

Date: 20th January, 2016

Welcome to *'The LAMPS News!'*

The development of the
new 10 year Mental Health
Plan for Victoria

<http://mentalhealthplan.vic.gov.au/discussion-paper>

See Page 6

Latrobe regional health, Alfred health, Monas health, Peninsula, & South eastern

Training News

(LAMPS represents the shining effect of training and education)

Contents

The development of the new 10 year Mental Health Plan for Victoria.....	1
Local Training Workshops.....	2
10 Year Mental Health Plan	6
Adverse Childhood Events (ACES / Early Life Stress (ELS)).....	7
<i>Original of ACES study and some previous reports</i>	<i>7</i>

The new calendar will be published and available from today. As you are aware it will continue to have courses added to it during the year as agencies offer various programs. We will continue offering directly:

- CBT Foundation training
- Occupational Mindfulness
- Mindful Self-Compassion

A range of other courses and programs will be offered with a one-day workshop program on diversity being created to follow through from the very successful conference last year at the Alfred. In addition, the social workers are leading an offering on the toxic stress created by trauma and in particular the various form of violence that impacts families.

<http://www.med.monash.edu.au/scs/psychiatry/southern-synergy/workforce/>

Look under the heading: *Training* – click on *LAMPS training calendar 2016*

John Julian and Debbie Lang

Local Training Workshops

January 2016

Train the Facilitator – psychoeducation Group

27th This group is designed to train facilitators to deliver a 6-12 week dual diagnosis group with consumers. Facilitators will develop their skills managing a group within a recovery framework, including building motivation to change, minimising harms associated with their co-occurring issues and learning from peer experiences. Suitable for mental health acute units, withdrawal units, PARC's and community teams

Time: 9:15am – 4:30pm

Venue: Quest Apartments, Conference Room, 2-6 James St, Dandenong

Register: sdds@monashhealth.org

February

Mindfulness Self Compassion (MSC) – 8 Weeks

Mental Health Peer workers able to apply

2nd Feb to 22nd Mar **Time:** 10:00am – 12:30pm

Venue: Mind Recovery College Southern Campus, 13 & 14/4-10 Jamieson St, Cheltenham

Dates:

Tues 2nd Feb

Tues 16th Feb

Tues 1st Mar

Tues 15th Mar

Tues 9th Feb

Tues 23rd Feb

Tues 8th Mar

Tues 22nd Mar

Register: <http://spppm->

cf.med.monash.edu.au/southernenergy/form.cfm?workshop_id=1462

Introduction to Dual Diagnosis

3rd An overview of the practices and principles of the complexities involved in dual diagnosis.

Time: 9:15am – 4:30pm

Venue: Southern Community MH Clinic, 352 South Rd, Hampton East

Register: sdds@monashhealth.org

February (Cont.)

Mindfulness Self Compassion (MSC) – 8 Weeks

Time: 10am – 12noon

Venue: Dandenong Main Hospital

Dates:

Wed 3rd Feb – Seminar Rm 1

Wed 10th Feb – Seminar Rm 1

3rd Feb to

Wed 17th Feb – Seminar Rm 4

Wed 24th Feb – Seminar Rm 1

(2 weeks break)

6th Apr

Wed 16th Mar – Seminar Rm 1

Wed 23rd Mar – Seminar Rm 1

Wed 30th Mar – Seminar Rm 1

Wed 6th April – Seminar Rm 1

Register: [http://spppm-](http://spppm-cf.med.monash.edu.au/southernsynergy/form.cfm?workshop_id=1461)

[cf.med.monash.edu.au/southernsynergy/form.cfm?workshop_id=1461](http://spppm-cf.med.monash.edu.au/southernsynergy/form.cfm?workshop_id=1461)

Cost: Free for LAMPS Cluster, \$480 for external

Payment on-line @

<http://ecommerce.med.monash.edu.au/product.asp?plD=640&clD=1&c=51033>

Methamphetamines and Mental Health

An overview of Methamphetamine and how it impacts with mental health and practical strategies aimed at reducing harms

10th

Time: 9:15am – 4:30pm

Venue: Southern Community Mental Health Clinic,
352 South Rd, Hampton East

Register: sdds@monashhealth.org

Introduction to Motivational Interviewing

The How's, Where's and Why's of Motivational Interviewing

12th &

19th

Time: 9:15am – 4:30pm

Venue: Southern Community MH Clinic, 352 South Rd, Hampton East

Register: sdds@monashhealth.org

February (Cont.)

