

## *The Consumer's Voice*

### What's New at TEMHCO



I can't believe how quickly this year has gone in that we are already in October and bringing to you our Quarter 3 Newsletter. Our apologies for this edition coming out late but we have been quite busy with our Open Day, AGM and completing our Audit, Annual Report and Departmental reporting requirements. I can

confirm now that during the 2019/20 financial year our registered clients grew from 47 to 116 consumers. This is not including drop-in numbers. Our student placements have continued to grow with six during the 2019/20 financial year and this year we currently have four students doing their Cert IV Peer Support Work, one Cert IV Mental Health from CDU who has just completed her placement and three Diploma of Community Services students from Alanya Kaye who have finished their placement. We also have two students from Alffie who are doing their Cert III Community Services and another Alana Kaye student who is doing her Diploma of Community Services. Three of the students doing their Cert IV are TEMHCO consumers which demonstrates TEMHCO's mission for for both recovery and capacity building.

TEMHCO is now providing a non-financial auspice to the newly formed Northern Territory Lived Experience Network (NTLEN) working group. The Territory had been the only state or territory to not have their own lived experience network and we hope that the formation of this group will ensure better mental health outcomes and opportunities in the NT and that we can reduce the quality gap in mental health services.

We hope you enjoy this edition and don't forget, if you haven't already to renew you annual membership to receive all our member benefits.

TEMHCO



Top End Mental Health  
Consumers Organisation

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# What's on @TEMHCO

c/- The Salvation Army Woodroffe  
86 Woodroffe Ave Woodroffe











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Email: [temhco.exec@temhco.com.au](mailto:temhco.exec@temhco.com.au)

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9:00 am to 2:30 pm



October 2020

M	T	W	T	F
<p>Art Therapy with Claudia 9:30 am to 11:30 am</p>  <p>and</p> <p>Massage with Betty 10:00 am to 12:00 pm</p> 	<p><b>Centre Closed</b> <b>Outdoor Activities</b> Visit other Drop-in</p>  <p>Centres, Shopping, etc. - can vary each week 09:00 am to 3:00 pm</p> <p>OR</p>  <p><b>GROW</b></p> <p>Sommerville Centre, Gray 10:00 am to 12:00 pm Followed by lunch &amp; shopping - Venue TBA</p>	<p>Textile Workshop 9:30 am to 11:30 am</p>  <p>Ladies Pamper Session with Rose 10:00 am to 12:00 pm <b>Thur 8th &amp; Wed 21st October</b></p>  <p>Reflexology <b>28th October</b> 9:30 am to 11:30 am</p>	 <p>Tactile &amp; Men's Wood Carving Workshop 9:30 am to 12:00 pm</p>  <p>Men's Grooming Session with Rose <b>1st &amp; 15th October</b> <b>Mental Health Week</b> <b>"Togetherness" Workshop</b></p>  <p>09:00 am to 13:00 pm <b>8th October</b> See flyer for more details</p>	 <p>Music Therapy Classes with Crystal Robins 9:30 am to 11:30 am</p> <p><b>Community Gardening</b> <b>Board Games</b> <b>Computer Sessions</b> (Every weekday - except Tuesday)</p> <p><u>Mindfulness/Meditation</u> <u>plus Light Exercises</u> <u>on our Facebook Page</u> <u>Like "TEMHCO"</u> <i>Enjoy in your own time!</i></p>
<p><b>TEMHCO Closed</b> <b>6th &amp; 7th October 2020</b> <b>Consumers attending activities for Mental Health Week</b></p>				





NORTHERN TERRITORY  
**Mental Health Week**  
5-9 October 2020



**TEMHCO**



Top End Mental Health  
Consumers Organisation



NORTHERN TERRITORY  
**MENTAL HEALTH  
COALITION**

## ***2020 NT Mental Health Week***

### ***“Togetherness” Workshop***

**Thursday, 8<sup>th</sup> October 2020**

**9:00 am to 1:00 pm**

Join us at TEMHCO for our “Togetherness” Workshop, which builds around inspiring the community to work together towards breaking the stigma on mental health and believe that recovery is possible.

We invite the public to participate in designing a combined artwork project titled “Togetherness” to highlight the importance of working together within our community and provide support for our mental health recovery journey.

We will enter the finished artwork into this year’s DCLS 24th Annual Human Rights Art Exhibition Award on 6th November 2020.

This workshop will include some men’s and women pamper sessions and will follow with a free Community BBQ lunch.

**86 Woodroffe Avenue**

**WOODROFFE**

***RSVP: 5<sup>th</sup> October 2020***

***Email: [temhco.exec@temhco.com.au](mailto:temhco.exec@temhco.com.au) or 0429 082781***





## We want to hear from you!

Our newsletter focuses not just what is happening at TEMHCO but we also like to focus individual success stories or articles from you! I really encourage our clients to share stories about their personal journey and how our therapeutic activities are helping you with your recovery. Further stories like this will assist with future funding to continue providing therapeutic activities. These stories are real and can help motivate others who are losing hope. We are also interested in receiving any poems, short stories, pictures or anything that you feel that might interest other consumers. If you would like to contribute something towards our next newsletter please [email: temhco.exec@temhco.com.au](mailto:temhco.exec@temhco.com.au).



## On-line Meditation and Light Chair Exercise Classes



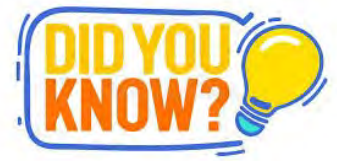
TEMHCO now have free on-line Mindfulness/ Meditation and Light Chair Exercises that can be done in the privacy of your home or in the office. These on-line classes are published on all our social media pages every Monday so there will always be plenty to choose from and you can play them at a time that suits you. These classes are brought to you by our very talented Maria Vescan who also volunteers her time to help put this newsletter together! Thank you Maria! :)

## Did you know?

The word 'mental health' is an expression we use every day, and is frequently misunderstood. It is often used as a substitute for mental health conditions – such as depression, anxiety conditions, schizophrenia, and others. According to the World Health Organization, however, mental health is “a state of well-being in which every individual realises his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community.” So rather than being about 'what's the problem?' it's really about 'what's going well?'

To make things a bit clearer, some experts have tried coming up with different terms to explain the difference between 'mental health' and 'mental health conditions'. Phrases such as 'good mental health', 'positive mental health', 'mental wellbeing', 'subjective wellbeing' and even 'happiness' have been proposed by various people to emphasise that mental health is about wellness rather than illness. While some say this has been helpful, others argue that using more words to describe the same thing just adds to the confusion. As a result, others have tried to explain the difference by talking about a continuum where mental health is at one end of the spectrum – represented by feeling good and functioning well – while mental health conditions (or mental illness) are at the other – represented by symptoms that affect people's thoughts, feelings or behaviour.

