

White Wreath Association Ltd  
 Newsletter 48th Edition  
 May 2012



White Wreath  
 Association Ltd®  
 "Action Against Suicide"  
 www.whitewreath.com

WHITE WREATH ASSOCIATION Ltd® Action Against Suicide  
 A.C.N. 117 603 442 Head Office: PO Box 1078 Browns Plains QLD 4118  
 Web: [www.whitewreath.com](http://www.whitewreath.com) Email: [white.wreath@bigpond.com](mailto:white.wreath@bigpond.com)  
 Tel: 1300 766 177 | Mobile: 0410 526 562

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#### DIRECTORS REPORT

It is not governments that build a nation it is people. White Wreath Day on the 29 May is a special day. It increases the awareness of suicide. Thousands of Australians die each year and thousands of White Wreaths are laid Australia wide in remembrance of those who have died by these tragic circumstances.

Together we can make a difference and change the present system.

**W** Who are the wreaths for? They are in remembrance of all victims of suicide in years gone by. Thousands of Australians die each year by these means and White Wreath estimates approx 8,000 each year.

**W** Why are they laid? To show mental illness kills. To alert the community to the need for early intervention by health authorities in the treatment of mental health sufferers and the necessity for change to the Confidentiality Law to allow family/carers to be involved in the treatment and follow-up care of mental health patients. Changing present treatment methods could save lives.

**A** Action is sought to try to reduce these tragic figures we ask you to support our Association's aims by making a donation to help us build our own Centres and help us deliver the message across Australia that the silent formula by Federal/State Governments and the media of suicide deaths does not make this problem disappear. We will continue to promote public awareness to remove the stigmas and myths.

Remember, suicide affects all walks of life, all ages and all cultures regardless of whether we are rich, famous or poor.

Fanita Clark  
 Director

**PETER NEAME  
RESEARCH OFFICER WHITE WREATH ASSOC LTD**

**I agree with the concerns expressed by MP Ian Rickus re expanding prison populations. Throughout the world, prisons have become the new mental health hospitals as hundreds of thousands of mental hospital beds have been closed.**

**A mental health bed costs twice that of a prison bed but there has been no cost saving whatsoever.**

**The reason why there has been no cost saving is that before a seriously mentally ill hbeing the most hideously costly system there is.**

**Editor: Talking Point  
Courier Mail**

**Sir,**

**We welcome the openness with which the latest tragic murder suicide has been covered by the Courier Mail. In our view the modern approach to suicide prevention is completely and utterly wrong. People who are suicidal should be admitted to hospital/place of safety if necessary – trying to manage suicidal people “In the community” is the reason for Queensland’s higher than average suicide rate.**

**There is an old saying “If you can take your own life you can take someone with you”**

**Eighty one percent of people whom suicide, murder, murder-suicide and mass killing give at least two years warning. What is lacking is accurate assessment and early admission to hospital. What is also lacking is the fact that suicide cause is purely and only neurological, Suicide – mental illness is a:-**

- 1. Neurological disorder, that is**
- 2. Chronic**
- 3. Progressive affecting the**
- 4. Structure**
- 5. Function**
- 6. Chemistry &**
- 7. Electricity of the brain**

**Normal people who suffer stress do not suicide. The Council is right; erecting barriers will just direct people to less public places to suicide – again sweeping the whole thing under the carpet.**

## COMING EVENTS

### NATIONAL WHITE WREATH DAY – IN REMEMBRANCE OF ALL VICTIMS OF SUICIDE

Yearly 29 May (Tuesday 2012)  
BRISBANE (CBD) QUEENSLAND  
POST OFFICE SQUARE  
QUEEN STREET  
DISPLAY ON VIEW ALL DAY  
OFFICIAL COMMEMORATIVE SERVICE 12.30PM – 1.30PM  
Contact: Fanita E: [white.wreath@bigpond.com](mailto:white.wreath@bigpond.com) P: 1300 766 177 M: 0410526562

VICTORIA  
City of Melbourne  
Steps of Parliament House  
Commencing 11.30am  
Contact Sue E: [susangail7@hotmail.com](mailto:susangail7@hotmail.com)

Newsletter is collated a few months ahead and more Services are added. Please contact [white.wreath@bigpond.com](mailto:white.wreath@bigpond.com) for more details.

