

MENTAL HEALTH AND WELL BEING



CREATING CONVERSATIONS, TSA, 11/11/20

MENTAL HEALTH STATISTICS, AUSTRALIA

- At least 45% of us will experience a mental illness during our lives
- And that's just anxiety, mood disorders and substance addictions in people aged 16-85. Add in young people, schizophrenia, eating disorders, personality disorders and more and the figure is likely far higher.

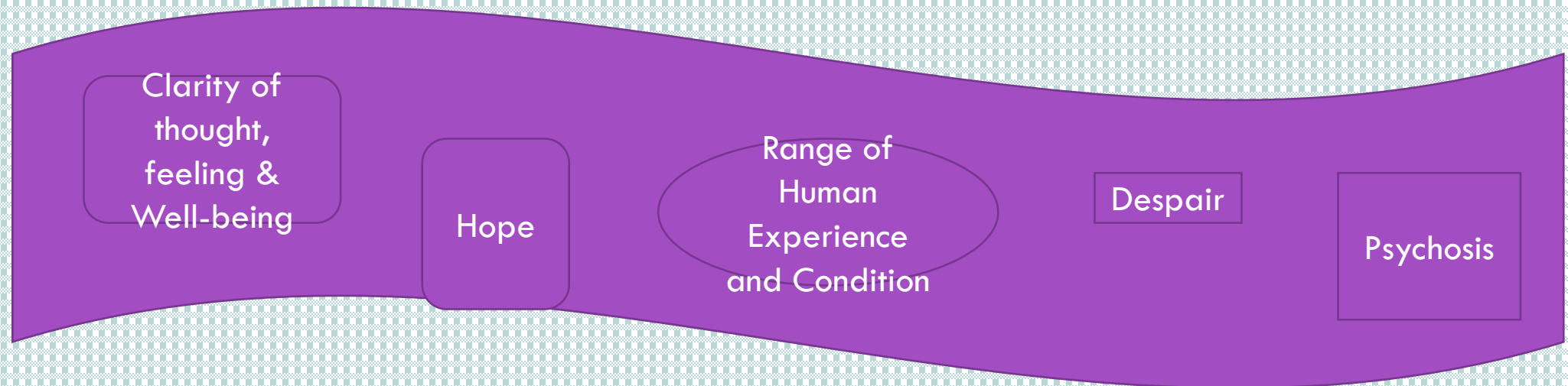
Australian Bureau of Statistics (ABS) (2008). [*National Survey of Mental Health and Wellbeing: Summary of Results, Australia, 2007*](#),

MENTAL HEALTH STATISTICS AUSTRALIA CONT'

- At least 20% of adults are affected by mental illness every year
- Anxiety disorders are the most common, followed by depression. A significant number of Australians are also affected by personality disorders, eating disorders, psychotic illnesses like schizophrenia, and more. Some people have more than one diagnosis, and far too many Australians go undiagnosed.
- Australian Bureau of Statistics (ABS) (2008). [*National Survey of Mental Health and Wellbeing: Summary of Results, Australia, 2007*](#),

MY CONTINUUM OF MENTAL HEALTH AND WELL-BEING

- Drawn from my Practice and Personal Experience



OCTOBER 10 IS MENTAL HEALTH MONTH-WORLD-WIDE

- With the objective of raising awareness of mental health issues around the world and mobilising community, political and policy action to raise awareness and drive action to make mental health care a reality for people worldwide.

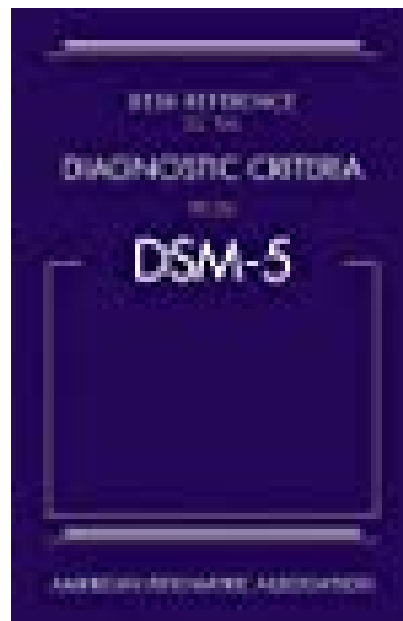
OCTOBER IS MENTAL HEALTH MONTH IN AUSTRALIA