Research shows that high levels of mental health are associated with increased learning, creativity and productivity, more pro-social behaviour and positive social relationships, and with improved physical health and life expectancy. In contrast, mental health conditions can cause distress, impact on day-to-day functioning and relationships, and are associated with poor physical health and premature death from suicide. But it's important to remember that mental health is complex. The fact that someone is not experiencing a mental health condition doesn't necessarily mean their mental health is flourishing. Likewise, it's possible to be diagnosed with a mental health condition while feeling well in many aspects of life. Ultimately, mental health is about being cognitively, emotionally and socially healthy – the way we think, feel and develop relationships - and not merely the absence of a mental health condition.



**Source:** <https://www.beyondblue.org.au/the-facts/what-is-mental-health>



## Free Basic Counselling Sessions

Tammy Hatherill from Holistic Health Services NT has kindly offered to volunteer at TEMHCO every second Monday to provide free basic counselling sessions with our consumers. Tammy has a wealth of qualifications and is currently studying to become a Psychiatrist. Her business, Holistic Health Services NT focus on and consider the whole person – mind, body, soul, plus emotions -- in the quest for optimal health and wellness. Tammy holds meditation classes as part of the Palmerston Activate Program every Saturday morning at the Palmerston Library Community room.

You can find out more about the services that she provides on her webpage:

<http://www.holistichealthservicesnt.com/>



## 13 Facts About Borderline Personality Disorder (BPD)

The truth about this condition may surprise you.



Borderline personality disorder (BPD) is an often profoundly misunderstood mental health condition commonly conflated with bipolar disorder. In reality, it's an entirely different mental illness. Take a few minutes to read the facts below and better understand borderline personality disorder, along with the people who live with it.

**1. Borderline personality disorder often causes symptoms like extreme mood shifts and uncertainty in how a person views themselves and others.**

People with BPD tend to have difficulty regulating emotions, an unsteady sense of self, and a pattern of intense, unstable relationships. At its core, BPD affects how a person thinks and feels about themselves and others enough to negatively impact their daily life, according to the Mayo Clinic.

The fifth edition of the Diagnostic and Statistical Manual, which mental health professionals use to diagnose mental illnesses, requires that someone exhibit at least five of the following symptoms in order to get a BPD diagnosis:

1. Panicked efforts to avoid abandonment (whether real or imaginary)

By Carolyn L. Todd

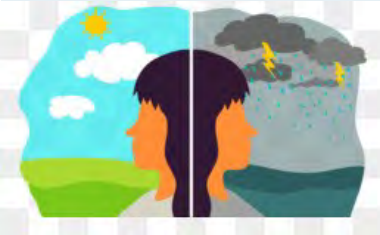
Source:

[https://  
www.self.com/story/  
borderline-personality-  
disorder-facts](https://www.self.com/story/borderline-personality-disorder-facts)



## Facts about BPD cont...

2. A pattern of unsteady and intense relationships that vacillate between fondness and love (idealization) to dislike or anger (devaluation)
3. A poor or unstable sense of self
4. Impulsive and dangerous behaviors in at least two potentially harmful areas, like spending a lot of money or having unsafe sexual encounters
5. Self-harm or suicidal behavior/threats
6. Extreme mood shifts that typically last a few hours
7. Feeling empty
8. Anger control issues
9. Feeling cut off from oneself or reality



It's possible to experience a mix of these symptoms and not have borderline personality disorder. The signs need to be extraordinary and persistent in order to meet the criteria for this condition.

For instance, people with BPD don't just experience mood changes. These shifts can be so severe they make a person feel overcome by massive waves of emotion, Francheska Perepletchikova, Ph.D., assistant professor of psychology in psychiatry at Weill Cornell Medical College and founder and director of the Youth-Dialectical Behavior Therapy Program at Weill Cornell Medicine and New York Presbyterian Hospital, tells SELF. And the stimulus for these extreme emotional reactions can be minor, like a loved one leaving for a business trip, according to the National Institute of Mental Health (NIMH).

Or, as another example, many people without BPD have a fear of people they like or love leaving them. But people with BPD often experience this so intensely that they have a hard time trusting others and will preemptively cut people out of their lives, according to the NIMH.

**2. BPD is thought to affect about 1 percent of people in the United States.**

The 2007 National Comorbidity Survey Replication published



in Biological Psychiatry offers an estimate of how many people have BPD. The nationally representative study examined 5,692 people, finding that while the prevalence of any personality disorder was around 9 percent, only 1.4 percent of respondents met the diagnostic criteria for BPD in particular.

### 3. People with BPD often have other mental health conditions.

According to The National Comorbidity Survey Replication, 84.5 percent of respondents with BPD had a co-occurring mental health disorder.

The nature of these comorbidities varies from person to person and can make recognizing BPD difficult, according to the NIMH. For example, intense episodes of depression can be a symptom of BPD, but they can also be the result of a condition like major depressive disorder or bipolar disorder.

The relationship between BPD and other conditions is not completely understood. Perepletchikova explains that in the case of something like a substance use disorder, it may be a negative coping mechanism to deal with the painful symptoms of BPD. Similarly, the feelings of abandonment and alienation (from oneself and others), along with a lack of close and stable relationships, may precipitate depression, Perepletchikova says.

### 4. Borderline personality disorder and bipolar disorder are not the same thing.

They do share some significant similarities, namely that bipolar disorder also causes extreme shifts in mood and behavior. However, those shifts are primarily between depressive and manic episodes (having an abnormally elevated and energetic mood) or hypomanic episodes, which also involve unusually high energy and activity levels but to a lesser extent. Also, the fear of abandonment and unstable personal relationships that are typically inherent to BPD aren't in the diagnostic criteria for bipolar disorder.

### 5. People with BPD are at an elevated risk for self-harm and suicide due to a mix of intense emotions and impulsivity.

Along with self-harm, suicidal ideation and behavior and are significantly more prevalent among people with BPD, according to the NIMH. The generally accepted figure cited by the American



## Facts about BPD cont...

Psychiatric Association estimates that 8 to 10 percent of people with BPD will die by suicide, which is tragically high. With that said, it's important to keep in mind that since the rate of suicide attempts in this community is so elevated (some sources say as high as 60 to 70 percent), the number of completed suicides is thankfully lower than it could be.

People with BPD may turn to self-harm because it feels like instantaneous relief for heightened emotions, Perepletchikova explains. Similarly, someone may attempt suicide as an impulsive means of coping with the deep emotional suffering BPD can cause, Katherine Dixon-Gordon, Ph.D., a clinical psychologist and assistant professor who studies BPD at the University of Massachusetts Amherst, tells SELF.

### 6. There is no single cause of BPD, but experts believe there are several key risk factors involved.

According to the NIMH, research suggests that a combination of hereditary, neurological, and environmental factors increase a person's likelihood of having BPD.

