



Support Promote & Advocate for Borderline Personality Disorder



Annual Report

2013 - 2014



Support Promote & Advocate 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 Chair: Julien McDonald

2014 has been a truly exciting and productive year for the Australian BPD Foundation due to the awe inspiring voluntary efforts of a dedicated and passionate band of volunteers. In particular I would like to thank and acknowledge Rita Brown as our hard working volunteer administrator, office worker, membership coordinator, newsletter creator and publicist and general 'can do' wonder woman. Special thanks and acknowledgement also to Estelle Malseed our tireless Secretary and Conference Coordinator who, despite her other many and varied responsibilities, has been tireless and passionate in her contribution to the Foundation. The ongoing inspiration and wisdom emanating from Dr Sathya Rao as Deputy Chair and Director of Spectrum Service for Personality Disorders in Victoria has also been greatly appreciated. Keith Warren has been invaluable in his role as Treasurer which has been key to ensuring we have had the necessary understanding and documentation to achieve company registration, Charitable and Deductable Gift Recipient (DGR) status, so helpful for obtaining grants and donations. Grateful thanks also goes to DLA Piper for their pro bono legal assistance in achieving Charitable and DGR status. And then there is our hard working, enthusiastic and energetic conference planning committee!

The generosity of Tandem, peak body for Victorian Mental Health carers, in providing free office space, telephone, computer and printer access has facilitated establishment of our web site, development of our newsletter and establishment of our membership base which is gradually expanding. It has also supported our establishment as an appropriately registered company which we are proud to have achieved. This now lends strength to our efforts to establish branches in all states so that we become a truly representative body. We are delighted that South Australia now has a branch of the Australian BPD Foundation and we are moving to support similar developments in other states. I will be taking the opportunity of attending the THEMHS conference in Perth to make contact with interested people from other states with this in mind.

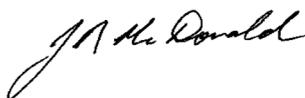
The inaugural newsletter and our website has been productive in facilitating communication between people from different states around Australia and also has created some international contacts. As all of our communications carry a message of hope and optimism, we will gradually break down the negative mythology surrounding BPD. The support you give to this work is greatly appreciated.

It has been wonderful to see the different states taking on the mantle of holding National BPD conferences, first South Australia in 2012 and then ARAFMI New South Wales in 2013.

Both were enormously successful events and promoted understanding of BPD and the many approaches to supporting recovery. We look forward to making a Victorian contribution in October 2014 by holding the conference at the Darebin Arts and Entertainment Centre, Preston, Melbourne. The program is packed with an excellent array of stimulating speakers and workshops and a real balance of consumers, carers and clinicians contributing. I hope to see you there!

We hope to launch some Help Tips for the many people affected by BPD at the conference and are currently working on finessing these. We are also assisting some other organizations in revising their BPD material to ensure that the material is evidence based, contemporary and conveys a spirit of hope and optimism so important to recovery.

We are delighted by the SANE Australia decision to award the Hocking Scholarship to Sonia Neale, a West Australian woman who has recovered from BPD. The scholarship will enable Sonia to embark on an overseas study tour to research BPD focused services, programmes and support groups with the view to implementing relevant findings to create new and enhance existing services in WA and the rest of Australia for consumers, carers and their families affected by BPD. This is a wonderful recognition of the importance of BPD as an area that needs attention. We believe Sonia's work will make an important contribution to decreasing the stigma surrounding BPD and assist in creating a culture of hope and optimism where people know that recovery is possible.



Julien McDonald August 2014



Report from the Secretary: Estelle Malseed

The first year of our fully incorporated Foundation has been highly productive, especially considering all input from board members and volunteers has been pro bono by people with heavy work and life commitments. The philosophy of inclusion for all people affected by BPD has been very actively pursued and worked well with the three interest groups, consumers, carers and clinicians actively involved in planning and implementation of all projects.

The most significant program has been the planning and development of the 4th Annual National Borderline Personality Disorder Conference to be held on 2nd October here in Melbourne. Titled 'BPD.....What Works!' The theme is a positive and hopeful one that treatment can and does work. It has evolved from our mission to break down the erroneous belief held by many people, including clinicians, that BPD is untreatable. A full program of keynote speakers and workshops will highlight the diversity of experiences for all people affected by BPD, the treatment options available, current research findings, and experiences of recovery.

