Welcome to second issue of Air Notes, the Project Air Strategy newsletter for NSW Health staff working with people with personality disorders.

Once again we would like to send our thanks to all of the staff who have been involved with the project, whether you were a delegate at our conference, attended training, assisted clients to consent to the research, conducted Gold Card Clinic sessions or helped in any other way — your support has been vital to the success of the project. Your support is allowing us to have an in-depth look at the treatment of people with personality disorders within the service. It is also assisting the development of better ways to provide treatment by staff to the benefit of people with personality disorders, and their family members and carers. Our longer-term vision for people with personality disorders across the state, is that no matter how rural or remote their location, to have access to the most effective and up-to-date treatment, and for all clinicians to be supported and informed in their work. If you would like to know more about the project please visit our website at:


We value any feedback you may have about the project and you can contact us at: info-projectair@uow.edu.au

We look forward to continuing to work with you throughout the year

Training for 2012

Staff training for the treatment of personality disorders is being conducted at the St George and Prince of Wales Hospitals this year. New staff members and those unable to attend last year from the Sutherland, Illawarra and Shoalhaven Mental Health Service are invited to attend. The first training (Level 1-2) will begin on 19th March 2012. A copy of the Project Air Strategy training calendar is available at:


Families, Partners and Carers

Project Air Strategy is working along-side the Working with Families and Carers team to support carers of people with a personality disorder. In the next few months, we will be offering carer interventions including a series of one-day workshops and a 4 week psycho-educational group.

The interventions have the following aims:

• Increase carer understanding of personality disorders
• Increase carer skills in managing loved one’s symptoms.
• Identify the importance of their own self care as a means to providing better support for their loved one.

FAMILIES, PARTNERS AND CARERS ONE-DAY WORKSHOPS

<table>
<thead>
<tr>
<th>Location</th>
<th>Date</th>
<th>Registration</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wollongong</td>
<td>29 March 2012</td>
<td>Registration is essential:</td>
<td><a href="mailto:info-projectair@uow.edu.au">info-projectair@uow.edu.au</a></td>
</tr>
<tr>
<td>Nowra</td>
<td>26 April 2012</td>
<td><a href="mailto:info-projectair@uow.edu.au">info-projectair@uow.edu.au</a></td>
<td></td>
</tr>
<tr>
<td>St George / Sutherland</td>
<td>14 June 2012</td>
<td>(02) 4298 1571 Kelly Hutchison</td>
<td></td>
</tr>
</tbody>
</table>
Treatment Guidelines

We are currently inviting public comment on the Treatment Guidelines for Personality Disorders, which are in their final stages of development. They are available in draft format on the Project Air Strategy website: http://ihmri.uow.edu.au/projectairstrategy/index.html

The guidelines have been developed to support all clinicians who work with people with personality disorders, and we aim to make them as user-friendly, practical and relevant to you as possible. We invite you to provide us with your feedback, thoughts, suggestions and peer review.

You may have received an earlier draft of the guidelines in hard copy if you attended staff training. Please be aware that they have been advanced considerably through consultation with our expert advisory and consultants’ panel and that several more guidelines will be added over the coming months. These include working with forensic, intellectually disabled, and culturally and linguistically diverse populations, and older adults and parents with personality disorders who have young children.

We recommend you view the treatment guidelines online and continue to check over the coming months for inclusion of the additional guidelines.

Save the Date

The 6th Annual Conference for the Treatment of Personality Disorders will be held on Friday 9th November 2012 at the University of Wollongong. This year we will be holding a workshop on the Saturday following the conference. More details will be provided in our next Newsletter. You can also find the presentations from last year’s conference on the Project Air Website at: http://ihmri.uow.edu.au/projectairstrategy/index.html

Project Partnerships

The research and training partnerships between NSW Health and the University of Wollongong are an important feature of the Project Air Strategy.