If a family member has BPD, you're more likely to also have it, but there is no known gene linked to the condition, according to the NIMH. It also appears as though the brains of people with BPD have structural and functional changes in areas linked with things like emotional regulation, but it's not clear if those changes are a cause or result of the condition. And when it comes to environmental factors, many people with BPD report instances of childhood trauma, including abuse, abandonment, and unstable relationships with their parents.

### 7. Some experts advocate for diagnosing BPD in adolescents while others prefer to wait until adulthood.

There has been general hesitation to diagnose personality disorders in those under 18. As the Mayo Clinic explains, sometimes what seems like BPD can simply be part of a child or teenager's emotional maturation.

With that said, clinicians are discovering that BPD can be detected in children and adolescents. Possible signs are similar to those in



adults and include impulsive risk-taking, frequent angry outbursts, continuous interpersonal issues, markedly low self-esteem, and repetitive self-injury or suicide attempts.

“The earlier we intervene, the more likely we are to help,” Dixon-Gordon explains.

#### **8. The first-line treatment for BPD is therapy.**

“The goal is to help our clients build up emotional regulation muscles, so to speak, so that they will be able to withstand the impact of those emotional [waves],” Perepletchikova says. “We cannot take away their emotional reactivity, but we can give them skills to [better] respond to the emotional reaction.”

One method for this is dialectical behavioral therapy (DBT), which combines acceptance and mindfulness of one’s emotional state with coping skills for these emotions, per the NIMH. Cognitive behavioral therapy (CBT), which can help people with BPD identify and manage their emotions and behaviors, is another common option, the NIMH says.

#### **9. It can be hard for a person with BPD to trust their therapist, but that bond is often foundational to recovery.**

This is why therapists treating BPD typically emphasize acceptance and validation, Perepletchikova says. (She notes that there is an important distinction between accepting a statement or behavior—“I understand why you did that”—and condoning it—“Good job, keep doing that.”)

In addition to this one-on-one model, group sessions led by a therapist can also help people with BPD learn how to best interact with and express themselves to other people, the NIMH says.

#### **10. There are not any medications specifically recommended to treat BPD.**

There simply aren’t yet clear enough benefits to using medications as the primary treatment for BPD, the NIMH explains.

However, a psychiatrist may prescribe medication to address certain symptoms that some people experience, Perepletchikova says, such as mood stabilizers for emotional instability. Additionally, someone with BPD who also has a clinically diagnosed co-





## Facts about BPD cont...

occurring disorder, such as anxiety, depression, or PTSD, may take medications to treat those conditions.

### 11. BPD is often stigmatized, even among healthcare providers.

A 2013 review of available literature published in *Innovations in Clinical Neuroscience* found that some mental health providers hold false and harmful views on BPD. Laypeople can believe these myths, too.

One of the most pervasive misperceptions among professionals and non-professionals alike is that people with BPD are intentionally, maliciously trying to manipulate those around them with their displays of extreme emotion or self-harm, Dixon-Gordon says. This is false. These symptoms are stemming from mental illness, not a person deciding of their own volition that they'd like to manipulate other people.

### 12. People with BPD can be empathetic and lovely individuals.

"Extreme emotional sensitivity presents with serious challenges, but there are also benefits," Perepletchikova says. In her experience, people with BPD are often able to understand the feelings of other people to a greater degree. She also believes that many people with BPD are unusually creative because they have a deeper and broader experience of human emotion from which to draw.

This is part of the reason that Perepletchikova says people with BPD are her favorite population to treat. "They are really fun, creative, compassionate, beautiful people," she explains.

### 13. With solid therapy and hard work, the long-term outlook for people with BPD can be bright.

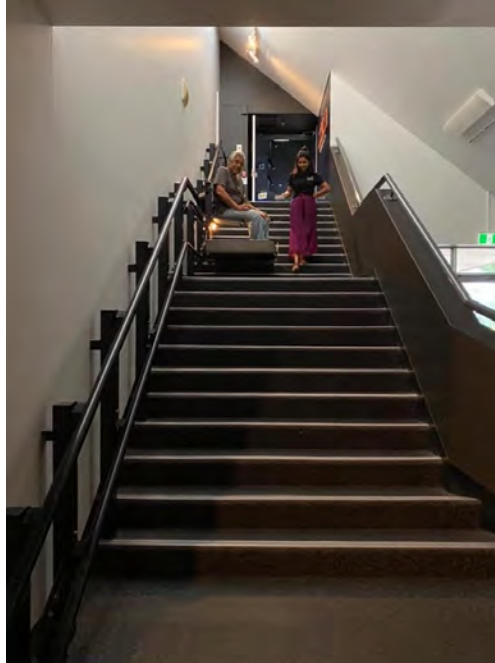
"Research shows that the remission rates are incredibly high," Dixon-Gordon says. A study of 175 BPD patients, published in the *Archives of General Psychiatry* in 2011, found that 85 percent remitted within 10 years. (The researchers defined remission as meeting two or fewer BPD criteria.) Most of that change occurred in the earlier years, the study authors said.

"BPD does not have to define [you]," Dixon-Gordon says. "It's treatable, and there's help out there."



## Outing Activities

Together with our regular outing activities, some of the art therapy class participant attended an Aboriginal Art exhibition at the museum. Our volunteer driver, Jimmy (Mingo) Nasir who has knee and feet issues was accommodated with a stair lift to help him go up to see the art work. As this was held at the beginning of the school holidays, some of the participants and volunteers children could also attend this activity.



## Music Therapy Classes



Throughout this year, the music therapy group at TEMHCO has been running every Friday morning for two hours. The group is facilitated by Crystal Robins, who is a musician and a registered music therapist. Crystal has completed a Masters of Music Therapy through the University of Melbourne, and has been working as a music therapist in Darwin for the last two and a half years. Our consumers are in control of what songs they would like to sing plus we have an array of musical instruments that they can play. Consumers do not need to have any musical abilities or previous experience to join in and all are welcome! **Our music therapy classes are run every Friday from 10:00 am to 12:00 noon.**





## Advocates for mentally ill patients

The Top End Mental Health Consumers Organisation is the only consumer run mental health organisation in the Northern Territory. Our aim is to help empower our members to feel confident about contributing to the community. Based on the Clubhouse Model, our members contribute to the running of the centre and ensuring that new members feel both safe and welcome. Local health service providers refer their clients to TEMHCO for their therapeutic activities as part of their client's case management plan. As well as assisting clients with mental health recovery we also assist dual diagnosis clients when they have reached the recovery stage. TEMHCO's board that consist of people with lived experience made the decision last year to lower the eligibility age to sixteen as the rate of suicide continues to increase for young Australians each year. Our therapeutic activities appeal to all ages and include Art Therapy, Textiles, Tactile, Music Therapy and Men's Boab/Wood Carving Workshops. We also have Massage Therapy, Men's and Women's Grooming Sessions and our very own Community Garden. We hold outdoor activities every Tuesday that includes members being able to attend the Grow sessions at the Sommerville Centre. Our members have enjoyed going out fishing and we plan on soon including a BBQ with each trip. We also provide basic counselling sessions and advocacy support to help refer our members to the services they need. TEMHCO also offer online Mindfulness/Meditation and Light Exercises to maintain both a healthy mind and health body. We have had many students do their work placement at TEMHCO studying Community Services, Mental health and Peer Support accreditation courses. TEMHCO is also supporting the newly formed NT Lived Experience Network (NTLEN) that help provide support for people living with mental health and run by volunteers who have lived experience. It is both NTLEN and TEMHCO's aim to ensure that people experiencing mental health issues stop falling through the gaps.





