

Founded in June 1995 by Mrs Helen Williams.

## **HISTORY OF**

### **THE ANXIETY DISORDERS ASSOCIATION SOUTH EAST INCORPORATED A.D.A.S.E.**

Anxiety Disorders South East (ADASE) was founded by Mrs. Helen Williams in 1995 when she identified a need for support to anxiety sufferers. Special guests at official launch were Professor Chris Wever Child Psychologist from Rivendell Hospital in Sydney he is also the author of Obsessive Compulsive Disorder book The Secret Problem and the Anxiety book The Wobblies.

Anthony Byrne from The Anxiety Disorders Foundation of Australia in Adelaide.

Robert Tomlian Psychologist Adelaide.

Mt Gambier Mayor Don McDonnell.

ADASE Patron Stan Thomson ABC radio.

The founding of ADASE was achieved with the guidance from CEO Anthony Byrne from The Anxiety Disorders Foundation of Australia; unfortunately this organisation has since folded.

ADASE has had a presence in the South East Region for 16 years. It has provided information sessions regarding a broad range of anxiety disorders. ADASE has also provided telephone counselling on an as needs basis by Mrs. Williams in her own premises for the past 16 years as ADASE does not have premises or staff other than voluntary committee members.

Initially ADASE enlisted the services of a visiting psychologist Mr. Robert Tomlian, who then facilitated the ADASE Information Sessions in the region. The funds for facilitation expenses was raised by Helen Williams when she spoke as a guest speaker on numerous occasions raising the awareness of anxiety disorders and depression to Service groups such as Rotary, Lions, Kiwanis requesting support to cover cost for the ADASE information session. Mr. Tomlian has done a wonderful job providing information around anxiety and depression assisting consumers to identify with key issues. Consumers were then referred back to their General Practitioner or South East Regional Mental Health Department.

Following on from these information sessions it became apparent that there needed to be an educational and awareness seminar for the General Practitioner. The professional in this field Professor Malcolm Battersby from Flinders Medical Centre for Anxiety & Related Disorders (CARD) along with Helen Williams founder of ADASE were instrumental in organising this seminar for doctors to improve their education on Anxiety Disorders & Depression.

From this education seminar The South East Division of General Practice (now know as The Limestone Division of General Practice) were able to gain government funding to continue the education of doctors, hence the Project South East Anxiety Disorders (PROSEAD) was implemented. Unfortunately this project is no longer active as the participants have now left the South East Region.

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## IMMEDIATE FUTURE

ADASE is very much aware that whilst the service it has been providing has addressed a need, there is also a growing need to provide a self sustaining anxiety disorders group within the community. Whilst the services provided by Mr. Tomlian were excellent he is not able to support an individual's recovery due to his being located in Adelaide. Unfortunately the South East region does not have a resident Psychiatrist. In view of this fact and the costs incurred by transporting Mr. Tomlian to the region ADASE has decided to attempt to expand it's service into becoming an organisation that can provide a range of programs to clients diagnosed with high prevalence disorders such as anxiety and depression.

**The launch of A Great Step Forward the Basic Programme was held on 29<sup>th</sup> February 2007** to workers of many of these organisations to allow insight into client's diverse and possibly complex needs. From here ADASE has offered they to be contracted to the various organisations to run the **A Great Step Forward Program**.

- **BASIC PROGRAM AS PART 1**, followed by
- **MIND OVER MOOD PROGRAM PART 2** an 11week program which is followed by a 3&6 month Follow up session total being 13 weeks.

Following on from these program clients will have the opportunity of linking in with St Vincent's Hospital (CRUFAD clinic and Virtual Clinic NSW through ADASE or their GP. Consumers can be directly linked via GP or ADASE via the internet for a CBT course on Anxiety disorders which now includes OCD treatment as well if required.

On an individual level ADASE has formed links with Dr Malcolm Battersby at Flinders University to provide education to Doctors in the region and support our organisation. Psychologist Robert Tomlian and Psychiatrist Dr Harry Hustig have offered to see clients of ADASE in Adelaide and Bulk bill for services as we do not at this present time have resident psychiatrist in the region.

Whilst ADASE is clearly in its early stages of service delivery we have made some amazing gains by being able to access Professional Indemnity Insurance by a donation made by a member of the Mount Gambier Community, and further ongoing assistance from the Mt Gambier City Council and District Council of Grant.

The enthusiasm and support from organisations and individuals has been nothing short of amazing.

