



## INSTRUCTOR NEWSLETTER

18 April 2003

Greetings MHFA Instructors

May you all have a safe and enjoyable Easter break. There are quite a few things to draw to your attention so I will list them under headings.

### FREE SET OF VIDEOS & PAMPHLETS

Pharmaceutical Company PFIZER has very kindly agreed that each MHFA Instructor can request one set (AND ONLY ONE SET) of its 7 brochures and 9 videos on Depression and different Anxiety Disorders. Some of you have received these and some of you haven't. Normally this will be possible no later than 2 weeks after completing the MHFA Instructor training course. However, for those of you who completed your training before April this year, please email request to Sandra Ianson no later than 2 weeks after the date of this newsletter ie 18 April 2003.

Email your name, postal address & request to:

[sandra.ianson@pfizer.com](mailto:sandra.ianson@pfizer.com)

### SOME SMALL CHANGES TO MHFA WEBSITE

- More accredited instructors listed. Decision made not to include photos of each instructor – makes the pages too slow to open.
- Information in the downloadable MHFA Brochure (on “Courses” webpage) now allows for special corporate rates to be set by individual instructors. There is also now a space for you to put A stamp or sticky label with your own contact details. Next week the course format paragraph will have the following sentence added “The delivery format is flexible.”
- Hidden Instructors’ page – decision made NOT to post the certificate on this page.
  - 4 session class attendance list to be added next week.

### INSTRUCTOR DETAILS FOR MHFA WEBPAGE

There are a few accredited MHFA instructors who have not given me information to put up about them on the MHFA website. I will put the form to be filled out on the hidden Instructors’ page. Christine M, Gay T please note!

### ADVERTISE YOUR COURSES ON THE MHFA WEBSITE

Please let me know of any MHFA courses you have conducted or have in the planning. I want to put them up on the MHFA website. Hollie, an advert for the course you are conducting in Warialda in early May will go up early next week.

## **MHFA CERTIFICATES & MANUALS**

All instructors need to contact me (email best) if they wish to place an order for the official MHFA Certificates of Attendance for the 12-hr course and the MHFA Manual.

Cost per Certificate is \$0:80 plus P&P.

MHFA manuals are presently free due to a generous donation. However, P&P needs to be covered.

I can invoice you for the cost of the P&P or I will give you a quote when you tell me how many you want.

Of course local instructors can pick up certificates & manuals from my office. Just a reminder, the address is:

**Centre for Mental Health Research  
63 Eggleston Rd  
The Australian National University  
ACT 0200**

## **BETTY ON MHFA MISSION OVERSEAS**

I will be overseas from **21 April - 15 May**. I have been asked to give two presentations to the Scottish Health Dept on the MHFA rationale and research and also conduct the 5-day MHFA Instructor course in Shetland.

If you need to contact someone about important MHFA matters please email Professor Tony Jorm on:

[anthony.jorm@anu.edu.au](mailto:anthony.jorm@anu.edu.au).

However, please note that Tony will also be out of the country between **3 - 15 May**.

In that period please email Dr Kathy Griffiths with any important queries:

[kathy.griffiths@anu.edu.au](mailto:kathy.griffiths@anu.edu.au)

## **REMINDER TO THANK SPONSORS**

For people who have received financial support for their MHFA Instructor training &/or travel & accommodation don't forget to thank your sponsoring organisation – your employer, ACT Health, PIVOT Fertilizer Company

For those supported by the ACT Dept Health & Community Care, please write to:

Mick Sam  
Snr Policy Officer  
GPO Box 825  
Canberra  
ACT 2601

Please mention any of the following priority groups that will be targetted as participants in some of your courses:

mental health consumer organisations, services working with the unemployed, indigenous, older persons, children & young people, family members living with a person with mental illness, men in midlife & or men who separated from their partners and, finally, work place environments.

For those supported by the PIVOT fertilizer company, please write to:

Noel Trevaskis  
Regional Manager  
Pivot Ltd  
PO Box 108  
Goulburn NSW 2508

## **INVOICES**

Invoices will be posted out over the next few weeks for payment of the MHFA Instructor course you have attended.

## **BOOKS**

Unfortunately the books I have ordered for each MHFA Instructor have been arriving in dribs and drabs. I want ALL MHFA Instructors to have the following 2 books:

Bourne E. (2000) The Anxiety & Phobia Workbook

Tanner S. & Ball J. (1991) Beating the Blues

**Please let me know your name & postal address if you have not yet received not have one or both of these books.** I know none of the Instructors from the course in Orange have these books yet.

## **ASIST TRAINERS**

For the new Instructors who have just finished the course in Orange, here are the names of ASIST trainers in areas of interest to some of you.

### **Broken Hill:**

Margie Chivone (03 5022 3500)

Clive Custance (03 5443 1330)

De & Norm Heath (08 8642 6510)

Cate Clark (02 6056 5803)

Michelle Mourick, Brendan Toohey and Sue Riddell(02 6021 1077)

### **Grenfell, Orange, Katoomba & Wollongong:**

Sandra Bolack (02 4295 2289)

Jo Dennison (02 4295 2234)

Annette Milross (02 4227 1122)

Gina Parker (02 4224 7111)

Rachel Evans (02 6582 1143)

Kathryn Parle (02 6581 2800)

Lindy Macgregor (02 9498 8805)

Gaynor Hicks (02 9976 2802)

## **NEW RESEARCH / INFORMATION FOR MHFA INSTRUCTORS ON MENTAL HEALTH MATTERS**

1. SSRIs effective for PMT – 20 January 2003

<http://www.cochraneconsumer.com/Content.ASP?ID=CO0000001573>

2. All forms of nicotine replacement therapy can help people quit smoking, almost doubling long term success rates – 20 January 2003

<http://www.cochraneconsumer.com/Content.ASP?ID=CO0000000595>

3. The association between depression and isotretinoin use in acne. Isotretinoin (trade names Roaccutane & Oratane), is a vitamin A derivative - February 2003.

Ng CH & Schweitzer I. (2003) The association between depression and isotretinoin use in acne. Australian and New Zealand Journal of Psychiatry; 37:78-84

## The association between depression and isotretinoin use in acne

Chee Hong Ng, Isaac Schweitzer

**Objective:** The association between isotretinoin and depression has received little attention in the psychiatric literature despite an increasing number of reports in medical journals. The purpose of this paper is to highlight this association, examine the possible link and review the clinical implications.

**Method:** A critical review of the literature pertaining to depression in patients with acne who were treated with isotretinoin was conducted.

**Results and Conclusions:** The causal relationship between isotretinoin therapy and depression has not been clearly established and needs further study. Isotretinoin is likely to have a positive psychological impact for the majority of patients who benefit from such a highly efficacious anti-acne treatment. However, it is important to recognize that depression can occur as an idiosyncratic side-effect that requires urgent and appropriate treatment. Therefore, having a low threshold for detection of this uncommon complication and early psychiatric referral to address both the depression and its contributing factors may prevent serious consequences.

#### 4. Schizophrenic and depressed people find smoking more rewarding.

Spring B. *et al.* (2003) [Cigarette smoking for comparably heavy smoking Schizophrenic, depressed and non patient smokers. Am J Psychiatry, 160:316-322](#)

This article is not available free on the web but I can email it to you as a pdf.

#### 5. FAQs (and answers) on Alcohol Abuse and Alcoholism – new from the American National Institute on Alcohol Abuse and Alcoholism.

<http://www.niaaa.nih.gov/faq/q-a.htm>

That's all, folks. I have a plane to catch! I will be accessing my emails and responding as often as possible whilst in the UK.

Warm regards  
Betty