MENTAL HEALTH MONTH IN AUSTRALIA

- is a time to shine a light on mental health and wellbeing in a bid to reduce stigma, spark conversations and help people get the assistance and support they need.
- According to [Mental Health Australia](#), 1 in 5 Australians are affected by mental illness annually, yet many don't seek help because of stigma.

HOW MENTAL HEALTH IS DIAGNOSED IN AUSTRALIA IN 2020



DSM-5 Insanely Simplified



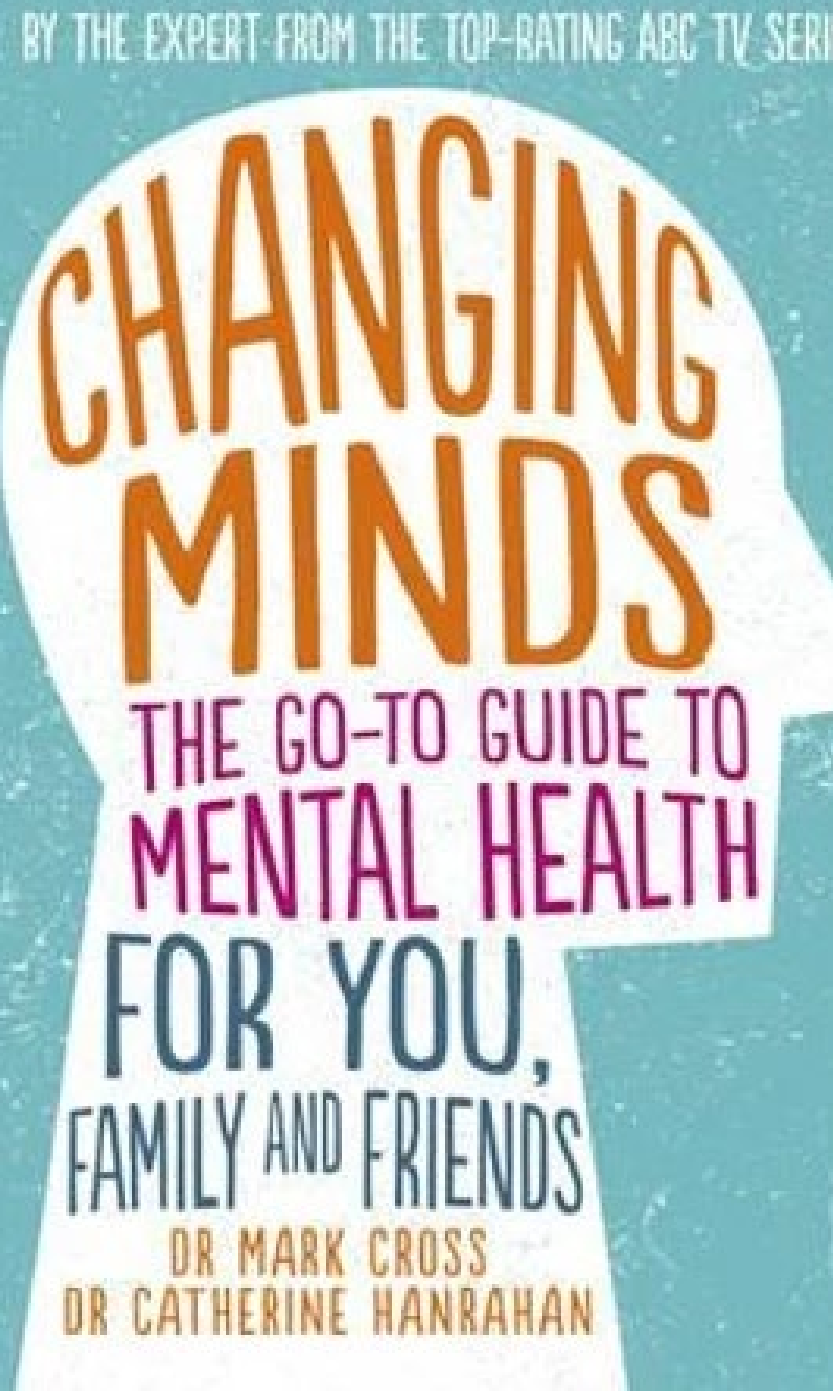
Unlocking the Spectrums within
DSM-5 and ICD-10

