

FAPMI PRESENTATION



The Victorian FaPMI Program
Families where a Parent has a Mental Illness

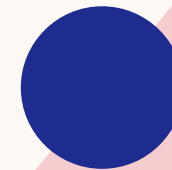


WELCOME & ACKNOWLEDGEMENT

Acknowledgement of Country

I would like to respectfully acknowledge the traditional owners of the land on which we are individually meeting today. I pay my respects to their elders, past, present and emerging.

We celebrate the diversity of Aboriginal peoples and their ongoing cultures and connections to the lands and waters of Australia.



FAPMI AND CYP

Introduction- What is FaPMI?

Services

Resources

Brokerage

Contact details



WHAT IS FAPMI?



Families where a Parent has a Mental Illness (FaPMI)

Deliberate family attention is something that the system sorely lacks and is never provided when you need it... having something that's family centric... and able to hear and stand by and with families [is needed].

Parent/carer of a child with mental illness



What is FaPMI?

The FaPMI Program is a Statewide Program coordinated by The Bouverie Centre which covers all Victoria's Adult Mental Health Services (AMHS) and its network partners. The FaPMI Program aims to promote the wellbeing of parents with mental health challenges, their children and their families through timely, coordinated and supportive action. We do this by working closely with staff within Monash and also other local services, to ensure your families & children's needs are met.



Around 1 in 4 Victorian children live in homes with a parent with a mental illness



Around 1/3 of clients attending AMHS are parents with a mental illness

Of these children a quarter to a half will experience some form of psychological disorder in childhood

What do we provide?

- Education, training, resources and consultation support
- Development of strong local networks
- Capacity building for peer support programs
- Brokerage funds to support activities and financial relief to families where a parent has a mental health challenge

Who does what?

There are FaPMI Coordinators within Monash Health that work closely with AMHS and networking partners to influences and promote family inclusive practise.

There are also Community Workers for Children & Young People employed within the service that support the needs of young people.

- The FaPMI Program is a Statewide Program which covers all Victoria's Adult Mental Health Services (AMHS) and its network partners.
- The FaPMI Program aims to promote the wellbeing of parents with mental health challenges, their children and their families through timely, coordinated and supportive action.
- We do this by working closely with staff within Monash and other local services, to ensure families & children's needs are met
- We also work closely with our Child and family sector to help families navigate support options for mental health needs.
- Provide consults/brokerage for families with workers in both sectors.

WHAT DOES THE FAPMI PROGRAM DO?

Workforce Development

Capacity building on Family focused practice

Enhance workforce's ability to support families where a parent has a mental illness

Facilitate understanding of the impact of

- mental illness on parenting, families and dependant children & young people
- parenting on mental illness

Systems and Procedures Development

Promote the establishment of Family Focused policy and protocols

Facilitate the development of systems and procedures to recognise and respond appropriately to Families where a Parent has a Mental Illness

Facilitate the development of practice standards in working with Families where a Parent has a Mental Illness

Consultation and Support

Facilitate referral pathways across mental health, AOD, Maternal / infant & child and family services

Facilitate avenues for consultation and support for agencies

Facilitate secondary consultation

Inter Organisation Partnership Enhancement

Develop new or enhance existing partnerships between sectors and services

Facilitate collaboration to enable a range of programs & services such as CHAMPS.

Promote Research, Evaluation , Practice Based Evidence and Evidence Based learning

WE'RE ALL IN THIS TOGETHER! ONGOING COLLABORATION AND THE CHILD INFORMATION SHARING SCHEME (CISS) CONSULTS- AND THE CHILD SHARING INFORMATION SCHEME

Sharing information with Child Protection, Family services and other agencies around a parent consumer's mental state and treatment plan helps to inform the service system about the risks to a child's ongoing safety and wellbeing. It is also integral in collaborating around what is working well.

Without vital information from treatment providers around parental mental health, inter-service safety planning for children is undermined

There can be barriers to sharing information...