- 22nd** **Assessment of mental illness in people with Intellectual Disability**
The aim of the workshop is for AMHS staff to understand the difficulties in the assessment of people with intellectual disability and to think about how these can be addressed. Participants will review definitions of intellectual disability and consider the prevalence of mental disorders in this group. They will also learn how the presentation of mental illness can be different in this population and consider what adjustments in may need to be made to account for this. The workshop will employ a variety of learning strategies including lectures, exercises and discussions based on case examples and attendees can expect to actively contribute and participate
Time: 9:30-12.30pm
Venue: St Vincent's Hospital Melbourne
Register:
[http://www.svhm.org.au/services/VictorianDualDisabilityService/For Professionals/Pages/Training.aspx](http://www.svhm.org.au/services/VictorianDualDisabilityService/For_Professionals/Pages/Training.aspx)
- 23rd** **Theory & Science Behind Mindfulness & Mindful Self-Compassion**
Presenter: John Julian
Time: 9:00 – 5:00
Venue: Notting Hill, Monash Uni, Lecture Theatre
Register: http://spppm-cf.med.monash.edu.au/southernenergy/form.cfm?workshop_id=1481
- 25th** **Introduction to Pharmacotherapy**
Our Addiction Medicine Consultant discusses the latest evidence around pharmacotherapy interventions
Time: 9:15am – 12:30pm
Venue: Southern Community MH Clinic, 352 South Rd, Hampton East
Register: sdds@monashhealth.org

March

2nd Sexual Health Train the Trainer
Time: 9:00 – 4:30pm **Venue:** Peninsula Health, Blue Rm, 1 West
Register: john.Julian@monash.edu

3rd Train the Facilitator – Revitalise Group
 Develop the skills and the resources to run this six week manualised recovery focused harm reduction program aimed at consumers with co-morbid issues. Facilitators will also gain an understanding of psycho-education, mindfulness based and cognitive behavioural interventions designed to enhance recovery. Suitable for mental health, alcohol and other drug community and residential, CCU's & PARC's services
Time: 9:15 – 4:30pm **Venue:** Quest Apartments, Conference Rm, 2-6 James St, Dandenong
Register: sdds@monashhealth.org

10th Management of mental illness in people with Intellectual Disability
Time: 9:30-12:30pm
Venue: St Vincent's Hospital, Melb **Presenter:** St Vincent's VDDS
Register:
http://www.svhm.org.au/services/VictorianDualDisabilityService/For_Professionals/Pages/Training.aspx

10th Train the Facilitator – Psychoeducation Group
 Designed to train facilitators to deliver a 6-12 week dual diagnosis group with consumers. Facilitators will develop their skills managing a group within a recovery framework, including building motivation to change, minimising harms associated with their co-occurring issues and learning from peer experiences. Suitable for mental health acute units, withdrawal units, PARC's and community teams
Time: 9:15am – 4:30pm
Venue: Quest Apartments, Conference Room, 2-6 James St, Dandenong
Register: sdds@monashhealth.org

16th Alcohol & Other Drug Withdrawal
 An overview of the core principles of withdrawal and the best practice guidelines
Time: 9:15am – 4:30pm
Venue: Kingston Centre, Education Rooms, 400 Warrigal Rd, Cheltenham
Register: sdds@monashhealth.org

March (Cont.)

