



Drummond Street Relationship Centre
Carlton, Victoria

Outcomes of a Family Mental Health Support Service- Demonstration Project Integrated within a Family Service



Family Mental Health Support Service

- Drummond Street Relationship Centre
- One of 7 federally funded FMHSS Demonstration Projects
- FRSP and Mental Health Branch
- Funding for two years to Jul 09



DSRC Programs and Services

- Family Intake Service
- Clinical Programs
 - Family Relationship Counselling
 - Family Mental Health Support Service
 - Family Dispute Resolution
 - Prevention & Early Intervention- Family Violence Project
- Family Promotions Unit
 - Community Seminars and Groups
 - Building family and community capital
- Community Building Programs
 - "The Drum - African Family Centre"
 - Queer Community Programs
- Centre for Research and Evaluation (CFRE)



Family Mental Health Support Service

DSRC's frameworks for practice

- Holistic
- Whole-of-family
- Family life course and transitions
- Risk and Protective Factors
- Public Health Model (Spectrum of interventions)
 - Promotion
 - Prevention
 - Early Intervention
 - Treatment/Intervention
 - Recovery/Continuing Care

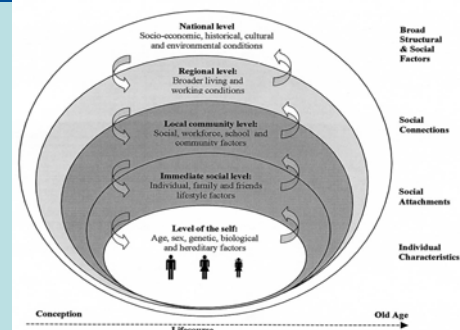


Why our interest

- FRSP is a universal service
- Public Health potential
- Differentiating between mental illness sector and responses (and who deals with the impact on families) and "mental health" of families (promotion, prevention and early intervention)
- What we already know



Family Mental Health Support Service



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Family Mental Health Support Service

FIGURE 2.1 The mental health intervention spectrum for mental disorders.
Marzeck and Haggerty, 1994

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Focusing on Family Wellbeing

Public health approach

- Recognises both close and broader determinants of health and wellbeing
- Provides a framework of thinking about wellbeing rather than deficits
- Promotes community, family and individual resilience
- Recognises early signs and symptoms of distress and ensures targeted interventions
- Maximises treatment effects and impact on families
- Minimises disability not directly due to the illness itself
- Promotes recovery
- Builds family and community social capital

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Promoting Family Mental Health & Wellbeing

- Families investing in family wellbeing (co operation, reciprocity)
- Social connections
- Building social capital at the neighbourhood level
- Embedding mental health promotion within all our programs

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Who and what are we talking about

Twelve-month prevalence of mental disorders in Australian adults

	MALES		FEMALES	
	%	Population estimate	%	Population estimate
Any depressive disorder	4.2	275,300	7.4	503,300
Any anxiety disorder	7.1	470,400	12.0	829,600
Any substance use disorder	11.1	734,300	4.5	307,500
Any mental disorder	17.4	1,151,600	18.0	1,231,500

Source: Andrews G, Hall W, Teesson M, Henderson S. The mental health of Australians. Mental Health Branch, Commonwealth Department of Health and Aged Care, 1998.

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Through the life course and specific populations

Prevalence of any mental disorder by age and sex

Age (years)	Male (%)	Female (%)
18-24	~3.0	~11.0
25-34	~5.0	~8.0
35-44	~7.0	~9.0
45-54	~6.0	~7.0
55-64	~3.0	~7.0
65+	~1.0	~3.0

Source: Andrews G, Hall W, Teesson M, Henderson S. The mental health of Australians. Mental Health Branch, Commonwealth Department of Health and Aged Care, 1999.

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Family Mental Health Support Service

Aims:

- To support family members impacted by mental illness (parents, partners, children, young people)
- To reduce stigma and increase community support for those impacted by mental illness
- To enhance access to support for special groups including Indigenous, CaLD and Young People 16-24 years.



Family Mental Health Support Service

Activities:

- 1) Intake and Assessment
- 2) Case-management and support
- 3) Education and Skills Training
- 4) Counselling and Family Therapy
- 5) Networking
- 6) Community Education
- 7) Evaluation



Key outcomes (1)

- Public health opportunity for mental health *prevention* and *early intervention* as well as *intervention* and *recovery*
- Services for adults, young people and children, at risk of / with mental illness, and their family members
- Addressing risk and protective factors
- Enhanced agency screening & assessment
- Enhanced information provision and referrals (knowledge of mental health service system)



Key outcomes (2)

- Up-skilling staff in assessing and responding to mental health issues and illness
- Specialist mental health staff available
- Providing a mental health 'lens' on family relationship services with individuals, couples and families, while maintaining focus on relationships
- Specialist counselling, referral and advocacy for family members impacted by mental illness



Key outcomes (3)

- Addressing stigma through language, normalising and discussion regarding mental health issues/illness and solutions available
- Mental health promotion and prevention information incorporated within all agency seminars and groups
- Seminars and groups developed specifically for family members impacted by Mental Illness
- Mental health treatment/ Coping seminars and groups including Mindfulness Meditation



Key outcomes (4)

- Partnerships and collaboration with local mental health services
 - Reference Group with local Family Services and a range of local Mental Health Service Types, and consumer and carer reps
 - Enhanced referral pathways
 - Identification of service gaps and client needs
 - Outreach/co-location
- Dissemination of learnings



Family Mental Health Support Service

Evaluation

- Literature review regarding evidence-based practice models in the family setting and for activities being provided
- Evaluation surveys from staff, stakeholders, clients
- Pre- and post- measures for clients
 - General Health Questionnaire (32)
 - Couple/marital relationship
 - Parenting alliance and satisfaction
 - Family functioning





Family Mental Health Support Service

Challenges and Sustainability Issues

- Addressing the needs of families and sector fit
- Federal, State jurisdictions and sector patch disputes
- A population health approach targeting family setting
- Other settings and opportunities



Thank you

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