BORDERLINE PERSONALITY DISORDER AWARENESS WEEK 2019

Best Practice Deserved

1 - 7 OCTOBER 2019

The theme of 'Best Practice Deserved' is the national campaign focus of BPD Awareness week 2019.

We know there are exceptional, researched and evidence-based practice guidelines for the management of Borderline Personality Disorder (BPD) in Australia. The 'Best Practice Deserved' campaign acknowledges this, and uses a strength-based approach to embed these guidelines and other evidence-based practices into the treatment structures of services working with people living with BPD. We believe that best practice care changes the narrative around Borderline Personality Disorder and highlights the high rate of recovery from this complex mental health issue.

We truly believe that education leads to understanding. With understanding, comes compassion, and compassion leads to empathy. We believe once people truly know the facts about BPD and see the complex human beings behind it that this will decrease stigma and end discrimination.

The campaign was designed using co-design and co-production principles, which means that the users design the product with the support of the designer.

The campaign highlights facts taken directly from The Clinical Practice Guideline for the management of Borderline Personality Disorder, in an accessible way. It aims to be informative and educational. The campaign also uses the strong voice of lived experience - promoting recovery, positivity and hope.

The resources developed for the 2019 campaign include:

- **Infographics** – Quick facts taken from clinical practice guidelines
- **Quotes and Lived Experience** – The voices of lived experience, carers and clinicians
- **Service support** – posters to show clients you support people with BPD
- **Shareable social media graphics** - cover pictures, instagram images, etc.
- **A purpose designed website -** stories and art work from lived experience, facts and free downloadable resources.

For more information, go to: **www.bpdawareness.com.au**

If you or your organisation are interested in being a part of the 2019 campaign, please send an email to Karen at bpdawarenessweek@gmail.com

Coordinated by:
Australian BPD Foundation Limited

Our service supports

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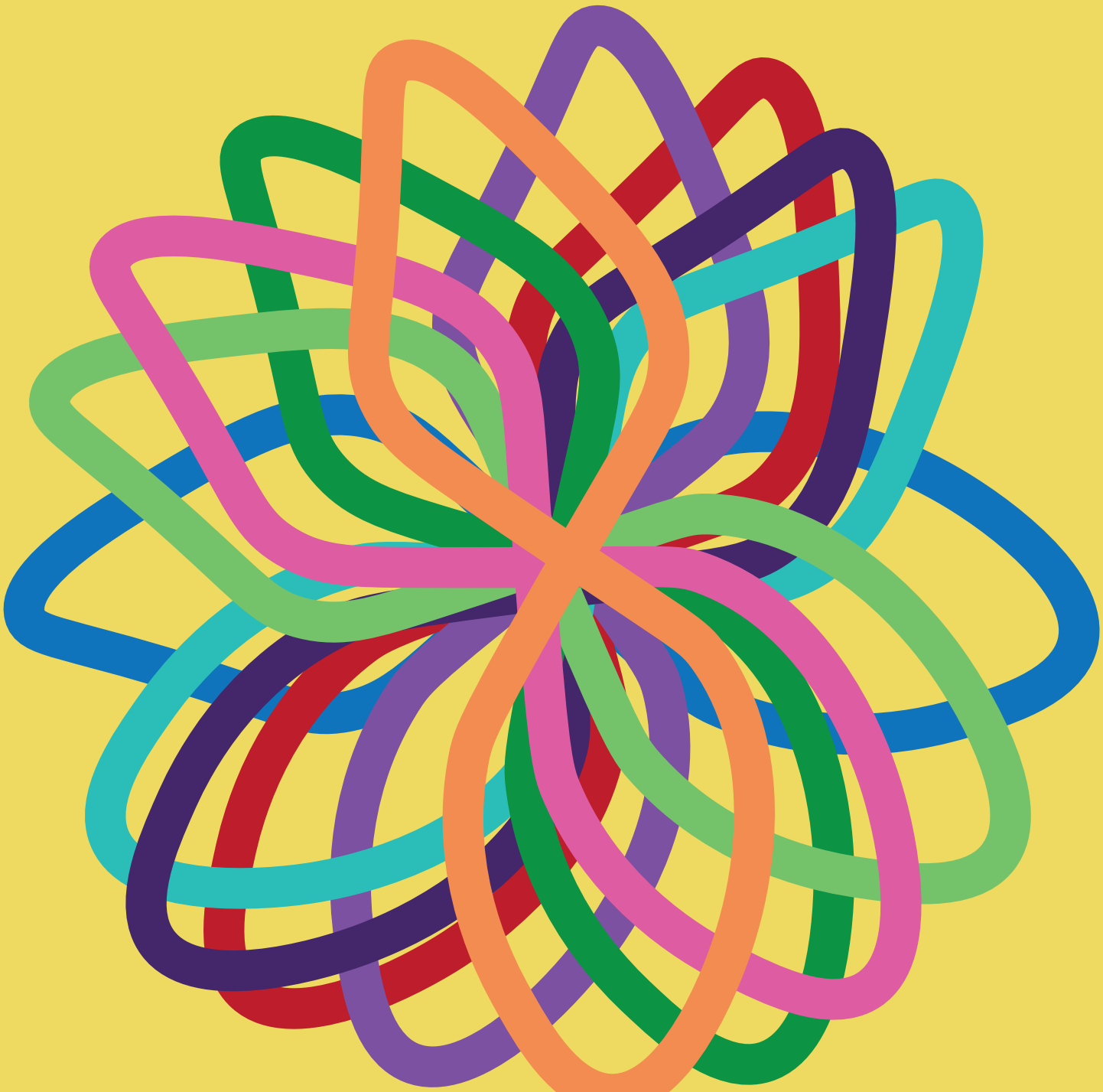
borderline personality disorder is a complex mental health issue