STEVEN BUSER, MD

HOW WE APPROACH TREATMENT

“Our
Behaviours may
need
containment at
times, but our
souls do not.”

- As quoted by Dr Mark Cross,
Psychiatrist



FROM THE INTERIM REPORT, ROYAL COMMISSION INTO MENTAL HEALTH, NOV, 2019

- What the Commission has heard Meaningful and lasting changes to Victoria's mental health system can happen only if the views of people living with mental illness, their families and carers are listened to and respected. Many people's experiences of how the system fails and even harms those living with mental illness have been difficult to hear.

QUOTE FROM THE INTERIM REPORT OF THE ROYAL COMMISSION INTO MENTAL HEALTH, NOV, 2019

- One parent shared to the Royal Commission:

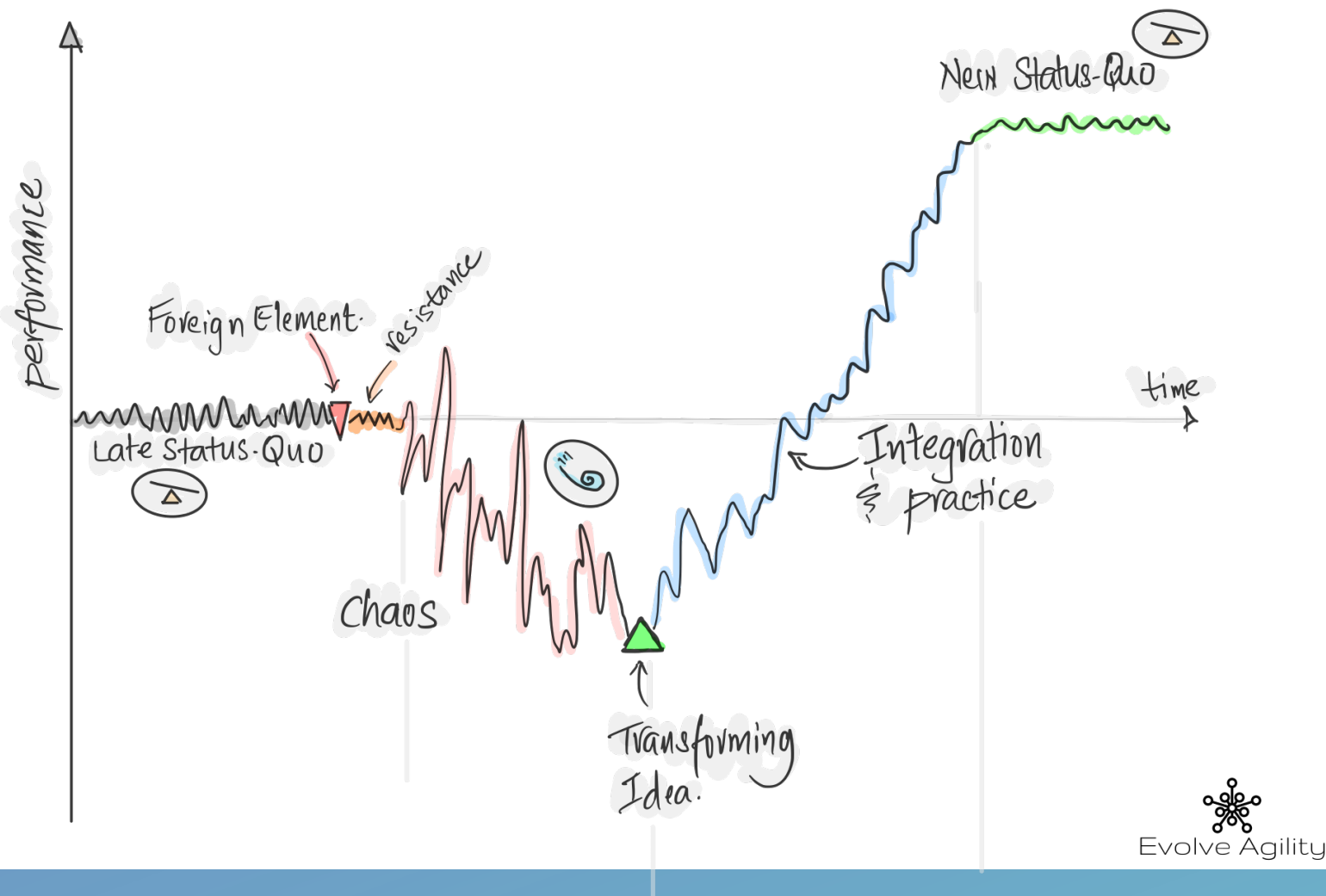
I have a son who has had leukemia, and now a daughter with a mental health challenge. When my son was diagnosed with leukemia, we were immediately connected into an incredible amount of support and services, including those outside the hospital. Our experience when my daughter's mental illness was diagnosed was completely the opposite.

