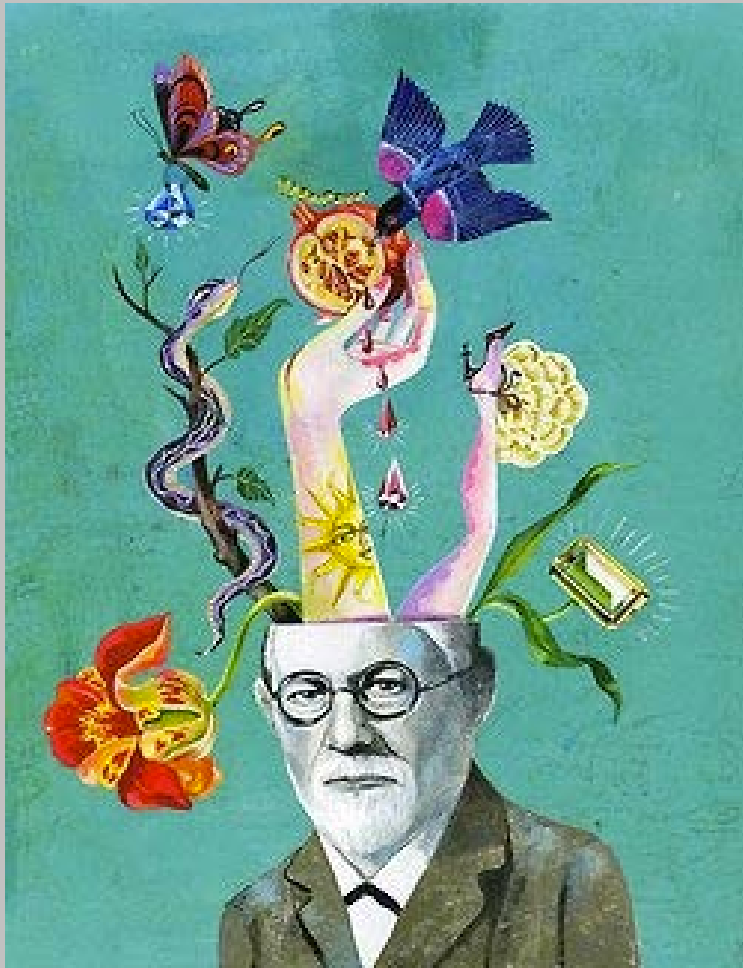

MENTAL HEALTH AST

A ROAD LESS TRAVELLED



WHY MENTAL HEALTH?



- Fascinated by content
- Logistics + practicalities
- Excellent support and learning environment
- Established need and use for the skill
- To toughen up

Did
You
Know



45% OF ALL AUSTRALIAN ADULTS
HAVE EXPERIENCED MENTAL ILLNESS

but... LESS THAN HALF RECEIVE
THE HELP THEY NEED.



WHAT IT INVOLVED

- Rural Remote + Indigenous team at Townsville Acute Unit
- 6 months inpatient
- 6 months outpatient/community
- Experience weeks in sub specialties
- OSP, Eating disorders CBT, FPS, OVP courses
- ATSI MH including TAIHS

THE PLACES YOU'LL GO...



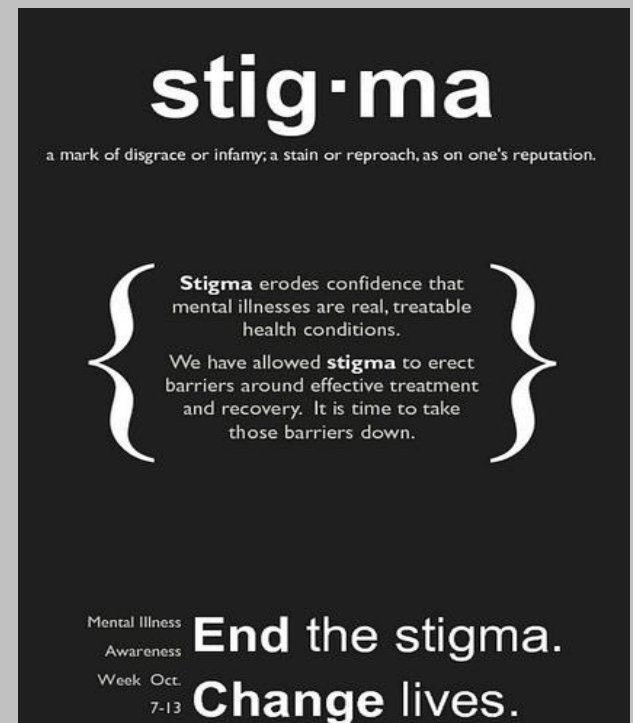
WHAT I'VE GAINED

- Clinical acumen
- Set of skills and tools that I use every day
- Personal development – leadership, management, teaching skills, maturity as a practitioner, thicker skin



PITFALLS + HOW TO DEAL

- Stigma/pigeon holes
- Recognition of the value of MH skills
- No precedent → opportunity to forge a new role
- Less hands-on skills during training
- Acute psychiatric setting isn't always applicable in primary care
- To date - lack of available jobs recognising the AST
→ but growing popularity



stig·ma
a mark of disgrace or infamy; a stain or reproach, as on one's reputation.

Stigma erodes confidence that mental illnesses are real, treatable health conditions.

We have allowed **stigma** to erect barriers around effective treatment and recovery. It is time to take those barriers down.

Mental Illness Awareness Week Oct. 7-13

**End the stigma.
Change lives.**

SOME OF MY EXPERIENCES

- In the AST
 - Seeing people recover and get back to their life
 - Walking the journey of chronic illness
 - Dealing with really difficult situations/ stories and distress
 - Really amazing things that I could not explain - traditional healing



SOME OF MY EXPERIENCES

- Using the AST in my generalist practice
 - High prevalence, low severity
 - Prevention
 - Value of hope
 - The whole person
 - Understanding = Power to Help



QUESTIONS?

**THERE IS NO HEALTH WITHOUT
MENTAL HEALTH!**

