



Australian BPD Foundation Limited

*Support Promote Advocate
for Borderline Personality Disorder*



Annual Report 2016 - 2017



THE BOARD

Ms Julien McDonald - President

BA (Honours) Diploma Social Studies (Melbourne)
Social worker for 35 years and mental health carer

Mr Keith Warren - Treasurer

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

Associate Professor Sathya Rao – Vice President

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

Mrs Estelle Malseed – Acting Secretary

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

Mrs Rita Brown - Director

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

Mrs Katerina Volny - Secretary

Bachelor of Science (Honours)
17 years in provision of assessment and treatment services.
Registered psychologist with AHPRA

Dr Peter McKenzie - Director

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



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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: Julien McDonald

The Launch of 'Toward a National BPD Training and Professional Development Strategy' by Dr Peggy Brown, CEO, National Mental Health Commission, was a wonderful highlight for National BPD Awareness Week 2017. Development of Stage One of the strategy has been made possible by funding received from the National Mental Health Commission. The Strategy is aimed at improving the access of people with BPD to high quality, responsive, evidence-based treatment, care and support, by enhancing clinicians' expertise in this area.

Stage One will be undertaken over an 18-month period and comprises the development of an Online Professional Development Webinar Series, development and expansion of Locally-Based Practitioner Networks, a Virtual Resource Library for Practitioners and Scoping Potential for Developing E-Learning Modules.

Stage one will be undertaken by a partnership between the Foundation as Project Manager, Mental Health Professional Network (MHPN) using their expertise in the development of webinars and their member networks, and Spectrum the Personality Disorder Service for Victoria. Spectrum will develop the Virtual Library Resource and provide specialist expertise in development of content.

A big thank you to Janne McMahon who developed the proposal in collaboration with Spectrum and to Spectrum who are providing specialist expertise to the project on a pro bono basis.

BPD Awareness Week 2017 following the success of the 2016 campaign the Foundation took on the role of coordinating the BPD Awareness Week Collaboration Group for 2017 to assist in encouraging and promoting awareness raising activities nationally. It has been heart-warming to see the expansion of the Collaboration Group and inspirational to hear of the many exciting and varied activities conducted during BPD Awareness Week by several members of the Collaboration Group. The theme for BPD Awareness week was the same as for the National Conference – *"From Stigma to Strength"*. The BPD Awareness Week website listed the diverse activities which if you have not seen as yet you can view at: <http://www.bpdawareness.com.au/blog/events-categories/events-activities/> Congratulations to all involved, we will publish reports of the events as they come to hand.



We were delighted that Professor Ian Hickie, National Mental Health Commissioner and Co-Director of the Brain and Mind Institute agreed to be our Ambassador for BPD Awareness Week. Professor Hickie's address is a stirring summary of the current situation in relation to BPD and a great call for BPD to be made a priority for mental health service development. You will find the video of his address on the home page of <http://www.bpdawareness.com.au/> To view simply click the yellow video button!

The launch of the national "BPD Consumer Carer Surveys" conducted by the Private Mental Health Consumer Carer Network (Aust.) proved very exciting with great media coverage in South Australia combined with fantastic political advocacy led by our patron Janne McMahon and the Sanctuary Carers Group. The survey reports can be viewed at <http://bpdfoundation.org.au/research.php>

SANE Australia also conducted a national online lived experience forum on 3rd October as a BPD Awareness Raising event which had 1,252 views which demonstrates the tremendous impact that BPD has on people lives. Congratulations to SANE.

The many BPD Awareness raising activities around Australia are a great cause for celebration and I hope that you will access the website to read about them!

The Foundation, on behalf of the BPD Awareness Collaboration Group, was successful in obtaining some financial support from Mind Australia, NEAMI National, Project Air Strategy NSW and Spectrum which enabled employment of the PR Collaborative to conduct a public relations campaign. Carla Shearman and Jo Ann Blizzard have done a great job creating media stories and opportunities using a mix of clinicians and people with lived experience of BPD. The Foundation also employed a social media company Jumpclimb to run a 4-week social media campaign to support the public relations campaign. A report of both initiatives will be available on the website. Thank you to Anne Reeve, NEA BPD Australia, Peter McKenzie and Katerina Volny for assisting with the social media campaign.

You will notice sections of the BPD Awareness Week website have been refreshed with new material, particularly the Perspectives section. Thank you to Project Air for making fresh material available and also to SANE Australia for assisting with the Our Stories section. A big thankyou to Titan Digital for looking after the website on a pro bono basis – they have devoted many hours of staff time to this. Also, a big thankyou to Rita Brown for doing the uploads of material to the BPD Awareness Week website as well as continuing her work of updating the Foundation website.

As I prepare this report we are about to launch the Spread the Word political advocacy campaign which will occur during the National Mental Health Week this year. A report of this activity will also be available on the website.

Once again, I would like to acknowledge and thank Anne Reeve, NEA BPD Australia and Guy Ellies for their great leadership in starting the BPD Awareness Week Collaboration in 2016. The website that was established and the contacts made such as Titan Digital, the PR Collaborative and Jumpclimb gave us a great framework to build the 2017 campaign.

