



Australian BPD Foundation Limited

*Support Promote Advocate
for Borderline Personality Disorder*



Annual Report 2018 - 2019



THE BOARD

Mrs Rita Brown - President

B Pharm
Lived experience as a carer for a person with BPD
Carer Consultant

Associate Professor Sathya Rao – Vice President

MBBS, MD, DPM, DNB, FRANZCP
28 years experience as a psychiatrist

Mr Keith Warren - Treasurer

Fellow of the Institute of Chartered Accountants
41 years experience as a principal in his own public accounting practice

Ms Karen Bailey – Secretary

BA Library & Information Management.
Experience as a carer of a person with BPD.

Mrs Estelle Malseed

BA Diploma Social Studies (Melbourne)
60 years experience as a social worker and mental health carer

Dr Sherilene Carr

PhD, Psychology
Career across University & Government bodies within the field of Psychology & Behaviour research working in organisations such as Monash University and the Australian Taxation Office.

Mrs Geri Taylor

BHA, MPH, FCHSM, FIML & MAAG
Career in health administration and senior policy roles in Government and regional health authorities with understandings across general and some mental health issues.



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VISION

The **vision** of the foundation is that people with BPD are acknowledged as having a mental illness that requires access to appropriate treatment and support for themselves and their families / carers.

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

VALUES

- Respect: for those the Foundation intersects with and all those in its' constituent base
- Honestly & Integrity: we walk the talk openly and consistently
- Tolerance: for those who disagree with our positions and opinions and beliefs
- Loyalty: to the Foundation's causes
- Humility: in the manner we accept our failures and celebrate our successes
- Acknowledge: the value of those with lived experience and the value and the contribution of families/carers and clinicians in supporting them



Report from the President: Rita Brown

Dear Members

On behalf of the Board of the Australian BPD Foundation I am very pleased to present our Annual Report for 2018. It has been a very positive and busy year for the Foundation and I have enjoyed my first full year as Chair/President.

There are so many highlights for the Foundation this year. I would like to begin by thanking you, our members, both individual and organisations, supporters and partners for your ongoing support.

2018/19 has seen a number of once in a generation opportunities for advocating for true and lasting mental health reform.

In October 2018, the Government announced a Productivity Commission inquiry into the role of mental health in supporting economic participation and enhancing the nation's productivity. Over 18 months, the inquiry will consider how mental illness can affect all aspects of a person's quality of life including physical health, social participation, education, employment and financial status. The foundation submitted an initial submission (access <https://bpdfoundation.org.au/advocacy.php>) and we are in the process of drafting our response the Commission's draft report released on the 31st of October (access <https://www.pc.gov.au/inquiries/current/mental-health#draft>)

Royal Commission into Aged Care Quality & Safety (<https://agedcare.royalcommission.gov.au/>)

We feel this is an important area - the lack of knowledge around the diagnosis of BPD and how to appropriately care for the aged population who have a diagnosis of BPD is potentially resulting in unnecessary distress for the person (inappropriate interactions and possibly overuse of restraints), their family and to service providers (either 'in home care' services or within an aged care facility).

Our submission is available <https://bpdfoundation.org.au/advocacy.php>

VICTORIAN Government Royal Commission into Mental Health (<https://rcvmhs.vic.gov.au/>)

In late 2018 the Victorian state government announced a Royal Commission into Mental Health in Victoria). The Commissioners are tasked with 'investigating and reporting on how Victoria's mental health system can most effectively prevent mental illness, and deliver treatment, care and support so that all those in the Victorian community can experience their best mental health, now and into the future'.

The Foundations formal submission to the Royal Commission is available for download <https://bpdfoundation.org.au/advocacy.php>. Thank you to everyone who shared their experiences to inform our submission. I have a meeting with the Commission later this month to further advocate for the

importance of providing timely, empathic treatment and support for people with BPD and their family and those that support them.

Finally the **Royal Commission into Violence, Abuse, Neglect and Exploitation of People with Disability** (<https://disability.royalcommission.gov.au>) is taking submissions and holding Public Forums around Australia. We know people with Dual Disability (Mental Illness and a physical or intellectual disability/acquired brain injury) often experience extreme disadvantage and anxious to advocate for them as well. We are currently looking for community input to inform our submission. Please contact us on admin@bpdfoundation.org.au if you feel you can assist.

