

Keeping In Touch

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How the Aceda Newsletter works.

This newsletter is available with separate inserts for Panic Anxiety Disorder, Obsessive Compulsive Disorder and Eating Disorders news. If you would like to receive one or all portions of this newsletter, please indicate.

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Office Hours

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If you wish to visit ACEDA please contact the office to make an appointment. For urgent assistance outside of office hours, please contact:

Lifeline 13 11 14

Adult MH Service 13 14 35

Hot off the Press!

Welcome to the first combined quarterly Aceda Newsletter ...

It has been a long time in the making. Since the amalgamation in July 2009 of Panic and Anxiety Disorders, Obsessive Compulsive Disorders, and Eating Disorders Associations, we have been working tirelessly to get the right mix to enable us to gain a leading edge publication.

At our amalgamation official launch in November 2009, we announced our new website, **aceda.org.au**, with the aim of having the newsletter being available through the site as well as in hard copy through download, or upon request from our office. This goal became a much larger task than first imagined. The technical and staff resource requirements far exceeded our expertise or capacity and required a great deal of cooperation and support from a number of areas, both internally and externally to Aceda. One principal that continued through to this final product was the goal of creating a publication that would be professional, enduring and inclusive across all three disciplines. The challenge of enabling hard copy posting, email delivery, and web page download has now been achieved.

Now we can offer a Newsletter that will always incorporate the Aceda News as a cover for all publications and allow for people to choose either or all of the specific discipline Newsletter inserts from Panic and Anxiety Sector, Obsessive Compulsive Sector, or Eating Disorder Sector. It is now possible for anyone to access our Newsletter by being on the mailing list, email, phone or download direct from our web page. As well, the ability to select from either of the three disciplines to gain the information you have been used to, or take a look at the other areas of support we offer across the other services.

The choice is now yours.

As with all of our services, the newsletter is one that we want people to give us feedback on what works and what you would like to see changed. So, please read on and let us know your thoughts.

From the Executive Officer

Aceda is growing in capacity and identity within the community as a leader in support services and referral guidance. With the continuing unswerving commitment by all the staff, we are able to be the support and referral agency we have strived to achieve. Being a non-clinical, therapeutic, free service that provides personal interaction through people predominantly with lived experience in their specific discipline, Aceda stand out as an organisation that consumers, carers and professionals feel comfortable in gaining the information and support they need. All of this is done in a confidential, private, professional, and often anonymous manner.

Overarching the moves forward for this relatively new organisation is a Board of Directors that are both personal and professional, whilst being passionate about social justice and ensuring the needs of the community are being met. In a relatively short time Aceda has been able to secure the valuable ongoing commitment and involvement of a number of very talented people as today's Board members. Some of them are names you all know, others are new to us. At the onset I would like to formally recognise and thank those who have been associated with the foundation bodies of PADA, EDAsa and OCDSS over the last 25 years to get us where we are today, Aceda will forever be in their debt.

Today we move forward as a single entity and with a Board that has strength, experience and a clear focus toward service delivery for consumers and carers across all three disciplines that made up the foundation member associations. I look forward to continuing the strong working relationships that exist within our Board and welcome our new members. For everyone to obtain a broader picture of our members, they have all provided us with a personal snapshot of their background and interests, enabling us to be introduced to those driving Aceda's future direction.

Wayne Horwood

Meet the Board

Cate Hilliard – Chairperson

Cate is currently the Manager of Information and Communications Technology (ICT), Strategy and Planning in the Information Strategy and Technology Services (ISTS) unit at the University of South Australia. She has expertise in governance and controls and has extensive experience in dealings with audit reporting (including to the Auditor General's Office). Having held a number of roles in the Education, Finance, Media, Information Technology and Government sectors, across Australia and overseas, working in strategy development, governance and risk control. She has senior management experience with ASX200 and FTSE100 companies and has been involved in mergers and acquisitions, strategic international expansion projects, integration and transition management.

Being responsible for producing unit and company strategic and operational plans, Cate is comfortable in leading discussion relating to strategic growth and analysis. Cate has written strategic paper's on international expansion and operational gaps within the business. Through these extensive areas of expertise, Cate has a demonstrated capacity to exercise sound judgement as well as a formidable reputation for developing sound practices and procedures to ensure superior governance.

