



Working Better Together

MHPN's inaugural online conference for mental health practitioners



21 May - 6 June 2019

www.mhpnconference.org.au

Conference supporters



**Mental Health
Professionals
Network Ltd**

Tel. 03 8662 6600

Fax. 03 9639 8936

Add. Emirates House,
Level 8 251-257 Collins St
Melbourne VIC 3000

Email. info@mhpn.com.au

Web. mhpn.org.au



Webinar

Collaborating to recognise and address the mental health impacts of loneliness

Wednesday 3rd April 2019

“Working together. Working better.”

Supported by The Royal Australian College of General Practitioners, the Australian Psychological Society, the Australian College of Mental Health Nurses and The Royal Australian and New Zealand College of Psychiatrists

Tonight's panel



Dr Michelle Lim
Psychologist



Dr Jonathan Ho
General Practitioner



Professor Lisa Brophy
Social Worker



Professor Steve Trumble
General Practitioner

Like to read more about tonight's panellists? Click **supporting resources** in the library tab at the bottom right of your screen for panel bios and more!

Learning outcomes

Through an exploration of loneliness this webinar will provide you the opportunity to:

- describe the factors associated with loneliness
- distinguish between loneliness and depression by using appropriate language when assessing clients for loneliness
- identify physical barriers that may inhibit social interaction
- implement a referral pathway to support people experiencing loneliness.

*Want to chat? Click **OPEN CHAT** at the bottom right of your screen to chat with other participants.
NB: chat will open in a new browser window.*

Psychologist's perspective

Identify social changes

There are two in Dean's life:

- a change in the parental responsibilities
- a loss in his occupational role.

Acknowledge these two changes.

Empathise if Dean reports stress or loss related to this.



Dr Michelle Lim

Psychologist's perspective

Discuss Dean's social role

Address Dean's reluctance to socialise without his wife.

What role did Dean use to play in maintaining friendships or relationships *before* he was retrenched?

What would it mean if he socialised with these friends without his wife?
Does this make him feel uncomfortable? If so, ask why?



Dr Michelle Lim

Psychologist's perspective

Goal setting

Ask Dean if he would like to extend or rebuild his social network?

- if so, what specific goals does he have?

Does Dean also have the resources in order to be successful?

- What kind of social environment is he embedded in?
- Does he have access to strong social structures?
- E.g., accessibility to gyms, libraries, shared interest groups?
- Does he have financial ability to support social activities?



Dr Michelle Lim

Psychologist's perspective

Cognitive approach

Identify if Dean holds any negative assumptions about making new friendships. Check if he has had any negative experiences with friends that maintains unhelpful beliefs.

Manage unrealised or unrealistic expectations of making new friendships if there are any.

Does Dean think he would meet someone that he could relate to immediately?

What does it mean for Dean to develop a meaningful relationship?



Dr Michelle Lim

Psychologist's perspective

Behavioural approach

What are the safe and feasible options for Dean?

Target one feasible option for Dean

- Focus on effort made towards the goal rather than achieving a specific goal.

Build and maintain social confidence.

Encourage Dean to build his confidence over time.



Dr Michelle Lim

GP's perspective

GP practice tips

1. Understand and acknowledge your loneliness
2. Don't be afraid of small talk
3. Don't be afraid of showing the authentic you
4. Seek treatment for underlying mental health issues
5. Build relationships through listening
6. Harness the power of technology for good
7. Deal with the stress of putting yourself out there
8. Join a special interest group
9. Look out for the people in your community



Dr Jonathan Ho

Social Worker's perspective

Jess

“Knocked up” and knocked off her trajectory

- Loss of friends and social network
- Eroded informal support network (including family)
- Disempowered
- Stigmatised – including self-stigma
- Lack of support and advocacy

How to get back on track?

- Otherwise the loss of a job/school, adequate safe and stable housing, physical health and control over one's life choices can contribute to being diagnosed with a mental illness



Prof Lisa Brophy

Social Worker's perspective

Some thoughts on Jess

- Ask about loneliness. Is that how she feels?
- Begin by seeing Jess as an expert on her own life
- How does Jess see the situation? How does she construct what is going on? Is “being lonely” a meaningful way to talk about what’s happening?
- People who ask for help in times of need may surround themselves with supports that buffer against loneliness. If individuals fail to ask for help when they require it, then they are most alone at precisely the times when they most need other people
- Equally important for service providers to recognise the potential need and offer help
- Time to act!



Prof Lisa Brophy

Social Worker's perspective

Values, preferences and strengths

- Loneliness is both a motivation and inhibitor of social connection
- How can Jess be empowered in her situation?
- What are her values? Preferences? What choices (if any) does she have?
- What are her strengths?
- How can Jess reclaim or redefine her self and social identity?

Re/building informal supports and social networks:

- Family engagement
- Community connection
- Peer support



Prof Lisa Brophy

Social Worker's perspective

Principles of Community Navigation

- Socially focused – enhance an individual's social world
- Asset-based – develop knowledge of the local community
- Solution-focused – future-focused, looking for positive solutions using the person's strengths and resources
- Person-centred – support will be individualised, focussing on the person's needs, goals, and preferences – working 'with' the person, rather than 'doing to'
- Non-directive – the 'lonely' person directs the pace and the journey is taken together with the navigator

GROW model – goal, reality, options and way forward

(Lloyd-Evans et al., 2017 p. 7)



Prof Lisa Brophy

Q&A



Dr Michelle Lim
Psychologist



Dr Jonathan Ho
General Practitioner



Professor Lisa Brophy
Social Worker



Professor Steve Trumble
General Practitioner

Audience tip:

Click the 'Open Chat' tab at the bottom right of your screen to chat with other participants.

NB: chat will open in a new browser window.

Upcoming Webinars

Tuesday
April 16

In partnership with Emerging Minds
*Engaging with children and parents with complex needs
– a systems approach*

Register now www.mhpn.org.au

21 May
to
6 June

MHPN's inaugural online conference
Working Better Together

3 weeks, 3 content streams covering
Mental Health and the Military Experience, Grief and Loss and
Trauma: Impacts of Adverse Childhood Experiences

Register now www.mhpnconference.org.au

Thank you!



Don't forget to **complete the survey feedback**

Click the survey feedback tab at the top of your screen
to open the survey.