



Australian BPD Foundation Limited

*Support Promote Advocate
for Borderline Personality Disorder*



Annual Report 2017 - 2018



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
25 years experience as a psychiatrist

Mr Keith Warren - Treasurer

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

Mrs Estelle Malseed – Secretary

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

Dr Peter McKenzie - Director

PhD
Carer Academic & Family Consultant (mental health), Clinical family therapist & Principal higher degree research supervisor (La Trobe University)

Ms Karen Bailey

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

Dr Sherilene Carr

PhD, Psychology
Psychology and human behaviour research and teaching experience in both academic and public service sectors (Monash University, Federation University Australia, Australian Taxation Office). Published research on psychological aspects of emotion, cognition, alcohol consumption and gambling.

Mrs Geri Taylor

BHA, MPH, FCHSM, FIML & MAAG
A career spanning public and private entities with significant policy and management experience in the Federal and Queensland Health (QH) departments including a period as the Director, Health Systems Strategy Branch (QH) which had the key policy oversight for a number of priority areas for the government.



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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: Rita Brown

Writing an Annual Report is always a great opportunity to reflect on the past year and evaluate how we are tracking with maintaining and upholding our vision, mission and aims.

To reiterate our vision is to encourage a positive culture around BPD and the readily available and accessibility of appropriate services for people with BPD and those who care for them.

Our Mission is to promote a positive culture to support the recovery journey of people with BPD and their families and carers. The Foundation also supports clinicians, health care personnel and researchers working in the field and acknowledges everyone who works toward a better recognition of BPD.

Firstly, I would like to acknowledge the enormous contribution of all board members this year - that of the retiring President Julien Mc Donald and Janne Mc Mahon who retired as our Patron. Both have contributed invaluable to the Foundation since its inception and have worked extremely hard to achieve the goals already reached. I would like to wish them very success in their new ventures. I would also like to welcome 2 new board members co-opted during the year - Dr Sherilene Carr and Geri Taylor.

We also owe a huge debt of gratitude to Tandem Inc (peak body for mental health carers in Victoria) who have offered us probono office space since our inception. Tandem is growing and needed the office for their own needs so a search began for alternative venue. This was generously offered by Statewide Services (Eastern Health) and we are exceedingly grateful for their hospitality and support. 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 600 members.

Dr Peggy Brown AO - Patron

We are very pleased that Dr Peggy Brown AO, recently retired CEO of the National Mental Health Commission accepted our offer of becoming our Patron.

Dr Brown is a consultant psychiatrist who has held clinical and administrative positions in psychiatry in Queensland, the Australian Capital Territory, the Northern Territory, and in the United Kingdom. She has also previously held the roles of Director-General of ACT Health and CEO of the National Mental Health Commission. Currently, she works part-time at Metro South Addictions and Mental Health Service in



Brisbane and serves as a Senior Clinical Advisor to the Australian Commission on Safety and Quality in Health Care on a project relating to digital mental health services.

She will offer us a wealth of experience in advocacy and service development at a National level. We look forward to working under her guidance as we move from strength to strength.

National BPD Training Strategy

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 One is a collaboration between the Foundation, Spectrum the Personality Disorder Service for Victoria and Mental Health Professionals Network. Stage 1 includes a series of 6 webinars, each supported by a virtual library and the development of local BPD networks for Mental Health Practitioners. The final webinar will be held later this month. These webinars are able to be viewed on the Foundation's website at a time convenient for you <https://bpdfoundation.org.au/national-training-strategy.php> .

Topics include:

- Webinar 1 - What is BPD
- Webinar 2 - Treatment principles for BPD
- Webinar 3 - Evidence Based Treatments and Access
- Webinar 4 - Borderline personality disorder in youth and early intervention
- Webinar 5 - Management of self-injury and suicidality
- Webinar 6 - Management of BPD in public mental health services, private and primary health care sectors

To date each webinar has attracted nearly 2000 participants.

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. The modules are currently being reviewed and tested by clinicians.

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 will be issued.

The second stage of this activity is the Identification of BPD Champions who have an appropriate level of knowledge, skills and an interest to undertake Stage 3 which will include face to face intensive workshops, and a Train the Trainer Program.

