

This issue  
focuses on:

“helping  
others to  
help  
themselves”

an essential  
component  
of the RIBS  
Project.

Inside  
you’ll find  
stories from  
RIBS  
Project  
Partners  
about our  
efforts to  
promote  
mental  
health and  
wellbeing.

## Presentation, Evaluation, Invitation and Welcome!

RIBS Project Coordinator Olivia Fisher recently gave a presentation about the RIBS Project at the National Primary Mental Health Care Forum in Sydney. The presentation was well received, and Olivia’s slide-show is now available on the RIBS page of the SEAGP Brisbane website at

[www.seagp.org.au](http://www.seagp.org.au)

The presentation was co-authored by Olivia, Jenette Blake, Senior Health Promotion Officer at Brisbane Southside Population Health Unit, Barbara Bolton-Hall, Senior Guidance Officer at

South East Brisbane District Office, Department of Education and Training, and Christine Kardash, CEO of South East Alliance of General Practice (Brisbane).

Project Partners are currently participating in mid-way project evaluation, and results will help to guide our future direction. External evaluation



is being conducted by Mater/ UQ Centre for Primary Health Care Innovation.

Staff of all RIBS schools will be supported to attend Level 1 MindMatters training in Term 3 this year, to enhance understanding of promotion of mental health and wellbeing across the school setting.

**RIBS Project Partners would like to welcome our newest School Wellington Point State High School.**

## Mental Health Week 2009

It’s quickly drawing close to that time of year again—Mental Health Week!!

**Please put the week of 4-10 October in your diaries, as there will be celebrations right across the Bayside area.**

At present there is a group of local organisations working together to coordinate a number of mental health week activities across the Wynnum and Redlands areas, so if you’d like to be involved, or are already planning an event, we’d love to work with you!

Current event plans include info stands at shopping centres and a mental health forum including guest speakers and an “expo” of local organisations.

*Got ideas for events or activities?*

*Want to be involved?*

*Is your organisation interested in being part of our “expo”?*

*Looking for a community event to sponsor?*

**Please contact Olivia from SEA-GP (Brisbane) on 3390 2466**

# Wynnum State High School: MindMatters



**Wynnum State High School Senior Teachers Steven Robinson and Cathie Duffy Masters participated in a two day course on Mind Matters. The workshop module Teaching and Learning for Engagement is part of a whole school approach to mental health and wellbeing.**

**The main ideas included wellbeing as a precursor to learning and how engagement in learning positively**

**affects behaviour. Fun and interactive activities helped train teachers to create opportunities for rigour and success.**

**“I learned that new strategies to support students with high mental needs also work well for all students,” Cathie said. At the end of the workshop Steve said, “We created an**

**action plan for increasing student engagement at Wynnum State High”.**

**Programs such as Mind Matters are part of the continuing professional development that teachers take back to school and share with fellow teachers in other subject areas.**

*“Programs such as MindMatters are part of the continuing professional development that teachers take back to school and share with fellow teachers in other subject areas.”*

## Wynnum State High School: Student Centre Revamped

**By Amy Hutchinson**

At Wynnum State High School, a group of students is working to encourage students to seek help in a secure and comfortable environment.

The Year 11 Social and Community Studies class recently undertook a project to revamp the school’s Student Support Services area.

With the freedom to decorate the space as their own, the Social and Community Studies class has specially created a space where other students will feel comfortable to seek information and guidance from the school’s staff.

The Student Support Services area also contains brochures that provide information to spark interest in events or provide contact details of groups within the community that individuals and families can contact to gain much needed information or assistance.

Mrs Nicole Collins, Guidance Officer, said “it was great to see the Year 11 group so keen to help the Support Services Team to create a friendly and welcoming space for everyone to seek support.”





**“There is no doubt that in our busy lives, those who have the skills and courage to adopt health-seeking behaviours are well-placed to meet the challenges of secondary school life.”**

***By Steve Wilson,  
Deputy Principal***

## Wynnum North State High School

Help-seeking behaviour has become a key long-term goal of the student welfare program at Wynnum North State High School. The goal is that every student will become educated in using websites and other services effectively to access services and information to meet their own needs.

The databases available through sites including Kids Helpline and Reach Out are a useful tool for young people to seek answers to their questions and concerns. It will be embedded in the developmental welfare program that all students will develop skills that will allow them to access key sites that provide information. Being confident in using the services available is an important step towards self-help.

A recent visit from RIBS Project Reference Group member Dr Johanna Lynch identified the

General Practitioner (GP) as another valuable resource for people looking to help themselves. The students of our Senior School who met with Dr Lynch were informed that a mental health issue will be a factor in many of our lives and a GP can be someone that people can speak to with confidence and in confidence, and communication is an important factor in managing health challenges.

At a school level, the re-introduction of a breakfast club and study assist room is helping a large number of middle school students to get their day off to a positive start with a healthy breakfast combined with teacher assistance to complete homework, assignment tasks and revision for upcoming exams. The year 8 welfare team and the chaplaincy service have combined their skills to add this great feature to our school week. Year 10 students will undertake work

experience before the end of this term and their recent welfare lessons have been spent examining workplace health and safety so that they can help themselves to be safe in both the work relationships and the work tasks that they will undertake.