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.

7th National BPD Conference plans are now finalized with the theme for 2017 being “from Stigma to Strength”. It will be held at the Bendat Conference Centre in Perth on Wednesday 18th October 2017. The theme of the conference is “From Stigma to Strength”. We are delighted to finally have achieved our long-held ambition to hold a conference in WA. This has been made possible by a partnership with the West Australian Association for Mental Health (WAAMH) who have undertaken the organization of the conference in collaboration with the Foundation. The Foundation is immensely grateful to Hannah Harbison, WAAMH, for the marvellous job she has done to ensure the success of the conference. We are delighted that Dr Peggy Brown, CEO of the National Mental Health Commission, will address the conference with the theme “Lifting the Lid: it’s time for a national focus on BPD.” Key note speakers include Prof. Andrew Chanen “Building a Healthcare System Response to Borderline Personality Disorder,” Ms Sonia Neale, “Fighting Stigma and finding Strength” and Ms Rita Brown, “From Stigma to Strength – A Carer Perspective”.

Prof Andrew Chanen is also providing a Preconference workshop “Early Intervention for Borderline Personality Disorder”.

The 6th National BPD Conference was held in Sydney in October 2016 at the Wesley Conference. Mental Health Carers NSW partnered with the Foundation to organize this conference with great support from Project Air and Spectrum. The program was an exciting 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 proved to be an excellent educational opportunity. [The proceedings of the conference can be viewed at www.bpdfoundation.org.au/2016.php.](http://www.bpdfoundation.org.au/2016.php)

Branch Development:

Australian Capital Territory: There is a very active group of consumers and carers in ACT who organized a number of very successful including an Art Exhibition during BPD Awareness Week which was opened by Frank Quinlan, CEO, Mental Health Australia. We hope to be able to form a branch of the Foundation in the ACT in 2018 building on this enthusiasm.

New South Wales: following the successful launch of the NSW branch of the Foundation at the 2016 National BPD Conference, the committee has been meeting regularly with the support of Mental Health Carers NSW and Project Air. The group has been active in expanding the list of resources available to people with BPD and their families and has now formed a partnership with Mental Health Professional Network (MHPN) to assist in the delivery of professional development sessions to mental health professionals in NSW. The NSW branch organized a well-attended and



very successful BPD Awareness Raising event which included presentations aimed at conveying empathy and understanding of consumer and carer experiences and recovery journeys, the work of Project Air and also a launch of the MHPN project.

Northern Territory: No contacts developed at this stage.

Queensland: Contacts and information being explored. We are very excited to be in discussion with Mind Australia Queensland about possibilities of holding the 2018 in Queensland and forming a Queensland branch of the foundation.

South Australia: the branch has been very active politically in lobbying for a specialist BPD service or hub and increased services for people with BPD and their families. The branch in collaboration with the Sanctuary Carers Support group has been very successful in capturing media attention and the interest of politicians in progressing BPD as a priority for service development. Congratulations to Janne McMahon as patron of the Foundation and also the Sanctuary Carers Support Group.

A Film evening screening 'Borderline the Movie' and discussion group was organized by the SA branch in collaboration with the Sanctuary Carers Support Group. The event was well attended with politicians from both parties attending the prefilm gathering.

Tasmania: We are aware that services for BPD are badly needed in Tasmania and are in process of developing contacts in Tasmania with a view to providing some educational resources and **eventually a branch.**

Victoria: As the National launch of the Training Strategy was held in Melbourne, a regional event was organized in Ballarat by the Foundation in partnership with Centacare and the Bouverie Centre. The event comprised a Community Information and Support Session for people involved in supporting people with BPD and also a session for Centacare staff to assist them in their work with people with BPD and their families. Dr Peter McKenzie, Family Therapist with the Bouverie Centre and Board member of the Foundation led both sessions. The events were very well publicized by local media. A big thank you to Carmel Hayes, Centacare Ballarat and to Dr Peter McKenzie for organizing and providing these very well received events.

Western Australia: we are delighted that finally a branch of the Foundation has now been formed in WA with 28 members already. This has been made possible with support from Mental Illness Fellowship WA (MIFWA) who are providing secretariat support and venue for meetings. A huge thank you to Sharon Kostas and Samantha Scott, MIFWA. The branch was launched as a BPD Awareness week activity 'Community Information and Support – Fostering Hope and Optimism' and was very positive.

Mental Health Professionals Network (MHPN): Our relationship with MHPN has been strengthened by our partnership in the Stage One of the "Toward a National BPD Training and Professional Development Strategy". Branches of the Foundation, in partnership with the MHPN, are coordinating education sessions for local BPD Networks and delivering 4 professional development sessions a year for mental health professionals in New South Wales, South Australia and Victoria. Discussions are underway for the WA branch to develop a WA network to work with MHPN. It is anticipated that this work will be extended further nationally.