## Computer Sessions

TEMHCO give our members the opportunity to use our laptops to learn new skills, write their résumé or apply for jobs. We have a limited number of free Excel and Word courses that can be completed at the centre. Members can use the laptop at any time during our opening hours.

## Board Games

TEMHCO have a range of board games that can be played as a social activity every day (except Tuesday) during opening hours to help build new friendships and for social inclusion.



## Men & Women's Grooming Sessions

TEMHCO run a men's grooming session on the **second and fourth Thursday of every month from 9:30am to 11:30am.**

Our women's grooming sessions are very popular and are **run twice a month on the first and third Wednesday month from 9:30 am to 12 noon.** Ladies can receive facials, waxing and/or eyebrow/eyelash tinting. Booking is essential due to the popularity of this activity.



## Massage Therapy and Reflexology

Join us for a relaxing massage with Betty **every Monday 9:30 am to 11:30 am.** Bookings are essential as this is a very popular therapeutic activity.

## Community Garden Project

Members can potter around in our community garden every week day (except Tuesday) during our opening hours.



## Textile & Tactile Workshops

Our new Textile & Tactile Workshops are now running every **Wednesday and Thursday from 9:30 am to 11:30 am.** These two classes will bring along a whole new range of activities including silk screening, leatherwork, mosaic tiling. Our members are currently doing some beautiful mosaic stepping stones for our Community Garden.

## Jacana Men's Boab/Wood Carving Workshop

Our Men's Boab/Wood Carving and Story Telling Workshop is continuing to run with Jimmy every **Thursday from 9:30am to 11:30am.**

## Outings

### *Northside Activities*

**Every Tuesday from 9:00 am to 3:00 pm** Jimmy takes our consumers out of Palmerston to visit the Northside drop-in centres. Here is Jimmy and Jack at the Day-to-Day Living Drop-in Centre. Call Jimmy before on 0432 115 418 before 9:00 am on Tuesdays if you require a lift. (Please leave a message if he doesn't answer).



### *Grow Meetings*

Our Grow meeting are held **every Tuesday from 10:00 am to 12:00 pm at the Gray Somerville Centre.** Please sign in at reception and they will point you to where our meeting room is being held. Consumers can join us for lunch—venue TBA each week.





## Art Therapy

Our Art Therapy class continues to be one of the most popular of our therapeutic activities and runs every **Monday from 9:30 am to 11:30 am**. Some of our achievements during this quarter included designing a Welcome to TEMHCO banner that was displayed at our Open Day on 10th August 2020.



## School Holiday Activities

Quite often during the school holidays our numbers drop because our members have to care for their children at home. We have now encourage members to bring their children to the centre to participate in our many activities and the centre is also a child safe environment. All our workers and volunteers also have current Ochre cards for working with children. It is the responsibility of the parent to monitor their children at all times.





## Monthly Promotions and Community Wheel

Every third Thursday and third Saturday of the month TEMHCO provide a promotions stall and Community Wheel fundraising activity outside of the Coles Centre in the Palmerston Shopping Centre. This activity is generally run with our Chairperson, Maggie and Treasurer, Cheryl but during the month of September they attended a Mental Health First Aid course that was paid for by TEMHCO. Part of our members benefits is to have the opportunity to attend classes such as this for free.





## Maggie's Birthday

TEMHCO celebrated our Chairperson, Maggie's 71st birthday on 28th August 2020 with cake and flowers.



## Open Day Exhibition—10th August 2020

TEMHCO would like to thank I would The Administrator of the Northern Territory, Vicki O'Halloran, Natasha Fyles, Member for Nightcliff, Luke John Gosling Ngaree Ah Kit Sally Sievers Tony Burns HPA, Tony Sievers MLA: Member for Brennan Leanne Butler and all our guests for attending our Open Day Exhibition. Thanks also go out to Noelene Vass for and Maria Vescan Sivan for their speeches about Northern Territory Lived Experience Network (NTLEN) and Team Health The Way Back Program. We would also like to thank SabrinasReach4Life for attending with their exhibition to help people become aware of the special work they do in assisting with suicide prevention. Special thank you to Jacana Energy for sponsoring our Sensory (Fidget) Blanket Workshop that were presented today to five chosen organisations and our Men's Boab/Wood Carving workshop. This day would not have been such a success without the hard work and dedication of all our volunteers who show to the community that living with mental health does not stop us from achieving great things!





Open Day Exhibition cont...



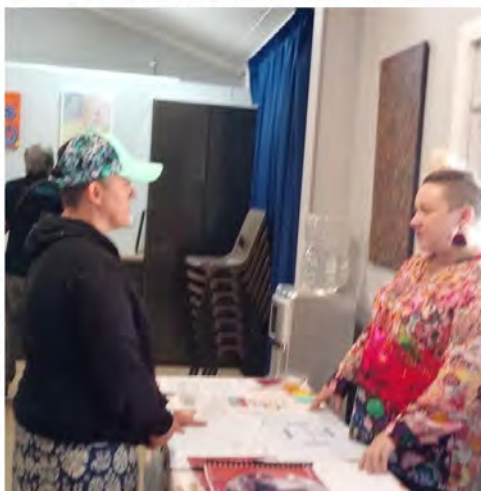


## Open Day Exhibition cont...





## Open Day Exhibition cont...





## Wetlands Project

The ladies finished the Wetlands Project that was ready for display at our Open Day Exhibition.







