



Issue 127 November 2011

Lantern AGM 2011

Your Board has been working very hard these past five or six months on an important project – the future of Lantern.

Lantern was founded out of need – the needs of people experiencing a mental illness and their carers, in a very harsh environment in the early 1990s. The founders were looking for a BETTER WAY to provide care and rehabilitation that was generous and more gentle. They believed this would bring healing and harmony to people's lives.

Lantern's Board and management have always sought to achieve these ideals in a very imperfect system of health care.

Now, thankfully, the climate in mental health care has changed from being harsh and penny pinching to new understandings in care and, more particularly, social and rehabilitation care that is provided in the community. Substantial rises in funding have been made available and this has broadened the opportunities for services into the future.

In this changed environment the Board has been seeking a BETTER WAY to ensure we can provide the services we would like to; to promote new programs, such as our Blossomproject for young women, to do more in the mental health promotion, early intervention and prevention space.

One of the ways to ensure we can achieve this is by becoming part of a larger organisation, by merging our services. This, we have decided is the BETTER WAY.

Continued Page 5

We help people with mental illness reclaim their lives

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Exciting times of change!

At our recent Annual General Meeting we announced that Lantern is currently in discussions with Mind about a possible merger between the two organisations. You will find a formal announcement of this intention in this newsletter.

As a not-for-profit organisation we are here to build mission rather than profit. There are still many gaps in services for those with mental illness and we need to continue to raise awareness of mental health and innovate to create new services and more value for our community. In this highly competitive and rapidly changing environment we need to focus ourselves on what can be done to ensure we do this and continue to **build our mission and deliver on our vision to create futures beyond mental illness.**



On my appointment as CEO in 2009 the Board was clear that we needed to develop an aggressive strategy to ensure we could achieve this. That strategy was focused on diversifying our income base, strengthening our viability, innovating with new programs to offer services into gaps where services are sparse or non-existent (eg Blossomproject). We also focused on building the Lantern and Blossomproject brands to raise our profile and attract alternate sources of funding. We worked to position ourselves for change and in doing so position ourselves for the future.

This was a strategy that required risk and took us on a planned dip into 'the red' for the next two years. This has largely been a successful strategy in that we have integrated a culture of strategic thinking and innovation into this organisation and 'changed the game' to generate significant new value for consumers, the organisation, the community and, I hope to some extent, the sector.

Key successes include Blossomproject, increased activity in supporting more complex clients and the Lantern Mental Health 2.0 Unconference. As I write this, Blossomproject is close to launching its new website and the new 10 week workshop model of the program is also nearing completion and will pilot into schools and TAFE in early 2012.

Lantern is strongly committed to its vision. We are proud of the quality of our services, of the dedication and commitment of our staff and Board. But, we want to be able to offer more to our current and future service users. We want to ensure Blossomproject continues to 'bloom'. We want to be able to offer intensive support to those in the community who require it, we want to see our vision for more psychosocial early intervention and prevention programs come to fruition. And finally, we want to take advantage of the exciting opportunities to better integrate social media channels and new technologies into supporting the mental health of our communities.

Whilst we are now on track to move our financials back into 'the black', we are excited by the possibilities offered to our community, our stakeholders and our staff by a merger with Mind. Through the coming together of two like-minded organisations, we can continue to breathe life into our vision and offer the best possible service offering to our community. We look forward to your encouragement and support as we take these next steps on our journey.

Janet Hopkins
CEO

Merger statement



Mind and Lantern exploring possibility of merger

October 26, 2011

The Boards and Chief Executive Officers of Mind and Lantern would like to formally announce they are currently in the process of exploring a possible merge between the two organisations.

During recent discussions the Boards of Mind and Lantern have recognised that a merger between the two organisations would provide a number of benefits to both organisations, staff and the community.

Key benefits identified include:

- Potential to offer more services to existing and new clients and families in the middle south area of Melbourne;
- Sharing of expertise between both organisations, specialisation and economies of scale.
- A more sustainable organisation to support innovation, community and individual capacity building in the field of mental health;
- Greater funding potential and expertise for new initiatives such as the Blossomproject.

The scope of the exploration will address all matters leading to a successful merger of two like-minded organisations. Improved and sustainable services for clients will at all times be the objective and outcome of this process. The final determination is expected to be made in early 2012.