As mentioned previously the Foundation is working in collaboration with Spectrum the Personality Disorder Service for Victoria and the MHPN to develop and screen a series of 6 webinars. The first



webinar will go live at 7.15 pm on 31st October. For more information <http://bpdfoundation.org.au/virtual-library.php>. A Virtual Library Resource supporting the webinar series is available on line.

Communications: 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 us to consider promoting.

Through generous sponsorship provided by Balwyn North Rotary the Foundation has been able to establish a monthly eBulletin and a quarterly newsletter “The Advocate”. These initiatives are a great way of providing both information, education and advocacy. Contributions from readers are most welcome! Thank you to Karen Bailey and Paul Connolly whose enthusiasm and efforts are so important in creating these widely circulated publications.

Fund Raising: National Mental Health Commission has funded the development of Stage 1 of the National BPD Training and Professional Development Strategy. The Foundation receives \$30,000 as the Project Management fee for the initiative with most of the funding being directed to MHPN as the developer of the webinars and a small amount of funding going to Spectrum to develop a virtual library resource to support the webinars. Spectrum is generously providing specialist content to the development of the webinars on a pro bono basis. A big thank you to Spectrum!

We are hugely appreciative of sponsorship provided by Mind Australia, NEAMI National, Project Air Strategy for NSW and Spectrum the Personality Disorder Service for Victoria which enabled employment of the PR Collaborative to conduct a Public Relations Campaign as part of the BPD Awareness Raising activities. The Foundation contracted the PR Collaborative on behalf of the BPD Awareness Week Collaboration Group.

The Foundation also is extremely appreciative of financial support provided by the Balwyn North Rotary which has enabled us to create the monthly eBulletin and quarterly ‘Advocate’ publications. We have found it non- sustainable to establish and maintain this form of regular publications without financial support.

As you will see from our Financial Report, the Foundation does not receive any government or corporate funding for its activities other than that mentioned above. We continue to be 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. You will see from the financial report that our funds are very limited!

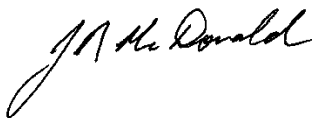
Thank you: a special thank you to fellow board members for their ongoing hard work and commitment to the Foundation, the Board and staff of Tandem Inc for the generous in kind support provided, Janne McMahon for her wise counsel and support, Jo Beatson for the

professional skill, experience and support so generously provided, 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 Clinical Mental Health Professionals Network for partnering with the Foundation to provide training in BPD to the clinical workforce.

We are extremely grateful to Tandem Inc for the pro bono office space they provide as well as to Keith Warren and Price Gibson Chartered Accountants for their pro bono contribution in preparing our Annual Financial report and audit. I thank you to Estelle Malseed and Rita Brown for the enormous amount of administrative work they have continued to carry out on a voluntary basis. Thank you and congratulations also to Karen Bailey and Paul Connelly for great work in establishing the monthly eBulletin and quarterly 'BPD Advocate'.

Also a huge thank you to WAAMH for great partnership in organizing the 2017 National BPD conference and the wonderful support provided by MIFWA to establish the WA branch of the Australian BPD Foundation. We also wish to acknowledge the support offered by MHC NSW and Project Air towards the NSW Branch of the Foundation and the Sanctuary Carers Group and Janne McMahon and Martha Kent in SA for their support of the SA branch

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 2018.



Julien McDonald October 2017

President

Report on planning for the 2017 Conference

The 7th National Borderline Personality Disorder Conference



'From stigma to strength'

In partnership with:



Western Australian Association for Mental Health



Platinum sponsor



Silver sponsors



Panel sponsors



Perth 17-18th October 2017

The theme for this years conference, to be held at the Bendat Community Centre in Perth, is from "Stigma to Strength" and is being organised as a partnership between the Australian BPD Foundation and the WA Association for Mental Health.

Ministerial Address was given by HON. Alanna Clohesy MLC, Parliamentary Secretary to the Deputy Premier; Minister for Health; Mental Health and Dr Peggy Brown CEO of the National Mental Health Commission spoke about 'Lifting the lid: it's time for a national focus on BPD'

Keynote Presentations:

- Consumer keynote: Ms Sonia Neale, *'Fighting Stigma and finding Strength'*
- Carer keynote: Ms Rita Brown, *'From Stigma to Strength- A Carer Perspective'*
- Prof Andrew Chanen: *'Building a healthcare system response to Borderline Personality Disorder'*
- Personality Disorders Mental Health Sub Network group

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

- 'Consumer Panel - *'What worked for me'*
- 'Carer Panel – *'What's worked for us (families and other supporters)'*
- *'Building Bridges and Fences: Core Treatment Strategies for BPD'*
- *'Navigating the Mental Health System'*
- *'Working with Strengths in BPD'*

A preconference workshop led by Professor Andrew Chanen will be held on the 17th October. Andrew will present on "*Early intervention for borderline personality disorder*"

We will to acknowledge the support of Western Australian Association for Mental Health and all the organisations supporting the day in some way.



Rita Brown (Conference Planning Committee)

October 2017