## Consumer Song

### The Long and The Short

I'm depending  
On your second guessing  
The things that are good for me  
Because there's no pretending  
That I don't need mending  
That's one thing that we can agree

And the long and the short  
Is the things we were taught  
Were the things most harmful to me

And while the things that we make  
Are the things that we break  
These things were meant be

As daily the sun sets  
On the things we regret  
And the things we wish not to see  
We can cover our eyes  
And then feign our surprise  
When finally we do agree

There's no point deceiving  
My spirit lies bleeding  
It's something too strange for me

As long as we do not listen  
To the sound of the hissing  
Of the crowds we worked hard to please

There was a beginning  
There will be an ending  
I just hope I'm not here to see  
The unravelling of time  
When the mountains we climbed  
Are worn down by the waves of the sea



## Consumer Song cont...

So onwards and over  
Like Time and her lover  
Like some kind of mad fantasy

We never get there  
We're left in nowhere  
Like some kind of purgatory

And the long and the short  
Is the things we were taught  
Were the things most harmful to me

And while the things that we make  
Are the things that we break  
These things were meant be

And the long and the short  
Is the things we were taught  
Were the things most harmful to me

And while the things that we make  
Are the things that we break  
These things were meant be

**Written & Composed by Sean Kennedy**

**Sean Kennedy is one of TEMHCO's members and we would like to thank him for having the courage to perform his song at our Open Day Exhibition on 10th August 2020. It is not easy performing in front of a large crowd and we had up to 100 people attend this event. Well done Sean!**





## Consumer Poems



### **The Ringer—By Jack Myatt**

Met old Catty of Victoria River fame,  
Told him Ringing was my game.  
Told me he was hiring for The Dry,  
Men who's skills he thought were high.

Can tail a beast, use a bull strap,  
Can work twenty two hours with only a nap.  
Live on salt beef, pumpkin, onion and tato's,  
Crack a whip without hurting a horses nose.

I got the job to my regret,  
Although I joined the best men yet.  
Used to galloping through Mulga and Gidgee  
Where the country's rough and ridgy.

Along the creek bed we did muster  
With coaches tame and in a cluster.  
The wild cattle bellowing in the bush,  
The untamed herd to the coaches we'd push.

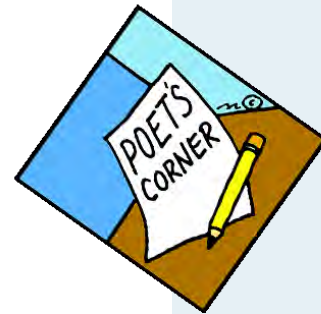
Some got through, I yelled and cursed,  
Turn them back as I take off in a burst.  
We turn to chase them through the trees,  
Give the horse his head: Oh! My bloody knees.

I try to tail one, the pace is brisk,  
The Fullblood with the bull strap takes all the risk.  
I have his tail, I throw the beast in my dash,  
The Aboriginal clears his horse, the bullstrap on in a flash.

## Consumer Poems

I saw off his horns, cut and mark him,  
With the help of Indigenous Jim.  
To bait the micky, I mount my horse  
For Jim to remove the tawse.

Those horses have never seen hay,  
You need six horses throughout the day.  
To do the job they really try,  
If they blow they will surely die.



### **Crocodiles—By Jack Myatt**

A backwater on the river, my lamp picks up red globes.  
A little further down I see slide marks on the higher bank.  
Fruit Bats in the trees above fight noisily for their perch.  
A splash, and then several loud splashes as the  
reptiles Fight over their meal, struggling ferociously.

They fear not the top of the food chain in the dingy.  
As we await the dawn to raid their nests.  
In the Incubating Room we sort their eggs  
Then go to the Nursery Pens and watch the feeding  
of the young. Some are for breeding, others for the  
tables of gourmet restaurants.



## Consumer's Photography

TEMHCO has so many very talented consumers with their artwork. Below is a photo taken by Jacci Ingham who has been a consumer member of TEMHCO for many years. She recently moved down to her beloved Katherine which is a place that she calls home. Jacci is able to capture through her photography work the natural beauty of Katherine and the colours that you would probably miss from the naked eye. Jacci is a storm chaser and has travelled to different places across the world to take photos of tornados, hurricanes, cyclones etc. She has captured some spectacular lightening strikes both here in Darwin and in Katherine. Through her very gifted photography you can appreciate the natural beautiful landscapes that this country has to offer and especially in the Katherine region. Thank you Jacci Ingham for allowing us to share one of your beautiful pictures.



Pandanus-fringed rockpool on the edge of the Arnhem Plateau.  
A tropical oasis in a dry landscape.

Edith Falls NT Outback Australia—photo taken by Jacci Ingham



## Lived Experience Network for the NT

The NT Lived Experience Network (NTLEN) is the first collective and independent voice representing the interests of people with lived experience of mental health challenges in the NT. NTLEN is made up solely of people with lived experience - inclusive of those with experience of caring for others with mental health challenges and their families, friends and supporters. It also includes those with lived experience of trauma, suicide and substance issues and these experiences can be past or present.

NTLEN was established in June 2020 by local volunteers who connected due to their shared lived experiences, wisdom and hope. The founding members - including TEMHCO's own Helen Day - rallied together to make positive change in the NT mental health system for consumers.

The network is currently growing its awareness and membership and conducting community consultations in order to represent the experiences and interests of the diversity of communities in the NT. NTLEN is working towards effecting change at the systems level - such as government, funding bodies and services - to advocate for genuine and meaningful inclusion, representation, participation and co-production, with the lived experience community. That is - ensuring that there is nothing done about or to us - without us.

The lived experience community has the right to a voice and to have a say about the legislation, policy, service and program design and delivery, treatment and facilities that impact this community. The lived experience community has unique and valuable knowledge and skills of what works and what does not, in improving wellbeing and experiences of care. However currently and commonly, people with lived experience are excluded and disempowered by mental health systems. This is why the NT Lived Experience Network has emerged - to advocate for people with lived experience - who are the experts of their own lives.

Please be in contact if you have lived experience and would like to join the NT Lived Experience Network, find out more or contribute your skills and knowledge to the network.



## Lived Experience Network for the NT Cont...

Contact details for NTLEN:

NT Lived Experience Network

Email: [contact@livedexperientcent.net](mailto:contact@livedexperientcent.net)

Phone: 0439 100 360

Web: <https://livedexperientcent.net/>

Facebook: <https://www.facebook.com/livedexperientcent/>

Instagram: <http://www.instagram.com/livedexperientcent/>

LinkedIn:

<https://www.linkedin.com/company/livedexperientcent/>



What's your story?



## Student Placements

During this quarter TEMHCO continued to assist students with their work placement hours for the courses they are undertaking. These have included Cert III, Cert IV and Diploma in Community Services run by Alana Kaye and Alffie; Cert IV in Mental Health run by Charles Darwin University (CDU) and we currently have four students who are doing their Cert IV Peer Support that is coordinated by Mental Health Association of South Australia (MACCA). Below are some pictures of students who have already completed their student placements during this quarter.