## RECOGNITION

A Great Step Forward program has been recognised since July 2008 by Professor Malcolm Battersby from Flinders Medical Centre for Anxiety & Related Disorders (CARD), Southern Adelaide Health Service which reads:

We recognise the quality of the programs you provide for anxiety disorders and depression as being evidence based and complying with international standards in delivery of guided self-help. This agreement remains valid for a further two years until

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July 31<sup>st</sup> 2012 at which time we will review the services you provide. We will offer support in terms of materials and advise to assist you to provide your programs. We would like to congratulate your team of volunteers for the excellent programs and advocacy you have provided to the people of South east of South Australia and South Western Victoria over many years.

#### MAJOR SPONSORSHIP:

WIN TV have been a major sponsor since 2008 when their Sales Manager described ADASE as “ **a voice in the wilderness, against all odds**” Win TV were instrumental in the development of the ADASE television adverts which are aired twelve months of the year free of charge as a community service advertisement raising awareness and education to the general community. These adverts have undoubtedly helped to break down the stigma associated with mental health enabling the community to reach out for assistance.

#### PROGRAMS

**On July 18<sup>th</sup> 2007 ADASE** delivered the first consumer focused **A Great Step Forward program** in conjunction with South East Regional Mental Health Service this program was delivered by ADASE Helen Williams, consumer/facilitator assisted by Daniel Wakefield senior social worker who in turn would gain knowledge from the group. Unfortunately the South East Regional Mental Health Service has withdrawn this support due to time off incurred by the way of toil for the social worker, which then had a direct effect on the remaining staff at mental health.

- **A Great Step Forward Basic Program part 1).**

This program is a 3 hour program aimed at educating and creating awareness of the individual around issues of anxiety and depression. It outlines some management skills using imagery and self help tools to assist in lessening the impact of Mental Illness.

- **A Great Step Forward part 2: Mind Over Mood** is a 11 week program as well as 3&6 month Follow up session total being 14 weeks.

This program has been developed from a consumer prospective using the manual Mind Over Mood For those that wish to continue with part 2, then this is based on the “Mind over Mood “Manual. This program is provided by a recovered consumer assisted by a health professional. The program is recovery based and orientated, providing the client with information around:-

- Understanding of thoughts, moods, and feelings.
- Provision of skills to enable the client to see how these thoughts interact and impact into their own life.
- Cognitive Therapy around dealing with thoughts.

We understand the complexity of high prevalence disorders and especially the difficulties which face consumers accessing services. This is also exacerbated by the difficulties

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faced by consumers residing in a country area. By providing **A Great Step Forward Program** has since **July 2007-December 2010** assisted over **100 consumers** who have completed ADASE **A Great Step Forward Program**. This program has provided a smooth journey for each consumer who participated whilst at the same time has also assisted in consumer advocacy.

**Friends For Life Program** designed for pre-school, primary and secondary aged children, this program was launched in July 2009 as a complementary program to a year 4 level at a private school in Mt Gambier. This program was well received by parent's students and teachers. Proceeds were kindly donated from the **Police Credit Union** Easter raffle to support ADASE with the launch of the Friends For Life program in raising awareness of anxiety disorders in school aged children.

**In July 2010 Disabilities SA** contracted ADASE to facilitate the Friends for Life program as a modified pilot program for children with Autism. This program was facilitated by ADASE Kylie Hann assisted by Rita Zaccardo Social worker from Disabilities SA. ADASE Huggy Bear made a special appearance at the children's party celebrating the children's achievements on completing the 10 week **modified Friends for Life program**. This program was extremely welcomed by parents as well as all who participated.

#### WHO WE ARE

ADASE is a small voluntary committee consisting of several recovered consumers, one Social Worker, a qualified facilitator /consumer with Certificate 1V in Training and Assessment and a Diploma in Community Services (Mental Health). ADASE Patron is Mr Stan Thompson from 5 SE Radio.

#### PEER SUPPORT

ADASE is able to offer Peer Support to clients who would like to work on a more individual level if funding was available. We have trained Peer Support Workers with lived experience of, Panic Disorder, Social phobia, specific phobia, generalised anxiety disorder and Post Traumatic Stress Disorder and Depression.

#### FORWARD

Whilst the founder of ADASE has always recognised the need for a support service there is also an increasing recognition that people with High Prevalence disorders require easy access to a range of services and as such this is not currently provided by our Community Health Service in the region.

