was formally closed by Janne McMahon, Chair and Conference Co-Convenor and Patron of the Australian BPD Foundation.

Participants were thanked for their attendance and ongoing commitment to raising awareness of Borderline Personality Disorder within their own communities and invited to attend the 6th Borderline Personality Awareness Conference which it is hoped will be held in Perth in 2016.

Conference presentations are available on our website

<http://www.bpdfoundation.org.au/2016.php> and on our YouTube channel

<https://www.youtube.com/channel/UCu74-57DZP1CLC-9Q09P7NA> .

Report written by Deb Ringwood (October 2015)

Report on planning for the 2016 Conference

Sydney 6th October 2016



It was planned to hold this year's conference in Perth. For a number of reasons this was not possible so the Board approached Mental Health Carers NSW for their support in planning a conference in Sydney. This will be held at the Wesley Convention Centre, Pitt St, Sydney on 6th October 2016. The theme for the conference is "Achieving Recovery Together".

The MC for the day is Julie McCrossin the well known Australian radio broadcaster, journalist, comedian, political commentator and activist for women's and gay rights

Welcome to Country – Donna Ingram

Conference Opening and launch of the NSW Branch of the Australian BPD Foundation – NSW Mental Health Commissioner John Feneley

Keynote Presentations:

- Consumer keynote 'Creating and Sustaining Recovery Within BPD' – Mahlie Jewell
- Carer keynote 'Achieving Recovery Together' – Jenny Learmont AM Hon MD

- 'Overview of the Project Air Strategy for Personality Disorders and challenges to implementing BPD treatment principles within the NSW public and private mental health systems' Prof Brin Grenyer (Project Air Strategy)
- 'Hope and Optimism for BPD in Australia' – A/Prof Sathya Rao (Spectrum Personality Disorder Service for Victoria).

A number of concurrent workshops will be held in the afternoon:

- 'Consumer Panel - *'What works for me: consumer stories'*
- 'Carer Panel - *'Achieving Recovery Together: carer stories'*
- 'Borderline Personality Disorder and Substance Use' by Dr Chris Willcox (Head of Psychology Hunter New England Mental Health, Conjoint Associate Professor, School of Psychology, University of Newcastle)
- 'BPD: a Social and Emotional Wellbeing Perspective' C. Minchin & K. Zulumovski (Charles Sturt University, Gamarada Universal Indigenous Resources)
- 'Dialectical Behaviour Therapy: states of mind, mindfulness and crisis survival skills' Chris Willcox Head of Psychology Hunter New England Mental Health, Conjoint Associate Professor, School of Psychology, University of Newcastle
- 'Breaking the Code: BPD, relational mindfulness & families' Dr Peter McKenzie (Bouverie Centre, Latrobe University)
- 'Towards a Conceptual Framework of Recovery in Borderline Personality Disorder' Fiona Ng (Project AIR, University of Wollongong, Sydney)
- 'Self-harm in high school students: issues, controversies & responses' Dr Michelle Townsend (Project AIR, University of Wollongong, Sydney).

The Australian BPD Foundation acknowledges the support of Mental Health Carers NSW in presenting the conference and the generous Sponsorship of the following sponsors:

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Friends of Australian BPD Foundation



In addition a preconference workshops is planned for mental health professionals and peer workers looking at the "Staying Connected When Emotions Run High" a program developed by Dr AnneMaree Bickerton and Toni Garrety working in partnership with Project Air.

Rita Brown (Conference Planning Committee)

September 2016