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Continued from page 1

To explore this further, the Board formed a special subcommittee, members of which have given generously of their time, their experience and their many highly developed skills. They have been reporting back to the Board each month and finally come back with a recommendation that the best way for Lantern to move forward would be a merger with another organisation – one that places local communities at the core of what they do, that shares our values and vision for the future.

The Board accepted this recommendation and has commenced formal negotiations to explore a merger with MIND AUSTRALIA. MIND is Australia's largest not-for-profit, non-government provider of mental health services, caring for over 3,000 Australians each year.

The major reason for selecting MIND was that both organisations are committed to the same core values and that Lantern will remain as a service provider in the Middle South Region.

It will take several more months of negotiation to reach the point of an actual merger, and the Board will keep members and users of our services informed, as fully as possible, over that period.

Introducing Mind

Mind supports people with mental illness in their recovery, to help them live well in the community, with or without symptoms. Like Lantern, Mind works with people who have a range of often complex issues resulting from mental illness, and their families and carers. Mind has been doing this work for over 30 years in Victoria and now for more than seven years in South Australia.



Mind Statement of Purpose

Supporting the recovery of people living with mental illness and psychosocial difficulties, and assisting those experiencing homelessness through innovative services and leading practice.

Mind has over 93 programs across Victoria and South Australia, employs more than 550 staff and provides services to more than 4000 people each year.



(Above: Gerry Naughtin CEO Mind & Lantern staff Shaunagh, Andrew & Brylie chatting)

Mind provides a comprehensive range of programs including residential rehabilitation, outreach services, transition to independent living, transition to stable and secure accommodation, respite for carers, volunteer and mentor programs, individual service packages and programs that foster healthy living, creative expression and participation in employment.

Recent changes to Mind's operational structure place an area focus on its services, ensuring they are well connected with the local communities in which they operate and tailored to each area's specific needs.

More information about Mind can be found on their website: <http://www.mindaustralia.org.au/>

(Judy Hamman General Manager Victorian Operations Mind & Housing Connections worker Josie chatting)



Celebrate Mental Health Walk

In considering the above facts, having a day like the walk at Mordialloc pier was a fantastic way of expressing mental illness. In fact, having the walk at the sea represents the struggles one faces as the waves coming in and out as does the rollercoaster of anyone who deals with mental illness, or someone who cares for a someone who has a mental illness.

The build-up and atmosphere was phenomenal, excitement was everywhere. It seemed as though everyone was there for each other, and were content to be a part of the day's celebration.

Entertainment at the mental health walk was in abundance . Pretty balloons of all colours where distributed to all who attended. It was a great amount of fun for families who had come to the celebration. For example animal balloons, clowns, show bags, stickers and t-shirts for the adults.



We had guest speakers and speeches from senior staff members from Lantern which was great light entertainment for the day. All ears were on the speakers who we greatly appreciated for their efforts.

Adding to a nice day were free massages from a clinic that handed free vouchers out to those who participated in the day. Coffee and a free lunch cooked by the rotary club were provided as an extra highlight to the day's event.

This year's walk was as buzzing and symbolic as any year. Overall, the day brought everyone who networks in mental health together on common ground. It was a great way of expressing our appreciation to those who care for mentally ill and those who face it day in and out.

I'm looking forward to many more days as our 2011 mental health walk celebration turns out to be as successful as this year has.

By Maria Russo



Wellbeing Series

These sessions are held monthly and open to anyone in the community. Speakers come from a variety of areas and include professionals, researchers and clinicians. They share their expertise and provide insight into many new and innovative aspects of research, therapy or treatment. Come along and hear from the experts, and check out some videos on YouTube at <http://www.youtube.com/lanternmh> .