[Family Violence Information Sharing Scheme and Child Information Sharing Scheme | Monash Health](#)

The Mental health and Wellbeing Act (2022)

Its part of the principles to recognise the Parenting role and their children, family/carers and supporters in their own right. The Supported decision making framework, which includes promoting the Advance Statement of Preferences (includes information about the person's children/dependents) Hence a Family care plan should also be considered under the new Act. The Royal Commission recognised that:

There are

**60,000
Victorians**

caring for an adult living with mental illness and about 9,000 of these are young carers¹

The Commission estimated that

\$3.7 billion
worth of unpaid care

is provided annually in Victoria by families and carers (\$3.1 billion after accounting for welfare payments)²

FaPMI Community Worker for Children & Young People (CYP)

The CYP role within FaPMI aims to improve support and identification of young people ages 0-25 who have a parent/caregiver experiencing mental health challenges in both AMHS and in the community. **What we do:**



01

Co-facilitation of Peer Support Groups & Family Events



02

Network with local services to strengthen bonds between Monash & community



03

Support Training, Education and provision of resources



04

Work with the treating team to strengthen young persons support networks



- **Kerri-Ann Prakasham is the CYP worker based at Dandenong. Working full-time Monday-Friday**
- **Projects I am working on:**
- Family Events
- Resourcing staff and services
- Collecting information to form a database of children/families
- Helping to administer FaPMI brokerage
- Group Programs
- Newsletter for the whole service
- 'What's On' events for families
- Networking with local services
- Able to meet young people with case managers to discuss programs/share information

Mental Health and Wellbeing Local in Dandenong (servicing Greater Dandenong)



Mental Health and Wellbeing Locals support Victorians aged 26 years and over to get mental health and wellbeing treatment, care and support closer to home. All support is free, voluntary and easy to access, and you do not need a referral from your doctor to access help.

Mind is currently providing face-to-face, outreach and telehealth and telephone support services. Walk-in consultations are currently available on select days while the centre is fitted out.

About Mental Health and Wellbeing Locals:

These services adopt a 'how can we help' and 'no wrong door' approach, to enable more people to access the support they need, including those who have previously been unable to find the right care and/or experienced barriers to accessing services.

Contact details

📍 Greater Dandenong, 3175, VIC

☎ [\(03\) 8908 1800](tel:(03)89081800)

Details

Funding types available

Free



mental health & wellbeing local

Free support in your community

Feeling overwhelmed, stressed, or like your wellbeing is suffering? Have you ever wondered where you might go to talk to someone?

In the Greater Dandenong region, we are now offering support if you would like to talk to someone about your mental health and wellbeing.

Support is available for people aged 26 years and over and you don't need a referral, Medicare card or visa.

Why might people need support?

Some of the reasons people might seek support at the Mental Health and Wellbeing Local may include but is not limited to experiences of financial hardship, feeling isolated, family problems, and issues with alcohol and other drugs.

We can introduce you to a variety of options for connection, information, and support that suit your needs.

Together we can support people to reduce psychological distress, manage daily activities, rebuild and maintain connections, engage with education and employment, and participate fully in the community.

Greater Dandenong

Call for support, walk-in hours or to book an appointment

Tel. **03 8908 1800**

29b Langhorne Street,
Dandenong VIC 3175

Who provides support?

At the Mental Health and Wellbeing Local you can connect with staff who have lived experiences of managing their own mental health and wellbeing needs and seeking support.

Support at the Mental Health and Wellbeing Local in Greater Dandenong is delivered by Mind Australia, Thorne Harbour Health, Foundation House and Monash Health.

How do I access support?