Peter Warner – Deputy Chairperson

Peter is a Social Worker with many years experience as a Mental Health Clinician within the New South Wales Department of Health. He returned to Adelaide in 2003 to take up the position of Manager of the various psychosocial rehabilitation programs within the UnitingCare Wesley Port Adelaide organization. As a board member of the Mental Health Coalition of South Australia since 2003 and having been involved as part of a dynamic team that has built that organisation to what it is today, recognized and respected as the Peak Body for the Non-Government Sector providing Non Clinical Mental Health Recovery Services in South Australia.

Joining the board of Aceda upon its inception, being the amalgamation of the Panic Anxiety Disorders, Obsessive Compulsive Disorders and the Eating Disorders Association of SA, Peter has a compelling drive to ensure that any organisation providing services to people with a mental health disability are able to provide the services needed to ensure that these people are treated equally and have a quality of life of their choosing.

Peter brings to the organisation a wealth of knowledge and experience in the development and management of programs, Corporate Governance knowledge and a wealth of networking within the Government both State and Federal.

Continued inside back cover

Inside this issue:

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This issue covers June 2010 to September 2010. We hope to make our next edition available in September 2010 and continue regular newsletters throughout 2010.

OCD Service

The Obsessive Compulsive Disorder Sector provides information, support and assistance for those affected by Obsessive Compulsive Disorder

Formally Incorporated as
O.C.D.S.S. (Inc) in S.A.

589 South Road,
Everard Park 5035

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ocd@aceda.org.au
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My Story

A big hello to everyone, my name is Terry Staggard. I am 45 years of age and I would like to share my life as an OCD sufferer.

I feel that it is very important that you all know that I know only too well the challenges of having this illness, as I myself have suffered OCD for thirty-eight years. As you will see as you read my story, my life at this moment is one of finding there's so much more to me as a person and what I hope to accomplish for myself and others. All that I have been through has been for a reason, and now I finally understand that reason. I believe we meet certain people on our journey and from them we can learn to become more comfortable about who we are and what we can achieve.

Around the age of seven I knew that I was different from other kids. I didn't understand what was wrong with me, therefore I felt that no one else would understand either. So for fifteen more years I kept my secret to myself. At first I was totally ashamed of myself for I knew I was ill, but no one else knew or suspected as I kept it so well hidden. Totally exhausted, day and night I fought, trying to hide it from people - even those closest to me. **Continued Page 6...**

Do You Suffer from Obsessive Compulsive Disorder? University of Sydney | Sydney West Area Health Service

Researchers at the Department of Psychological Medicine at Nepean Hospital are looking for people who suffer from excessive hand washing, checking, hoarding, counting and or other obsessive-compulsive symptoms to complete a comprehensive assessment that will help our understanding of this complex disorder.

If you or someone you know might be interested, please call on (02) 4734 2585

You are under no obligation to take part in the study once you have contact us. The Study is approved by the Sydney West Area Health Service Human Research Ethics committee, Nepean Campus and is being conducted in accordance with the National Statement on Ethical Conduct in Research Involving Humans.

NB: Dr Bill Brakoulias, psychiatrist at Nepean hospital conducted comprehensive assessments of some of our members in Adelaide twice last year. He will be returning for follow up appointments at 6-months intervals & is looking for new candidates to assess when he makes his third return visit in June 2010.

If interested please contact him on (02) 4734 2585 or us on (08) 8297 3063.

OCD Sector



ACEDA would very much appreciate membership contributions (or renewals) and financial donations as well as donations of un-used postage stamps. The increasing cost of sending information to over 1000 sufferers and 90 Clinical Psychologists and Psychiatrists Australia wide leads us to request all our readers or members to consider making some donation either yearly or more regularly to maintain our services. We realise that some have financial difficulties but any amount is gratefully received and receipts issued. Donations over \$2 are tax deductible.

On behalf of the committee I would like to thank sincerely all those folk who have already contributed and also send donations on top of their membership renewal. Your concern and kindness is much appreciated

Honorary Life Members

- Doreen & Jack Cox*
- Mick Kelly*
- Flo Slocombe*
- George Andrew*
- Paul Davis*
- Lachlan McGowan*
- Louise J*
- David K (Deceased)*
- Len Slocombe (Deceased)*

Record

As at 28/4/10, the OCD sector has been in contact with 3971 sufferers of OCD, including:

SA	3168
NSW	288
VIC	155
QLD	126
WA	75
TAS	45
ACT	36
NT	12
NZ	19
USA	5
Fiji	3
UK	27
Israel	2
France	1
Canada	3
India	1
Hong Kong	1
Poland	1
Turkey	1

On recent analysis (April 2010) sufferers making contact have been 57% female and 43% male. These figures are only from people who have given us postal details.