At our next session, Professor Jayashri Kulkarni from the Monash Alfred Psychiatry Research Centre presents **"Hormones and Mental Health"** on **Wednesday 2nd November 2011** from 7.00pm – 9.00pm at Southern Community Church of Christ, 2-12 Chesterville Road, Cheltenham. We appreciate a gold coin donation. Please register with Reception on 9093 5977 or email reception@lantern.org.au

Kind 2 Mind Series – Employers Breakfast

"Look after the mental health of your staff and improve your bottom line". Supporting the mental health of staff in the workplace and employing someone with a mental illness. This session will be held on **Wednesday 16th November 2011** from 7am till 9am at Southern Community Church of Christ, 2-12 Chesterville Road Cheltenham. Please register with Reception on 9093 5977 or email reception@lantern.org.au



Farewell

It's been almost 2 years since I wrote a 'hello' piece for this newsletter. Now I am writing a 'farewell'. It is sad to be leaving Lantern, especially at a time of exciting development for the organisation, but then there are always exciting changes going on here! In my time at Lantern I have met and worked with some amazing and inspiring people. I am so pleased to have enjoyed the opportunity of contributing to the management of this much needed organisation and will continue to follow the progress of Lantern with great interest. I wish all of you, and Lantern, the very best. Regards, Misty Royce.



Tunnel Rat

A play written by award winning playwright Neil Cole recently opened at the Malthouse Theatre in Sturt Street Southbank. It is a comic and sad story about a Vietnam veteran with PTSD. On until 5th November. To book call 9685 5111.



**THE HON MARK BUTLER MP
Minister for Mental Health and Ageing
MEDIA RELEASE**

6 September 2011

Australia's First E-Mental Health Strategy

Australians living with mental illness are a step closer to being able to access online care and support following the establishment of a new e-mental health expert committee which will advise on the rollout of the nation's first mental health online portal and virtual clinic.

The rollout of these new online initiatives will be considered by the expert committee in its development of Australia's first national e-mental health strategy.

"Continuing advances in technology are revolutionising the way we provide health care, in particular for patients with chronic illnesses and conditions, such as mental illness," Minister for Mental Health and Ageing Mark Butler said.

"Online mental health services provide an alternative form of support or care for people who don't want to, or don't feel comfortable accessing traditional face-to-face services.

"Online services have the potential to overcome geographical, attitudinal and financial barriers which we know that young Australians or people living in remote or regional areas often face.

"For example, the new virtual clinic has the potential to treat thousands of Australians living with mild to moderately severe depression and anxiety disorders which form the bulk of mental illness."

The Gillard Government is providing \$48 million in funding over the next 5 years for telephone counselling, self-help and web-based support services to boost efforts in mental health prevention and early intervention.

Social media expert Rachel de Sain will join mental health professionals as a technical advisor on the expert committee to provide advice on how to maximise e-mental health and harness the opportunities presented by the new and emerging technologies including the National Broadband Network.

Other committee members include:

Professor Helen Christensen, Director of the Centre for Mental Health Research at the Australian National University; Professor Gavin Andrews, Director of the University of New South Wales School of Psychiatry at St Vincent's Hospital; Associate Professor Judy Proudfoot, E-health Director of the Black Dog Institute and Dr Jane Burns who leads the Co-operative Research Centre for Young People, Technology and Wellbeing Project. Professor Pat Dudgeon, Chair of the Australian Indigenous Psychologists Association and head of the Centre for Aboriginal Studies at Curtin University will also join the group, as will Associate Professor James Bennett-Levy of the University of Sydney and Southern Cross University, Dr Maggie Jamieson, the CEO of Lifeline and Mr Ryan McGlaughlin, CEO of Suicide Prevention Australia.

Consumer and carer representatives from the Mental Health Council of Australia complete the committee.

The Gillard Government's investment in e-mental health will complement the significant benefits that the broader e-health record will have for people with a mental illness.

For more information please contact Mr Butler's office (02) 6277 7280

Families and friends

Do you have a family member or friend with mental illness?

Lantern recognises the importance of the family members or friends who care about a person with mental illness and the role they can play in the recovery process for that person. Lantern has services or can refer family members or friends to services to support your efforts, and provide information and strategies to assist you in your caring role.

Lantern Carers group This group has changed its name from 'Cheltenham Carers Support Group' to 'Lantern Carers Group' to avoid confusion about another group in the area. This group is for people who care about someone with mental illness. The group meets on the first Wednesday of each month from 7.30pm at 3 Stanley Avenue Cheltenham when family members get together to hear from guest speakers and share information and resources. The next meeting will be on **Wednesday 2 November 2011**. All family members are welcome. For more information please call Heather or Margaret on 9093.5977.

Information Packs These packs contain a range of information about services for the person with a mental illness and the people who care about them. There are lots of services out there. Do you know what is available? Call 9093 5977 now and ask for an information pack.



