



KEEPING PACE

February 2018

Welcome to the February 2018 edition of Keeping PACE.

Although they probably seem like a distant memory now, I hope you all had a great Christmas and New Year, and for those of you who had time off, I hope you enjoyed your break.

It's good to be back in 2018! When the November edition of Keeping PACE came out we weren't sure we would be, because we hadn't heard whether we would be funded again. Fortunately, in December we received news that we would be re-funded until June 30, so we are still here, and looking forward to another six months of supporting our clients.

There have been some changes in the PACE team over the last few weeks, with Anne leaving us to take on another role within Centacare, and Alyce returning from maternity leave. Anne has been in PACE since the service started back in 2013, and she has been instrumental in the success of the program. I appreciate her valuable contribution to PACE and wish her all the best in her new role. It's sad to see Anne leave, but great to have Alyce back.

Our Recovery Support Groups took a break during school holidays, but they are all up and running again now. We currently run fourteen different groups, which keeps our small team very busy. As a team, we are passionate about running support groups because we recognize how helpful they can be, and we have seen the positive impact they can have. Our support groups give people the chance to meet with other people who understand what they are going through, talk about their experiences in a supportive environment, and learn strategies which can help them in their recovery. Although support groups aren't for everyone, for many people they play an important role in achieving and maintaining wellness. Flyers for each of our groups can be found on the Recovery Groups page of our website.

Until next time, look after yourself.

Shane

Team Leader, PACE

PACE Service

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<http://pacesupport.org.au>

State Government commits to mental health

The transition of some mental health services to the National Disability Insurance Scheme (NDIS) has been a major concern for people with mental health issues and the people who support them. Although the NDIS will be beneficial for people who are eligible, many people with mental health issues will not be eligible, which means they won't have access to some services. Fortunately the State Government has recognised the problem, and on Wednesday the 7th of February it issued a guarantee that people who are NOT eligible for NDIS funding will continue to receive their current mental health service. Although it remains to be seen how the Government will achieve this, it is a positive move, and hopefully one which will ensure that people continue to receive the support they need. A copy of the Government's guarantee can be accessed at:

<http://www.mhcsa.org.au/wp-content/uploads/2018/02/180207-mental-health-guarantee.pdf>

The power of a smile

I came across an interesting article this week about the benefits of smiling. We all like to smile. If we're smiling it generally means we're in a pretty good mood. But is it really the good mood that makes us smile, or is it the smile that puts us in a good mood? It may seem like a silly question, because generally we smile because we're in a good mood, but research shows that it works both ways. A good mood can make us smile, but smiling can also put us in a good mood. The fact is that when we smile our brain releases chemicals which reduce stress and lift our mood, so smiling can actually make us feel better. Not only that, but smiling is contagious, so it can make other people feel better too. To access the article click the link below:

<https://www.nbcnews.com/better/health/smiling-can-trick-your-brain-happiness-boost-your-health-ncna822591>

National Day of Action Against Bullying and Violence

Friday the 16th of March is the National Day of Action Against Bullying and Violence. The National Day of Action is Australia's key anti-bullying event for schools, and in 2018 schools will be asked to imagine a world free from bullying and share their big ideas. For more information visit the Bullying No Way website:

<https://bullyingnoway.gov.au/>

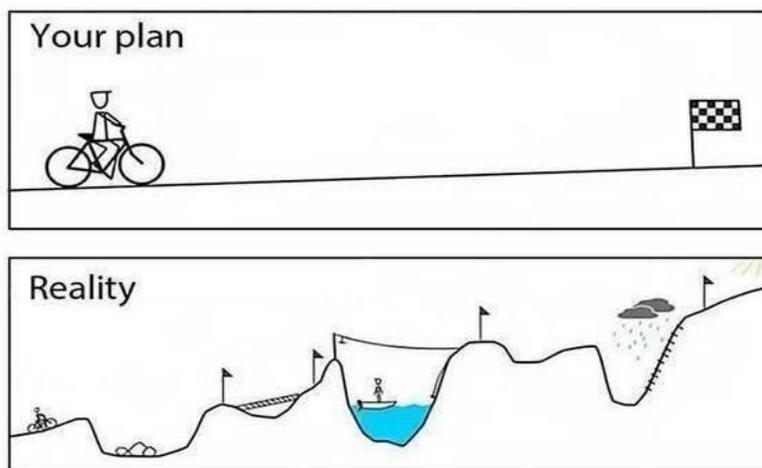
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The recovery journey



The image above is one of my favourite pictures because I think it shows the reality of recovery from mental illness. I refer to it often in the groups I run, and I encourage people to refer back to it themselves to remind them that recovery isn't always a smooth journey. It would be great if recovery was easy, and things went exactly as planned, but this is rarely the case, and it's important to recognize and accept this. If you expect everything to go smoothly, you are setting yourself up for disappointment, and you are more likely to get discouraged and give up when things don't go as planned, but if you can accept that the journey to recovery can be a rocky ride, you are more prepared for the obstacles when they arise, and more likely to keep going when things get tough.

When I look at the picture on the bottom, there are a couple of things that stand out to me. Firstly, although there are many ups and downs along the way, the person on the bike is still heading in the right direction. Secondly, the obstacles provide an opportunity for the person to learn and develop new skills. In your recovery journey you can face a whole range of different obstacles, but they don't have stop you from reaching your destination. They might slow you down a bit, but if you keep going you will eventually get there. They also give you the chance to learn and develop skills which will make you more resilient, and help you deal with challenges when they arise in the future.

The reality is that things don't always go as planned. This is true for life in general and recovery from mental illness. Whether you like it or not you will face obstacles in your recovery journey. It's what you do when the obstacles arise that determines whether they stop you completely or just slow you down a bit. You can get discouraged and give up, or you can accept that they are just part of the journey and keep going. Recovery is different for everyone, but for most people it's about living the best life they possibly can. The road to recovery isn't easy, but if you keep going when things get tough you can have the best life possible for you.

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