Meetings Calendar

PLEASE NOTE: MAJOR MEETING VENUE CHANGE:
Friday Evenings and Saturdays now held at 589 South Road, Everard Park

Month	Date	Time
June 2010	Friday 18th June	8.00pm
	Saturday 19th June	2.00pm
July 2010	Friday 2nd July	8.00pm
	Saturday 3rd July	2.00pm
	Friday 16th July	8.00pm
	Saturday 17th July	2.00pm
	Friday 30th July	8.00pm
	Saturday 31st July	2.00pm
August 2010	Friday 13th August	8.00pm
	Saturday 14th August	2.00pm
	Friday 27th August	8.00pm
	Saturday 28th August	2.00pm
September 2010	Friday 10th September	8.00pm
	Saturday 11th September	2.00pm
Circulars Available All Welcome Enquires (08) 8297 3063		

We have a monthly Meeting Notice. Please enquire for up to date details.

Please enquire if interested in social outings or Modbury daytime meetings (at a new venue).

OCD also has a monthly day-time meeting at Modbury commencing at 1.00 PM.

Thank you to Community Health service at Modbury for use of facilities. This meeting will now be on a Wednesday at LG 2 Tea Tree Library 2.6.10, - 30.6.10 these are tentative dates.

Please ring before coming to confirm Venue & Meeting

We would also be keen to learn of suggested videos and loan of videos for meetings and other activities. We are always interested in Group members leading discussions and will plan venues and dates for mutual convenience.

My Story - Continued

I knew at the age of twenty-two that I needed help. Every day was becoming more and more of a battle, (when I think back now I really must have been a tough little cookie) and unable to bear it alone any longer I knew it was time to share my secret, and so I called my mum into the room.

I was crying uncontrollably as I was afraid that she would hate me for what I was about to reveal to her. I sat and told her everything, And yes, she was upset Upset because I did not tell her sooner, upset at the thought of me trying to combat this illness with no support. It broke her heart, but I will always remember the beautiful words she said to me, 'Terri, you're not mad you're unique', and from then on I was able to tell her everything and anything.

I was taken to the Richmond Clinic by both my parents and this was by far one of the most stressful days of my life. In my mind, I thought that they were going to lock me up, that I was the only person on the planet to have this strange way of thinking. We sat there, no appointment, we just hoped for the best. One of the doctors noticed us sitting there, me crying, and decided to approach my mum. She explained to him in brief why we were there, then he came over and asked me to follow him back to his room. We sat there and talked. As we got more and more into the conversation, this man who I had never met before was actually telling me what was going on in my own head. He knew the thoughts, the obsessions, I couldn't believe it! Much less that this was a recognized illness that actually had a name! I can't begin to tell you how this made me feel. I think I cried for all the fifteen years that I had secretly bottled it up. At that very moment it was like a great weight had been lifted off my shoulders, I wasn't mad and I wasn't alone, and for the first time I felt hope.

This had been a major turning point in my life. From that moment I knew I wanted to get well and with the love and support of all those closest to me - especially my mum and dad, I set my head for the road to recovery. Well I'm still travelling the road, It has its hurdles but I manage to jump over most of them. I feel people like us have an inner strength that keeps us going and never giving up on our Endeavour's to get well.

I have been fortunate to have had a happy and loving marriage and two beautiful sons. My husband Darren and my children are so supportive, they are my life and they make each day count. No matter what life may throw at me I try to stay focused and determined. I am an optimist, even if it's only one step forward, however small, it's better than slipping backwards. As I said in a recent local radio interview, the glass is half full not half empty.

I am also fortunate to have such a wonderful group of people in my life. It goes without saying this includes of course my immediate family and empathetic friends. I love these people - not only for all their support, but because they accept me for who I am and all of my idiosyncrasies.

As part of my optimistic outlook I have always refused to give in to the disorder, and in such, have always held on to a dream, that being, to write and sing songs. This dream has now become a reality - but not without the help of a very special person - Harry John Nanos. Harry is a music producer and musical artist in his own right. Through his professionalism and kindness, he gave me the confidence to achieve my aspirations.

At my first meeting with Harry I was so nervous. Here I was, no musical background, no singing lessons, only a dream. Harry sat me down, asked me what inspired me, and what I hoped to achieve. I shared with him my disorder and my hope to bring awareness and understanding for those like myself suffering this condition. Thus my song Silhouette came to life.