The Foundation has reached a point where State branches need to be developed to be more inclusive of local requirements. South Australia is already off the ground. The first meeting of the proposed Victorian Branch will be held on September 2nd.

Our first newsletter has been produced with the second one on the way. The Foundation has a web site and is active on a number of social media sites. Information Sheets are being developed and our information resource database is continuing to grow.

We urgently need more volunteers to assist us achieve the very important goals we have set.

An application for a grant from the Australian Government – Department of Social Services has been made to enable us to establish an office with a staff of 4. Meantime many, many hours have been spent by our board and especially Rita Brown to hold it all together. We gratefully acknowledge the provision of pro bono office space by Tandem, the peak body for mental health carers.

Thank you and let us continue the vision into the next year.

Estelle Malseed,

Estelle Malseed August 2014



Report from the Conference Sub Committee Chair: Estelle Malseed

“BPD.....WHAT WORKS!”

The conference sub-committee, with representatives who have lived experience, carers and clinicians, has met regularly this year and the program for the 4th Annual National BPD Conference is nearly finalised. Our core philosophy is to be inclusive of all groups affected by BPD.

The keynote speakers and workshops have been selected to represent the positive message that treatment can work, significant remission of symptoms can be achieved and recovery is a realistic

goal. There will be a diversity of experiences, research findings and treatment options explained and ample opportunities for questions and discussion.

Publicity has commenced and bookings are open.

Our partners are;

- Victorian Mental Illness Awareness Council [peak body for consumers]
- Tandem: peak body for Victorian mental health Carers,
- Spectrum Personality Disorder Service Victoria
- The Private Mental Health Consumer and Carer Network [Australia]

We applied for a grant under the Mental Health Conference Funding Program and received a \$10,000 Grant. In addition we have sought sponsors. Our sponsors at the time of writing are: Spectrum Personality Disorder Services Victoria, St John of God Hospital; Tandem and MIND Australia. Some sponsorships arrangements are still to be finalised.

Final program includes:

MC: De Backman- Hoyle

Welcome to Country: Auntie Joy

Message of Support: Senator Penny Wright: via DVD as Senate will be in session.

Opening address:

- A/Prof Dr Andrew Chanen: President International Society for the Study Personality Disorders & Medical Director Orygen Youth Health

Keynote Speakers:

- Dr Roy Krawitz: Honorary Clinical Senior Lecturer Auckland University and Waikato District Health Board New Zealand
- Dr Sathya Rao: Clinical Director Spectrum Personality Disorder Service for Victoria.

'DBT Actively Evolving a Response to Research Data.'

- Fred Ford: Carer

'Recovery the Lived Experience of a Partner'

- Catherine Bennett:

'Recovery: A lived experience'

- Peter King: PhD [Candidate] Grad Dip Com Psych Nursing BN

Interim Report on his research into 'What Works'

Workshops:

- Dr Peter McKenzie: Bouverie Centre

'Fostering Realistic Hope'

- Newcastle Family Support: Consumer, carer and clinician
'The Emotional Wisdom for People with Lived Experience of BPD'
- Barbara Mullen: Carer
'Validation'
- Lived Experience Panel Discussion facilitated by Hannah Meurer: VIMIAC
'What Has Worked for me'
- Amanda Johnson: Melbourne DBT Clinic:
'Therapy Options That Work Explained'
- Graeme Lamont; Senior Psychologist Eastern Health –Eastern Dual Diagnosis Service.
'Co-Occurring Substance use /BPD What Can Help'
- Ian Brooks and team : MIND {ARAFEMI}
'Getting Off the Roller Coaster, Our Experience in Supporting Carers'
- Jan Giffin: Clinician Orygen Youth Services and Bouverie Centre
'Family Oriented Practice'
- Rose Cuff: Bouverie Centre
'Having the Conversation: Principles of Talking With Children, Young People and Families when a parent has BPD'
- Indigo Daya: Person with Lived Experience: Consultant Mental Illness Fellowship
'Trauma and BPD'
- Lee Crothers: Orygen Youth Services
'HYPE program and early intervention in BPD'
- Chill out area and an active recovery space .

We are anticipating a very lively, positive and productive day.



Estelle Malseed August 2014