One on One support This may be a chat with a worker or engagement with a Carer Support Worker for more ongoing support for family members. Margaret, our CLOCK (Creating Lasting Outcomes for Carers) Carer Support Worker, can provide really useful support and help family members with ongoing issues. Margaret has already assisted many families since she started more than a year ago. Margaret can be contacted at Lantern on Mondays and Tuesdays.

Kids Care Young people aged 8 to 12 years old with a significant person in their household with mental illness can join in the fun and activities of this group on one Saturday each month. The next outing will be on **Saturday 12 November** when the group will enjoy a sports day.

For more information contact Heather on 9093 5977 or hgeerts@lantern.org.au

Program news

Kids Care

The Kids Care Program has been funded by the Commonwealth Carers Respite Centre and was developed to assist children who have a significant member of their family with a mental illness. The group runs once a month on a Saturday and involves lots of FUN. But also some education.

Resource Centre news

Welcome to the November Community News. I can't believe how fast the year has gone by and that we are already planning the Christmas activities for the Centre. Thanks to everyone that participated in the planning activities for Term 4 during October, we had a great level of participation and some fantastic ideas discussed and put into the calendar across all programs. Being involved in the planning at the start of the term allows you to have some input into what the group does for the 10 weeks of program. We would love to hear your ideas for the January School Holiday Calendar, if you have some activities in mind for what we could do over the New Year Break please put them on the suggestion board at the Resource Centre for consideration.



During the school holiday break we had some great activities available including a trip to IMAX, the Royal Melbourne Show, exploration of the South Melbourne Market, a cultural experience visiting The Cube in Frankston to view some of Lantern's entries in Impact's Mental Health Week Art Exhibition, and McClelland Gallery Sculpture Park in Langwarrin. Well done to Elaine, Steven, Jayne, Anthony for some great work currently being exhibited.



We also had a Grand Final BBQ and awarded the winners of the Footy Competition with trophies. Congratulations to the first place winner Jack, Second place went to Serif, and Lorraine & Aldo won the third place.

Groups that may interest you for the rest of the year include the Cooking Group and the Writing Group. The Cooking Group is on a Wednesday at 11.30 a.m. This group explores how to cook healthy meals where you learn about fresh produce, purchasing and preparing food to create simple recipes and manage on a budget.

The Writing & Journal Group meet on the first and third Wednesday of each month at 1.30pm. Each month a different member of the group will decide the topic that will be explored and written about. If you're interested in creative writing, expression and conversation enrol in this writing program.



Don't forget to come along to the Community Breakfast on Wednesday mornings starting at 8.30am. You can catch up with others and get yourself organised for the day or the week.

I hope that everyone has been enjoying the activities and being a part of the Resource Centre Community and that we can continue to support you on your journey of Recovery.

Angela Sheeran
Resource Centre Coordinator

A joke

The Taxi Driver and the Patient

There was a taxi driver that was in a rush to get home because his wife was desperately waiting for him. It was dark, raining and stormy. All of a sudden he had a flat tyre in front of a psychiatric hospital. So he gets out of the car, undoes the wheel nuts and takes the tyre off. While he's getting the spare tyre from the boot someone pinches the wheel nuts and runs away. So the taxi driver was in really big trouble and didn't know what to do. Somehow a patient from the psychiatric hospital saw him looking very worried and asked him "What's the matter?"

The Driver explained what had happened. The patient said to him, "Don't worry, just take one nut from each good wheel and put the spare tyre on, so that you have 3 nuts on each wheel and that will take you home."

The taxi driver scratches his head and says to him. "That's a great idea! What made you end up in the psychiatric hospital?" The patient replied "Yes, I am sick. But I'm not stupid!"

By Atheer



Poem

Resolution of Despair

When the world begins to crumble and fall
Don't despair and head into a dead end wall.
Pick up the pieces of broken heart
And wake up to a brand new start.

Sometimes darkness prevents us from seeing,
The value and sanctity of ones entire being.
External forces and influences be dismissed,
Lift heavy burdens and despair will no longer persist.

The next time an intimidating wall glares in your face
Laughter and creativity will enable you to win the race.
Amongst the stark concrete slabs is a crack of light.
Spiritual strength awakens in you a clearer sight
With sheer determination just clamber on the walls so high
And venture into the greener pastures on the other side.