DIFFERENT CULTURES, DIFFERENT PEOPLE NEED DIFFERENT THINGS FOR MENTAL HEALTH AND WELL-BEING

- WellMob is a new initiative made be Aboriginal Community Workers throughout Australlia to bring strength based resources, including on-line counselling to Indigenous People



- [https://https://www.youtube.com/watch?v=XnCbl4_pxBU](https://www.youtube.com/watch?v=XnCbl4_pxBU)



Virginia SATIR

HER CHANGE MODEL

The Mother of
Family Therapy &
Psycho-therapist

VIRGINIA SATIR

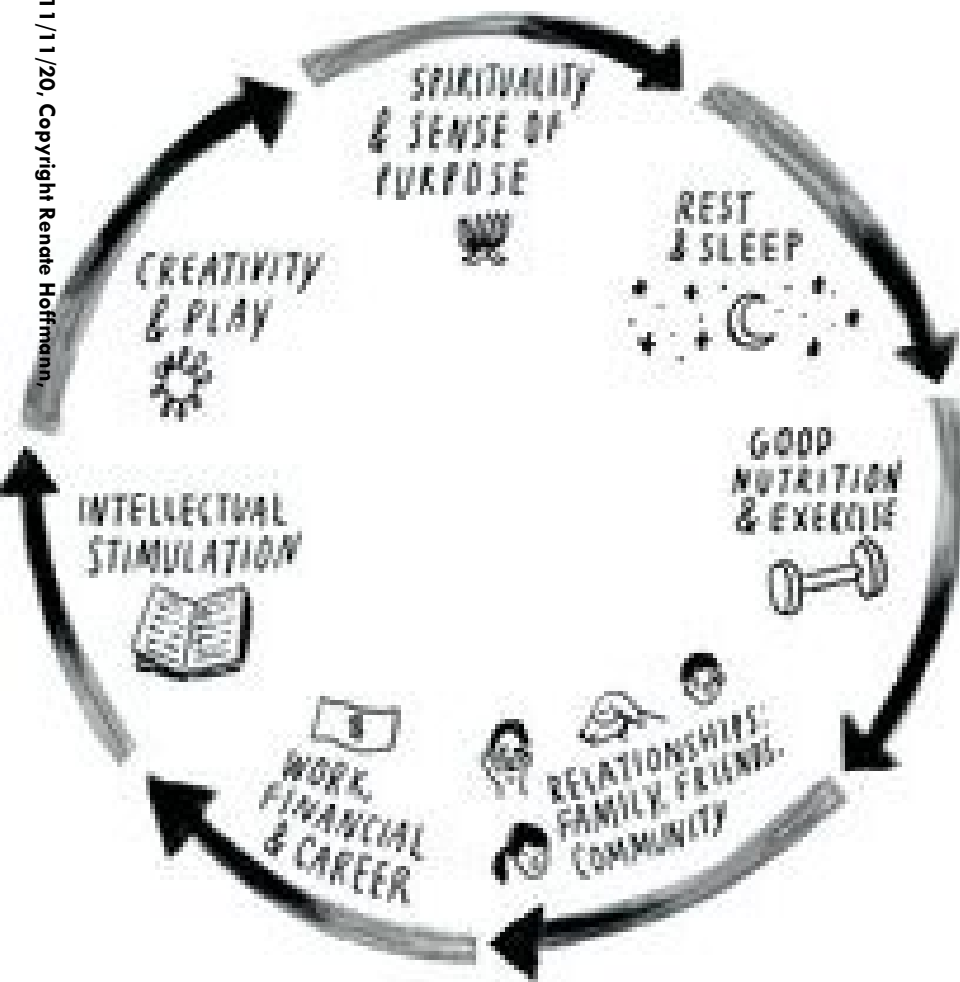
MY DECLARATION OF SELF-
ESTEEM - "I AM ME