We owe a huge debt of gratitude to Statewide Services (Eastern Health) in providing us with office space and support. We are exceedingly grateful. We are also indebted to Price Gibson Chartered Accountants who audit our Annual Financial Report on a pro bono basis. Thank you to both organisations.

Last, but certainly not least I am indebted to the Board who are always supportive with a 'can do' attitude and a small, dedicated and energetic group of volunteers who support us and the Foundation in the other states. Whilst we have achieved a lot over the past year we realise that we cannot sit back and 'pat ourselves on the back'. There is still much to do.

Our membership continues to grow and at 1st November we had nearly 900 members.

National BPD Training & Professional Development Strategy

Stage 1 – Our final webinar was held in November 2018 and attracted a strong audience. I presented a poster at the RANZCP congress in Cairns on the outcomes of the webinars, an online virtual library and development of networks for mental health professionals. The webinars continue to be viewed via our website <https://bpdfoundation.org.au/national-training-strategy.php>.

Our major project this year has been the rollout of Stage 1 and the commencement of Stage 2 of our 'National BPD Training Strategy'

Stage 2, developed by Project Air Strategy for Personality Disorders in NSW in partnership with the Foundation and Spectrum, is a series of 5 online eLearning modules titled '*Effective Psychological Treatment for BPD: an eLearning program*' to support mental health workers and service providers access the knowledge and skills to best provide evidence-based treatment and support to the person with BPD and their family/carers went 'live' in April 2019. To date nearly 300 clinicians have completed the modules.

This e-learning program requires completion of 5 modules and includes a combination of information, linked resources and videos and a series of questions to check learning.

- Module 1 - What is effective care for BPD
- Module 2 – How to effectively engage people with BPD in treatment
- Module 3 – How to reduce crisis and increase safety to promote recovery for people with BPD
- Module 4 – Working actively with people with BPD and connecting with carers, partners and family
- Module 5 – Successful BPD treatment: A guide for healthcare workers

Upon completion of all modules and passing a multiple choice test a Certificate of Completion is issued.

Participants who have completed the modules will be invited to submit an expression of interest to participate in Stages 3 and 4 of the Strategy.

Stages 3 and 4 – Face to face “Core Competency for working with BPD” workshops across Australia, “Train the Trainer” workshops and ongoing supervision and support for the life of the project

We were successful in our grant application to the National Mental Health Commission to secure funding to complete the Strategy. The next step is a series of face to face workshops. The curriculum is currently being developed and workshops will be held across Australia starting early 2020. To register your expression of interest go to <https://tinyurl.com/semuzas> .

The second phase is a series of 'Train the Trainer' workshops and the development of the establishment of a register of endorsed trainers.

We wish to acknowledge the financial support of the National Mental Health Commission.

BPD Awareness Week 2019



In 2019 the Foundation once again collaborated with a group of organisations and individuals to organise a campaign for BPD Awareness Week which runs from 1-7 October.

Professor Mike Hazelton from the University of Newcastle was the Ambassador for the year's awareness week. You can watch his message at www.bpdawareness.com.au/

The theme chosen this year is the same as for our annual conference - BPD: Best Practice Deserved. The campaign used a strength-based approach to embed the Clinical guidelines and other evidence-based practices into the treatment structures of services working with people living with BPD. We believe that best practice care changes the narrative around Borderline Personality Disorder and highlights the high rate of recovery from this complex mental health issue.

I wish to acknowledge the work of three people in particular - Mahlie Jewell, a graphic designer and a National Advocate for BPD who designed all the resources for the 2019 campaign, Kris Murphy who totally redesigned the BPD Awareness Week website to be much more user friendly and Karen Bailey who coordinated the campaign. Last, but certainly not least, all of you who helped us to develop the content and responded to one of our surveys.

Mahlie's resources are available for free download <https://www.bpdawareness.com.au/resources/>. Follow the campaign on Facebook: BPDawarenessweek Instagram: bpdawarenessweek and Twitter: @BPDawarenessWK

A number of events were held around Australia to raise awareness of BPD ranging from workshops, picnics and a walk along the beach with Border Collies.



Karen Bailey and myself attended Project Air's conference in Wollongong 7-8th November. A lot of interested was generated by the BPD Awareness Week resources designed by Mahlie Jewell a Lived Experience Advocate and graphic designer from NSW. It was inspiring to see so many people wanting to make a difference and improve the lives of people with BPD. A huge "Thanks" to the project Air team.

