



FAMILIES, CARERS & RELATIONSHIPS

CHAIR: DAVE TAYLOR, POLICY AND MEDIA, VAADA

1. Evaluation of the OurRelationship Program within Residential AOD Services
2. Making a Mosaic From Broken Pieces - A Spotlight on Affected Families and Friends in a Changing Landscape
3. Unseen Unheard - The Grandparent Project

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Making a Mosaic From Broken Pieces - A Spotlight on Affected Families and Friends in a Changing Landscape

Robert Campbell, Family Drug and Gambling Help, SHARC

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Making a Mosaic From Broken Pieces – A Spotlight on Affected Families and Friends in a Changing Landscape

Robert Campbell

Programme Manager Family Drug & Gambling Help

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Overview

- Challenges faced by families in the AOD sector
- The Mental Health Royal Commission as a game changer
- Family and Carer-led Centres
- Opportunities and challenges



Gen's
Story, and
challenges
faced by
families

The Mental Health Royal Commission as a game changer



- The Royal Commission into Victoria's Mental Health System highlights the need for key reforms, including a focus on families and carers.
- Chapter 19 of Volume 3 of the Royal Commission's final report provides a key recommendation for the creation of 8 family and carer-led centres
- To provide a holistic space in which families and carers can be supported across metropolitan Melbourne and regional Victoria with a wellbeing lens.



Key Changes

- Need for focus on families and carers
- Recognition of lived experience and peer support to inform service delivery
- A mosaic of hope



Creation of Family and Carer-led Centres

- Tandem, peak body for family, carers and supporters in Mental Health, commissioned to codesign the Family and Carer-led Centres
- Formation of Expert Advisory Group
- Extensive consultation around regional Victoria holding workshops with families, carers and supporters.

tandem

The trusted voice of family
and friends in mental health





8 FCLC's

- Gippsland: Wellways Australia (lead) with Satellite Foundation
- Hume: Gateway Health
- Loddon Mallee: Mind Australia (lead) with Mallee Family Care
- South Western: Wellways Australia (lead) with Satellite Foundation and Bethany Community Support
- South East (metro): Star Health (lead) with Connect Health and Community, and Central Bayside Community Health (partners)
- North East (metro): Access Health and Community (lead) with Self Help Addiction Recovery Centre (SHARC), healthAbility, and Inspiro (partners)
- Western (metro): Jesuit Social Services
- Grampians region: TBC

What will the Family & Carer-led Centres do?

- Each have a physical location and an online presence
- Provide information about supports and services available in each region
- Connect families, carers and supporters with the right support as available
- Offer after-hours access in some form
- Provide families, carers, friends, and supporters with access to funds to help with immediate practical needs
- Support older carers with transition planning
- Help families and carers to navigate the Mental Health and Wellbeing system and other supports
- Support volunteer-based family and carer peer support groups in each region





The future is bright with opportunities!

- Families, carers and supporters are better resourced
- The recognition of lived experience and peer support as an intrinsic means of support, advocacy and service design
- Recognition of the support and role families provide, and that they have their own unique needs



Challenges

- Not creating inadvertent silos for families to navigate
- Need for funding to embed family inclusive practice in AOD and MH services
- Reaching culturally and linguistically diverse groups, and engaging lived experience




The golden seam

- Kintsugi is the Japanese art of putting broken pottery pieces back together with gold — built on the idea that in embracing flaws and imperfections, you can create an even stronger, more beautiful piece of art.
- This is the hope

In Summary

- We have come a long way in recognising the needs of families in their own right
- That family inclusive practice improves the outcome for everyone
- The Victorian Mental Health Royal Commission has revolutionised the landscape
- The Family and Carer-led Centres are an exciting development celebrating the role and needs of families, carers, and supporters



Thank you! Questions?

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