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#### A FRIEND 4 ME MY STORY

#### KELLY HAS GIVEN WHITE WREATH ASSOC PERMISSION TO PUBLISH HER JOURNAL THAT WILL BE A CONTINUATION IN EACH QUARTERLY NEWSLETTER

My youngest memory as a child is when my Dad smashed the front door down to bash my mother. My dad was a heavy drinker and as a result my parents were always fighting. My Mother always fought back so as a result they both bashed each other with my Mum always coming off second best. When I was four my Parents split, my Dad stopped his drinking and both parents remarried. My new step mother was great but my Dad had little time for us. We visited him every Saturday but I never remember him taking us anywhere it was just a quick visit to his home and it never felt like home to me. My new stepfather was great to; he never gave me a reason to complain. We lived in a housing commission home but my Mother always had it looking nice. We had a good childhood and I always had alot of friends.

When I was 12 my baby sister Melissa was born followed by Michael. I loved my younger siblings very much and would do anything for them. My mother told my older brother des and myself that she could not afford to buy for all of us and asked if we would go without so the younger two could have. She said we had everything when we were little and it's not fair on Melissa and Michael if they don't. I would do anything for them so I agreed and so the future began where I would give to the younger and go without myself. My Mother was a very controlling person and I always did as I was told. I would never argue or complain. My Mother quiet often yelled at us for silly things and when she did she would go on for hours about it so I learnt to always please her. Funny how the younger two never coped what the older two did. When I was 15 My Mother brought her first home and we was all so happy.

Only problem was it was a 30 minute drive from where we lived which meant I would have to go to a new school and say goodbye to all my friends. Most of my friends I would never see again as I had no transport to visit them and by the time I had my own car we had grown apart. I was so happy to start a new school and meet new friends but on the first day off my new school I was bullied and never made any close friends. I first meet David In science class.

**CORRESPONDENCE**

To whom this may concern,

I found your website and I felt inspired and deeply moved by your vision.

Suicide and suicide awareness is something very close to heart and I would like to contribute in any way possible.

I live in Sydney and I am interested in volunteering (should you need any help here).

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please, save me from myself.

I got put into a mental institute. I'm only 14. My parents want me to stay home, but I keep cutting, I need to go back or they're going to lose me. I'm scared of what I will do; I'm turning into a monster. I want to die. I tried once but mum caught me, I don't know how to leave without hurting everyone else around me.

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**To Whom It May Concern**

Throughout my life, I have been personally touched by the devastating effects of suicide, especially among young people.

As such I would like to volunteer some time in your organisation to try to help ensure that others don't go through what I have.

Please find attached my resume and a letter of reference.

Ideally, I would love to do some campaigning and fund raising for your organisation. Please contact me with any opportunities you have available in the Melbourne City area.

My name is S and I live in .... I was introduced to drugs at a very early age. After years of abuse I became depressed, anxious and suicidal. I have never attempted for fear of failure and what impact it would have on my living self (brain damage, liver damage etc.) My sister has attempted many times and I think the impact it had on my family has also stopped me from doing what would destroy those I love. When I was in year 7 my girlfriends Mum hanged herself and I spent weeks consoling her and doing whatever I could to help the family through it. I am going to be studying a Bachelor of applied social science majoring in counselling. As I learn I would love to do some volunteer work to help out your organisation where ever I am needed.

I hope I can help!

Hello,

I was just reading about the wonderful work your organisation does, I was wondering if there's any positions available to work for your organisation?.

I am just graduation through a diploma is community service and would like to specialize in mental health.

Thank you so much.

