

Happy holidays!!



Friends of MHFA Australia Newsletter

December 2012



Message from the CEO, Betty Kitchener OAM

2012 has been a big year for the MHFA Program. In August this year, the MHFA Program and staff moved into its own organisation, a not-for-profit company limited by guarantee named 'Mental Health First Aid International', trading as 'Mental Health First Aid Australia'. Please see more info on our team here: www.mhfa.com.au/cms/our-team

Our new office is in the Melbourne suburb of Parkville with a lovely view overlooking Princes Park. All staff members are very happy here and there is much buzz as we work together on new initiatives.

We have had a number of exciting ideas for development for a couple of years and now we are able to begin to bring them to fruition. In 2013, we plan to launch 3rd edition Standard and Youth MHFA Programs, an Older Person MHFA Program, a teen MHFA Program and modified Standard MHFA courses for 3 sectors of frontline community workers (financial counsellors, nursing students and medical students). The Australian Government Department of Health and Ageing (DoHA) is funding this frontline workers initiative.

After much delay, we are now making progress with the development of a tailored online MHFA course. Also, our Aboriginal and Torres Strait Islander MHFA course is to be enhanced with a supplementary booklet on how to give MHFA to an Indigenous adolescent and also a simplified flip chart workbook.

We thank you for your support and encouragement and we look forward to a vibrant next year.

8th Annual MHFA Instructor Conference, October 2013

We are pleased to announce the details for the 8th Annual Mental Health First Aid Australia Instructor Conference **"Mental Health First Aid: Growth through Diversity"** which will be held on **Monday 14 – Tuesday 15 October 2013 at CQ Functions, 113 Queen St, Melbourne.**



In 2013, we again will be providing a mix of professional development, networking and skills-based sessions to support the effective delivery of Mental Health First Aid in communities and workplaces. The winners of the 2nd annual MHFA Australia awards will also be announced during a special ceremony.

Registration will be open to non-Instructors who may be interested in learning more about MHFA Australia. Accredited Instructors and Trainers from our International MHFA partner programs are also welcome to attend.

Delegates can take advantage of special conference room rates at the CitiClub Hotel (Superior Queen/Twin – \$129 and Deluxe Queen/Twin – \$149). These rates are per room, per night. Breakfast is an additional \$15 per person.

Contact reservations on +61 3 9602 1800 to access this special rate or visit their website www.cqmelbourne.com.au

A program and registration will be available by mid 2013. Look out on our

website for further updates in the new year. We look forward to seeing you there! More info here:

www.mhfa.com.au/cms/conference

Conference MC

Nelly Thomas has been described as one of Australia's most natural and intelligent comedians. Nelly recently released her latest comedy DVD *The Talk* (a sexual health and ethics DVD for teens and their carers) and released her first book, *What Women Want*, this year to popular and critical acclaim. Nelly continues to do live work in the community and government sectors, in particular, as a highly sought-after speaker, MC and producer of custom-made performances, specialising in social commentary and health promotion. She has many years of experience in these and related fields, including women's and adolescent health, and is currently studying post-graduate psychology in her spare time to bolster this work.



In this newsletter:

- CEO message
- MHFA Instructor Conference 2013
- MHFA Award winners 2012
- MHFA International
- DoHA funding
- NEW teen MHFA course news
- Congrats to AJ Williams
- Words from Master & Principal Master Instructors
- MHFA Board of Directors
- MHFA Instructor Training 2013
- Updating MHFA info on your web
- MHFA off the beaten track
- Feature topic: Talking about suicide
- Population Mental Health Group
- NEW mental health resources



Mental Health First Aid Program News

Winners of the 2012 MHFA Australia Awards

This year, we launched the MHFA Australia Awards to acknowledge the high standard and commitment demonstrated by those involved in delivering 12-14 hour MHFA courses across Australia. We received over 40 nominations, all of which were of a very high standard, making it a very difficult decision for the judging panel.