Our school has formed an Aboriginal and Torres Strait Islander working group to advance the outcomes for over fifty members of our school community. Afternoon tea followed by an assisted study session is available to all members of this group and it is pleasing to see many students helping themselves by taking advantage of this each Tuesday and Thursday afternoon.

There is no doubt that in our busy lives, those who have the skills and courage to adopt health-seeking behaviours are well-placed to meet the challenges of secondary school life.



*Our Mural*

**In -SYNC**  
**service is:**

**Free**  
**Private**  
**Non-**  
**judgmental**

# Spotlight on: In-SYNC Youth Services

In- SYNC Youth Services

## **We provide:**

Counselling and support for young people 12-18 years and their families who need assistance with:

- Family
- Friends
- Accommodation options
- Behaviour/ conflict issues
- Communication skills
- Information about other services

Parenting support/ skills

## **We offer:**

Help to resolve problems to make home a more comfortable environment to live in. Mediation to improve communication and resolve conflict within the family.

Mediation can be between:

- o Young Person and parents
- o Sibling
- o Family members

## **Mediation is:**

- o Impartial
- o Future- focused

## **We provide:**

We provide programs and activities in collaboration and partnership with other Redlands community services to enhance the image and role of Young People and address youth and family issues.

✦ Help Increase the Peace Program (HIPP) – a conflict resolution and communication program for Young People run in partnership with several schools

✦ Alternative to Violence Project Qld (AVPQ) conflict resolution and communication program for adults run in partnership with AVPQ

✦ Support and advocacy on relevant committees

Cleveland Court support for Young People in collaboration with Juvenile Justice

## **We provide:**

Semi- independent medium to long term accommodation for young males 16-17 years in the Redlands

Externally supported transitional accommodation for Young People 16- 25 years (male/Female, single and

parents) in the South Brisbane area

Residential Living Skills program

Information and referrals to appropriate services for:

Accommodation options

Specialised counseling

Recreation

Schooling/ education options

Employment/ training options

Parenting strategies and resources

Parenting programs

Legal issues

Mental health

Health matters

Drug and alcohol issues

Advocacy

# Helping others to help themselves: the role of Divisions in Primary Health Care

*SEA-GP (Brisbane)'s 25 staff work towards promoting prevention and control of disease*

South East Alliance of General Practice (Brisbane) Ltd is a member of the network of Australian Divisions of General Practice. SEA-GP (Brisbane) teams with local health care professionals and organisations to work towards improving primary health care outcomes in the region through improved linkages and communication between health care providers.

We have 25 staff managing a variety of programs and projects, and our region covers a stretch of South East Brisbane from West End to the Bay Islands.

One of our primary roles is supporting others in the primary health care field to provide best practice care, which in turn helps their patients. We do this by promoting prevention and control of disease through assisting all members of General Practices, as well as other health care providers to:

- Enhance their skills through provision of information and education

- Conduct research, and assist General Practitioners to apply research in their practice
- Liaise more effectively with other General Practitioners, other health care professionals, health services and community groups, and related organisations for the benefit of the community
- Advance standards of care provided by General Practice

We also promote community awareness of disease and prevention of illness.

Our program areas include:

- Aboriginal and Torres Strait Islander Health Care
- Aged Care
- Australian Better Health Initiative
- Immunisation
- Mental Health
- Nursing in General Practice
- Practice Support Services
- Quality Use of Medicines
- Refugee Health

We have a significant mental health care team managing projects such as the RIBS Project, as



well as other initiatives linking General Practice, hospitals, and allied health care providers. Across the Division, we have a strong focus on supporting General Practitioners to promote patient self-management of health care issues, particularly in chronic disease.

Our members include all local General Practices, as well as a number of local Allied Health Providers.

Regular publications "SEAbreeze" Newsletter, and our weekly fax-flyer, are both available on our website.

For more information about SEA-GP (Brisbane) and our projects and programs, please visit:

[www.seagp.org.au](http://www.seagp.org.au)

For more information about the role of Divisions in Primary Health Care, please see "What Divisions Do" available on the Australian General Practice Network website at:

[www.agpn.com.au](http://www.agpn.com.au)

*Getting to and from the Islands— not a bad way to work*





# Introducing Integrate Place

Integrate Place exists in order to provide a safe therapeutic space that enables each person's journey of growth. Each of us has potential for growth towards wholeness and mental health in the areas of our thoughts, feelings, beliefs, social connection, behaviours and spirituality.

The team at Integrate Place will deliver safe integrated community based mental health assessment and integrated and ongoing care and referral. Our focus is on promoting mental health and looking after people within their real life situations and histories – with integration, rather than avoidance of loss and grief.

## OUR VISION...

Integrate Place exists in order to provide a place of safety in your community that enables your individual journey of growth. Integrate Place provides a place of

hope, a place of authentic connection, a place to grow, a place where each step towards wholeness will be celebrated.

