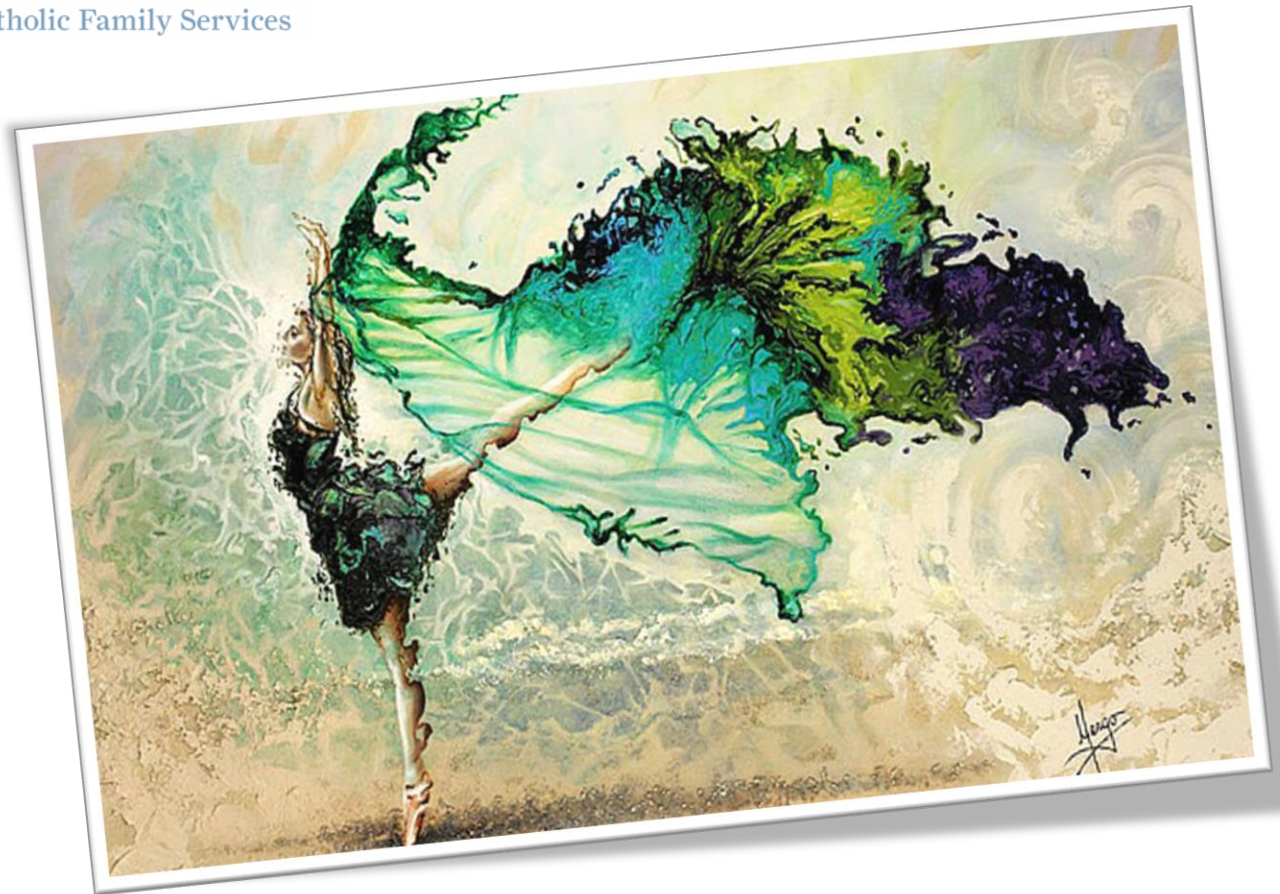


KEEPING PACE

NEWSLETTER



PG. 2

An update of PACE Support groups

PG. 4

What's new in Anxiety, OCD and Eating Disorders

PG. 5

Resource and activity for this edition

Welcome to the latest edition of Keeping PACE. We are now in August and wondering where all the time has gone! Since our last newsletter, there have been several major changes in the PACE program.

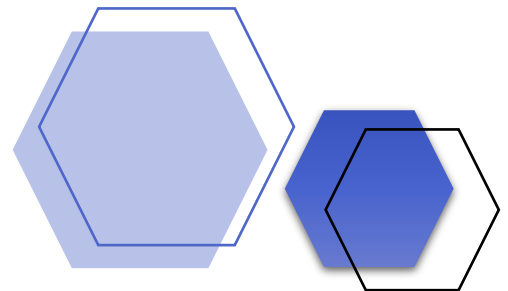
We have welcomed a new manager, Ben Wells who is now overseeing three programs in Centacare, including PACE. Ben has been working at Centacare for 5 years, previously working in multiple programs.

We have also welcomed a new team member, Leah Howard who will be helping out one day a week with some of our groups as well as developing some exciting new presentations to help parents manage their wellbeing.