In total we awarded six winners and three Certificates of Commendation across four award categories at a ceremony during our 7th Annual MHFA Instructors' Conference held in Melbourne in September 2012. The winners, by award type, are:

For an individual effort in any of the MHFA Courses (i.e., MHFA Instructor Award):

- Fay Jackson
- Deborah Reveley
- Senior Sergeant Sue Horton

Sue commented: "I was absolutely surprised and thrilled when told I'd won the award as I wasn't aware that I'd been secretly nominated by my peers. I am very humbled firstly in having my colleagues recognise my work and contributions in the mental health area and going to the lengths of submitting the nomination, and then secondly on being selected by MHFA to receive the award, it's a real honour."

Full article here: <http://bit.ly/Sue-H>

For a whole of community effort to increase mental health literacy by conducting MHFA Courses:

- Live4Life Macedon Ranges
- Deniliquin Mental Health Awareness Group (Certificate of Commendation)
- Cape York Social and Emotional Wellbeing Collaborative (Certificate of Commendation)

For a workplace wide effort to increase mental health literacy of employees by

conducting MHFA Courses:

- Essential Energy
- Corrective Services NSW (Certificate of Commendation)

For a whole of university approach to increasing mental health literacy through conducting MHFA Courses:

- University of Tasmania

Many other MHFA Instructors and organisations are achieving wonderful results with MHFA courses but did not nominate.

More information on the Annual MHFA Australia Awards here:

<http://bit.ly/Awards-12>

Also check out interviews with some of our winners at the MHFA Blog:

<http://bit.ly/MHFA-Blog>



Above: 2012 award recipients with MHFA co-founders, Betty & Tony.



MHFA International news

To date, 20 other countries have adapted the MHFA Australia Program for their own settings.



The most recent addition was Saudi Arabia. In September 2012, Betty Kitchener travelled to Riyadh, capital of the Kingdom of Saudi Arabia (KSA), to deliver and consult with some mental health professionals about a MHFA KSA Program. At present the program is being adapted for the KSA.

The latest international news comes from MHFA Wales, who just announced that they've trained 10,000 MHFAiders! More info here:

<http://bit.ly/Wales-10000>

For more news from the 21 MHFA organisations around the world, see the third edition of our MHFA-I Newsletter published by MHFA Australia in November 2012:

<http://bit.ly/MHFA-I-Nov-12>

Lastly, below is a visual representation of the international spread of MHFA! Our Algee (the MHFA Australia mascot) sure is a jet-setter!



Mental Health First Aid Program News cont'd

MHFA Initiatives of the Australian Government Department of Health and Ageing

MHFA Australia is very thankful to the Australia Government Department of Health and Ageing (DoHA) for funding over the next couple of years to develop and deliver tailored training to help the following sectors in our communities to have the skills, confidence and competence to be able to recognise and give appropriate MHFA to someone impacted upon by mental illness or in the mental health crisis of being suicidal: financial counsellors, nursing and medical students, and people helping Aboriginal and Torres Strait Islander adolescents.

The funding is allowing us to conduct two Delphi research projects to inform the content of the following two new supplementary booklets:

- 1) The best way financial counsellors can help handle financial issues in clients with mental health problems
- 2) The best way to give first aid to Aboriginal teenagers who are developing a mental health problem or in the crisis of being suicidal.



Another new publication will be a simplified Aboriginal and Torres Strait Islander MHFA manual / workbook for people with lower literacy levels.

The development of four short MHFA films, suitable for use in MHFA courses for nursing or medical students, financial counsellors and people helping Indigenous adolescents, will also be supported with this funding.

Finally, this funding will also facilitate the development through WIMS, our existing web-based database, of an online assessment and registration and 3 yearly re-accreditation of all attendees at MHFA courses, i.e. MHFAiders across Australia.

Teen MHFA update

In 2013 we will be launching teen MHFA, a program for young people assisting each other, usually to get help from an adult for a mental health problem. Two videos and a manual will accompany the course, which will run over three classroom periods.