Methamphetamines and Mental Health

An overview of Methamphetamine and how it impacts with mental health and practical strategies aimed at reducing harms

17th

Time: 9:15am – 4:30pm

Venue: Southern Community Mental Health Clinic, 352 South Rd, Hampton East

Register: sdds@monashhealth.org

Intro to Clinical Supervision

Time: 9:30am – 4:30pm

21st

Venue: Cranbourne Integrated Care Centre, 140 – 154 Sladen St, Cranbourne

Register: [http://spppm-](http://spppm-cf.med.monash.edu.au/southernsynergy/form.cfm?workshop_id=1561)

[cf.med.monash.edu.au/southernsynergy/form.cfm?workshop_id=1561](http://spppm-cf.med.monash.edu.au/southernsynergy/form.cfm?workshop_id=1561)

10 Year Mental Health Plan

The Government has developed a new 10 year plan for mental health.

The 10-year strategy will build on the reforms of the past, and guides investment towards creating the conditions for Victorians to experience their best mental health, whatever their level of need and in a life that has meaning and value for them.

Victoria's 10-year mental health plan was launched in November 2015.

During consultation, more than 1,000 ideas and comments were shared with us on this site and through social media, plus many more insights gathered through public workshops across Victoria.

These contributions and ideas were carefully considered as part of the plan's development

Download Victoria's 10-year mental health plan:

<https://www2.health.vic.gov.au/about/publications/policiesandguidelines/victorias-10-year-mental-health-plan>

Summary

Victoria's 10-year mental health plan sets an ambitious, long-term vision for mental health and wellbeing. It will guide investment and drive better outcomes for Victorians

Adverse Childhood Events (ACES / Early Life Stress (ELS))

(Note: all links can be found at the end of the next page.)

All staff will now be aware of ACES and the association between these and mental illness and suicidality. Research into this area continues from a slightly different angle with neuroscientists examining the impacts. One example comes from Richard J Davidson, a leading world-wide neuroscientist who studies people of all ages and walks of life. Davidson has already made significant in-roads into the elasticity and flexibility of the brain and its ability to recover.

Richardson's lab recently published this article which concluded "ELS may shape the development of brain areas involved with emotion processing and regulation in similar ways. Differences in the amygdala and hippocampus may be a shared diathesis for later negative outcomes related to ELS." (Link below – see Hansen, et al). A similar earlier 2000 study by Driessen et al found "The patients with BPD had nearly 16% smaller volumes of the hippocampus ($P < .001$) and 8% smaller volumes of the amygdala ($P < .05$) than the healthy controls. The results for both hemispheres were nearly identical and were controlled for the volume of the prosencephalon and for head tilts. The volumes of the hippocampus were negatively correlated with the extent and the duration of self-reported early traumatization only when BPD and control subjects were considered together. (See Link below by Driessen et al.

Original of ACES study and some previous reports

The original work on ACES can be found at <http://www.acestudy.org> In recruiting 17,337 volunteer participants from approximately 26,000 consecutive Kaiser Permanente members - Kaiser Permanente's was an obesity clinic in San Diego where the issue of ACES and obesity was first considered. About half were female; 74.8% were white; the average age was 57; 75.2 had attended college; all had jobs and good health care, because they were members of the Kaiser HMO. Participants were asked about 10 types of childhood trauma that had been identified in earlier research literature:

- Physical abuse
- Sexual abuse
- Emotional abuse
- Physical neglect
- Emotional neglect
- Mother treated violently
- Household substance abuse
- Household mental illness
- Parental separation or divorce
- Incarcerated household member

The origins of the study and other papers can be found at: <http://www.acestudy.org/> To examine this further a chapter titled "The Relationship of Adverse Childhood Experiences to Adult Medical Disease, Psychiatric Disorders, and Sexual Behavior: Implications for Healthcare" from the book "The Hidden Epidemic: The Impact of Early Life Trauma on Health and Disease" edited by R. Lanius & E. Vermetten (Cambridge University Press, 2009) can be found here: http://www.acestudy.org/yahoo_site_admin/assets/docs/LaniusVermetten_FINAL_8-26-09.12892303.pdf

