



A R A F M I
you are not alone

2025 Arafmi Mental Health Carer Forum



Queensland
**Mental Health
Commission**

Supported by the Queensland Government





Mental Health Carer Forum 2025 Agenda



9:00am Registration

9:30am Session 1

Welcome to Country

Welcome & Opening Introduction

Working with Carers, Family & Kin;
A Guide for Healthcare Professionals

10:30am Morning Tea with Exhibitors

11:00am Session 2

Panel Discussion with Guest Speakers
Question & Answer Session
Building your Ally & Support Network Activity

12:30pm Lunch with Exhibitors

1:15pm Session 3

Introduction of MHLEPQ
Dr Christian Heim –
Getting the Most Out of Your Psychiatrist
Followed by Question & Answer Session

Bring a Plate Dance Company

2:40pm Afternoon Tea with Exhibitors

3:00pm Session 3

Forum Wrap Up
Survey, Feedback & Lucky Door Prizes

3:30pm Forum End





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Welcome to Country

Tribal Experiences





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Welcome

Emma Griffiths, Senior Advisor – Policy & Advocacy





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Sue Goodwin

Arafmi Lived Experience Advocacy Team Lead




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1. Raising awareness of mental health carers
 2. Raising awareness of supports and resources for mental health carers
 3. Planning for what happens when carers can no longer care
 4. Improving mental health carers' experiences of hospital admission and discharge processes
- 



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Alex Tyson

General Manager Carer Support & Advocacy



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Over

- 2150 Individual calls and supports
- 265 Support Groups
- 255 Education sessions
- 410 Nights of respite and much more

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Young Carer highlights:

- Youth e-CPR designed and introduced
- Young Carer Fact Sheet developed with partners



**DO YOU KNOW A
YOUNG PERSON LOOKING
AFTER SOMEONE WHO
NEEDS EXTRA HELP?**

**IT'S LIKELY THEY
ARE A YOUNG CARER**



Young carers often don't know they are Young Carers. They can face additional hurdles in getting through school and further study, building friendships, finding a job and looking after their own mental wellbeing. Many don't know support is available.

YOU CAN HELP

Let them know free help is out there. The sooner Young Carers receive support, the sooner they can thrive.

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Raising awareness and connecting with community remains a priority



Carer peer workers



Community leaders

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Arafmi has partnered with Wellways Carer Gateway to expand supports for mental health carers in:

- Cairns
- Townsville
- Rockhampton
- Gladstone
- Bundaberg
- Sunshine Coast
- Brisbane





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Activity – Table getting to know you





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Morning Tea Break

Session 2 Begins at 11.00am

(Panel Discussion and Q&A Session)





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Session 2

Panel Discussion and Q&A Session





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Hon Emma McBride MP

Assistant Minister for Mental Health and Suicide Prevention,
Assistant Minister for Rural and Regional Health





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Ivan Frkovic

Queensland Mental Health Commissioner

A decorative wavy line graphic runs horizontally across the bottom of the slide. It consists of several parallel, wavy lines in shades of teal and light blue, creating a water-like or wave-like effect.



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De Backman-Hoyle

Mental Health Carers Australia

National Manager, Community Engagement





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Irene Clelland

CEO Arafmi



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Session 2

Panel Discussion and Q&A Session



Ivan



De



Emma



Irene



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Round Table Discussions

Building your ally and support network





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Lunch Break

Session 3 Begins at 1.15pm
(MHLEPQ, Christian Heim, 'Bring a Plate')





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Session 3

MHLEPQ, Christian Heim, 'Bring a Plate'