In all the world there is no-one else exactly like
me.

Everything that comes out of me is authentically
mine because I alone chose it.

I own everything about me; my body, my feelings,
my mouth, my voice, all my actions, whether they
be to others or to myself - I own all my triumphs
and successes, all my failures and mistakes,
because I own all of me

MY BALANCE WHEEL



MALINKA CHOPRA'S BALANCE WHEEL FROM HER "LIVING WITH INTENT" SYSTEM OF ASSISTING OTHERS

Rating Scale – used to set goals for change:

7 – 10 – Thriving
3-6 – Surviving
0-3 -Suffering

ESSENCE OF MENTAL HEALTH

BY DR CRAIG
HASSAD

MELBOURNE
RESEARCHER
AND GP

The ESSENCE of Health • Guest Editor Feature

The ESSENCE of Health

By Dr Craig Hassed

Despite significant advances in science and technology, the illnesses which are most problematic for 'westernised' cultures are largely lifestyle-related. For example, rising levels of obesity, inactivity, drug use and poor mental health will have a major long-term impact.

An important aspect of an integrated approach to healthcare is to inform and empower ourselves to take an active role in our own wellbeing. Despite the fact that the most significant benefits to health come from mental state and lifestyle factors, in the experience of most patients these issues are either not sufficiently addressed or totally dismissed.

We know that an unhealthy lifestyle can put us at risk of becoming ill and therefore it is obvious that making healthy lifestyle changes helps to prevent illness or improve outcomes if we do become ill. Taking personal responsibility for health however is not the same as taking on a self-blame mentality. Personal responsibility empowers but self-

blame disempowers. Taking responsibility means making more conscious and informed choices, which is associated with better clinical and economic outcomes. For lifestyle interventions to be optimally effective, we need support and a structured and systematic approach. Such an approach underpins the Gawler Foundation programs and they serve as a model which the healthcare system could benefit from enormously.

A comprehensive and integrated approach to lifestyle management is encapsulated by the ESSENCE model which has been used for training undergraduate doctors at Monash University since 2002. ESSENCE is an acronym (figure 1) and it is not only a model for maintaining wellness and preventing illness, but also for managing chronic illness. It can be applied as in the ESSENCE of managing cancer, heart disease, MS, depression and many other conditions. The model, including chapters on a range of important illnesses, is laid out in the newly released book, 'The Essence of Health: the Seven Pillars of Wellbeing'. ■

Figure 1



Dr Craig Hassed has been a regular presenter in Gawler Foundation residential programs over the past 10 years. He is Senior Lecturer at Monash University's Department of General Practice. His article is taken from his new book, *The Essence of Health: The Seven Pillars of Wellbeing*.

References: Hassed C. The ESSENCE of healthcare. *Aust Fam Physician*. 2005 Nov;34(11):957-60. Hassed C. (2008) *The Essence of Health: the seven pillars of wellbeing*. Sydney: Random House.