#### FUNDING

In July 2009 ADASE requested funding assistance from Country Health SA-Mental Health Services of \$4500.00 for facilitation costs for two programs with three hour sessions in each run over a period of fourteen weeks, such a small request for such a great

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program. ADASE at that time had forty consumers waiting to participate in our **A Great Step Forward Mind Over Mood program**, this program has a limit of ten consumers in each program.

Unfortunately in November 2009 ADASE received a letter from Country Health SA-Mental Health Services outlining a phone discussion on 25<sup>th</sup> August 2009 regarding the risks associated by Country Health SA-Mental Health Services providing funding to a program that is not facilitated by an accredited provider stating that the risks are too great, so funding was denied.

Following on from this letter Helen Williams the foundation member has now completed her **Certificate IV in Training and Assessment as well as a Diploma in Community Services (Mental Health)**

**A Great Step Forward Mind Over Mood program** fits within five Core Units of Diploma of Community Services (Mental Health) and is also a well structured program by using the manual Mind Over Mood manual. So to achieve this standard of Accreditation status will be a huge obstacle to challenge and much more expensive. However accreditation is now being investigated.

It is imperative that as an organisation we look towards all funding opportunities, as the impact of these disorders affect every level of society. Whilst we are a small voluntary organisation at present we would look forward into growing into a service provider that is sustainable and able to meet the needs of individuals across the South East Region.

## LIMESTONE COAST DIVISION GENERAL PRACTICE

In 2010 Helen Williams met with the CEO to discuss funding to assist with the presentation of A Great Step Forward program due to increasing referrals from the General Practitioners who had heard about the positive results that this program was achieving. The General Practitioners are obviously comfortable to inform other clients of the programs availability. ADASE was also witnessing a surge from service providers accessing the ADASE A Great Step Forward program, it desperately needed funding to support these referrals.

The CEO Limestone Coast division general practice informed her that their would be no funding available for a program like A Great Step Forward because it did not fit the Clinical Profile.

## LINKS AND PARTNERSHIPS

ADASE is affiliated with:

- Centre for Anxiety Related Disorders (CARD) Professor Malcolm Battersby at Sothorn Mental Health Services Adelaide.

ADASE has strong links with:

- Flinders University Rural Clinical School of Medicine, Professor Lucie Walters
- Beyond Blue have ADASE linked as a service provider, this is directly linked from their web site to ADASE web site to assist people in the South east area affected by anxiety and depression.

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ADASE is looking to form links and partnerships to:-

- Assist in training
- Develop Further Programs
- Gain Funding for future service provision
- Assist smooth consumer journey across service continuum
- Provide most cost effective and efficient service provision
- Assist in linking all facets of service provision i.e. General Practice, Non Government and Government Organisations.

## GAINS TO FAMILY AND COMMUNITIES

We are aware that mental illness can impact on all facets of an individual's life. By assisting consumers with anxiety disorders we hope to optimise the consumers recovery journey and enable use of community services to be as cost efficient and effective as possible .In providing support to the individual to properly access services such as:-

- Legal Services
- Carers/Family
- Centrelink services
- Education Services etc.

We hope to provide a smoother pathway for client recovery. This will enable a greater level of resilience and assist the individual to maintain a better sense of wellbeing. We aim to provide education and information to improve self – esteem and healthy lifestyles which will in turn, lessen the impact on families and service providers.

High prevalence mental health disorders tend to be maintained in a “**revolving door**” approach. By providing a service specifically tailored to anxiety disorders we hope to interrupt this cycle and lessen the total burden of the illness.

### **Partnerships with Service Providers:**

- Centre for Anxiety Related Disorders (CARD) Professor Malcolm Battersby at Sothorn Mental Health Services
- Beyond Blue
- Lifeline,
- Centrelink
- South East Regional Community Health Service
- Professor Lucie Walters (Flinders University Rural Clinical School of Medicine)
- Professor Gavin Andrews,(CRUFAD) St Vincent's Hospital NSW
- Dr Nick Titov Senior Research Developer School of Psychiatry NSW

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- Limestone Coast Division General Practice.
- Robert Tomlian Psychologist
- Court Magistrate
- Keith Smith Clinical & Forensic Psychologist
- Dr Harry Hustig
- Professor Paula Barrett Griffith University (Pathways Trust Friends For Life Program).
- Liz Moriarty & Associates
- SA Works
- Mt Gambier City Council
- District Council of Grant.
- Win TV.
- Mc Phee Andrew Arthur & Associates
- South East Drug & Alcohol Service
- South East Domestic Violence Service
- Employment access
- Interwork
- Job Find,
- TAFE,
- Uniting Care Wesley
- Anglican Community Care
- Commonwealth Rehabilitation Services etc
- Job Solutions.
- Campbell Page & Associates.
- Mind
- MIFSA
- Mt Gambier High School
- S.A.Works