Exciting changes in PACE for this quarter and we are keen to kick off Term 3 with our groups and new presentations on the horizon! Until next time 😊

Kym

Mental Health Worker, PACE Services



SUPPORT GROUPS

A NEW LENSE ON ANXIETY



SUPPORT TOWARDS ANXIETY RECOVERY

(STAR) GROUPS

The Support Towards Anxiety Recovery (STAR) groups are aimed at providing information, education and brief strategies for managing anxiety. Our groups are usually held fortnightly face to face in Salisbury, Seaton and Morphett Vale locations as well as an online group for people in rural areas. However, due to COVID restrictions, we are temporarily delivering all our anxiety groups online via Zoom.

At the STAR group, people have the opportunity to connect with others experiencing similar issues, share and learn strategies for managing anxiety, and also discuss how they maintain their mental wellbeing.

The groups are facilitated by peer workers, for two hours which includes a group check-in and discussion/activity time to work on different topics pertaining to mental wellbeing.

HELP WITH OCD IN A PEER ENVIRONMENT

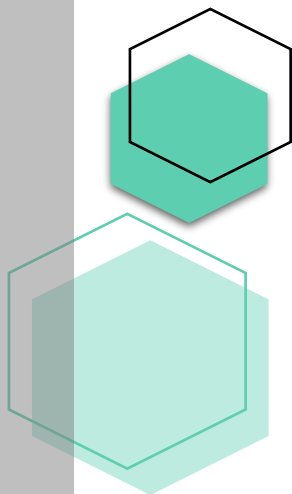
(HOPE) GROUP

Our HOPE group is a peer support group that is held fortnightly at 10am on Thursdays in Payneham (during school terms). The group is designed to be a safe space for people who have a lived experience of obsessive compulsive disorder to share their recovery experiences.

The group is facilitated by two peer workers who have lived experience of anxiety disorders and sound knowledge of OCD symptoms and treatment.

The group runs for 2 hours and has two components:

Recovery 'check ins' from participants which include sharing of strategies, and reflecting on little wins, hiccups or barriers with their recovery journey. Strategy and concept discussions, which include work book activities and discussions about recovery strategies, these are influenced by Acceptance and Commitment Therapy, Cognitive Behavior Therapy, Positive Psychology, Meditation and Mindfulness.





EATING DISORDER GROUPS

BREAKING UP WITH BINGEING GROUP AND GENERAL EATING DISORDER GROUPS

At PACE we recognise that one of the strongest facilitators of healing is *connection*. Our Eating Disorder groups provide that opportunity for you and your support people to connect to others going through the same struggles. The groups are run by a facilitator with lived experience of eating disorders. We hope this provides a safe, accepting and understanding space to share your journey and learn new strategies, ideas and referral pathways.

We run the Tuesday evening general eating disorder online group (via Zoom), the Thursday Binge Eating face to face group (at Payneham) and a monthly face-to-face general eating disorder group.



OCD STUDY

UNDERSTANDING SHAME RELATED TO OCD INTRUSIVE THOUGHTS

Researchers at the Australian Catholic University are seeking participants aged 18 – 65 who have been formally diagnosed with Obsessive Compulsive Disorder with intrusive thoughts or images around violent, aggressive, immoral or sacrilegious themes.

Although intrusive thoughts are common, they can be distressing for some people and shame is an emotion which can be associated with these types of thoughts. However, the relationship between shame and intrusive thoughts is not well understood. They are interested in hearing people's experiences of shame related to intrusive thoughts and how people share these concerns with a health professional.

For more information, please visit: <https://iocdf.org/research/research-participants-sought/#experiences-of-shame-v2>

Questions can be directed to: Michelle.Laving@myacu.edu.au



EATING DISORDERS EXPLAINED

A FREE WEBINAR SERIES

Eating Disorders Victoria are holding a two part webinar series on eating disorders. The webinar will cover general knowledge about eating disorders, as well as teaching people how to play an active role in preventing eating disorders in their community and linking people up with the supports they need.

Time: 6pm – 6:45pm

Where: Both sessions via Zoom

Cost: Free – limited spaces available

Session 1: 25th August

- Exploring myths and misconceptions
- Risk factors and warning signs
- Types of eating disorders

Session 2: 1st September

- How to approach someone you are concerned about
- Understanding the treatment system and support options
- Eating Disorder prevention

To register, please visit: <https://www.eatingdisorders.org.au/events/>



THIS ISSUE'S RESOURCE

This worksheet is a helpful method of gratitude journaling, and is based on positive psychology which focuses on improving our positive emotions, a feeling of engagement in our activities, having meaningful relationships, and feelings of accomplishment in our lives.

IMPORTANT, ENJOYABLE AND MEANINGFUL

In this exercise, you are encouraged to think of some important, enjoyable and meaningful activities which you can do today, and write about them in detail.

Important

Think of an important self-care activity you can do alone

Enjoyable

Think of an enjoyable activity you can do with others

Meaningful

Think of a meaningful act you can do for someone else