Call 1800 332 501 or 03 8908 1800

- to arrange face to face support at the Mental Health and Wellbeing Local in Greater Dandenong:
Weekdays 10:00 am – 4:00 pm
- for immediate phone support 7 days a week:
Weekdays 10:00 am – 8:00 pm
Weekends 10:00 am – 4:00 pm

For free support in your local area, call or visit betterhealth.vic.gov.au/mhwlocal

Free call 1800 332 501

Dandenong 03 8908 1800
DandenongLocal@mindaustralia.org.au

Mental Health and Wellbeing Local in Greater Dandenong:
29b Langhorne Street, Dandenong VIC 3175

Mental Health and Wellbeing Local in Greater Dandenong is funded by the Victorian Government



Scan for free support





**Mental Health &
Wellbeing Connect**
South East Metro

Mental Health & Wellbeing Connect

Centres For Families/Carers supporting someone with mental health challenges

What do the Mental Health & Wellbeing Connect Centres offer?

- A warm & welcoming space for families, carers & supporters to connect with Family/Carer Lived experience Peer Workers, other carers & other support staff
- Information & support for Families/carers/supporters that suits their individual needs
- Access to carer brokerage funds to support & help sustain them in their caring role
- Assistance for family/carers/supporters to navigate the mental health & wellbeing system & other services
- Support for volunteer based family & carer peer support groups

What is the Connect Centre?

At the Connect Centre, we offer support to you; the family, carers, supporters, and kin of people with mental health and/or substance use challenges.

The Connect Centre has been co-designed, and is staffed, by people with lived or living experience as a family member or carer of someone with mental health and/or substance use challenges.

This means we can listen, relate, understand and provide you with the support you need.

More than 60,000 Victorians provide mental health care to loved ones. They are usually unpaid and have little support.

Our centres offer a safe, welcoming space to connect with our team, seek assistance, or simply enjoy some quiet time.

We have multiple sites across the region, with a main centre in Dandenong.

You don't need a referral; you can just drop in.

Support we Provide

We offer:

- phone support
- drop-in sites
- one-to-one peer support (in person or via phone)
- group programs
- educational sessions
- therapeutic support, including family work
- cultural support
- access to information and resources
- practical and financial support

Our Team

Our staff have diverse skills and lived experience of caring and supporting people with mental health and substance use challenges.

Carer Peer Workers: Provide support, guidance and empathy, fostering recovery and hope through shared experiences.

Therapeutic Workers: Support the wellbeing of you and your family, working on mental health, relationships, and developing self-care and communication skills.

Cultural Support Workers: Offer cultural advice and support to Aboriginal and Torres Strait Islander carers, aligned to specific social and emotional wellbeing frameworks.

We also support culturally and linguistically diverse (CALD) and LGBTIQASB+ communities.

Our Partners

Our Connect Centre is a collaboration between Better Health Network (BHN), the Victorian Aboriginal Child and Community Agency (VACCA) and Berry Street's Take Two Program.

Berry Street Take Two

The Take Two program is a Victoria-wide therapeutic service of Berry Street, which has operated for over 140 years. It began in 2004 to address trauma's impact on the mental health and wellbeing of children and families through evidence-based, trauma-informed approaches.

Better Health Network (BHN)

BHN is a large community health service offering integrated support, including mental health and alcohol and other drugs (AOD) programs. It includes a large lived and living experience workforce.

Victorian Aboriginal Child & Community Agency (VACCA)

VACCA is the leading Aboriginal child and family services organisation in Victoria. VACCA has supported children, young people, and families for over 47 years, delivering more than 80 programs across the state. Through their vision of self-determination - Live, Experience, and Be - they exist to support culturally strong, safe and thriving Aboriginal communities.

Our Locations

Dandenong - Main site
Mental Health & Wellbeing Connect -
South East Metro
51 Robinson St, Dandenong
Mon to Fri: 9:30am - 4:30pm*

Bentleigh
BHN Bentleigh, Nepean Room
Level 4, 973 Nepean Hwy, Bentleigh

Mornington Peninsula
Rotating monthly on Thursdays

- Kindred Clubhouse, Hastings
- Seawinds Community Hub, Capel Sound

Pakenham
Living and Learning Pakenham -
Community Room
6B Henry St, Pakenham

South Melbourne
BHN South Melbourne, Tom Hills Room
341 Coventry St, South Melbourne

Call us or visit our website for more details.