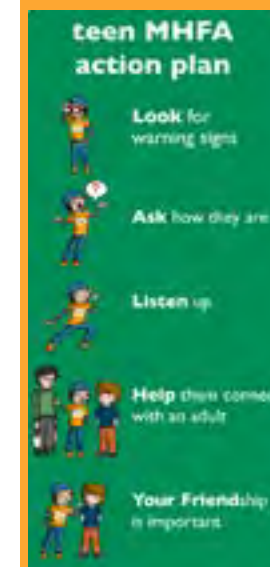


In late 2012, two pilot teen MHFA courses were run in Melbourne.



The feedback was wonderful. The participants loved both the drama video, "Mates", seen by many Instructors at the 2012 conference, and the talking heads video, "Talking About It" as well. They were very happy with the manuals, which include illustrations by two artists at a local comic artists' collective and artwork by young people with mental illness.

We will be running a trial in a large high school in Melbourne in February and March and look forward to making announcements about Instructor training soon.



Pictured left. Here's a look at the teen MHFA action plan!



Congrats to AJ Williams, AMHFA Project Manager



In October 2012, AJ Williams, the Aboriginal & Torres Strait Islander MHFA Project Manager (& MHFA Instructor), received a Mental Health Matters Award for Indigenous social and emotional wellbeing. The award was in recognition of AJ having delivered 30 MHFA courses across NSW in 2011 and 2012.

This award is coordinated by the Mental Health Association NSW and funded by the NSW Ministry of Health and recognises the achievements of individuals and organisations who have worked to improve understanding, awareness, service provision and the general mental health of our community, over the past 12 months.

AJ commented, "We go into communities and try and break the stereotypes about anxiety, depression, suicide, and drugs and alcohol. We break things down to their simplest form, analyse what causes mental health problems. What we need to do is help our friend, brother, sister until we can find professional help."

AJ also commented, "The part of my work that is most satisfying is when I can see the 'lightbulb moment' for a participant – when I know that people recognise and understand what I am talking about."

More congratulations for AJ are in order - in December this year, AJ completed his 200th MHFA course!

You can read more about AJ at the MHFA website 'Our Team' page here:

www.mhfa.com.au/cms/our-team



Mental Health First Aid Program News cont'd

Words from Master and Principal Master MHFA Instructors

Cliff Nelder, QLD
Principal Master Standard & Youth
MHFA Instructor

"I have had the pleasure of being a MHFA Instructor since December 2006. With the encouragement and inspiration of our Service Director, we have established my role, which is unique within QLD Health.

The major focus of my role is the promotion of MHFA within the Cairns and Hinterland Hospitals and Health Service. We now deliver the Standard, Youth and Indigenous versions, have a pool of 7 instructors and regularly facilitate courses widely throughout Far North Queensland. Gee I love my job!"



Deb Reveley, WA
Master Standard & Youth
MHFA Instructor

"There is rarely a moment when the wheels of the Brain Ambulance are still. Now in our 7th year, I have driven the Brain Ambulance all around WA. I have completed 148 MHFA courses (both Standard and Youth). My main tool for delivery is laughter and lots of it."



More info on Deb's company, Brain Ambulance, here:
www.brainambulance.com.au

2013 MHFA Instructor Training Course dates

5-day Standard MHFA Instructor Training

- 11th - 15th Feb 2013
Gold Coast, QLD
- 18th - 23rd March 2013
Sydney, NSW
- 29th April - 3rd March 2013
Perth, WA
- 17th - 21st June 2013
Melbourne, VIC

5.5-day Youth MHFA Instructor Training

- 7th - 12th April 2013
Melbourne, VIC
- 2nd - 7th June 2013
Sydney, NSW

5-day Aboriginal & Torres Strait Islander MHFA Instructor Training

- 18th - 22nd Feb 2013
Gold Coast, QLD
- 29th April - 3rd May 2013
Melbourne, VIC
- 17th - 21st June 2013
Darwin, NT

View training calendar and
APPLY ONLINE here:
<http://bit.ly/MHFA-APPLY>

OR you can EXPRESS INTEREST:
If the courses currently advertised don't suit your needs, express your interest in MHFA Instructor Training here to receive notifications when we update our training calendar:
<http://bit.ly/MHFA-EOI>