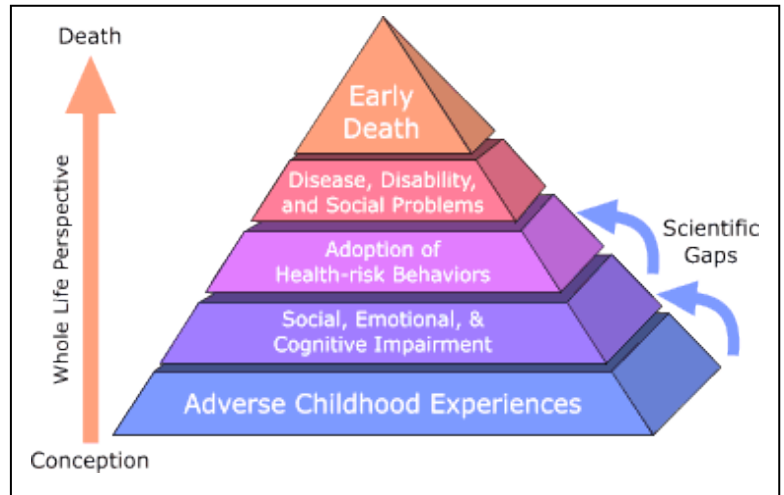
Editorial Cautionary note: Association does not equal causality. One of the major unanswered issues is about how some people come through such events and survive healthily and apparently flourish.

Cont'd from previous page

The picture to the right summarizes the issues involved.

A major report paper summarising the impact by Middlebrooks & Audage (2008) "The effects of childhood stress on health across the lifespan" published by the U.S. Department of Health and Human Services Centers for Disease Control and Prevention can also be found in the links below.

Within mental health and specific to schizophrenia, a paper by Benedetti et al (2011) found "Structural and functional brain correlates of emotional reactivity are influenced by both current chronic undifferentiated schizophrenia and the severity of past ACEs."



Links to articles and examples of the literature:

Within Australia, a useful 2011 overview of childhood trauma and psychosis by Bendall et al can be found at:

The link is: <https://aifs.gov.au/publications/family-matters/issue-89/childhood-trauma-and-psychosis>

Bendall, S., Jackson, H. J., Hulbert, C. A., & McGorry, P. D. (2011). [Childhood trauma and psychosis: An overview of the evidence and directions for clinical interventions](#). *Family Matters*, 89, 53-60.

Benedetti, F., et al, Emotional reactivity in chronic schizophrenia: structural and functional brain correlates and the influence of adverse childhood experiences. [Psychol Med](#). 2011 Mar;41(3):509-19. doi: 10.1017/S0033291710001108. Epub 2010 Jun 9.

The link is:

http://journals.cambridge.org/download.php?file=%2FPSM%2FPSM41_03%2FS0033291710001108a.pdf&code=9fc12e255e9e143de4a6c55bf429b91c

Driessen et al, Magnetic resonance imaging volumes of the hippocampus and the amygdala in women with borderline personality disorder and early traumatization *Arch Gen Psychiatry*. 2000 Dec;57(12):1115-22.

The link is: <http://archpsyc.jamanetwork.com/article.aspx?articleid=481684>

Middlebrooks & Audage (2008) "The effects of childhood stress on health across the lifespan" published by the U.S. Department of Health and Human Services Centers for Disease Control and Prevention.

The link is: http://health-equity.pitt.edu/932/1/Childhood_Stress.pdf

Schilling, E. A., Aseltine, R. H., Gore, S. Adverse childhood experiences and mental health in young adults: a longitudinal survey. *BMC Public Health*. 2007; 7: 30. Published online 2007 Mar 7. doi: 10.1186/1471-2458-7-30

The link is: <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC1832182/>

Hanson, J.L., et al., Behavioral problems after early life stress: contributions of the hippocampus and amygdala. [Biol Psychiatry](#). 2015 Feb 15;77(4):314-23. doi: 10.1016/j.biopsych.2014.04.020. Epub 2014 May 23.

The link is: <http://www.sciencedirect.com/science/article/pii/S0006322314003515>