*Future extended hours

Contact Information

Phone: 9066 1500

Email: connectcentre@bhn.org.au

Web: www.bhn.org.au

For more information scan the QR code:



The Mental Health & Wellbeing
Connect Centres are supported
by the Victorian Government.



Mental Health & Wellbeing Connect South East Metro



Ph: 9066 1500



We're here to support you

Call **1300 24 23 22** to speak to our qualified clinicians and Aboriginal Liaison Officers. A family member or health professional can also call for you.

Who do we support?

- New and expecting parents from conception until the child is 12 months of age
- Parents needing help with mental health concerns

Together, our skilled clinicians will help you understand how you're feeling and connect you to the services and supports you need.

ForWhen

📞 1300 24 23 22

Mon-Fri 9am - 4.30pm

📷 @ForWhenHelpline

ForWhenHelpline.org.au



Support to access help for expecting parents with mental health concerns until the Child is up to 12 months of age- through Queen Elizabeth centre

Referring to the Mental Health Program

Psychiatric Triage
Ph. 1300 369 012

Paediatric Emergency Psychiatric Service
Now operating at Monash Children's in Clayton



SERVICES SUPPORTING CHILDREN AND YOUNG PEOPLE WITH A FAMILY MEMBER WITH A MENTAL HEALTH CHALLENGE



[Little Dreamers](#) is Australia's leading Young Carer organisation, supporting young people aged 4-25 who provide care for a family member affected by disability, chronic or mental illness in VIC, NSW and QLD. They offer direct support programs both in person and online



Satellite Foundation is an Australian not-for-profit organisation that connects and empowers children and young people where a parent or family member has a mental illness. Through delivering a range of in-person and online programs, activities, and messaging, Satellite aims to foster a strong connection between young people, their family and the wider community.

See link to find out more

<https://www.satellitefoundation.org.au/about-us/>



FAPMI BROKERAGE FUNDS

Funding) \$1000 per year per family (or individual)
\$250 Grocery Vouchers per quarter (Max 4 per year)

There is a choice between

Woolworths- (Woolworths, Big W and EG and Ampol petrol)

or **Coles** (groceries only)

Family activities (1 per quarter) see options later.

Please note, these are digital vouchers, which will be sent directly to your client's email- so please ensure that it is correct a safe one for us to send the information. If the client doesn't have an email, we can discuss other options.

fapmibrokerage@monashhealth.org



FAMILY ACTIVITY VOUCHERS (ONE PER QUARTER):

[Funlab Voucher](#) (\$100): Bowling, mini golf, arcades, immersive games, etc.



[Crocs Play Centre](#): Indoor play centres for children (available at selected locations across Victoria)

These can be accessed in addition to the annual cap



HOW TO ACCESS OUR FUNDS

Go to the Teams link-

As long as your client has children 0-25 years and is a client of the Adult mental health program- you can apply – and it's for workers to apply only, not the consumer themselves.

For link: [Apply Here](#)

For external services a FaPMI Consult is required prior to applying for the funds.

For Assistance or consults: Email fapmi@monashhealth.org
or fapmibrokerage@monashhealth.org.

Please note if applying for a bill or reimbursement, the relevant invoice or receipt will need to be sent to the FaPMI brokerage email.



OTHER OPTIONS FOR FAMILIES

- A Family Care Plan document has been established for families to complete
- The electronically fillable version and information sheet is available in Monash Health [Patient resources page](#)
- This is a resource available for our parent/guardians who wish to communicate their family's needs if they are admitted to a mental health facility

Monash FaPMI : Family Care Plan/ and parent and mental health booklet

Home > Patients and visitors > Patient resources

Patient resources

At Monash Health, we want our consumers to feel prepared to take control of their healthcare.

Our library provides a wide variety of information on health topics and services available at Monash Health.