MHFA Australia's board of directors



MHFA Australia operates under the governance of a Board of Directors. There are five board members:

- Susan Goldie (Acting Chair)
- Professor Tony Jorm
- Kevin Ferguson
- Michele Barry
- Professor Nick Allen

More information on each of our Board Members at the MHFA website here:
<http://bit.ly/MHFA-Board>

Please update mention of MHFA on your website/s

Given we are now a national not-for-profit charity, we would appreciate if you could please amend all mentions of MHFA on your website/s to reflect these recent changes.



Please use this text below:

"The Mental Health First Aid Program is run by Mental Health First Aid™ (MHFA) Australia, a national not-for-profit health promotion charity focused on training and research. More information about MHFA Australia here: www.mhfa.com.au".

Many thanks for your cooperation!

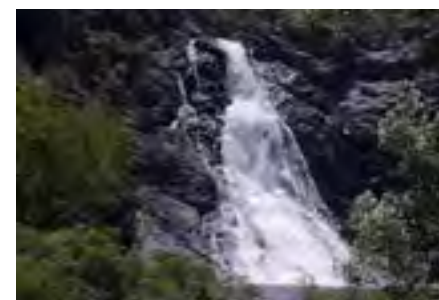


MHFA Courses Conducted off the Beaten Track

Youth MHFA Course held in "Wujal Wujal"

Aboriginal and Torres Strait Islander and Youth MHFA Instructor, Johnathan Link, shared this photo and story from a Youth MHFA course he conducted with Youth MHFA Instructor Dayne Purcell in Wujal Wujal (Far North Queensland) with people from the Kuku Yalanji Nation. Wujal Wujal has a very small population (of 326 according to 2006 census data).

The community is set around the highly sacred waterfalls of Wujal Wujal (pictured below), which means 'many falls' in the local language.



Instructors Dayne and Johnathan were invited to the community from a local member and Royal Flying Doctor Service



(RFDS) employee, Vincent Tayley (pictured below) to support his community in relation to some recent attempts of suicide as well as contemplations of suicide (suicide ideation) that young people were talking about.

Vincent is working with Michael Marriott (RFDS - PHaMS worker, pictured below) with community people who want to help their community.

This workshop bought together service providers, a local elder and representatives from the local Council to learn the importance about the signs and symptoms that young people endure under stressful situations, which may include self-medicating. This course also helped organisations involved to provide the appropriate support mechanisms for young people and to engage in appropriate ways for young people to understand.



Above: Youth MHFA course group in "Wujal Wujal" with RFDS staff Michael Marriott (far right, blue shirt), Vincent Tayley (red shirt front row), and MHFA Instructor Johnathan Link (far left, also from RFDS).

Aboriginal & Torres Strait Islander MHFA course held in Mossman Gorge



This photo was taken at a 14-hour Aboriginal & Torres Strait Islander MHFA course conducted in Mossman Gorge (Far North Queensland) in September 2012 by Instructor Johnathan Link.

These participants are students from the Mossman Gorge Gateway Project and have been studying for their Certificate III in Hospitality and Tourism. This was the second group of trainees to have completed the AMHFA course for the Gateway Project and it is envisaged that more training will be needed for the new students in 2013.

Many stories were shared with the group and they found this workshop to be very helpful, especially for when someone talks about suicide or threatening to self-harm. One young man talked about his substance misuse and his incarceration and found that after doing this course, he didn't feel stigmatised once he spoke about it and is now in a better place and space. He is now advocating for young adults and teenagers struggling with their identity, anger and aggressive ways so he can prevent them from entering into the criminal justice system.





Feature Topic: Talking about Suicide

Whilst this feature topic is not necessarily linked to the holiday season, like all times of the year, this is an important time to keep the MHFA Action Plan in mind and to be reminded of the importance of open and responsible communication in regards to mental health. The holiday season can be a busy, stressful and lonely time for some. Also see our holiday season MHFA Blog post on 'Burn-out' here: www.mhfa.com.au/cms/mhfa-tips-burnout

How should we openly and responsibly discuss suicide within the media?