We acknowledge, too, a grant from the NHMC to enable us to generate the campaign and make posters, badges and postcards to be available at BPD Awareness week events.

(L-R Karen Bailey, Lucy Brogden AM [National Mental Health Commissioner] and Rita Brown at Project Air's conference)

9th Annual National BPD Conference - *“BPD: Best Practice Deserved”*

The theme for this, our 9th National conference is BPD: Best Practice Deserved and aims to highlight that BPD can no longer be regarded as untreatable and that people with BPD (and their families) deserve equitable access to the treatment and support they need. The 2019 conference will also explore some of the controversies surrounding this diagnosis while showcasing leadership of those with lived experience.

Our keynote speaker will be Prof Jayashri Kulkarni presenting on *‘Borderline Personality Disorder - Controversies, Challenges and Collaborations’* which I feel will set the tone for a day of networking and sharing and learning from each other.

Other Lived Experience Plenary Sessions include:

- **Carissa Wright** (WA): *“Embracing BPD”*
- **Mahlie Jewell and Kyla Cassells:** *“Consumer and Carer Perspective on Living with BPD: Storms and Sunshine - 20 years of friendship with BPD”*
- **Aaron Fornarino:** *“Using Yourself: A Discussion on Self-Soothing and Making Long-Lasting Changes to Habitual Thinking Patterns”*
- **Tania Lacey** will present via video from Berlin about her life with and recovery from BPD

Breakout Sessions and Workshops Including:

- Panel of people with lived experience of BPD
- Carer Panel of family or other carers of people with lived experience of BPD
- Exploring the peer workforce
- NDIS panel - Supporting eligible people to get into the NDIS (and making it work once they’re in) from the consumer, carer and clinician perspective
- Snapshot of current research
 - *Fiona Donald (Spectrum; Monash University) – consumer perspectives on personal recovery
 - *Julian Nolan (Deakin University) Is there any relationship between BPD and Sexual Diversity Status?
 - *Elise Carrotte (Sane Aust) - Exploring the Experiences of Healthcare Professionals Regarding BPD
 - *Emily Molyneux (Deakin University) Romantic Relationships and BPD
- Mindful Self Compassion workshop with Kathleen Cator

The Clinician’s Training prior to the conference will be presented by Associate Professor Sathya on the topic ***Working with complexity - associated with BPD***

This one-day workshop will focus on working with complex clinical situations associated with treating people with BPD. Following are some of the examples:

- Managing suicide risk
- Managing BPD in the presence of coexisting depression, bipolar disorders, psychosis etc.
- Working with anger and aggression associated with BPD
- Working with people with BPD who have complex and challenging relationships
- Working with people with BPD who don’t engage with therapy

A thank you also to our sponsors the Spectrum Personality Disorder service, St John of God Hospital, Epworth Private Hospital without whose generosity such events would not be possible.

eBulletin and 'BPD Advocate'

Our monthly 'eBulletin' aims to provide up to date information about events, training opportunities, research and other relevant information and the 'BPD Advocate' a newsier style with interviews with people with lived experience, carers and clinicians and other relevant information in greater depth. These two publications now have a distribution of nearly 1500. I wish to acknowledge and say thanks to Karen Bailey, our editor, for the detailed and demanding work involved in seeking and collating relevant information. Researching for the eBulletin has highlighted the fragmentation of services, the lack of services outside the capital cities and the challenges accessing treatment and support *when* needed. Thank you to all our contributors who provide us with relevant information for inclusion.

Project Air 13th International Treatment of Personality Disorders Conference – Nov 2019

The Australian BPD Foundation and 'Being' (the NSW Consumer organisation) and Mental Health Carers NSW were invited to assist in planning the Consumer and Carer Day held as part of Project Air Strategy's Annual conference in Wollongong. This year two Board members, Karen Bailey and myself attended and promoted the work of the Foundations and the resources developed for BPD Awareness Week,

It's fantastic to hear the Voices of Lived Experience informing and promoting changes to the system.

Congratulations to the Project Air Team at the University of Wollongong for hosting such an excellent event.