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My name is J I am an external student at .....university and for the first time in my life I have just thought about killing myself. \I stood at the edge of a train track while crying nonstop, \I couldn't stop the tears, I wanted to role up and sit on the track. I wanted the train to hit me and release all of the pressure which issues at School of .....have caused me for the last three semesters. A man asked me what was wrong and asked me if I could come have a chat with me. When the train passed I started to vomit uncontrollably. That was this afternoon. It is extremely hard to find a website that will help you to seek help so \I am writing to the ones I have found. I will be going to the hospital but before I do I want the university to be aware of what has caused my issues. I was afraid to report this issue to the university because I am afraid they will use it against me and use it as a way to force me out of the program. \I have written to the university counselling once before and as I mentioned to you \I don't do drugs or drink heavily and that is still the case. The emotional drain and stress has been caused by an ongoing issue towards myself and other external students with in the School of .... and I have just been told that I need to report it. The School of ..... told me not to share these issue with anyone, but I have just been told that I do have a right to share the information and that the university cant prevent me from doing that and that they should not be allowed to punish me for asking for help.

Over the past three semesters I rightfully feel that myself and other external students have been continually treated unfairly and very poorly by staff within the School of ..... and the poor treatment has caused unnecessary physical and emotional problems and related stress for family members and friends; I reported issues to the university as well. I also reported a situation with an instructor who I felt acted inappropriately in class, and I was ignored for the remainder of the semester by the instructor and by School of ..... the lack of concern and assistance from the instructor caused me to fail the course. During the entire time of the course I continually wrote to the university asking to be treated fairly and asking the instructor for help. The university student services ignored my request for help and the lecture and course coordinator ignored me. The School of .....replied that the teacher did not have to reply to the emails because the emails did not say, "please reply in my email". Students in the course told me that they were given information on how to answer questions on the exam and what to write on the term papers. The unresolved issues have been taking place within the last three semesters and has continued to add extra stress to my emotional well being. I was told that I would be treated fairly and would have the opportunity to speak by phone or Skype but the School of ..... made decisions based only on what seems to be protecting their staff.

I have been asking the School of ..... to help resolve this issue for three semesters. \I have ageing parents and family who \I need to take care of and my stress is causing them unnecessary stress. All contact with the School of .....has been defensive, and seen by people as being self-serving and protective of their friends and at times I feel that emails from staff have been menacing emails. Once again \I start another semester mentally, emotionally and physically beat due to unresolved issues at the university and because of what I feel is nothing more than a game to them. I feel that the School of ..... is purposely trying to beat me down emotionally and mentally so that I will just go away. \I do not feel that they have any real interest or concern in their students health or wellbeing or in properly teaching students.

I feel that it is important that people know that ..... Uni does a poor job of solving grievances; the system is out dated and set up to wear students down. The University also does a poor job of looking out for the mental and physical health of its students. As I mentioned over the past three semester, I have spend a lot of time and energy trying to get people at the university to help me resolve issues and I have been made to feel like an outcast for it.

The School of ..... told me not to discuss this matter with anyone. I hadn't spoken about it, but it keep eating at me and today it led me to the point of tears and thoughts, which I now find frightening. I have written a letter about all the issues and what I feel is poor treatment and left it with a friend. \I know that at the moment I am unable to properly write what I would

like to say, but I feel that it is import to get this off my chest. I apologize for being incoherent but I can't stop my head from racing, I am embarrassed but need to talk. I hope that I will be treated fairly and not pushed out of the Uni. I want people to know about the unfair treatment at ..... Uni so that it won't happen to others. The letter which I have gave to student group will be cleaned up and sent to the university tomorrow. There is no reason that in this day and age students should be punished for speaking out and asking for a fair go and they should not be pushed to physically and mentally break down. If possible I would like someone from ..... Uni counseling centre to ring and help me. I need to have advice and I need to know where I can turn to people I can trust for a fair go. I hope you will give me a fair go. Thank you for your help. Please ring me if you get a chance to ring me.