The passion I felt for writing helped channel all my energies into creating something positive instead of negative thinking. I feel that finding Harry was like finding the perfect therapy, I was extremely comfortable, I could be myself, and he genuinely took a personal interest in my dream of music for awareness. He is so passionate about his music, and I felt that passion when he played Silhouette for me for the first time! Yes I cried, it was an emotional moment for me. I had written my song, sang my song, and now I was standing there listening to my song!

Harry helped me to take a step outside my comfort zone and it has been one of the most exciting things I have ever experienced (plus he has such a great sense of humor). He holds a special place in my heart! I hope you all get a chance to hear my beautiful music. It is from me to you! I hope it inspires you to chase all of your own dreams! Love Terri XXXXXX

Life is partly what we make it, and partly what it is made by the friends we choose.- Tennessee Williams

**From: Anxiety Matters, Anxiety Recovery Centre Victoria,
Vol 13, No 4 Dec 2009**

OCD Sector



Tumbling Down

J.T. suggests this is a powerful poem about her life & search for acceptance)

*I feel like a princess with a broken crown,
building up the walls around me,
but knowing deep down inside I've come
tumbling down & down & down.
Feeling like there's no escape, the tears
come rolling down my face hard to explain,
there's so much hurt & pain.
There's a freight train passing by, want
you to know it's in my head, the noise is
enough to freak you out.
Please know it's hard for you to
understand, I wanna fight for my freedom
and for this I will keep going day & night,
until we can unite.....*

Written by JT 30.4.10

Trichotillomania

is the inability to resist an impulse or desire to pluck one's own hair plucking is most common from the scalp, however it may also occur from eyebrows, pubic area, face or torso. At times plucking may be initiated to stimulate arousal or boredom.

While plucking is the most common form of removal, rubbing or twisting may also occur.

Phone (08) 8297 3063 to obtain details and phone number of Louise (local Tri—Volunteer in Adelaide)

If moving, or have moved, please notify us to update your mailing address. You can use the Membership form on Page 8 to update your records or call us on (08) 8297 3063

Thank You

Thank you to the following volunteers for speaking and other engagements

- Special thanks to Kandy for meeting assistance
- Special thank you to Gavin for his many hours of assistance to us & also Lorraine W
- Thank you to regular office volunteers for their assistance & for errands for our association & George & Anton for suggestions
- Thank you to David H for biscuits for meetings also Kandy
- Thank you to Paul Davis & George Andrew for their verbal input
- Thank you to George, Gavin, Dianna & Lorraine for their office volunteering
- Thank you to College of Psychiatrists for answering several enquiries we have had upon behalf of our members recently also the Psychology Board of SA and Psychological Society of Australia
- Thank you to Pauline & family for kindly arranging for donations to ACEDA from their Daughter Laura's funeral in April 2010
- Thank you to Overture Program (Festival Centre) for a limited number of tickets to this years Cabaret Festival
- Thank you to Louise for all the articles and a further 2 books to our library on Bipolar Disorder & Depression
- Thank you to Barry S for media items

Activities of Staff

- Marianne Boyko - Attendance: HCA Workshop on Mental Health Pathways for Consumers & Carers on 8.4.10
- George Andrew – TALKS - Helping Hand - Allenby Gardens on 28.4.10

Fundraising Sugges-

The OCD Sector this year is looking at any options for fund raising, to assist with the ongoing operation of the office and support facilities all support, donations, suggestions and help are greatly appreciated.

Resources

We have numerous articles on OCD related conditions, like OCD hoarding, Body Dysmorphic Disorder, Hypochondrias, Trichitillomania, Skin Picking & O.C. Personality Disorder. We have lists of Interstate OCD Groups & our library resources available on request.

Anxiety Online

Written by Dr. Richard Moulding

The world's first online clinic for diagnosis and cognitive therapy for anxiety problems

www.anxietyonline.org.au

Depression and the anxiety disorders have a huge impact throughout Australia. In 2007, 14.4% of Australian adults were found to have experienced an anxiety disorder, while 4.1% experienced depression. Most commonly, people access help for such problems through their GPs. Indeed, 12% of GP consultations are for psychological problems, with around 11 million consultations per year concerning such issues.