Our patient information is developed with consumers so that it is clear, easy to understand and helpful, and some information is available in different languages.

Title of resource: Category:

Search:

Title of resource	Category
Adult Prevention and Recovery Care Service (APARCS)	Mental Health
Advance Statement of Preferences: Fact sheet for consumers - Mental Health and Wellbeing Act 2022	Mental Health
Advocacy Poster - Mental Health	Mental Health
Aged Mental Health Biala Inpatient Unit	Mental Health
Aged Mental Health Unit 3 Inpatient Unit	Mental Health
Carer, families and support persons informationin SECU - Unit 4 Dandenong Hospital	Mental Health
Clayton Continuing Care Team and Mobile Support Treatment Team	Mental Health
Community Residential Withdrawal Unit	Mental Health
COVID-19 Mental Health Inpatient Unit - Consumer Guide	Mental Health
Cranbourne & Pakenham Community Mental Health Service	Mental Health
Dandenong Acute Community Intervention Services (ACIS)	Mental Health
Dandenong Continuing Care Team (CCT) and Mobile Support & Treatment Team (MST)	Mental Health
Doveton Community Care Unit (CCU)	Mental Health
Early in Life Mental Health Service (ELMHS)	Mental Health
East Bentleigh Community Care Unit (CCU)	Mental Health
Electroconvulsive Treatment (ECT)	Mental Health
Extended Prevention and Recovery Care Service (EPARCS)	Mental Health
Family Care Plan - fillable form	Mental Health
Family Care Plan - What it is and how do I fill one in	Mental Health
Food and Nutrition Counselling	Mental Health
Mental Health Act 2014	Mental Health
Mental Health Consumer & Family/Carer Resources	Mental Health
Mental Health Intellectual Disability Initiative - Adults (MHIDI-A)	Mental Health
Mental Health Peer Support for Consumers & Family Carers	Mental Health
Mental Health Services Information for consumers, families and carers	Mental Health

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Parenting and Mental Health

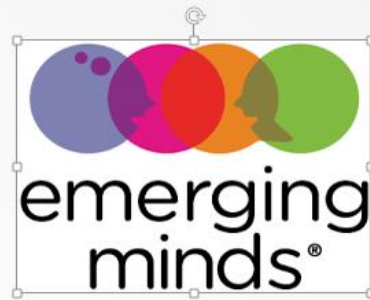
This booklet has been developed to support consumers on our mental health wards who are also responsible for caring for children as a parent or guardian. It is important that this information is discussed with a member of staff to consider what supports or resources may assist you.



OTHER OPTIONS FOR FAMILIES

Keeping in Touch posters for our wards

Further resources and Free online training



Keeping in touch with your children

Staying connected to your loved ones is part of the recovery process and is important for you and your family's wellbeing.

Let's start talking →

Wondering how to stay in touch with your children while you are here? Or how to talk with them about what has happened and your time with us? Talk over these ideas with us early in your stay.



Pass on a message

Not feeling up to talking with your kids today? Our staff can pass on a message from you to help reassure them.

Ask for a delivery from home

We can help arrange for a favourite item, a child's drawing or a photograph of your family to decorate your bedroom.

Send something special home

We have materials you can use to create a letter, postcard or special surprise for your kids to find in the letterbox.



Phone or message

But first, you may want to think about the best way to chat with your children at this time. We can help you to work out options that are right for your family and your recovery.

Plan a visit

Our staff can help plan and provide a safe and private place for a visit with your children. Let's talk about the how, when and with who.

Prepare to go home

Planning ahead for your discharge home can help make things smoother for everyone. Talk to us about what to expect and what this will mean for you and your family.