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Introducing

Simon Katterl, CEO MHLEPQ



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Dr Christian Heim

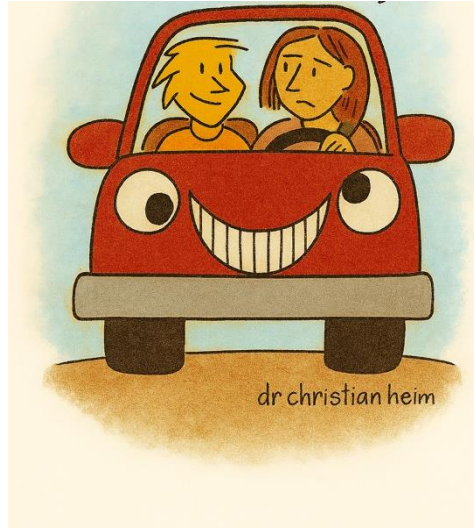
How to get the most out of your Psychiatrist



Making the most of your Psychiatrist

Dr Christian Heim

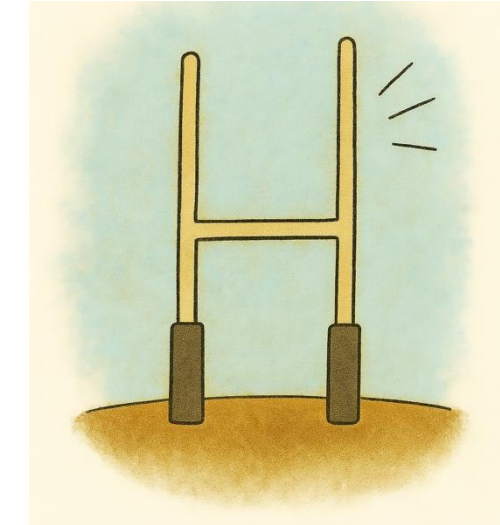




Drive.
Who's driving?



Other people.
Who does what? What's their role?



Goals.
Need to be SMART

OVERALL DRIVE



THE PRACTICALS

Appointments. Know them, keep them

Notebook. Your bible for everything

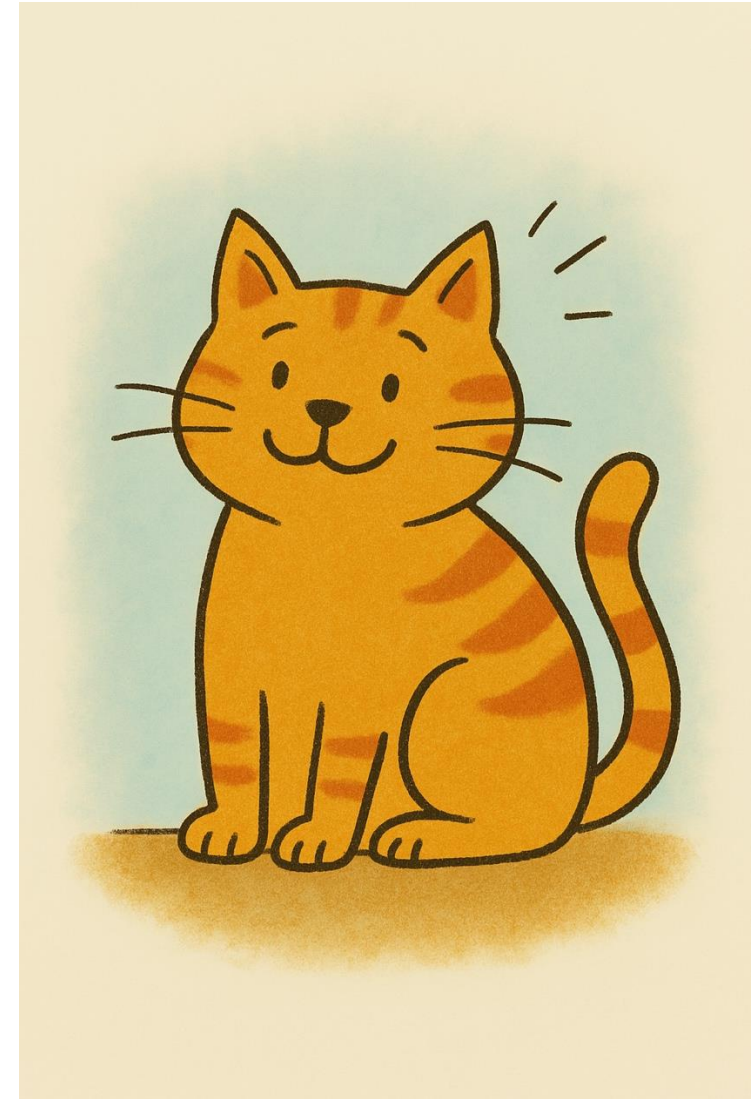
Drugs/**D**iagnosis/prognosis. Know them.

