

Why is it important to be working together with family/friends/carers?

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- President Australian BPD Foundation
- Board member AARTPD
- LE (Carer) member of ISSPD lived experience advisory panel
- Member Project Air Peer Academy



Objectives

- To encourage mental health professional to be sensitive and responsive to the needs of carers – we can be therapeutic allies and make your role easier
- (Carers of people with BPD may be mothers, fathers, husbands, wives, siblings, children, friends and more. They may live with the person they are supporting, or they may not. Collectively they are referred to as carers in this document. The work may be different for different groups of carers)

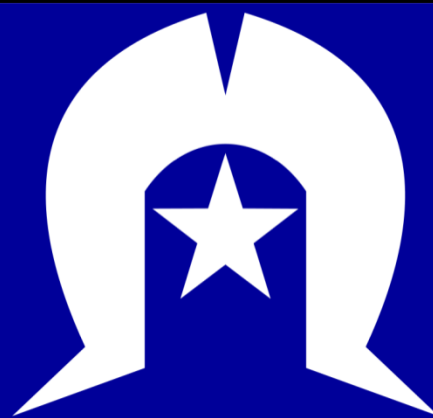


Acknowledgement of country

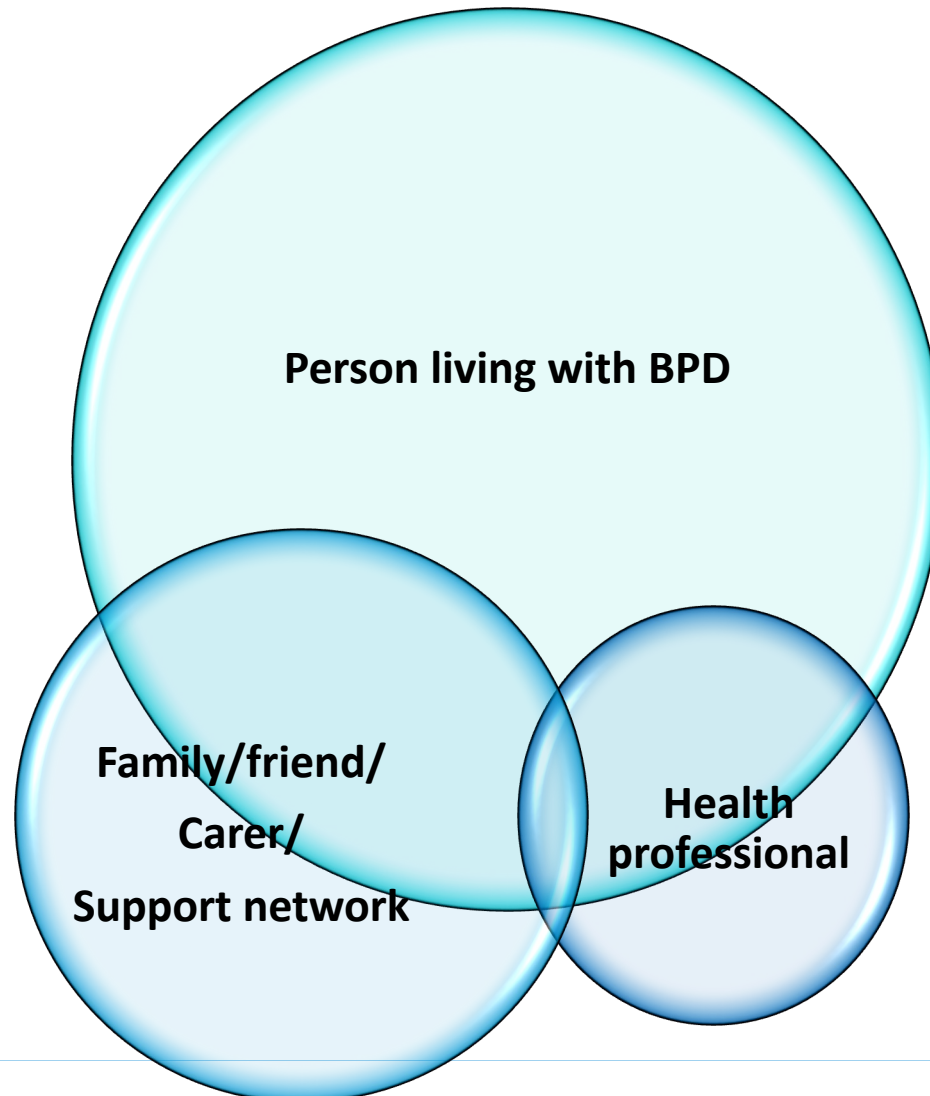
lived experience

I acknowledge the traditional custodians of the lands on which we are meeting from today. I am joining you from the Wurundjeri people of the Kulin nation. I pay my respects to their elders past, present and emerging. We also acknowledge any First Nations people who are joining us today.

We also honour people with lived experience of BPD and recovery; and the experiences of those who support them (carers, families, or supporters) and whose voice is vital to our work.



BPD often causes significant distress



What is helpful? See 'me'



**Families, partners
and carers can play an
important role
in supporting recovery.
Acknowledge and
respect their
contribution**

*Clinical Practice Guideline for the Management of Borderline Personality Disorder.
Melbourne: National Health and Medical Research Council; 2012.*

**BORDERLINE
PERSONALITY
DISORDER** AWARENESS
WEEK 2019
Best Practice Deserved

What is helpful? Offer ‘hope’

**You live with BPD,
You're not BPD.**
