

Media Release

New support program for Borderline Personality Disorder carers

1 October 2015

New 'Evidence Based' Support Program for Carers and Families of a person diagnosed with Borderline Personality Disorder in Albury-Wodonga.

For families and friends caring for a loved one with a diagnosis of Borderline Personality Disorder, feelings of confusion and guilt are common. Often carers and families are unsure how to act and respond to their loved one for fear of making the situation worse. Families report not knowing who to contact to assist not only their loved one but for support for them as well.

Leaders of the new evidence-based, Albury Wodonga Family Connections program, Rachel Harvey, a Registered Psychiatric Nurse with Hume Partners in Recovery, and Fred Ford, husband and carer of his wife with Borderline Personality Disorder, are well aware that emotions like these can be common amongst families. "Family members explain feelings of isolation in dealing with their loved one's struggles and the added burden of stigma they feel from family and friends surrounding the Disorder" said Rachel.

To help address these issues, NEA.BPD Aust has developed the evidence based Family Connections Program, designed to support local family members to assist them in understanding the disorder and the chaos that often exists. The 12 week program provides information surrounding the illness focussing on the impacts to participants and their loved ones. Lastly it will provide the skills and more importantly allow people to enjoy an open and supportive forum for discussion.

As specialist Leaders, Rachel and Fred will co-facilitate Albury Wodonga Family Connections program. The free program is for local family members looking for support, the latest BPD research and information and most importantly the skills to maintain a healthy relationship with their loved one.

Co-developed by Professor Alan Fruzzetti and Dr Perry Hoffman of the US based NEA.BPD organisation, the program has been running in the US for over a decade and has over a 1,000 families on its waiting list. Three research studies point to its effectiveness in significantly reducing family member experience of burden, grief and depression and significantly improving family member experience of mastery and empowerment.

Carers and families play a pivotal role in caring for their loved one along with trying to navigate services. The latest research from the National Health and Research Council reports that carers, families and partners play an important role in supporting the person's recovery.

Sessions will commence Tuesday, 27 October from 6pm-8pm in Albury-Wodonga (venue to be advised).

Media contact

For more details, contact Murray PHN Communications Coordinator Zhoe Jess on 0400 952120 or email communications@murrayphn.org.au

Interested family members can register for the free program by completing the registration form in the 'For Families' section of the NEA.BPDAust website at <http://www.bpdaustralia.com>. Or email your interest to bpdaust@gmail.com

A recent graduate the program said, *'I left the program with the ability to generate within myself a sense of peace, and a sense of hope – invaluable.'*

For further information on the upcoming Albury-Wodonga program contact Rachel Harvey at Hume PIR on 02 6041 0056 or email rh Harvey@murrayphn.org.au or Fred Ford, Carer/Supporter on 0418 515 332.

For further information on NEA.BPDAust contact Anne on 0408 561 983 or email bpdaust@gmail.com