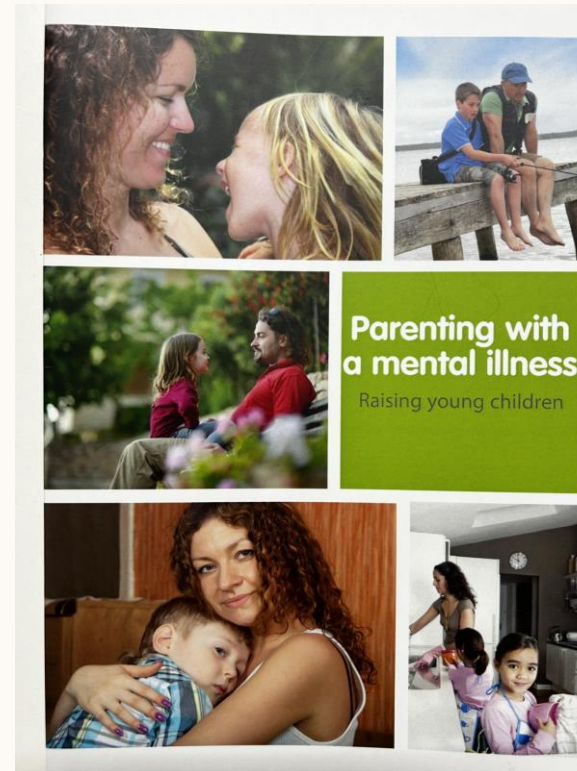
Our staff are committed to supporting you with whatever you choose from this menu of ideas. We will check in with you regularly about your choices.

Emerging Minds.

www.emergingminds.com.au

Based on the 0-1 Where I'm from app designed and produced by the Northern Perth Health Unit, Northern Area Mental Health Service, Victoria and the Children of 0-1 Where I'm from app. The content and design was revised in 2019 by the Emerging Minds National Partnership Centre for Child Mental Health. The National Partnership Centre for Child Mental Health is funded by the Australian Government Department of Health under the National Support for Child and Youth Mental Health Program. Inspiration: 0-1 Where I'm from - 0-1 App (2018)

EMERGING MINDS/COPMI RESOURCES



BOOKS

Other books are available, Contact FaPMI for the full list



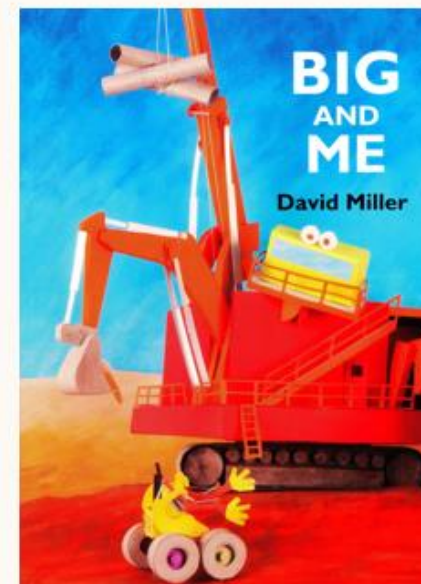
Between you and me/Lets Talk about it: A flip book for both parents and children which helps to explain mental illness - *also available in other languages i.e Tamil, Vietnamese, Arabic, Simplified Chinese, Traditional Chinese*



One of a kind: This book was made for Children who may find themselves in kinship care due to parental mental health difficulties.



The Invisible String: The Invisible String is a great tool to help cope with all kinds of separation anxiety, loss and grief.



Big and Me: The story is a metaphor for a child living with an adult who has a mental illness.

HOW TO GET IN TOUCH?

FaPMI Coordinators

Dandenong

Lisa Tesoriero - 1.0 EFT

Work days: Monday to Friday

Casey/Cardinia

Danielle Cameron – 0.6 EFT

Work days: Monday, Tuesday &
Friday

Middle South/Clayton

Tracey Johnston-Hoad

Work days: Mon-Thursday

Community Worker for Children and Young People (CYP)

Dandenong

Kerri-ann Prakasham – 1.0EFT

Mon-Fri

Casey/Cardinia

Commencing soon 0.7 EFT

Middle South/Clayton

Commencing soon 0.7 EFT



THANK YOU

For a Consult to access resources

Contact:

fapmi@monashhealth.org