

Well Ways Duo A Support and Information Program for Families and Friends of People with Dual Diagnosis (Mental Illness and Substance Use)

Aim

The Well Ways Duo Program aims to increase the capacity of families and friends of people with dual diagnosis to care effectively for themselves, the person with the dual diagnosis and other family members.

Outcomes

Upon completion of Well Ways Duo, participants will have:

- Increased information about mental illnesses and their interaction with drug and alcohol issues, and treatment and support options
- Increased skill in managing the extremely challenging behaviours that are often associated with dual diagnosis
- Increase skill in problem solving issues related to dual diagnosis in the family context
- Had an opportunity to share experiences, learn from others' experiences and develop ongoing support and information mechanisms

Topics

- Up to date information about marijuana, heroin, alcohol, ecstasy and amphetamines (speed) and the behaviours associated with each of them
- Up to date information about psychosis, schizophrenia, bi-polar disorder, depression and anxiety including signs and symptoms, treatment and recovery
- Up to date information about the interaction between the mental illnesses and drugs and alcohol
- Up to date information about agitation and violence and how to recognise and manage these situations effectively
- Presentations by Police, Crisis Assessment and Treatment Teams and a Psychiatrist

Duration

The Well Ways Duo program consists of six 3 hour weekly group sessions plus four follow-up sessions over 12months.

Who Should Attend - Family members, friends and carers of people with a mental illness/ dual diagnosis

Program Style - Informal workshops involving group discussion, videos, practical demonstration and problem solving

About the Facilitators - The Facilitators are experienced carers of a person with a mental illness/ dual diagnosis who have been specifically trained to deliver the Programs

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| <input type="checkbox"/> Well Ways Duo South Yarra | Monday nights 6:30pm – 9:30pm: Commencing 16 th Feb, 6 week duration |
| <input type="checkbox"/> Well Ways Duo Box Hill | Thursday morning 10.00am-1.00pm: Commencing 19 th Feb , 6 week duration |
| <input type="checkbox"/> Well Ways Duo Fairfield | Thursday night 6.30pm-9.30pm: Commencing 23 rd April, 6 week duration |
| <input type="checkbox"/> Well Ways Duo Moonee Ponds | Thursday night 6.30pm-9.30pm: Commencing 21 st May, 6 week duration |

BOOKINGS:

For bookings please contact Family Education Intake Worker on 03 8486 4232 or wellwaysfamed@mifellowship.org Please book early because places are limited.

COST:

The Family Education Intake Worker will organize the funding of \$250 for you through Area Mental Health Services, Carer Services or Mental Illness Fellowship. Participant's out of pocket expenses will be \$22 to cover administration

As a Well Ways participant your views and ongoing feedback are greatly valued. We would strongly encourage you to join us as a member of MI Fellowship to strengthen our collective voice in support of people with a mental illness, and their family & friends. At the time of confirming your place in the program, we encourage you to complete the membership form if you are not already a member.

Full annual membership is \$22 and concession rates apply.

Payment Options

Cheque (payable to Mental Illness Fellowship Victoria)

- or credit card (Visa, Mastercard, Bankcard)