KEEPING RELATIONSHIP

Care. Take care of yourself to stop
resentment and to live well

Accountability. Your loved one needs
to be accountable

Team. Be a Trusting Team (Together)



MAKING THE MOST OF YOUR PSYCHIATRIST

PRIVATE AND PUBLIC PSYCHIATRISTS

- All psychiatrists are doctors: Competent in an area of need.
 - Communicate, Contain emotions, Tolerate uncertainty, Caring,
 - Understand, Accept, big picture and details.
-
- Private: Costs, Continuity of Care
 - Public: Less costs, Less continuity of care
 - Which is right for me?

MAKING THE MOST OF MY PSYCHIATRIST

- 1 What is the role of a psychiatrist in my loved one's care?
- 2 Attitudes which are helpful
- 3 Pre-appointment
- 4 In appointment (give/take/share)
- 5 Post-appointment

-

(Should I speak to a case manager instead?)

1. WHAT IS THE ROLE OF A PSYCHIATRIST?

- Expert backed up by other experts, medication +/- psychotherapy
- Diagnosis, prognosis
- Medication mgt, treatment planning and coordination
- Education, Early warning signs, Daily routines
- Advocate for a patient's rights and Confidentiality (info handling)

2. SOME HELPFUL ATTITUDES

- We aim to do our best. There's no magic wand
- Under-resourcing is the real problem (NSW crisis)
- Aim to be part of a team rather than adversarial
- Avoid avoiding, be open with concerns and information
- Face reality; better than optimism or pessimism. Hold hope.
- Someone needs to drive this

3. PRE-APPOINTMENT

- Appointment. Time, date, duration is in your calendar
- Notebook. For all your observations, questions, instructions
- Discuss the appointment with your loved one

4A. IN APPOINTMENTS GIVE INFORMATION

- Symptoms: Mood changes, delusions
- Routine and Function: eat, sleep, socializing, activity, exercise
- Medication: adherence, effectiveness, side effects

4B. IN APPOINTMENTS TAKE INFORMATION

What is the diagnosis and the prognosis?

Diagnosis. How severe? What caused it? What can be changed?

Prognosis. What can I expect? In one year?

(Shared decision-making is based on diagnosis and prognosis)

- *What are the early warning signs of relapse?*
- *What should a good day look like for them?*
- *How much do I drive this, how much do I give independence?*
- *How should I respond when ... without getting into conflict?*
- *How can I take care of myself in this situation?*

4c. IN APPOINTMENTS

share decision making

- Meds: expected benefits? How long? Dosing?
- Side-effects (wgt, sleep, concentration, others)?
- Housing, socializing, daily functioning, quality of life, goals
- Who else should we see? What else should we do?
- Crisis planning
- Have difficult conversations

Some medication questions

- *Are their current medications the best for now?*
- *What benefits should we realistically expect, in what timeframe?*
- *What side effects should we watch for?*
- *If they misses a dose, what should we do?*
- *Are blood tests or physical checks needed for monitoring?*
- *What are the overdose risks?*