Never forget that you are
a person before any label.
rediscover yourself,
to live your life happy and healthy

Lived Experience



What is helpful? Information

**“Knowing and understanding
how your loved one
sees the world makes
living compatibility
with them so
much easier”**

{**BORDERLINE
PERSONALITY
DISORDER
AWARENESS WEEK**}

**“Letting go of fixing...
encouraging independence...
validating his feelings...
it's making a big difference
for both of us.”**

{**David
Dad**}

{**BORDERLINE
PERSONALITY
DISORDER
AWARENESS WEEK**}

What is helpful ? Treatment/crisis/safety/wellbeing plan

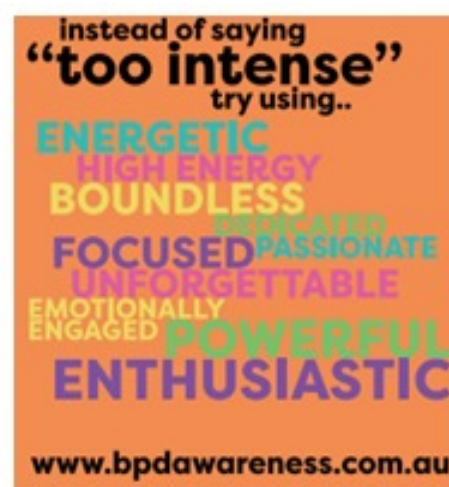
**One of the most
important things
to ask is:**

**“Do you need
comfort or
solutions
right now?”**

MAHLIE

**{ BORDERLINE
PERSONALITY
DISORDER
AWARENESS WEEK**

What is helpful? Language



What is helpful ? Self Care



Engaging families who are unable or unwilling to engage with clinicians

- Respect the family's current position
 - Is it the 'right' time?
 - Flexible meeting times and modalities, e.g., phone, telehealth, in person, interpreter etc.
 - 'Exhaustion' need to build own resilience before they're able to engage
 - Own (or other family members') physical/mental health issues
 - Power imbalance
 - Previous experiences of blame, stigma, discrimination and exclusion
 - Services and clinicians should be given the confidence and skills to work assertively and creatively to engage families.
-
- **Clinicians who are proactive and gently persistent have considerable success in engaging some of the most reluctant or hesitant families.**

Families not ready to engage should never be categorised as indifferent.

Working with the person with BPD who does not want family involvement

If a person declines family or carer involvement this needs to be respected.