Alex Potter, Project Officer for Mindframe National Media Initiative at Hunter Institute of Mental Health, discusses the role Mindframe plays in informing the Australian media about how to report of suicide and mental illness.

The media plays an important role in increasing community understanding and reducing stigma regarding mental illness and suicide. The Mindframe National Media Initiative* (Mindframe Initiative) aims to provide practical advice to support the work of the Australian media by informing them about responsible and appropriate reporting of suicide and mental illness.

Mindframe recognises that media portrayal of these issues can be influenced by a number of sectors such as those in mental health and suicide prevention, police, courts as well as via stage and screen. The Mindframe initiative therefore seeks to build collaborative relationships with these sectors to promote positive and appropriate reporting of suicide and mental illness, and in doing so work to reduce stigma within the community.

Mindframe for the mental health and suicide prevention sector has developed resources specific to those involved within the industry including guides for working with the media and important considerations for organisations working with socially or culturally diverse groups.

The Mindframe initiative supports the need to talk openly about suicide and mental illness, but also recognises that this must be balanced with need to



minimise potential risks for people who may be vulnerable and/or at risk.

Some of the key points for mental health professionals to consider when speaking publicly or doing a media interview about suicide or mental illness are:

- Consider the power of language in reducing stigma.
 - Avoid labelling people by their illness by using terms such as 'suffering from', 'schizophrenic' or 'mental patient', rather try using 'a person living with' or 'has a diagnosis of'.
 - Avoid statements which present suicide as a desired outcome such as 'successful/unsuccessful suicide'. Instead try using 'died by suicide', 'non-fatal' or 'made an attempt on his/her own life'.

- Evidence shows that detailed descriptions of methods and/or locations of suicide deaths in media stories can lead to copycat deaths. When talking openly in the media about deaths by suicide, try to use general descriptions such as "cocktail of medications" or "a well-known park".
- Personal stories can be important tools for stigma reduction. When facilitating access to media for people with lived experience of mental illness or suicide, exercise caution and ensure adequate and appropriate supports are in place both during and after interview.

- Request that media include a 24-hour crisis support service to ensure anyone potentially distressed can seek immediate help.

For example:

- Lifeline 13 11 14
- Suicide Call Back Service 1300 659 467
- Kids Helpline 1800 55 180
- MensLine Australia 1300 78 99 78.

- Refer journalists and colleagues to the Mindframe website (www.mindframe-media.info) for further information and resources regarding the reporting of suicide and mental illness.

Further information and support is available to people working within the mental health and suicide prevention sector.

Contact the Mindframe project team on: (02) 4924 6904 mindframe@hnehealth.nsw.gov.au www.mindframe-media.info

* Funded by the Australian Governments Department of Health and Ageing under the National Suicide Prevention Programs, the Mindframe initiative is managed by the Hunter Institute of Mental Health (www.himh.org.au).



Feature Topic: Talking about Suicide cont'd

Communication is crucial for preventing suicides

The MHFA Action Plan 'ALGEE' promotes assessing for suicidal ideation or behaviour in a person as one of the first helping actions. The 'A' in ALGEE stands for Approach, Assess and Assist in any mental health crises. To learn more skills to use suicide communications as a tool for intervention, the MHFA Program recommends people attend a 2-day ASIST course.



The ASIST course stands for 'Applied Suicide Intervention Skills Training' and is conducted by Livingworks Australia: www.livingworks.com.au

Darryl Folkerson, LivingWorks Communication Officer, discusses the importance of communication in preventing suicide.

Unfortunately, one of the harsh realities of mental health problems is the issue of suicide. While suicide is not exclusive to mental health problems, fully understanding the risk as well as its societal impact is vital in taking steps to prevention.

One of the most important steps to preventing suicide lies in communication. Make that, effective communication. It's not a stretch to say that in many cases, communicating in a knowledgeable and candid manner could be what stands between someone taking their own life and finding the support they need. Positive communication methods promote relationship building, empowerment, and confidence.

