



well ways helping families & friends find better ways



MIFWA
mental illness
fellowship of WA

Aim

The Building a Future, Well Ways Program is designed to increase the capacity of families, carers and friends to care effectively for themselves, other family members and their relative living with mental illness. The program provides a broad and sensitive perspective to the many issues facing families as they manage the impact of mental illness on their lives.

Outcomes

Upon completion of Well Ways, people will:

- ✿ Have increased information about mental illnesses, treatment and support options
- ✿ Gain new ideas and further develop skills to learn to cope with the impact of mental illness on their lives
- ✿ Have increased confidence in dealing with the challenges created by mental illness
- ✿ Have had an opportunity to share experiences, learn from others' experiences and develop ongoing support and information mechanisms

Who Should Attend

Carers, families and friends of people with a mental illness

Program Style

Informal workshops involving: group discussions, DVD's, and practical demonstrations. The sessions are presented over 12 consecutive weeks.

Topics

The program includes:

- ✿ Up to date information about anxiety, depression, bi-polar disorder, schizophrenia, obsessive compulsive disorders, schizoaffective disorder and dual diagnosis disorders
- ✿ Information about mental health and carer services
- ✿ Practical insight into behaviours associated with mental illness
- ✿ Practical frameworks to improve communication and problem solving skills
- ✿ Dilemmas and complexities of the caring role

Bookings

For more details and to secure a place in this program please contact the Mental Illness Fellowship WA (MIFWA) on 9237 8900 or caroline.wood@mifwa.org.au and trudy.young@mifwa.org.au

The Well Ways programme is designed to increase the capacity of carers, families and friends to care effectively for themselves, other family members and their relative living with the mental illness.

The course aims to improve the quality of carers' lives and the control they have over the situation in which they find themselves.

It uses multi-media and group work to: -

- 🌟 Deliver up-to-date information about mental illness, medication, the mental health system and carer support systems;
- 🌟 Support participants in examining some of the complex emotional and practical issues involved in providing care to a family member with mental illness;
- 🌟 Develop ongoing support mechanisms (support groups, networks, information networks).

The programme is designed around adult learning principles and the material is reinforced with discussions, group work, DVD's, role play exercises, power point projection of key points, white board and flip chart exercises and fact sheets which are given out at the end of each session.

The 12 sessions are three hours long and are conducted weekly.

There is a 20 minute break in each session to allow participants to socialise and share a light refreshments.

Participants are encouraged and assisted to set up a support group at the end of the programme.

The sessions cover: -

- 🌟 Exploration of the cause of mental illness and its emotional impact.
- 🌟 Understanding the experience of psychosis and beginning to unpack the complexities of the caring role.
- 🌟 Understanding depression and anxiety, acknowledging grief and maintaining optimism.
- 🌟 Understanding schizophrenia and schizo-affective disorder, principles of treatment for mental illness and the mental health legal system.
- 🌟 Understanding bi-polar disorder and equipping oneself for the journey.
- 🌟 Understanding dual diagnosis (mental illness and alcohol and/or drug use), and the mental health and carer support systems.
- 🌟 Understanding borderline personality disorder and reducing stress related to mental illness by improving communication techniques.
- 🌟 An overview, summing up and a plan for the future.