More recently, Medicare funding has been made available for psychological treatments delivered by psychologists or social workers. This is a welcome move — in general, consumers prefer psychological therapies to medication options, and there is much evidence that psychological therapies are effective for anxiety and depression. In particular, “cognitive-behavioural therapy” (CBT) is the “gold standard” psychological approach for these problems. CBT is based on the idea that unhelpful beliefs about the self, others and the future, lead to unhelpful interpretations about situations and contribute to the maintenance of disorders. For example, a person who thinks they will make a fool of themselves in social situations, and that others will judge them negatively, is more likely to feel anxious in social situations. CBT aims to help the client change such unhelpful beliefs. CBT typically involves providing educational information about the specific disorder, self-monitoring, relaxation and stress management skills, exposure techniques, and cognitive therapy.

While CBT is effective for many people with anxiety and depression, and preferred by many consumers, it is not easily accessed by everyone who wants to try it or would benefit from it. Particularly people living in rural and remote Australia may have difficulty accessing even a GP, let alone a psychologist or psychiatrist skilled in these techniques. Other people may find it difficult to afford to see a psychologist (even with the recent changes such that psychology can be Medicare funded). Other barriers to access include stigma, difficulty navigating a complex medical system, waiting lists, or people just being unsure if such an approach will be helpful for them.

However, surveys of the Australian population reveal that around 84% have access to the internet — a figure that is increasing annually. In addition, two 2009 Australian consumer surveys conducted by Swinburne's eTherapy Unit Co-director A/Professor

Britt Klein and other colleagues revealed that only 5% - 10.6% of the general public surveyed said they would not want to use e-mental health services should they have a mental health condition.

Therefore, the advent of the internet offers a unique opportunity for the government to offer evidence based psychological treatments to large segments of the population. Such internet-based mental health interventions are an established and effective means to provide CBT. Internet programs have been found effective for a variety of psychological problems, including depression, panic disorder, post traumatic stress disorder, and specific phobias, particularly when such approaches include some therapist contact (e.g., through email). A review of randomised controlled trials of Internet interventions for depressive and anxiety disorders found such interventions led to reduction in depressive and anxiety symptoms and improvement of depression knowledge in patients with panic disorder. As noted by Swinburne's e-Therapy Unit Co-Director Dr David Austin, “The information technology age has had a significant impact upon both patient and professional attitudes and practice towards health-care. E-therapy is finally being recognized as an effective, safe and acceptable form of mental health treatment.”

Using the Internet as a way of delivering therapy has many possible advantages. For example, such therapy can also include regular contact with the therapist through email communication, conducted at the client's convenience, which is particularly beneficial for patients in geographically isolated regions who do not have access to highly specialised mental health professionals. The treatments can be accessed 24 hours, 7 days a week. Computer-based treatments are potentially less expensive than face-to-face treatments. They can potentially improve access to treatment, promote self-monitoring, give automated feedback to the user, incorporate outcome measures and help with coping skills. Internet-based therapies also offer increased anonymity and accessibility for isolated or stigmatised groups.

Based on such suggestions, David Austin expects the online treatment service will appeal to people who aren't comfortable visiting a therapist face-to-face or who cannot do so. “We expect the service to be used by a high proportion of people from remote and regional Australia, people who don't have a choice in regards to accessing face-to-face psych services because they simply don't exist,” Austin said. “Our experiences to date suggest people participate in on line treatment services for a number of reasons. It helps people avoid the social stigma associated with many anxiety disorders, and it is often more convenient and accessible,” he said.

Recently, the e-Therapy Unit at Swinburne University received a \$1.65 million grant from the Federal Department of Health and Ageing to establish the National e-Therapy Centre (NeTC), headed by A/

Anxiety Online - Continued

Professors Britt Klein and David Austin. This move is important, as until now, online therapy programs were not widely available as a health service option for the Australian public despite evidence for their efficacy (although there are some well-known programs such as Moodgym for depression, <http://www.moodgym.anu.edu.au>)

NeTC offers free online psychological assessment, clinical treatment programs for anxiety disorders, trains postgraduate psychology students in the science and practice of e-therapy and develops online treatment programs for other psychological problems. NeTC offers two types of online treatment to people experiencing anxiety disorders, through its online clinic "Anxiety Online" (www.anxietyonline.org.au). One is an automated self-help program that aims to help individuals with subclinical symptoms, that is available worldwide for free. The other, program type, in addition to these elements, offers therapist- assistance through weekly email contact, for a low cost (\$120). Therapists are mainly provisionally registered postgraduate professional psychology students who work under the supervision of experienced psychologists.