Richard Ramsay realises this all too well. Richard is a retired professor of social work and the President of LivingWorks Education, a company specialising in suicide intervention training. A large part of Richard's teachings on suicide



prevention focuses on communication.

"A number of people and communities do not talk about suicide because of it being such a sensitive social issue," said Ramsay. "We believe in open and direct communication in part because it helps to reduce the stigma of suicide among the general public."

LivingWorks' communication principles are a primary focus of the company. They are premised on the belief that

all forms of help-seeking about suicide need to be encouraged. A decision to live is far more likely when a person at risk can make it in the company of a helper who is comfortable talking about suicide. The simple and yet profound first approach to any person at risk should be, "Let's talk."

LivingWorks believes relationships are also central to understanding and preventing suicide. Having a relationship with a person at risk, or creating one through open talk about suicide, builds the trust that makes it possible to determine if the person is having thoughts of suicide.

The ASIST course encourages course participants to be candid with those they feel are at risk of suicide. A simple query as to whether the person is

thinking about suicide can go a long way toward saving a life.

Of course the downside to this is that the individual questioned may feel insulted and may respond, "No." But people are asked to weigh the potential outcomes of this situation where they may potentially identify a person at risk of suicide. If someone does take the initiative to ask and are rebuffed, at worst they feel embarrassed. If someone opts not to ask, it is a possibility that the at-risk individual doesn't get the support they need and takes their own life. Not only does the tragedy of a lost life occur, but an overwhelming feeling of regret and guilt is likely felt by the caregiver. Ramsay has seen effective communication work before.

"LivingWorks believes relationships are also central to understanding and preventing suicide. Having a relationship with a person at risk, or creating one through open talk about suicide, builds the trust that makes it possible to determine if the person is having thoughts of suicide."

"I remember one situation where a university athlete was experiencing a number of mental health problems. After his mother was trained in ASIST, she was able to recognise his difficulties and was very direct with him about suicide. Emergency personnel were involved and doctors credited the mother's intervention with saving her son's life," said Ramsay.

Communication goes beyond 'asking'. Actively hearing a person's story, reading body language, and identifying emotions all give strong indicators of a person's psyche. Programs centered on identification, communication, and other foundational skills build relationships and help people. Because above all, that's what it's all about – assisting people to reach their potential as human beings.

Communication is one of the essential building blocks to assisting others to reach their full potential.



MHFA and Mental Health Literacy Research News

Revamp of parenting strategies website

www.parentingstrategies.net

Parenting Strategies is a website helping parents of adolescents to prevent mental health problems in their children.



At present, the website focusses on what parents can do to prevent alcohol misuse. Eventually the website will cover preventive parenting for depression, anxiety disorders and eating disorders.

The website has recently had a revamp and parents of adolescents are invited to try it out. Based on their answers to a questionnaire, parents are given personalised feedback on how they can improve their parenting to prevent alcohol misuse and are also offered an online parenting program tailored to their individual needs.

Wikipedia really is a good source of mental health information

There is a lot of information about mental illness on the internet, but it is of variable quality. To find out how good various sources are, a research project has been carried out asking experts to rate information from 14 frequently used websites, a psychiatry textbook and Encyclopaedia Britannica.



Wikipedia was found to rate very highly, although it was lower in readability than some other sources. In fact, Wikipedia was as good as a psychiatry textbook.

Further details can be found at: <http://1.usa.gov/I2wGRWR>

Launch of returntowork.net.au



The Population Mental Health Group is launching a website designed to help anyone involved in the process of returning to work after absence due to depression, an anxiety disorder or a related mental health problem (www.returntowork.net.au).

This website focuses on actions that employers, employees, colleagues and family and friends can take to ensure that return to work is successful and that the risk of relapse is lower.