Even more good questions

- *What are our goals for the next 3–6 months?*
- *How do we support him? **I want what's best for you.***
- *If he doesn't want me here, can I give you info confidentially?*
- *How can I best encourage him without creating conflict?*
- *What can I do to help get him off drugs?*
- *How do we balance his safety and his independence?*
- *How do we get him off the mental health act?*
- *What would you do in my position?*

5. Post appointment

- Have a talk with your loved one
- Check feelings
- Put in an action plan
- Reiterate your goals *Hopefully, in a year we will ...*
- Paint the picture (heaven if you do, hell if you don't)

Taking care of yourself

- Get appreciation
- Find resources
- Move forward in stuck situations
- Find meaning and purpose
- Aim to move from bitter complaints to trusting teamwork

Where to from here?

1. Have an open conversation: *How do you want me to contribute?*
*How can we be a team? Can we **trust** each other?*
2. Have goals. Yearly, daily, written out. Know where to drive
3. See psychiatrist with or without him (admission, discharge, yearly)
Know diagnosis, prognosis, and goals. Build **trust**
4. Build **trust**. Together as a Team we are Stronger

Thank you

Take good care of yourself

Aim to take a back-seat when you can

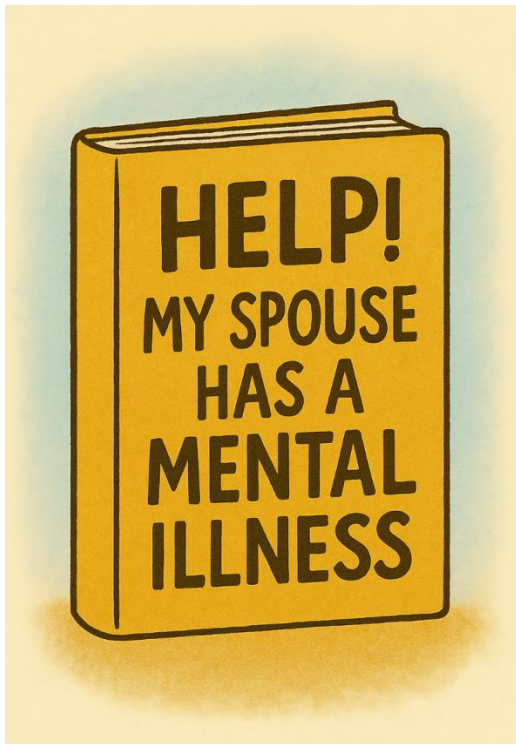
Your vital input is valued beyond the recognition you receive

QUESTIONS

RESOURCES

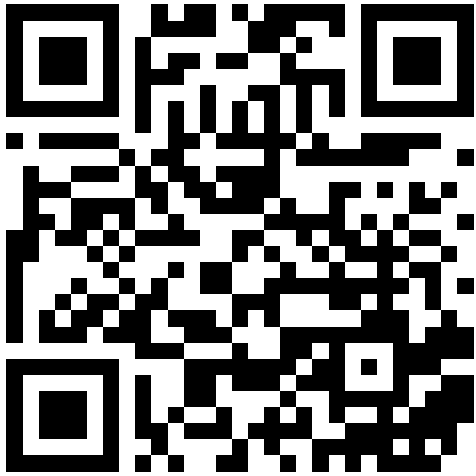


- SLIDES ETC FROM THIS SESSION ON A PRIVATE RESOURCES PAGE



- Looking for spouse volunteers for a 45 minutes in-person or Zoom interview.
- Your name will be anonymous in the book

SIGN UP FOR AN INTERVIEW FOR OUR BOOK



- OR WRITE YOUR EMAIL
OR MOBILE NUMBER ON
THE SIGN-UP FORM AT
THE END OF THE SESSION

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Bring A Plate

Inclusive Dance Company



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Afternoon Tea Break

Session 4 Begins at 3.00pm

(Day wrap up, Lucky door prizes)





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Session 4

Day wrap up, Lucky door prizes



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Queensland
Ballet





Special thanks to



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