By Tanya Poon



Pre Cup Luncheon

Dress to Impress: The Outreach Pre Cup Luncheon: The Race that stops a Nation

The big day has arrived, even the weather feels it has a right to compete. Fog and a few low clouds fight for a spot on the starting line. Only to be pushed aside by a nice and demanding breeze that puts the sun in front making a sound stand that it will not take second place.

There were no scratchings, and all 18 presented with 4 extras to help all signed in and mingled with the rest of the talent. Three favourites emerged and took up the challenge to judge the Dress to Impress Competition. And what a great job the judges did.

The Highett RSL was the chosen venue with the Luncheon starting at 12.00 noon, and the menu did not disappoint, everything was beautiful. From the Roast Pork with crunchy crackling, served with steamed vegies, and an old favourite Fish and Chips (always seems to be a winner) pushing its way into a good position. Pasta Bake and Beef Stroganoff also made a stand, but it was the bowl of hot crispy chips served up with nothing less than a thick boat of gravy that made it to the starting line.



Deserts on display were tested and devoured as they should, with much pleasure. Good food and great company, the Luncheon continued with a jelly bean Jar guessing competition. Then the judges took centre stage looking at all the fashions, from hats to frocks, from the classic to the outrageous.

The day was highlighted by the fun and good food which was had by all who attended.

A photo finish concluded that everyone on the Day was a winner.





RESOURCE CENTRE ACTIVITIES PROGRAM

1st-30th November

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Movie Group Time: 1:30 – 4:00 p.m. Cost: No cost involved.</p> <p>Movies are screened at the Centre and activities for the term may include a trip to the Cinema.</p>	<p>Live Well (Men's & Women's Group) Time: 1:30 – 4:00 p.m. Cost: Cost varies for activities see notice board for details.</p> <p>Men's & Women's group activities reflect the goals of the program with improving independence and developing life skills.</p>	<p>Community Breakfast Time: 8:30 – 10:30 a.m. Cost: \$2 Social opportunity with nutritious breakfast.</p> <p>Community Cooking Time: 11:30—1:30 p.m. Cost: \$2 Learn how to cook, budget, shop and explore with food.</p>	<p>Art Open Access Time: 10 – 3.00 p.m.</p> <p>Strum & Sing Time: 1:00 – 3.30 p.m. Cost: no cost. Come along and join in with the creative projects of the group - play an instrument or sing a tune.</p>	<p>Morning Walk Time: 10:00 – 12:30 p.m. Cost: no cost. Walking at various locations in the community to improve fitness and provide an opportunity to socialize.</p>
<p>Other Lantern Events of Interest</p> <p>1st of November Melbourne Cup Day—Centre Closed (Public Holiday).</p> <p>For a Recovery Star Appointments—please talk to your group facilitator about making a time to discuss your goals.</p>	<p>Art Open Access Time: 10:00 – 3:00 p.m. Cost: \$30 per term.</p> <p>The art studio is open for access three days per week for any one that is enrolled in the program—see staff for details.</p>	<p>Art Open Access Time: 10:00 – 3:00 p.m.</p> <p>Journal Writing Group 1st & 3rd Wednesday of each month. Time: 1:30 – 3:00 p.m. Cost: no cost involved. Writing & Journal group Discussing relevant topics and creative projects.</p> <p>Consumer Advisory Group Meeting Last Wednesday of each month.</p>	<p>Springboard Recovery Program Time: 1.30 – 3.30 p.m. Exploration of the 'concept' of recovery and connection to support services in the community.</p> <p>Blossom Project Time: 4:00 p.m. Program for young women 16 – 25 years.</p>	<p>Community Catch-up Time: 1:30 – 3:30 p.m. Cost: no cost.</p> <p>Social afternoon with various activities. Computers are available for use.</p>
<p>Please note: 1st program for the term is the groups Planning Day—come along and be a part of the planning of their activities for the term. To avoid disappointment in not being able to attend an activity due to only being a limited number of places available please check the notice board and sign up on the activities flyer. Please see the notice board for details or call the Resource Centre to confirm an activity as from time to time programs may be required to change for reasons beyond our control.</p>				

Lantern
Newsletter November 2011

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