Integrate Place is a primary mental health care centre. Dr Johanna Lynch, centre director and member of the RIBS Project Reference Group,, has an extensive background in general practice which has influenced her focus on promotion mental health within the community. General practice has a long tradition of whole person care. This centre aims to be a centre of excellence for the provision of that care within the community.

Therapists in their community are in a unique position of carrying an awareness of the losses and traumas experienced by families in their care. They are also uniquely positioned as advocates for community outcomes in prevention and early intervention and can facilitate safe encounters with grief in a supportive and validating environment.

This whole person focus provides the ethos undergirding the mandate of Integrate Place as a primary mental health centre. The journey towards mental health is a lifelong pathway. Each person has potential to grow towards wholeness in many aspects of themselves, their interactions with others and their search for meaning in the midst of life. Integrate Place aims to be a safe place to grow.

## OUR LAUNCH...

Integrate Place was officially launched on Friday 12 June by Kerry Rea (MP). This event was attended by 120 people, and feedback has been positive.

"Mending My Own Boat," a collation of poems by patients and other poets was launched on the night, and copies are available from Integrate Place.

For more information about Integrate Place, including details of the next "The Tree that Survived Winter" Guided Meditation Series, please go to:

[www.integrateplace.com.au](http://www.integrateplace.com.au)

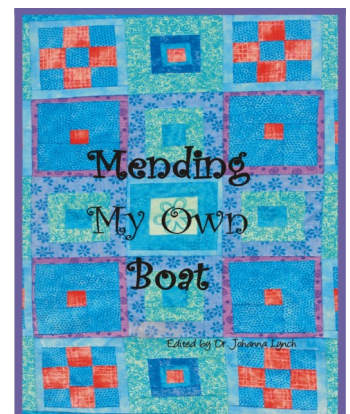
Or call:

**Integrate Place**

**(07) 3396 3128**

**74 Stratton**

**Terrace, Manly**



## Integrate Place Staff

### Val Kempe:

Val, an amazing mother of five, is the friendly, organised face whose role is to nurture the whole of Integrate Place and those that visit here.

### Sarah Henderson:

A psychologist for over 15 years, Sarah brings to private practice her wide range of professional experience in the areas of social psychology research, issues affecting teenagers and young adults, drug and alcohol treatment, health service complaints and domestic violence. She combines her kind and gentle manner with special interest in mood disorders such as depression and anxiety, addiction, domestic violence and abuse issues.

### Dr Johanna Lynch:

General practitioner with a passion to provide high quality care and mental health promotion in the community. She has a special interest in caring for those who have survived childhood trauma

### Leisa Tanner:

Social Worker, individual and family therapist who has extensive experience in caring for adolescents, and has a special interest in caring for mothers with post-natal depression, and teenage girls with eating disorders and self-harm.

## Victoria Point State High School

It never ceases to amaze me the ways and means that people come together to provide support during tough times. Like many schools, we are tussling with a number of students who are proving to be chronic issues with truancy. There are usually a variety of reasons as to why these students leave home in school uniform with parents confident that their child is on their way to a safe and supportive environment and receiving an education, but they don't arrive, or don't remain throughout the day.

Constant phone calls from Deputy Principals, and student referrals to the Guidance Officer, quite often just doesn't solve the problem.

Sometimes 'serendipity' is a wonderful thing. A chance phone call to a mother who was in such despair that she was arranging for her son to be sent interstate to live with his father provided the initiative to form a parent support group. She asked the deputy if her son was with a couple of boys who she named. The answer was a resounding 'yes'. The deputy then explained that she was about to contact their parents. The mother then said that she would really appreciate it if the deputy could give her work number to the grandfather/ carer so that she could talk to him about a concern that they both shared.

To cut a long story short, the phone call did happen and we now have a parent support group to address the problem of truancy. Our meetings are not regular at the moment but having parents working with deputies and guidance officers is proving to be a powerful tool in addressing the problem of truancy.

Gretta Muller

Deputy Principal



Resiliency in Bayside Schools  
Project Newsletter



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**Want more information about the RIBS  
Project?**

**Please contact Olivia Fisher on  
[ofisher@seagp.org.au](mailto:ofisher@seagp.org.au)**

**(07) 3390 2466**



## How can you help yourself today?

KidsMatter

<http://www.kidsmatter.edu.au/>

MindMatters

<http://www.mindmatters.edu.au/>

Beyond Blue

<http://www.beyondblue.org.au/>

Lifeline

<http://www.lifeline.org.au/>

DrugARM

<http://www.drugarm.com.au/>

BABI Youth and Family Support

<http://www.babi.org.au/>

Queensland Health

<http://www.health.qld.gov.au/>

SEAGP

<http://www.seagp.org.au/>

Mental Illness Fellowship of Queensland

<http://www.mifq.org.au/>

Integrate Place

<http://www.integrateplace.com.au/>

Queensland Alliance

<http://www.qldalliance.org.au/>

Boystown

<http://www.boystown.com.au/>