With over a quarter of Australia's population affected by anxiety disorders, it is hoped that the online clinic of 'Anxiety Online' will greatly improve the accessibility of mental health assessment and treatments, particularly for Australians in rural and remote areas. "What we are offering is a far cry from traditional face-to-face therapy - this is the mental healthcare of the future," said Austin. "Someone on a remote cattle station can now access specialist psychological treatment that would normally be unavailable to them due to the lack of health resources in those areas. It is a great leveller as all Australians, regardless of geographic location or income, can access this treatment."

The online clinic, developed by Swinburne University's National eTherapy Centre and based in Melbourne, is the first of its kind. "Anxiety Online is the first full service online psychology clinic in the world," Austin said. "It is the first to offer a complete service online, from assessment through to clinical treatment, in the convenience of a person's own home." While other programs may be available, they rely either on access being given to patients by General Practitioners (particularly in the UK), or on the consumer guiding themselves to the right program for their particular issues.

In contrast, Anxiety Online includes free online psychological assessment, diagnoses, referrals and educational information on anxiety disorders. It currently offers CBT-based programs for Obsessive Compulsive Disorder, Generalised Anxiety Disorder, Panic Disorder, Post Traumatic Stress Disorder and Social Anxiety Disorder; with additional programs under development.

Users are given a unique login and password and after an initial online assessment can access the free 12- week self-directed program based on their diagnosed disorder. By paying \$120 users can also access the low cost therapist-assisted program over 12 weeks, where a trained 'eTherapist' will conduct email sessions with the client on a weekly basis.

Anxiety Online is available to the Australian public right now. It was officially launched on Friday 23 October, at the State Library of Victoria by former ACCC Chairman, Professor Allan Fels. Professor Fels is a long time patron of the Swinburne Psychology Clinic and a supporter of mental health reforms.

We invite people interested in Anxiety Online to visit the website at www.anxietyonline.org.au, and to tell other interested people of the service. Readers interested in "e" resources may also wish to consult "Beacon", a portal to online applications for mental health and for physical disorders (<http://www.beacon.anu.edu.au/>) or Beyondblue's "e" service listing at <http://www.beyondblue.org.au/index.aspx?linkid=107.1203>.

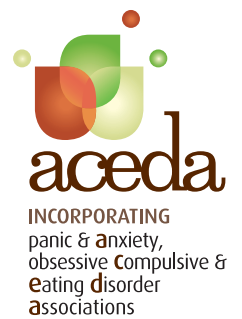
'Anxiety Online' is provided by the National eTherapy Centre at Swinburne University of Technology and is funded by the Federal Department of Health and Ageing. It is available at www.anxietyonline.org.au. Dr Richard Moulding (rmoulding@swin.edu.au) is a clinical psychologist who co-wrote the content of the Anxiety Online OCD program, along with Prof. Michael Kyrios and Dr Maja Nedeljkovic. He is one of the chief investigators on a current NH&MRC grant to evaluate the online OCD program.

From: ANXIETY MATTERS: Anxiety Recovery Centre Victoria, Vol 13, No 4 Dec 2009

Aceda Incorporated publishes its quarterly newsletter by a committee of the association. If you would like to write an article, please feel free to request the submission guidelines from us by phone: 8297 4011 or email: support@aceda.org.au

Material contained in this newsletter is for information purposes only. Please consult your doctor or a qualified health professional for specific individual medical consultation and advice. The opinions, contributions and assertions published do not necessarily reflect the views of Aceda Incorporated.

OCD Sector



Book News

Joel Magarey a long time OCD contact has written an autobiography called "EXPOSURE" (Wakefield Press) 2009 which has now launched in Melbourne & Adelaide (December '09) which chronicles the life of Joel & his struggles with his own OCD & generalized Anxiety Disorder & he subsequently gave a talk to one of our meetings on 30.1.10
This book is available from us - from the office \$20 or by Post \$25 within Australia
Thank you to Joel & wakefield Press for a complimentary copy of his book

Pen Pal Listing

If you would like to respond to any of these requests or to place a pen pal request in the news letter please contact Chrissy on the ARC Vic office line (03) 9886 9233 for further details, or send your name and address by mail to 'pen pals ARCVIC P.O. Box 23 ASHBURTON VIC 3147' and indicate which person you would be interested in contacting (by name and code number)

Note: The OCDSS does not accept responsibility for any outcome, resulting from and written or verbal correspondence entered into, in relation to these requests

Tracey, 25, would like contact with others who also experience OCD

968

Spiro, 48, would like mail or telephone contact with others who experience social anxiety & loneliness