# NUTRIENTS

F P P W A O J W W N U T R I E N T S Y R I  
 A T M I S S C R W V T F F D O  
 E T X S O Y P L N U X C U C L E P N M G  
 S R J S D X M X B A O H P X F A S G Y E I  
 F A I B T R A P V S I F S W V I C N F A X B  
 G N E R R J J M I E R E B A J X T H E H N P  
 N S S D T A A C O T T A N O A O D G U S  
 S F B E N C C S R T A A T E T A J X O O R G F D  
 A A W T E E E U M N L R E R H T N X V I H R P E  
 T T F A I L M G I E N D G G T L I P O N D G R L  
 U E R R P I J N I U Y E Y J O O U S E J E E  
 R V U T M N D E R T H V I N U R T R C I C  
 A O C T U I E F R T R O O W C R A O D M C H T  
 T V C A N S R D A U I B N L E H I B F R O N V R  
 E V W S O X A B L N E R N O R I Y D G O  
 D D W N R A L A O N A V I T A M I N S X L  
 T R U C U B R T C V V B G G N V O U J I Y  
 D P Y I C P N C P O D Y W I F Y X C G T T  
 S H L M O P V A H P R D E N H O V Y I X E  
 F A W O T D X E W M M U I C L A C N L X S  
 S M A P N I E T O R P E T E L P M O C N I  
 U D T T U D M R M O N O U N S A T U R A T E D  
 D X E V O I C O M P L E T E P R O T E I N S  
 Y P R W Y C S B R A C X E L P M O C I U N G

calcium carbohydrates complete protein complex carbs electrolytes energy

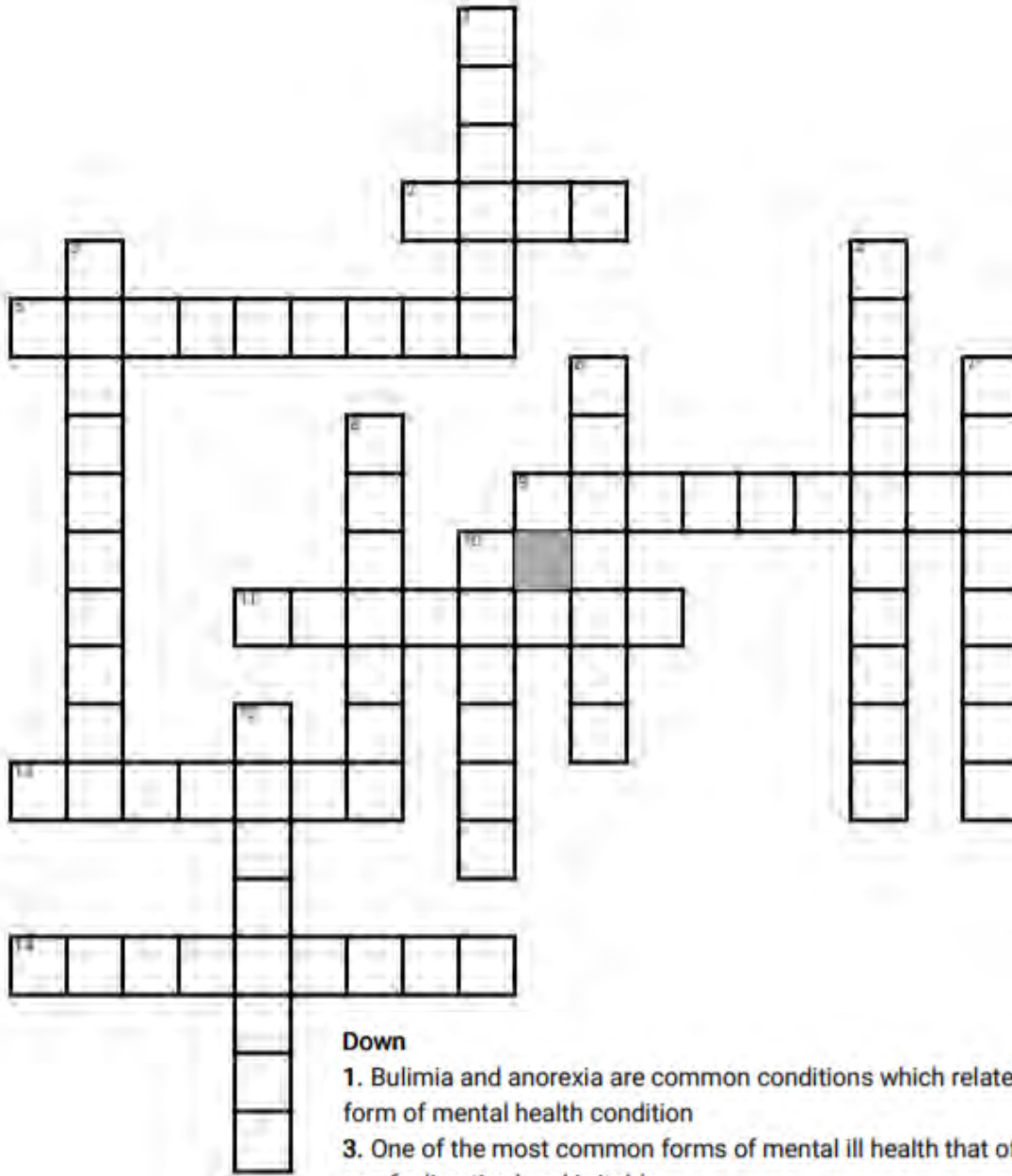
incomplete protein iron lacto-ovo macronutrient major mineral

micronutrient monounsaturated nutrients polyunsaturated saturated simple carbs trace mineral

transfat vegans vegetarian vital nutrient vitamins water



# Mental Health First Aid



## Down

1. Bulimia and anorexia are common conditions which relate to this form of mental health condition
3. One of the most common forms of mental ill health that often leaves you feeling tired and irritable
4. Your personal feelings of wellness
6. The awareness day for this is marked on the 9/9 every year
7. The cause of not being able to sleep
8. Comes in many forms which include ECT, counselling and medication
10. The common cause of many mental health conditions
12. Refusing care, cutting, burning

## Across

2. Maintaining a healthy .... helps to stay stay mentally well
5. A healthy mind is often referred to as this
9. see across/down
11. This is not just physical but also should be administered in mental health
13. Panic attacks and a feeling of fear
14. Symptoms include hearing voices and seeing imaginary images