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

BPD Awareness Week



For the last couple of years, the Foundation has collaborated a group of organisations and individuals and organised BPD Awareness Week which runs from 1-7 October. We were approached by Mahlie Jewell, a graphic designer and a National Advocate for BPD and together we generated the **Know BPD No Stigma** campaign. The campaign was designed using co-design and co-production principles, which means that the users ie people impacted by BPD design the product with the support of the designer.

The campaign acknowledges that there is a lot of negative talk surrounding BPD and used a strength-based approach to change the narrative around the words Borderline Personality Disorder. It delivered facts, in an accessible way. It aimed to be non-threatening. It promoted recovery, positivity and hope. It asked for compassion, empathy and understanding as evident via the colour theory and graphic identity marks, which are designed to be whimsical, imperfect and comforting, whilst delivering strong empowering messages.

Voices were very important to us. Listening to the experts themselves, the people with lived experience. Their families/carers and including the strong voices of our allies in the treatment, research and caring communities our professors, mental health clinicians and support workers.

Consultation and feedback was sought at every point of production in a systematic way that by ensuring anonymous input removed any possibility of hierarchy and power roles. This meant that no one had a more powerful voice than anyone else and decisions were made by the majority. I feel that the co-design process was instrumental to the campaign success.

A suite of resources was developed, the website www.bpdawareness.com.au was updated, a coordinated social media campaign was generated, and events run in most states. In addition, the Sane online carers forum topic in October focussed on 'supporting your partner experiencing BPD' and NEA BPD held a webinar 'BPD and Families – What's the Connection?'. The resources are available for free download from - <https://www.bpdawareness.com.au/resources-bpd-awareness-week-campaign/> . Follow the campaign on Facebook: BPDawarenessweek Instagram: bpdawarenessweek and Twitter: @BPDawarenessWK

A huge thank you to Mahlie Jewell and Karen Bailey (Project manager) for the enormous amount of time and dedication and to everyone who responded to one of our surveys. You all helped to make the campaign such a success. We acknowledge, too, a grant from the NHMC to enable us to generate the campaign and to pay both Mahlie and Karen for their work and print posters, badges and postcards.

8th Annual National BPD Conference

Our 8th National conference was held in Brisbane at the Hotel Grand Chancellor on the 10-11th September with the theme Research Resources Respect: Connection Building. Federal Minister for Health Greg Hunt officially opened the day. Many delegates described the day as 'The best yet'. We aim to present a balance of presentations relevant for people with BPD, family and friends and mental health professionals and to stimulate a local interest in developing a coordinated approach to service provision in Queensland. We had a number of fascinating speakers including

- Prof Brin Grenyer – *'Comparison of the different therapies currently available to treat BPD'*
- Dr Hayley Peckam - *'Of course it's happening inside your head Harry but why on earth should that mean it is not real'* which looked at ways of validating the effects of complex trauma without diagnosing a disorder



- Mahlie Jewell: *'Stigma, Discrimination and life on the borderline'* a sensitive, personal, compelling and strong presentation about discrimination and stigma. This presentation was used as a cornerstone for the **Know BPD. No Stigma** campaign for BPD Awareness Week.
- *'Consumer and Carer Perspective on Living with BPD: Our Recovery Story'* Consumer and Carer Joint Presentation - a mother-daughter perspective of how strong relationships can overcome diagnosis and stigma of BPD.

Several afternoon presentations were available maintaining a balance of workshops for people with BPD, family and friends (carers) and clinicians. A huge thank you to Iceberg Events, the members of the conference reference group and the many volunteers who helped in so many ways to make the day go smoothly.

The Clinician's Training prior to the conference presented by Associate Professor Sathya on the topic Core treatment strategies for BPD (with specific emphasis on risk factors and risk assessment methods for self-harm and suicidality) was extremely well received by participants who reported the ability to ask questions and interact directly with Sathya made the day very worthwhile indeed. Thank you, again, Sathya for donating your time and expertise to the Foundation to enable us to offer subsidised admission for people with lived experience to the main conference day.

A thank you also to our sponsors the National Mental Health Commission, Mind Australia, health.e.care, Neami National, Spectrum Personality Disorder service for Victoria and Project Air a Personality Disorders Strategy 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 over 1000. 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.

gplearning tempo - *'Borderline personality disorder: diagnosis and management in general practice'*.