965

Allan, 48, is interested in contacting others over 20 years of age by mail or telephone who experience any anxiety disorder

964

Kerry, 18, would like email contact with people of a similar age who also experience social phobia, ocd, depression or anxiety

969

Chris would like email contact with parents of families of people in their early 20's who have OCD, anxiety & depression. email Chris at nevray@primus.com.au

960

Kerri, 51, experiences depression, anxiety, panic attacks and social phobia and would like email contact with others (any age) who have similar experiences

974

Julian, 33, is interested in contacting others (via email, mail, or telephone) With OCD, social anxiety or depression

966

Scott, 23, would like email contact with people experiencing isolation or social anxiety

970

Kate, 30, would like mail or email correspondence with others living with OCD and anxiety, who are aged 30 years and over

966

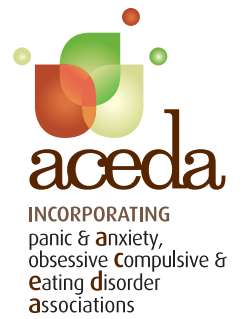
Gabrielle, 28, is interested in contacting people with depression and loneliness

963

Monica, 44, would like written or telephone contact with others who live with anxiety disorders, panic attacks and OCD

#973

OCD Sector



Where to find us

The Aceda office is situated at 589 South Road, Everard Park SA

Bus Bus stop 6 from city on Routes 719 & 720 (Saturday Routes are 720, 721 & 722)

Tram South Road Stop, Anzac Highway (a few minutes walk)

Car Parking available at rear of premises

Memberships & Donations

ABN 84 021 221 084 | Please send to Aceda Incorporated, 589 South Road, Everard Park SA 5035

Today's Date _____ / _____ / _____

Name _____

Contact Number _____

Address _____

Membership type

Already a Member (updating details)

New Member All sectors Panic Anxiety Eating Disorder Obsessive Compulsive

Corporate Membership (\$52 annual membership)

Donation Amount \$ _____ (all donations over \$2 are tax deductible)

Cardholder Name _____

VISA Mastercard

Number

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Meet the Board - Continued

David Jackson - Secretary

David has been very grateful for and impressed by the services and support extended to both a friend of his and two of his clients accessing services within Aceda (previously OCDSS). As a government employee, David believes it is always important for the NGO sector to receive the acknowledgement and respect it deserves. He works in child protection with Families SA and has done for 14 yrs. Having been raised in care and being one of very few practitioners in this arena who has a client background as such.

David is the South Australian representative for the national "Alliance for Forgotten Australians" which is the alliance of people who had care experiences and experienced abuse through this. The alliance meets on a national level quarterly and brings together individuals and organisations from the human services sector who have some experiences with this. His personal values brought to Aceda highlight the perspective of people who have been disenfranchised through lack of family, culture and community.

Matt Gordge - Treasurer

Having been the treasurer of EDASA for the two years prior to the amalgamation, Matt has continued to support the organisation in this role. After witnessing persons suffering from eating disorders and the challenge faced by the sufferer and the family involved, Matt saw it a good fit for him to support the principles of EDASA, and now, Aceda. As a chartered accountant working in the business services area of practice, Matt deals everyday with financial management, compliance and taxation issues and also regularly deals with business structuring and management.

As a board member Matt continues to believe that his role is to provide strong governance and support to staff. Over time, it has been his experience at EDASA and now Aceda, that staff has continued to provide a high level of service to sufferers and clients.

Paul Davis

He is proud to be a member of the Aceda Board. A person who has lived with two intractable diagnosed mental illnesses since 1983, and undiagnosed for a good deal longer, if less virulently. Soon after migration to Australia in late 1990, he became aware of the (as then) Obsessive-Compulsive Neurosis Support Group. Within six months he was on the committee and stayed there until nominated for the interim Aceda board on its inception. As a volunteer, he has served in telephone befriending and encouragement, given many talks on OCD and the support group, assisted with the newsletter, and assisted staff in countless policy areas by oral and occasionally legal advice.

He has never worked in what he calls "The Health Industry", but regards outside expertise as crucial to support those with health expertise. His background is in Commerce, in Parliament and in the Federal Public Service, principally in welfare-providing departments. Though much troubled by some of the teething problems of Aceda, and impatient for more integration of the services, he considers it important to serve on the Board so that there is sufficient emphasis on OCD and because he has served on many committees down the years and knows the vital importance of compromise and mediation.