1. Frantic efforts to avoid real or imagined abandonment 2. A pattern of unstable and intense interpersonal relationships 3. Identity disturbance 4. Impulsivity in at least two areas 5. Recurrent suicidal behaviour, gestures, or self-mutilating behaviour 6. Affective instability due to a marked reactivity of mood 7. Chronic feelings of emptiness 8. intense anger or difficulty controlling anger 9. Transient, stress-related paranoid ideation or severe dissociative symptoms*

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**Clinical Practice Guideline for the Management of BorderlinePersonality Disorder.* Melbourne: National Health and Medical Research Council; 2012.

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Adolescents with BPD should be referred to **structured psychological therapies** that are **specifically designed** for this age group*

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what some people think borderline personality disorder means:

- being irrationally over emotional and manipulative

what it can actually mean:

- being highly empathetic
- being extremely observant
- being beautifully sensitive
- being incredibly resourceful and resilient
- having strong emotional connections

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Families, partners and carers can play an important role in supporting recovery. Acknowledge and respect their contribution

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health professionals should:
explain the symptoms,
talk about the fit of this diagnosis,
emphasise that it is not their fault,
and carefully explain that
effective treatments
are available.

**Clinical Practice Guideline for the Management of BorderlinePersonality Disorder.*
Melbourne: National Health and Medical Research Council; 2012.

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Having BPD should **never be used** as a reason to **refuse** health care to a person.

**Clinical Practice Guideline for the Management of BorderlinePersonality Disorder.* Melbourne: National Health and Medical Research Council; 2012.

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Carers need care too

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"effective treatment for BPD has emerged, but must be combined with compassion and determination to address stigma"

Prof. Mike Hazelton
2019 BPD Awareness Week
Ambassador

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"The NHMRC Clinical Practice Guideline was developed to guide best practice. People with BPD deserve the best"

Prof. Mike Hazelton
2019 BPD Awareness Week Ambassador

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“BPD does not define you. You are unique, so much more than a diagnosis!”

Janne McMahon
Private Mental Health Consumer Carer Network

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“I need to start embracing what I can do. I’ve realised that I’ve got so much more potential than I thought.”

Greg

Lived Experience Advocate

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“Intervene early:
Assess and diagnose to
help young people
and families receive
evidence based
treatment and support
from the start.”

Dr Michelle Townsend Researcher

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“Mothers with BPD are highly motivated for treatment and treatment provides a marvellous flow-on effect for their infants.”

Dr. Anne Sved Williams
Consultant psychiatrist
University of Adelaide

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"Living with BPD has its challenges, I focus on my strengths; adaptability, creativity and tenacity."

Lorraine
BPD Survivor

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“Learning about BPD and understanding the emotional roller coaster my daughter experienced was the first step in starting to heal our relationship.”

Rita Mother

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“Letting go of fixing... encouraging independance... validating his feelings... it's making a big difference for both of us.”

Karen Mum

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"we are smart, resilient, empathetic, loving and passionate people who are struggling with an illness."

Mahlie
Lived Experience Advocate

www.bpdawareness.com.au

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