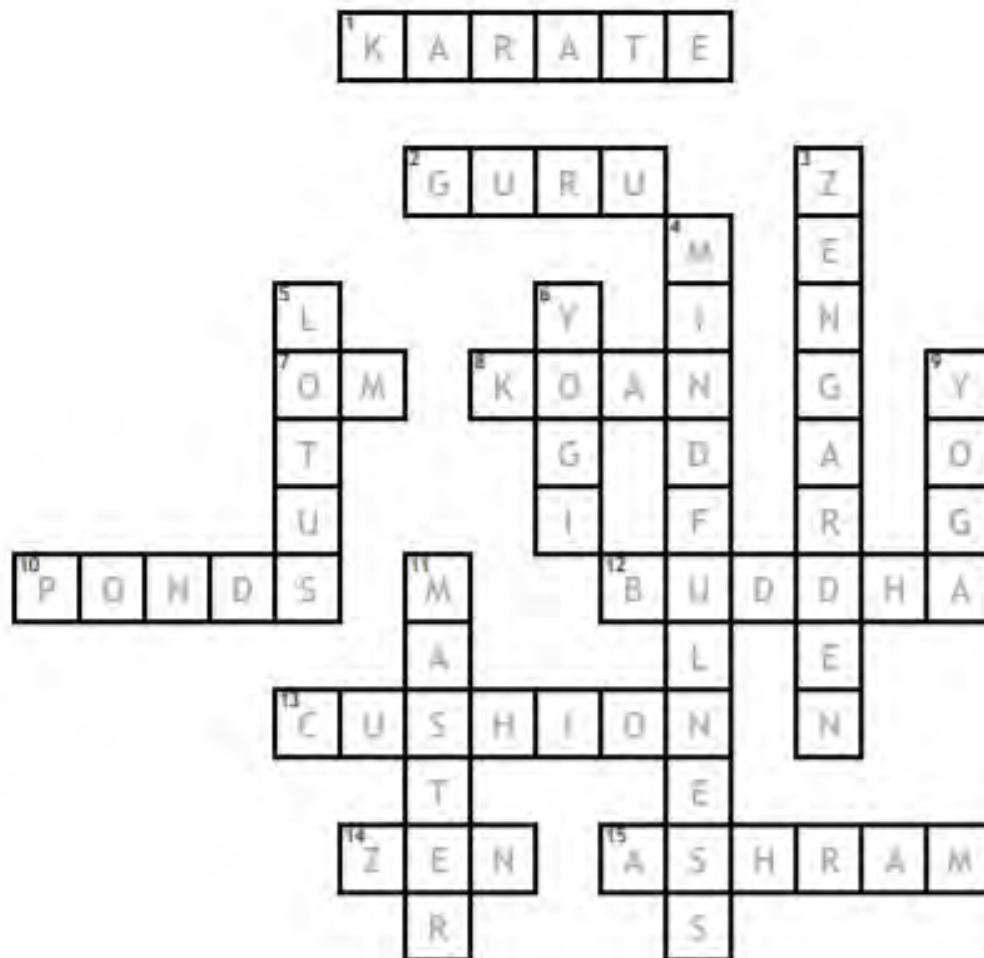
## Health Foods

H H W D J C Z T S Z H Y U H E U C K Y R U U F E  
A L E Q B F D A Y T I C B A D D V O A P N P J Q  
P V O I I I O X W O U R U U J V M G C H G E R Y  
P V W O O N D W U V X N B A D T E V S V I J I A  
L C L V I O P X L Q I M L P M N A W J Z V N J C  
E O M U P X N L H D O S C I I L E W U T F B K D  
S C Q R S F O W X Z D G J V Z E G Y K P X V I C  
B O V S J O M A I E C D R C T A N Q G A G W Q C  
F N X X O K K T E S B E M P D O R O R Q L W E R  
B U T Y O P S S X Z D R O N I G F B Y S L T G C  
P T E P X L A C I I E T Q N G E Z B P Y A B I N  
Y O L W I I Y V C G A F O J V L Q Z P L S L Z Y  
G I P T H G B E T T C D M I H K I O O T R U T T  
P L N C V Z L A O R I E U X B S Z C V A A E Q C  
S E W S E P E E O E R M J D A Q O L G K S B D O  
L J D Q P H S X O W M G K X T H L M G H P E L S  
U Z D A W Y Y X A O I I T X C D P C Q G A R F I  
S X Y X Q O K P I L U C O K T E C C S M R R C L  
P S J V T D V Y A F B Y R X W L B D I F A I U O  
U U N H S T U N A I M A D A C A M D A U G E O C  
J K M C C C M V U L D M Y B Z K D K C T U S E C  
W O D A C O V A P U L A E M T A O U A M S L E O  
X V P I E H F S Z A U S N A E B N E E R G V T R  
D A P K T G A P J C P L U U Y N S D N O M L A B

Avocado   Dark chocolate   Apple cider vinegar   Coconut oil   Green beans   Quinoa   Onion  
Garlic   Cauliflower   Asparagus   Macadamia nuts   Acai   Chia seeds   Sweet potatoes  
Blueberries   Apples   Broccoli   Wheat germ   Oatmeal   Lentils   Brazil nuts   Almonds   Kale



## Mindfulness



### Across

1. 'Moving zen'
2. Meditation guide
7. Meditation class chorus or Mantra
8. Paradoxical question, in Zen
10. Bodies in some Zen gardens
12. Founder of buddhism
13. Meditation seat
14. Meditative school of Buddhism
15. yoga retreat

### Down

3. Meditation setting with rocks and gravel
4. Being present and aware in the moment
5. Meditation position
6. Master of Meditation
9. Meditation and exercise discipline that originated in India
11. Zen teacher

# Lemon and almond yoghurt cake with roasted strawberries

## Ingredients

### Lemon almond cake

- ☐ 150g caster sugar
- ☐ Zest and juice of 2 lemons
- ☐ 3 eggs
- ☐ 1 tsp vanilla bean paste or extract
- ☐ 150ml extra virgin olive oil
- ☐ 100g natural yoghurt
- ☐ 100g fine polenta
- ☐ 150g almond meal
- ☐ 130g self-raising flour

### Roasted strawberries

- ☐ 250g strawberries, hulled and halved
- ☐ 1 tsp vanilla bean paste or extract
- ☐ Juice and zest of half a lemon
- ☐ 1 Tbsp caster sugar
- ☐ Icing sugar, to dust
- ☐ Natural yoghurt, to serve

This Recipe is taken from:  
<https://www.abc.net.au/life/lemon-almond-cake-with-roasted-strawberries/12637098>

## Method

1. Preheat the oven to 180°C. Grease and line a 23cm round cake tin.
2. In a large bowl, combine the sugar with the lemon zest. Use your fingers to rub the lemon zest into the sugar until damp and fragrant. Add the eggs and whisk until combined, followed by the lemon juice, vanilla, olive oil and yoghurt. Add the polenta, almond meal and flour and whisk until just combined. Pour into the prepared cake tin and bake for 35-40 minutes, until a skewer inserted into the middle comes out clean. Leave to cool in the tin for a few minutes, then invert onto a rack to cool completely.



3. Meanwhile, combine the strawberries with the vanilla, lemon juice and zest and sugar in a small bowl and toss to coat. Arrange in a single layer in a small baking tray and bake in the preheated oven for 20 minutes or until the liquid is syrupy and the strawberries are soft but still holding their shape.
4. Dust the cake with icing sugar and serve with natural yoghurt and the roasted strawberries.