David Gaffney

Newly appointed to the Aceda Board in May 2010. David is 33, married father of three children, holds bachelor degrees in both Law and Science and was admitted to the Supreme Court of Victoria in 2003. He has worked with the Housing Industry Association for the past 7 years having commenced as an in house lawyer and progressed through to a Senior Management role. David has always been a community focused person and has long awaited an appropriate opportunity to utilize his legal skills in a benevolent fashion and for the benefit of the community.

Samantha Giorgatzis

Newly appointed to the ACEDA Board in May 2010. Due to her experience and knowledge in the field of marketing, public relations, communications and fundraising, her capacity to involve her skills in crafting the future directions of Aceda in a way that positively places the organisation in the eyes of the community at large. Samantha is currently employed as the Marketing Manager at Helping Hand Aged Care. Previous to this she worked in a number of senior roles within Adelaide City Council, across its commercial business operations, human resource and marketing and events.

Samantha is looking forward to working with the Board to build community understanding and awareness around the services and support offered by Aceda and the importance of these services within the South Australian community.

Lisa Hodge

Lisa Hodge is a qualified social worker and a PhD candidate in the School of Psychology, Social Work and Social Policy at the University of South Australia. Lisa teaches in Mental Health and Mental Wellbeing, Planning and Evaluation in the Human Services, Group Work and Communication for Human Service. Her research interests are in the area of gender and mental health. Lisa's honours thesis explored the discourses of women with eating disorders who participated in an open support group. Her doctoral thesis is an exploration of childhood sexual abuse and its perceived role in the aetiology and maintenance of eating disorders in women. As a feminist social science researcher who is passionate about contributing to debate that will challenge the boundaries of present knowledge and ideas about mental health care, Lisa actively supports the growth and development of Aceda through being a member of its Board.

Noticeboard

What's Been Happening?

Aceda continues to support the research programs through the participation of OCD consumers and carers. The work that has been done and continues to be gained through this participation is only possible through the volunteer involvement of those involved. A sincere thank you continues to go out to all of those willing to give up their time and support. Through the work being driven by the research program of the University of Sydney, Aceda continue to be actively involved in areas that will benefit all in the sector.

A milestone reached within this area is the continuing dedication to supporting the community by Colin Slocombe, who those within the OCD Sector would know, recently celebrated his 25th anniversary of working with OCD Support Services and now with Aceda. As humble as we all know Colin is, this is a time where recognition needs to be acknowledged and we all congratulate him on this very special milestone. More of his sector's work in the OCD Sector newsletter.

Our staff were fortunate to have Priscilla from the national Alliance for Forgotten Australians, attend our office and speak to us about the 500,000 people across Australia that were affected by the practice of institutional care for children. As the Proxy to David Jackson (Deputy Chair), Priscilla was a valuable source of information relating the stories of those who had been institutionalised and those who were abused through this process of being separated from their families.

The direct impact for Aceda is the capacity for staff to have another level of understanding when dealing with consumers with OCD, panic, anxiety or eating disorders, knowing that many of those who lived through this trauma are now consumers accessing our services. In honour of children who suffered abuse in institutional and out of home care, the memorial for the Forgotten Australians will be unveiled at Peace Park (Karrawirra) on Thursday 17th June, where Aceda representatives will attend. For further information, go to: www.forgottenaustralians.org.au

Coming Up...

Aceda has formed a strong relationship with Foundation Shine since our amalgamation. The driving force behind Foundation Shine are Sharon Middleton and Robyn May. Between them they work with a number of other people who are equally devoted to raising money through functions and events that benefit organisations supporting people in the community just like Aceda. There will be a number of events coming up throughout the year that people can attend to assist in the fun and fundraising. By visiting the Foundation Shine website at www.foundationshine.org.au you too can be a part of the excitement and opportunities coming up this year.

City to Bay: be a part of the Aceda team!

Be a part of the Aceda City To Bay team! Aceda have signed up for the Adelaide Sunday Mail City-Bay Fun Run on Sunday 19th September 2010. We are seeking the support of individuals and companies for the event. Support can be made either through the sponsoring of a participant or you can join our team for the 12km walk or 6km run. If you wish to sponsor a participant please follow the link to Every Day Hero from the Aceda website. If you are joining our staff and volunteers please complete the attached application by the close of business, Friday 3rd September 2010. You can do the 6km walk or the 12 km walk/run. Aceda have booked a 'recovery' tent on 'Wigley Reserve' for our participants. You will be provided refreshments and a free leg massage! **START TRAINING TODAY!**