J

**FOOTNOTE:-**

Dear the Head

Below is an email we received from J requesting help with his suicidal thoughts. White Wreath Assoc takes these matters very seriously and asks you to provide a Counsellor to attend to this matter as soon as possible without making judgment that Mr J is attention seeking. Mr J needs to be referred to his Doctor/Psychiatrist or the Emergency of Mental Health nearest to him as quickly as possible for specialised Mental Health Care.

Dear Fanita,

Thank you for forwarding this email. We are indeed treating this serious.

I have spoken to our student care staff and am assured that the staff in the student counselling centre are trying to contact Jeff and are mobilising resources to respond to his request for help. Thankfully, he addressed his email to them so they were already in response mode before I placed my call.

Regards,

E

Dear Fanita,

Thank you for your kind help and concern, its greatly appreciated. The stress of Uni and other issues related with it, forced me to hit a hard time in my life and I was terrified and frightened by how I was reacting to the problems. The Acute Care Team at ..... Mental Health Service is now looking after me. If there is any concern about the worry I may have caused you, the Acute Care Team can be reached on: ..... and they can verify that they are looking after me. I apologize for any fright or worry I may have caused you and thank you for your time, help and concern.

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Dear Sir/ Madam,

I am writing in request for an opportunity to volunteer for your organisation. I am currently studying Enrolled Nursing/ Division 2 at Tafe in ....., and after careful consideration, I believe I would be of great value to your organsiation and in return would gain essential experience for future employment. I would like to help with any jobs or tasks you or anyone else might need assistance with. I appreciate your consideration of me to volunteer and look forward to hearing from you.

Warmly,

TG

**FOOTNOTE:**

Dear TG

"Thank You" for wishing to volunteer with the White Wreath Assoc however we are in desperate need of people to fundraise on our behalf.

If this interests you please get back in touch and we can further discuss.

Kindest regards  
White Wreath Assoc

I have been struggling with depression & anxiety for some years & had difficulty with a lot of life's issues. I have seen a few different psychologists and these sessions have helped in the short term. The most recent problems have been caused by me putting comments on images of females on facebook & then my wife has discovered the comments. I have had no intention of playing around on my wife but she is adamant that there is exactly that intention behind my behavior. I really am starting to wonder whether it would just be better if I wasn't around anymore. That way I would feel no more pain & I wouldn't cause anyone else any.

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Hello , My 52 year old brother committed suicide late last year. To say this time has been a struggle is beyond belief. There was only him and I left. I was hoping you would put me in touch with a counselling service that specialises in this grief but here on the Northside of Brisbane.

Thank you for your time.

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Hi my name is L and my son C. He decided that on the 9th of November 2003 that life was just too difficult to continue with, a beautiful life over so short and an amazing child, he was my rock my lifeline, and the emptiness as I'm sure you have read a million times can never be filled. I have his name tattooed on my arm along side a tattoo of roses and grapes intertwined that represent the story of Tristan and Isolde and I. I get up everyday and I go to work to support my family, I come home every night and I clean up, make dinner, make sure everything is fine, that everyone has had an OK day, then I cry myself to sleep. NO parent should have to go through this PAIN and the ones that do have an obligation to make sure no one else does. There is no comfort, nothing can make you feel better ever, I feel failure that I didn't see the signs I feel anguish as I lay awake at night hearing my other child cry out his name because he was gone. I want to try and make a difference. thanks for listening L

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**SEARCH FOR HAPPINESS: MY JOURNEY FROM DARKNESS INTO THE LIGHT:**

**BY LLOYD S. ROSEN**

The web site for the first book is: <http://www.51061.authorworld.com> the name of the book is: Search for Happiness: My Journey from Darkness into the Light.