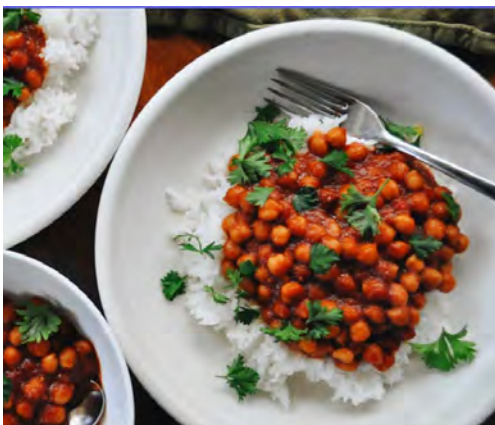
# Spiced chickpeas in a rich tomato sauce

## For canned chickpeas

- ☐ 2 x 400g cans of chickpeas, chickpeas drained and rinsed
- ☐ 1 tsp mustard seeds, optional
- ☐ 2 Tbsp extra virgin olive oil
- ☐ Sea salt
- ☐ 1/2 brown onion, finely diced
- ☐ 2 large garlic cloves, crushed
- ☐ 1 tsp ground cumin
- ☐ 1/4 tsp ground cinnamon
- ☐ 1 1/2 Tbsp tomato paste
- ☐ 2 cups tomato passata
- ☐ 1 cup chicken or vegetable stock, see tips above
- ☐ 1/2 Tbsp honey
- ☐ 1/2 tsp red wine vinegar, see tips above for substitutions
- ☐ Ghee or butter, fresh parsley, plus cooked rice or other grain to serve
- ☐ Jarred chargrilled red capsicum, optional to serve, see tips above

1. Toast the mustard seeds in a large, heavy-based pot over low heat for 1-2 minutes until fragrant. Remove and transfer to a bowl and set aside.
2. In the same pot, warm the oil over low heat and saute the onion with a good pinch of sea salt for 5-10 minutes until soft and translucent. Add the garlic, turn the heat up to medium and cook, stirring, for 1-2 minutes until fragrant. Add the spices (mustard seeds, cumin and cinnamon) and cook, stirring, for another minute, then add the tomato paste and cook, stirring, for another minute until everything is soft and well-incorporated.
3. Turn the heat to high and add the passata and broth. Once bubbling, reduce the heat to low and allow it to simmer with the lid off for 30 minutes, stirring occasionally to ensure it doesn't catch on the bottom. This will allow the sauce to reduce and concentrate/deepen its flavour.
4. After 30 minutes have a taste and, if you think the sauce is rich enough, add the chickpeas, honey and any additional salt to taste. If, at this point, the sauce doesn't taste rich enough (some passata varieties are simply more richly flavoured than others), let it simmer for a further 10 or so minutes with a splash more stock (if you don't have additional stock to use, simply add a little salt and a splash of water).
5. Once you've added the chickpeas and honey, cook for 5 more minutes before sampling some of the chickpeas and sauce and adding vinegar (and/or chargrilled capsicum) to taste.
6. Serve the tomatoey chickpeas over cooked rice with a spoonful of ghee or butter and fresh parsley leaves.

This Recipe is taken from:  
<https://www.abc.net.au/life/spiced-chickpeas-in-a-rich-tomato-sauce/12239316>





## Are you a member?

Previously we had no annual fees if you were a member of TEMHCO. It was very difficult to keep track of who were active/non active, who were members living with a mental illness or an associate member who does not live with a mental illness but has a strong interest through caring for someone or works in the health industry.

At our last board meeting it was decided to introduce an annual fee of \$10.00 that would be due for renewal on the first day of each financial year (i.e. 1 July).

Benefits of being a member include:

- attend and vote at the AGM
- be nominated for the committee
- receive quarterly "Consumer Voice" newsletter
- jump the queue for massage therapy or ladies & men's grooming session
- receive updates for upcoming events and monthly calendar
- enjoy a free feed at any special event (e.g. Christmas Party)

To become a member of TEMHCO you can either fill out and pay on our webpage: <https://www.temhco.com.au/members/> or you can come in person into our office. Credit card is not available if attending the office and can only be used at our webpage.

<https://youtu.be/pRWLQIZZZBM>



TEMHCO Membership Drive  
youtube.com



## BECOME A VOLUNTEER - MAKE A DIFFERENCE



## Would you like to make a donation?

TEMHCO has now received a DGR endorsement, which means individuals or business can make a tax deductible donation. Our organisation only receives a small Government funding bucket and is only funded for one staff member. This means that we rely heavily on volunteers to help us run the drop-in centre and donations to help keep our activities going. If you would like to make a tax deductible donation please visit our website here:

<https://www.temhco.com.au/donations/>







## Top End Mental Health Consumers Organisation (TEMHCO) \$10 ANNUAL MEMBERSHIP/DONATION FORM\*

\* New Member must first be approved by the board.

*Due by 1 July each year*

**Name :-**

**DOB:-**

**Address:-**

**Telephone:-**

**Email:-**

**Emergency Contact:-**

**Phone:-**

**Preferred Method of Contact:-**

*( Please select ☒ that is applicable below:)*

**Annual Membership:- ☐ Donation:- ☐**

**Amount Enclosed:- \$ \_\_\_\_\_**

**Payment method:- Credit card ☐ Cash ☐ Cheque ☐ B-Pay ☐**

**Secure online credit card payments:**

<https://www.temhco.com.au/members/>

<https://www.temhco.com.au/donations/> (Tax deductible - DGR endorsed)

**B-Pay: BSB: 015-891 Account: 369361105 Bank: ANZ**

**Account Name: Top End Mental Health Consumers Organisation Inc.**

**New Member ☐ Exiting Member ☐**

**Carer ☐ Consumer ☐ Service Provider ☐ Other interest ☐**

**I am interested in volunteering ☐ I would like to be on the Board ☐**

**Would like to make a donation ☐**

*Please return this form with your payment to:-*

*(post) PO Box 391, Palmerston NT 0831 or 86 Woodroffe Ave, Woodroffe*

*(email) [temhco.exec@temhco.com.au](mailto:temhco.exec@temhco.com.au)*



TEMHCO thanks you for your support!

The printing of this newsletter is proudly  
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**MARIE-CLARE BOOTHBY**

**MLA**

**MEMBER FOR BRENNAN**



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e: [temhco.exec@temhco.com.au](mailto:temhco.exec@temhco.com.au)

Mon : 9:00 am to 2:30 pm  
Tues : Outing Day! (Centre Closed)  
Wed to Fri : 9:00 am to 2:30 pm

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**TEMHCO**



Top End Mental Health  
Consumers Organisation