Reasons for not giving consent are multifactorial:

- Do they consider themselves to be an adult and not needing to be 'cared for'?
- Do they want to 'protect' their family from how distressed they really feel?
- Do they understand the potential role/benefits their family can play to actively support their recovery journey?
- Have they constantly felt invalidated/unsupported by their family and as a consequence are no longer willing to share their inner most thoughts?
- Do they blame their family for their state of mental health?
- Are there other aspects of their life they do not wish to disclose to their family? (e.g., information of abuse by other family members).

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Resources



Resources / Referral

- **Carer Peer Workforce with your service**
- **Spectrum***: specialising in Personality Disorder and Complex Trauma www.spectrumbpd.com.au. spectrumcarers@easternhealth.org.au Information and peer-led carer workshops
- **Australian BPD Foundation*** <http://www.bpdfoundation.org.au> – a national charity working to promote strength-based information and resources and create an environment of hope and optimism for everyone impacted by BPD. Resources, events, **BPD Awareness Week** and eBulletin.
- **A carer answers*...** A series of short videos www.bpdfoundation.org.au/faq.php
- **Fact sheets for families, partners and carers*** <https://www.projectairstrategy.org/mpafactsheets/index.html>
- **NEA - BPD Australia** <https://www.bpdaustralia.org/> Family Connections – a 12 week program for families and friends throughout Australia

Resources



Information &
resources

Treatments &
services

Education &
training

Research
Centre



I am...

Carer or Family Member

Home / Information for families and friends (carers)

Information for families and friends (carers)

Information and resources for families, friends, supporters and kin who are supporting a person living with borderline personality disorder (BPD) or emotional dysregulation.



Who are these pages for?

The term carer is used on this website to refer to the diverse range of relationships of those who support someone living with BPD in a voluntary capacity. It is inclusive of biological/non-biological family members (parents, grandparents, children and extended family), spouses, partners, friends and supporters.

You also may not identify yourself as a 'carer' and rather feel that you're doing what anyone would do when you care about someone else and that's absolutely OK. However, mental health services may refer to you as a carer.

When it comes to finding information about personality disorder online, it can be challenging to find information that is reliable.

In this section

Who are these pages for?

Language

What can I do to support someone living with BPD?

Resources

About Us | About BPD | Resources | News & Events | Forums | Advocacy | Training

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Australian BPD
Foundation Limited

Emergency Help

Support For...

For GPs

Strategies For Clinicians

Research, Articles &
Publications

Conferences And
Presentations

Books

Peer Work Resources

Coexisting Conditions

Accessing The NDIS

Advancing Mental Health
Wellbeing

People Experiencing BPD

Parenting With BPD

Carers

Carers2

Questions Answered By A
Carer & Psychiatrist).....

Young Carers / Children

Older People

Help Tips

Recovery

Culturally & Linguistically
Diverse

First Nations

Not Waving, Drowning

Sarah Krasnostein uses her experience and analysis for the mental health system to provide evidence based treatment for people living with BPD. This makes explicit the data underscoring our work.

Read more

Welcome

We are a group of volunteers passionate in developing an open dialogue between consumers, carers, clinicians and researchers to encourage a positive culture around the mental health issue currently known as borderline personality disorder (BPD)

Advocacy & Support for
Borderline Personality Disorder
& Complex Trauma

Connect with us

Click here to view our latest eBulletin



Pick your state...

opdfoundation.org.au/support-for.php f resources in your area



Follow us on Facebook



Resources / referral

- **Tandem** – peak body for families and carers of people in Victoria experiencing mental ill health. <http://www.tandemcarers.org.au> info@tandemcarers.org.au Support and Referral Line 1800 314 325
- **Carers Gateway** <https://www.carergateway.gov.au/> Tel: 1800 422 737
- **Family Carer Led Centres** – walk in - 8 locations around Victoria at Gippsland; Hume; Loddon Mallee; South Western; South East (metro); North East (metro); Western (metro); Grampians
- **Bouverie Centre**: Family therapy <https://www.latrobe.edu.au/research/centres/health/bouverie> Tel: (03) 8481 4800
- **Sane forums (online)** <https://saneforums.org/>



**THANKS FOR
LISTENING**