Petition "INCREASE to 40":

Increase Medicare funded Better Access initiative to 40 visits for Borderline Personality Disorder and other complex mental illnesses



We are collecting signatures for a petition to Greg Hunt, Federal Minister for Health, requesting an increase in Medicare-funded Better access to Mental Health Scheme for treatment of BPD and other complex mental health conditions to be increased from the current inadequate 10 sessions per year to the Clinical Guideline

recommendation of 40 per year.

We need your help to INCREASE TO 40 the number of funded visits covered by the Medicare Benefits Scheme Better Access initiative.

Please sign online <https://www.change.org/p/greg-hunt-mp-federal-minister-for-health-increase-medicare-funded-visits-for-bpd-and-other-complex-mental-health-conditions> or email us at admin@bpdfoundation.org.au and request a paper petition form to be emailed to you.

To date we have over 15000 signatures which should send a loud and clear message to Greg Hunt.

I have outlined some of our major activities. Members of the board and branches also continue with regular speaking opportunities and promotions at mental health events. Enquiries for information about services for treatment and support by phone and email come daily and indicate how challenging it is for many to access the help and support they need. We try to provide the people who contact us with some information that will hopefully assist them to find something that works for them. We are not qualified to offer counselling. These contacts reinforce to us the importance of continuing to advocate for appropriate treatment and support to be readily accessible when needed.

Future Directions

Earlier this year we set out Strategic Priorities for 2019-2022. These include:

- An efficacious and forward orientated Foundation Board directed to excellence in all actions and the well being of those living with BPD.
- Development of a National Policy
- National Training Strategy – stage 3 and 4
- Adoption of agreed Clinical pathways for the treatment of BPD across Australia.
- Equitable, timely and responsive access to evidence based, effective treatment and support for people with and their carers
- Mutually beneficial Collaboration and Partnerships.
- A national voice for BPD across Australia.
- Ensure financial integrity.
- An effective Communications Strategy

I wish to thank our membership our volunteers and especially the Board Members for their support to help us achieve what we have to date and to assist us to reach our priorities listed above.

I would like to conclude my President's report with a quote by Margaret Mead (an American anthropologist and recipient of the Planetary Citizen of the Year Award in 1978) who believed in the power of the people "Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has."

State Branch Reports

Our local branches continue to support our work in their respective states and to advocate for services and supports in their own states.

New South Wales

Since the NSW's branch formation in 2016 the Branch has been ably led by Jonathan Harms and Laura Knight from MHCN (Mental Health Carers NSW). Early in 2019 we were notified that MHCN felt they would be unable to continue to support the branch to the extent they had.

Kate Lewis from Project Air Strategy took over as the Secretariat and organised a number of Mental Health Professional Network evenings. Kate was fortunate to receive a scholarship to complete her PhD and felt she would not be able to devote much time to the Branch. We are currently exploring ways forward to continue the excellent work started by Jonathan and Laura and Kate.

A successful BPD Awareness Week event was held with a consumer, a carer and a clinician presenting to an audience of about 50. Thank you to Ann, Mahlie, Jonathan, Laura and Kate for their support to make it a successful evening. BPD Awareness week resources were made available.

Queensland

The Qld branch has established with 5 members at this time and is progressing slowly. 2020 meetings are currently being planned and one member has agreed to provide some administrative support to ensure the progress of this. This has been assisted with funding secured by the National Foundation and this role will be held by a member with lived experience.

Additionally, funding was also secured by the National Foundation to support the development of a Qld BPD services guide. This is currently in progress and there has been an increase in people contacting the Qld Branch to seek information about services. Contact with providers are highlighting the challenges to access services which have extensive wait lists.

To support BPD awareness week, the Qld branch and National foundation were marketed at both the care expo and carers expo with both events held at the Brisbane convention centre. These events saw many people attend and a greater awareness of BPD achieved.

The Mental Health Professional Network for the Ipswich area continues to provide excellent support and resources to people living with BPD, their families, carers and broader community.

Training resources through the national foundation have been shared across Qld staff from Mind Australia and Qld health. Promotion of these resources occurred at both the care expo and carers expo to extend this resource further into the community. Additionally, there were two, 2-day face to face training events in Bundaberg and Hervey Bay which supported both clinical and non-clinical staff. Further training opportunities for Qld are underway through the National foundation.

The establishment of the Qld branch has been slow however we have achieved our terms of reference for our meetings with key areas of work agreed. 2020 will see the completion of the Qld resource guide and we hope to have multiple opportunities to connect the foundation with key services in the community and to build a consistency and cohesive response.