This online elearning activity for GP's was developed by the Royal Australian College of General Practitioners (RACGP) with expert input obtained through the Australian BPD Foundation Limited, Professor Andrew Chanen (Orygen, the National Centre of Excellence in Youth Mental Health), Professor Brin Grenyer (Project Air a Personality Disorders Strategy) and A/Prof Sathya Rao (Spectrum Personality Disorder Service for Victoria). These three experts provided their expertise and time on a pro bono basis to ensure this training would be readily available for general practitioners. A huge THANKS.

Project Air 12th International Treatment of Personality Disorders Conference – Nov 2018

The Australian BPD Foundation and 'Being' (a NSW Consumer organisation) and Mental Health Carers NSW were invited to assist in organising the Consumer and Carer Day held the day before the main conference commences. I was honoured to be invited to open the day. I spoke about the 'Importance of Lived



Experience' based on my own journey and highlighting the importance of listening to and incorporating the lived experience voice in all we do. Numerous other presentations followed. To me the highlights are given by the lived experience presenters

Day 2 - I officially launched Stage 2 of our National BPD Training Strategy and invited delegates to pilot the resource. I was followed by two National BPD Advocates, Mahlie Jewell and * who jointly presented on 'Redefining Recovery'. Inspiring. The balance of the day was clinical and research presentations.

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.

Our very ambitious goal is to collect 200,000 - that would represent (conservatively) the number of people in Australia who have experienced a complex mental health condition like BPD. To date we have over 4000 signatures. With 200,000 signatures, the message to Greg Hunt and the Medicare Benefit Scheme Clinical Review Committee will be loud and clear.

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

As our membership continues to grow and our activities diversify we are becoming increasingly aware that we can no longer rely solely on volunteers to do the bulk of the work. Early in 2019 we plan to revisit our strategic directions and review our objectives and funding opportunities for the next 5 years. Ongoing sustainability and the ability to continue to advocate for appropriate and equitable services for everyone impacted by BPD will rely on obtaining secure funding streams and developing ongoing partnerships with other organisations.

We plan to offer training in Tasmania early 2019 and our Annual Conference will be held in Melbourne in October.

*name removed on request

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

We held our BPD Awareness Week Event 10th October, which was also the October Sydney BPD MHPN Meeting, with much help and support from the Foundation, Mahlie Jewell and Karen Bailey, Project Air, the MHPN and WayAhead. The event was attended by approximately 90 people identifying as mental health professionals, carers and people with a lived experience. Many resources were available on the night including the infographics Mahlie developed such as posters, postcards and badges, a range of resources both printer and on a USB from MHCN, the Australian BPD Foundation, Spectrum, Project Air, the anti-stigma campaign resources, and many more. Jonathan Harms, MHCN CEO was the MC, introducing a range of speakers including Mahlie Jewell presenting on the development of the anti-stigma campaign, Clodagh Ross-Hamid on stepped care model, Dr Ely Marceau from Project Air about BPD and the brain, * on hope after a BPD diagnosis, and Cherida Chapman on her carer's journey.

The Sydney BPD MHPN has continued to hold their quarterly meetings with MHCN organising and facilitating with help from the NSW Branch members. The March 28 meeting had 46 people in attendance. The meeting included a range of presentations from professionals and individuals with lived experience, including:

- 'Conversational model therapy. Other psychodynamic therapies and stepped care, Q&A' by Dr Anthony Korner;
- 'Radically open DBT: differences to traditional DBT and when to apply it, Q&A', by Rebecca Ciatto;
- 'Managing counter-transference reactions, Q&A' by Mitchell Howarth;
- 'Engaging people with BPD, a lived experience perspective, Q&A', by Shay Gilbert;
- Case study and panel by the presenters commenting from different perspectives.

The June 25 Meeting had 23 attendees, and included a range of presentations from professionals and individuals with lived experience, including:

- BPD traits of youth, Q&A', by Rebecca Ciatto;
- 'Importance of self-care for those who care for someone with BPD, Q&A', by Ann Brita Nilsson;
- 'Understanding suicide, Q&A', by Liz Whyte;
- 'Lived experience of caring for a partner with BPD, Q&A', by Peter Heggie.

The August 15 Meeting had 16 attendees and was a presentation from Kate Mikhailouskaya about the trauma treatment and BPD presentation in refugees and asylum seekers, followed by a case study and discussion amongst attendees.

Many of these presentations are available at <https://bpdfoundation.org.au/mhpn-sydney-bpd-network.php>

* name removed on request



The NSW Branch are still working on other projects such as speaking to TheMHs about better supporting carers and consumers to attend their Conference, and being more trauma informed in the execution of the event.