#### . FUTURE

ADASE hopes in the future to:-

- Gain on going funding to deliver **A Great Step Forward Program** because when the program was launched it was stated that ADASE could be contracted to present the program, but instead the Service Providers refer to ADASE and ADASE then needs to find the funding.
- Develop a direct referral system to **A Great Step Forward Mind Over Mood program** that will enhance the consumers recovery process so that the consumer can work more effectively with their health professional, which in turn enhances their recovery, thus eliminate the revolving door that consumers experience.
- Develop Programs specifically tailored at carers.
- Assist all consumers to develop an appropriate care plan and relapse prevention plan.

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- Develop evidence based evaluation of our services.

If successful in achieving these goals we would then look to broadening service provision to include the wider South East Region.

**Australia Day Citizen of the Year award for 2009** was presented to the Founder of ADASE Mrs Helen Williams on Australia Day 26<sup>th</sup> January 2009 for her dedication and commitment in raising awareness and assisting the community of the Limestone Coast area who have been affected by anxiety disorders and depression.

In 2010 Helen Williams also achieved **Certificate IV in Training & Assessment**

In 2011 Helen Williams also achieved a **Diploma in Community Services Mental Health**.

### **South Australian Mental Health Sharing Excellence 2009**

On June 17<sup>th</sup> ADASE was chosen to present at this high profile conference to show case what we have been able to achieve with the development of A Great Step Forward program. ADASE has been identified as leading the way in mental health with this unique program and the amazing results from the 97 participants that have completed this unique program.

### **Social Inclusion Report Recommendations.**

According to the ABS 'Mental Health and Wellbeing Profile of Adults South Australia 1997', 17.3% of the total population suffer from a mental health condition. Of this figure, 9.9% suffer from an anxiety disorder. Applying these proportions to the South East population, it could be surmised that, approximately 11,000 people suffer from a mental health issue, 6,300 with an anxiety disorder.

1. People with a mental illness who are consumers of the states mental health services should participate at all levels of the system. This will require innovative ways of ensuring their meaningful involvement in planning, organising and evaluating services.
2. The carers and families of consumers must be seen as partners in the care process. They should be included in care planning processes, with the agreement of the consumer, and receive timely and appropriate information and support.
6. The South Australian Mental Health System should adopt a recovery orientation that is focussed on helping people dealing with a mental illness to live a satisfying, hopeful and contributing life.
7. The principles of recovery should be translated into the organisational cultural norms and behaviours that must apply across the system.
12. In designing and implementing the reforms of community health services, it is essential that the department of Health pay particular attention to the unique circumstances of country South Australia. This should be defined in the catchment area

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and in the functioning of the clinical networking, as well as in the community teams themselves and the Rural and Remote Mental Health Service.

13. South Australia should invest in facility and non-facility based intermediate care as an integral part of a stepped system of care.

14. Intermediate care should provide holistic nurse-led care. It should be planned, managed and evaluated on the basis of increasing responsiveness and choice for consumers, reducing the state's reliance on acute and emergency or unplanned admissions and, in collaboration with community mental health services, effective management of the pathways between hospital and home.

19. South Australia should continue to build the capacity in the non- government sector to deliver psychosocial rehabilitation and support services. The development should be framed within a partnership approach that builds on a system that will have a community mental health centre.

20. South Australia should reassess its current investment in services provided by non-government organisations, based on evidence from the evaluation that is due for completion in early 2007. A new and more rigorous contracting process that builds on the concepts of the stepped system is warranted. Rehabilitation and support services should be focussed on helping people to step down from formal care to maintaining ordinary associations in society that support a meaningful life.

23. The Department of Health should negotiate private practice rights for psychologists to enhance their career development and support and recruitment and retention. Other allied health professionals should be encouraged to negotiate similar private practice rights.

24. The Department of Health should establish a job redesign strategy for the mental health system across the continuum of activity from incremental change in existing roles, to designing new jobs that support a mental health system that puts people first and is recovery oriented.

41. In planning for the implementation of the Board's recommendations, the Department of Health must ensure that consumers, carers and families have meaningful input at all levels.

Kind Regards,  
Helen Williams

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C.E.O.