South Australia

The highlight of the year for the BPD community in SA was the launch in June 2019 of BPD Collaborative (or BPD Co), a new government funded specialist service for people with BPD. This service aims to provide an integrated system of care interfacing with a range of private practitioners and community based services. In addition to clinical services, the service will provide training, research and capacity building activities across the state. Full implementation of these services is expected to take 3 years.

BPD Foundation Branch members have contributed to the development of BPD Co through representation on the Steering Committee and working groups, participation in a wide range of workshops and forums, and ongoing advocacy.

Branch Chair, Martha Kent resigned in 2018 to take up the Clinical Lead role in BPD Co. Congratulations Martha! The Chair position was then accepted by Tony Greenrod and later by Lynne Doherty. During the year the Branch farewelled members Aaron Fornarino, Tiny Greenrod and Tanya Blazewicz, and welcomed Dr Maria Naso, Psychiatrist, now working at BPD Co part time, Kirsty Burns, Social Worker, Flinders Medical Centre, Elizabeth Sloggett representing Prison and Primary Health, Rob Elliott representing SA Ambulance Services and Dayna Faraonio, medical neuroscience student. We have enjoyed hearing from a range of

speakers about BPD related initiatives and issues at our monthly meetings. We are keen to have a carer or lived experience representative with ATSI background and we are endeavouring to find one.

Many awareness raising events were organised by the Branch, some in partnership with other organisations, during the year, including:

- *BPD Co Carer* and Consumer Focus Groups
- Consumer forums including “*BPD Centre of Excellence – Your Chance, Your Say*” in conjunction with Headspace.
- Presenting to community organisations including Housing Choices and Headspace
- Several Branch members attended the BPD Conference in Brisbane in September, with Aaron Fornarino presenting a session “*BPD and Men: The Elephant in the Room.*”
- Radio interviews in BPD Awareness Week – 5AA and ABC 891
- Webinars - Family Connections, and the Mental Health Professionals Network
- Presentation to the BPD Foundation Board of the “*1001 Voices for BPD Recovery*” - a concept to raise national awareness of Borderline Personality Disorder with the ultimate aim of securing dedicated, ongoing, federally funded national BPD services
- Research interviews at Uni SA re carers’ needs while in ED supporting someone living with BPD
- Uni SA Mental Health Master Classes
- Grants Writing Training
- Meeting with the new Lived Experience Telephone Support Service (LETSS) providing information about BPD
- Family Connections online Peer Mentoring Sessions.

A significant challenge faced by the Branch as in most voluntary organisations is the risk of burnout. In the coming year, as our reach widens even further, we will need to manage this wisely.

Victoria

The Victorian Branch of the Foundation continues to work with the Mental Health Professionals Network to provide quarterly training for mental health professionals. Thank you to our presenters this year.

- Mahlie Jewell: *Working with people with a diagnosis of BPD who identify as queer or non-conforming (LGBTIQ+)*
- Dr Janani Vasudevan: *Mindfulness to Mindfulness - workshop for Mental Health clinicians*
- Anna Banfai and Tanya Gilmartin: *‘A brief introduction to Radically Open DBT (RO DBT) and case vignette’.*
- A further evening is planned for the 17th December where Lukas Cheney will talk about his research about Depression in BPD.

Where possible these presentations are made available on our website <https://bpdfoundation.org.au/mhpn-victorian-bpd-network.php>

We held a very successful event during BPD Awareness week at which Jo Veltkamp, a mental health nurse spoke about ‘*Treatment Approaches for BPD*’ inviting discussion and further exploration around what has been helpful. Over 60 people registered for the event which was followed by light refreshments.

Western Australia

The Western Australian Branch is into its second year and making steady progress.

The year has seen:

- Four Mental Health Professional Network
- Fundraising and donation of \$300 from Grilld Applecross
- The WA Branch liaising with the WA Mental Health Commission Personality Disorder Sub-network committee
- Brin Grenyer and Elly Marceau from Project Air visited Perth providing training to clinicians, consumers and carers. MIFWA hosted a workshop for family members which was well received
- Branch planning meeting with the committee setting some strategic goals
- During BPD Awareness Week a picnic was held which was open to all and a carers event

Samantha Scott and Sharon Karas MIFWA

Chairperson (Interim) BPD Foundation WA Branch