Project Air will be hosting their Personality Disorders Conference in November and will be offering free registrations in addition to 20 x \$20 travel 'bursaries' being funded by MHCN and Being (20 each) to help people attend Consumer and Carer Day. MHCN and the Australian BPD Foundation NSW Branch has been working in partnership on the promotion and administration of the bursaries. The Conference will be attended by a couple of NSW Branch representatives, and NSW Branch Members will also be presenting at the Conference.

Queensland

Discussions are being held with Mind Australia to develop a Queensland Branch. The first meeting is scheduled to be held later this month.

South Australia

2017-18 has been a very exciting year for the BPD community in South Australia.

During 2017 and early 2018 the Branch's efforts focussed largely on bringing to the attention of all political parties the need for a specialised BPD service in SA.

In BPD Awareness Week 2017, in conjunction with the Sanctuary BPD Carer Support Group, the Branch held a screening of "Borderline - The Movie", followed by a panel answering questions from the floor. Over 280 carers, consumers, and mental health and community sector workers attended, as well as the Minister for Health, Mental Health and Substance Abuse, the Shadow Minister for Health, and the Green's health spokesperson.

In October, Branch members were invited to join The Hon Kelly Vincent, MLC, Dignity Party, SA at a press conference regarding promised pre-election funding for the development of a BPD Centre of Excellence in SA.

In November, Branch members were invited to a morning tea at Parliament House where the SA Minister for Health, other MPs, representatives from the Local Health Networks, clinicians, carers and consumers heard speakers including clinician Martha Kent, carers Karen Bailey and Tony Greenrod, and consumer Aaron Fornarino talk about their lived experience with, and the impact of BPD in the community.

In March 2018, following the state election, the incoming SA Liberal Party confirmed its commitment of \$10m to establish a new BPD Centre of Excellence. Development of the Centre is now underway, with an expected opening date of mid-2019.

Many other significant events were organised or attended by members of the Branch Committee during the year, including the Australian BPD Conference in Perth (Oct), Mental Health Professional Network meetings/workshops (including one seeking clinicians' views on the function of the new state-wide specialist service), and the Mental Health Coalition/SACOSS State Election Forum 'SA's Mental Health Future'. Consumer Aaron Fornarino took part in a video interview with Dignity Party MLC Kelly Vincent (Feb 2018). Branch members met with the Mental Health Commissioner to discuss the state's Mental Health Strategy, and with University of SA researchers prior to the launch of their BPD Carer Project and Survey.

With the new BPD Centre of Excellence now in sight, Branch members embrace 2018-19 with optimism and look forward to working with Government to help ensure better services and outcomes for the BPD community in South Australia.

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.

- Flick Grey: *Rethinking BPD exploring the world for other possibilities.*
- Caroline Addicoat and Peter Fairbanks: *BPD and co-occurring Substance Use.*
- Dr Srirekha Vadasseri: *Psychiatric Aspects of BPD & Chronic Pain.*
- Tania Wittleton: *Sensory Modulation and BPD – empowering clients to intentionally use sensation to manage distress* (to be held in December)

The 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 Dr Bronwyn Gresham introduced attendees to the concept of mindful self-compassion, what exactly it is, and how we can begin to apply it in our everyday life.

Western Australia

Australian BPD Foundation WA Branch celebrates its first year here in the west. The branch has been well supported by the Australian Foundation and its Board and a loyal group of people with various experiences and expertise that compile the BPD Committee in WA.

Milestone for the Branch:

- BPD Awareness Week October 2017
- Promotion of BPD Awareness, Radio Interview 2017
- Monthly committee and regular subcommittees meetings held at MIFWA's office
- Extensive work on complying resources for carers, consumer and professionals relevant to Western Australia
- Mental Health Professional Network held in June and September 2018
- Volunteer, Ann has assisted the Branch with administration support during the year



Our recent highlight is BPD Awareness Week 2018. We held a gathering in the park by the Swan River on 6th October. The weather was perfect as we enjoyed a picnic and a slice of our first birthday cake. The event was attended by more than 20 people sharing in the celebrations. Carissa Wright shared her inspiring story and her account of traveling to New York recently.

Samantha Scott and Sharon Karas MIFWA
Chair Person (Interim) BPD Foundation WA Branch

Photo: Catherine Holland, Larina Harper and Carissa Wright cutting the cake