

# AirNotes

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## IN THIS ISSUE :

**Welcome Message**

**5th Annual  
Treatment of  
Personality  
Disorders  
Conference**

**Message from  
the Sutherland  
Gold Card Clinic  
Coordinator**

**Spotlight on  
Project Air Clinical  
Researchers**

**Future Directions**

**T**his is the first edition of a newsletter that will be sent out to health services that have been involved with the training and implementation of the Project Air Strategy for Personality Disorders. For clinicians who are not aware of the project, a summary can be found on the Project Air website here:

<http://ihmri.uow.edu.au/projectairstrategy/whoweare/index.html>

We would like to send our thanks to all of the clinicians and managers who have assisted us over the last 12 months, your help has been greatly appreciated and will go a long way to helping us identify areas of service improvement. We value any feedback, comments or suggestions you may have regarding the project.

Contact us at: [info-projectair@uow.edu.au](mailto:info-projectair@uow.edu.au)

We hope you enjoy the edition and wish you all the best for the festive season.

## **5th Annual Conference on The Treatment of Personality Disorders 4 November 2011**

**The following is a snap shot of the presentations from the conference. The presentations can be found on the Project Air website.**

### **John Allan**

Chief Psychiatrist- Mental Health and Drug & Alcohol Office, NSW Health. John discussed the NSW approach to engaging cares and services. The presentation included a description of the Project Air Personality Disorders Strategy, the importance of family and carer engagement and a description of what NSW Health is doing to improve engagement with families and carers of people with a personality disorder.

### **Janne McMahon**

Independent Chair, Private Mental Health Consumer Carer Network. Janne provided carer perspectives on Borderline Personality Disorder.

### **Dr Michael Paton**

Clinical Director Northern Sydney and Central Coast Local Health Districts. Dr Paton identified that the complexities of working in the area of personality disorders are three fold: the nature of the disorders, the nature of the health system and the mix of agencies and services designed to support the clients.

### **Jane Morton**

Spectrum, the Personality Disorder Service for Victoria, Melbourne, Australia. Jane described an Acceptance and Commitment Group Therapy Program for people with Borderline Personality symptoms that was piloted and evaluated by Spectrum.

### **Eileen McDonald**

Carer Representative & Advocate .

Eileen outlined the impact on carers, elements of carer support and the concept of family recovery and how the service can support and facilitate it.



## MORE INFORMATION

<http://ihmri.uow.edu.au/projectairstrategy/index.html>

<http://www.projectairstrategy.org>

**Follow us on twitter and like us on facebook:**

<http://www.facebook.com/pages/Project-Air-Strategy/207832305897441>

[http://twitter.com/#!/Project\\_Air](http://twitter.com/#!/Project_Air)

### Associate Professor Andrew Chanen

Orygen Youth Health, University of Melbourne and Dr Chanen is the President of the International Society for the Study of Personality Disorders. Dr Chanen provided updates of recent research in Personality Disorders and highlights from the ISSPD Melbourne 2011 conference. This included information about potential changes to the criteria for Personality Disorders that are being discussed for the DSM-5.

### Professor Brin Grenyer

Illawarra Health and Medical Research Institute and Project Air Strategy for Personality Disorders. Brin presented the results of a consultation with mental health clinicians asking the question: How could organisations improve how they provide services for people with personality disorders? Clinicians identified 5 key areas: increased training and support, better treatments, better guidelines and reduced stigma.

#### The following is a list of the short papers that were presented at the conference:

- Claudia Mendez "Supporting carers, supporting consumers: the integration of a support and education group for carers and consumer in a DBT program."
- Matt Frize "A systemic approach to DBT for people with BPD and Intellectual Disability."
- Susan Coleman "Peer consultation groups for psychotherapists working with BPD: our experience of enhancing team effectiveness."
- Andrew Phipps "Using service utilisation data to increase resources for the treatment of BPD."

### Message from the Sutherland Gold Card Clinic Coordinator

The Sutherland Gold Card Clinic officially began on Monday 28th November. The aim is to provide a brief (3 session) intervention for those people who present to the service in crisis, with suicidal ideation, issues around deliberate self harm, and /or indicators of

personality disorder. The sessions are designed to identify precipitating factors, provide initial education and skills, and develop a care plan for the future (which may involve encouragement to seek out long term treatment options).

It has taken a team effort to get to this point, with clinicians from across the service volunteering to be involved, and team leaders, members of the executive and medical staff providing support and advice. This is the culmination of extensive training provided over the past several months by Project Air who are continuing to provide support.

The Sutherland Gold Card Clinic is currently offering two initial appointments per week. Clients are required to have undertaken a full mental health assessment prior to any referral, through normal intake channels.

**Adam Coates-Psychologist.**

### Future directions

In 2012 Project Air will be conducting training at St George and Prince of Wales Hospitals and across Child and Adolescent Services. Complex case reviews will continue in the Shoalhaven, Illawarra, Sutherland and at Justice Health facilities. Research assistants will also start collecting data from these two hospitals as well as continuing the data collection that is already occurring at Sutherland, Wollongong, Warrawong, Shellharbour, Port Kembla and Nowra. ■

## SPOTLIGHT ON PROJECT AIR CLINICAL RESEARCHERS

In November 2011, three new researchers joined the Project Air team and will be working in Community Mental Health Services over the next 2 years. Feel free to chat to us if you see us at your site.



**Melissa Pigot**

Melissa is experienced in both clinical and psycho-social research programs. Melissa is currently an Provisional Psychologist.



**Shilpa Madiwale**

Shilpa is currently an Provisional Psychologist, and looks forward to working with NSW Health to support people with personality disorders.



**Terry Rae**

Prior to starting with Project Air, Terry worked as a Registered Psychologist in the CONNECT Team at Sutherland Community Mental Health.