The content is based on the previously developed Guidelines for helping employees successfully return to work following depression, anxiety or a related mental health problem - available here: <http://bit.ly/RTW-Guidelines>

The development of the returntowork.net.au website was funded by *beyondblue* under the Victorian Centre for Excellence in Depression and Related Disorders research grant scheme.

Downloading MHFA Guidelines from the internet can have benefits

The MHFA website has a range of guidelines for how to help people with mental health problems or in a crisis. See <http://bit.ly/Guidelines-project>. Over a 9 month period, there were over 23,000 downloads of guideline documents.

A research project has been carried out to find out whether people downloading the guidelines make use of them to help people with mental health problems. 154 people were followed up one month after downloading guidelines. 63 of them provided first aid. A majority of these felt they had been successful in helping the person and that the guidelines had contributed to the positive outcomes.

Further details of the findings can be found at: <http://bit.ly/pub-med>

MHFA for Eating Disorders

Dr Laura Hart recently published some results of her PhD research on MHFA for eating disorders. She trained 73 university students living in residential colleges in how to assist a friend with an eating disorder.

Laura found increases in problem recognition and knowledge of appropriate mental health first aid strategies, which were maintained at 6-month follow-up. 20 participants reported providing assistance to someone with a suspected eating disorder, seven of whom sought professional help as a result of the first aid interaction.

Further details are at: <http://bit.ly/MHFA-ED-biomed>



NEW mental health resources

Below are some newly available mental health resources that have come to our attention and may be of interest:

• The **Butterfly Foundation** have published Australia's first socio-economic impact **report on eating disorders**.

More info, including the full report, available here:

<http://bit.ly/Butterfly-found>



• There is a new cyber-bullying campaign partnership between Facebook and Headspace which is supported by Young and Well CRC: **Be Bold Stop Bullying**. This campaign is designed to ignite a conversation around the country to educate parents, teachers and youth about the actions that will help empower young people and teach them to stand up when they see bullying occur.



More info here:
<http://bit.ly/BBSB-campaign>
And at the Facebook campaign page:
<http://bit.ly/BBSB-FB>

• **Mental Health Line 1800 011 411**, a new 24-hour telephone service operating 7 days a week across NSW. It aims to connect the people of NSW with the right care.

• **beyondblue** have launched the **Workplace Mental Health e-learning Program**, which examines myths and misconceptions about depression and anxiety disorders and aims to increase awareness and understanding. It's free, iPad compatible, and takes only 20 minutes to complete. It is a great intro for staff who may be about to do MHFA training.

More info here:
<http://bit.ly/bb-workplace>

From the MHFA Australia Team, we wish you all safe and Happy Holidays and a Happy New Year!



Above. Some of the MHFA Australia Team and the Population Mental Health University of Melbourne Research Group at a Christmas celebration in Princes Park, Parkville.

We hope you have a wonderful break over Christmas and the New Year, from all of us at MHFA Australia:

Betty Kitchener OAM, CEO and Adult Programs Manager
Nataly Bovopoulos, Deputy CEO
Dr Claire Kelly, Youth Programs Manager
AJ Williams, Aboriginal & Torres Strait Islander MHFA Project Manager
Gloria Claessen, Consultant MHFA Trainer
Tony Hoare, Consultant MHFA Trainer
Katrina Dart, Consultant MHFA Trainer
Leanne Northausen, Finance Officer and Office Administrator
Louise Woodruff Sanz, Standard and Youth MHFA Programs Officer
Maria Ibarra, Aboriginal & Torres Strait Islander MHFA Program Officer
Katherine Birt, Communications and Web Officer
Kathryn Chalmers, Research Assistant
Kathy Bond, Research Assistant
ALGEE®, MHFA Mascot

Read profiles on our team members here:
www.mhfa.com.au/cms/our-team

We'd also like to thank those generous people who donated to MHFA Australia this year. If you'd like to give ALGEE a Christmas present, donate through our website here:
<http://bit.ly/MHFA-DONATE>
All donations go directly into further developing the MHFA programs.

MHFA Australia's Christmas and New Year Office Hours:
Our office will close around midday Friday 21st December and will reopen Wednesday 2nd January.