Synopsis of Mr. Rosen's Book: This is a feel good story of one man's life, my own. I felt compelled to write this to hopefully save many other people that suffer with this mental illness and the pain that I went through. I want everyone to know through reading this that there is a light at the end of the tunnel. Today is not like the 1960's and 1970's when I grew up with it and one talked about it. This book starts out at the very beginning giving you a history

of his family and the problems encountered from day one of his life. It then take you on a roller coaster journey from first to twelfth grades, explaining all along the way the problems that I had with ADD and my parents thinking I had a reading problem in third grade. It also addresses behavioral issues that I exhibited. These were finally linked to the learning disorders, which resulted in depression in my later years. I sense that my parents are doing the best that they feel is right for me but I never get the help that I need and at thirteen as I enter my teen years it starts going downhill like a snowball. I got into smoking and drugs to get the acceptance that I thought I needed. I end up with a very real self esteem problems and start going to therapists at the age of fifteen and will continue to go on and off ever since. Suffering with ADD, I continuously start projects and never finish them. I move back and forth between the East and West coast looking for that something that is actually right within my grasp if I only looked inside. The end nearly comes in 2001 where after a failed marriage and a business that is not going well I decided to commit suicide. I have it all planned out. When, where, how but because of my children I decide not to do it. That is why I dedicated the book to them. In the end I get right down to the whole reason I wrote the whole book which is that you can get healthy, lead a very productive life, and make something of yourself.

Thank you for your time, I hope to hear from you soon

ARTICLE  
FROM LLOYD S. ROSEN

Father, Like Daughter

Brad Paisley the celebrated country western singer released a song in 2007 titled, "All Because Two People Fell in Love". For those of you that are not a fan of country music the song is about what two people can accomplish when they are in love. When the song came out and I heard it for the first time I really enjoyed the underlying message of the song which is all that is good and positive about being in love with another human being. The song talks about a baby being born in the middle of the night all because two people fell in love, and that is the theme of this article.

I was very lucky to be married to a young lady who gave me a daughter who was brought into this world in 1981. She was everything a dad could hope for, after nine months of the normal worrying was this little person that I help create going to have ten fingers and toes. Would their eyesight be fine and what about their little heart would it work normal. How many of you have actually stopped and taken the time to think about your new born child's mental health? There are many heredity physical ailments that we can pass down to our children but, again how many of you stop to think of the mental illnesses that we as parents can hand down to our children. I know my parents being from the old school never thought about it with me and I was cursed with depression from my dad. The worse part of that was that it did not stop there I unfortunately passed it on to my daughter.

There is a positive side to this story and that is that my daughter got healthy before I did, thanks to her mom. After she did I was informed by her that if I did not get the help I needed that we would not have the father daughter relationship that I wanted so badly. So off I went to seek that peace of mind of healthiness and it's been five and a half years of the greatest father daughter relationship any dad could hope for. There is nothing that we are afraid to talk about we ask each other without hesitation how life is going and we both offer our opinions with being hurtful or offense.

I now reap the rewards with a young lady that I am proud to call my daughter, All Because Two People Fell in Love.

Lloyd S. Rosen



## **WORLD NEWS**

**New mental health manual is “dangerous” say experts**

<http://www.reuters.com>

By Kate Kelland, Health and Science Correspondent

**LONDON | Thu Feb 9, 2012 2:24pm EST**

**(Reuters) - Millions of healthy people - including shy or defiant children, grieving relatives and people with fetishes - may be wrongly labeled mentally ill by a new international diagnostic manual, specialists said on Thursday.**

**In a damning analysis of an upcoming revision of the influential Diagnostic and Statistical Manual of Mental Disorders (DSM), psychologists, psychiatrists and other experts said new categories of mental illness identified in the book were at best “silly” and at worst “worrying and dangerous.”**

**“Many people who are shy, bereaved, eccentric, or have unconventional romantic lives will suddenly find themselves labeled as mentally ill,” said Peter Kinderman, head of Liverpool University’s Institute of Psychology at a briefing in London about widespread concerns over the manual.**

**“It’s not humane, it’s not scientific, and it won’t help decide what help a person needs.” The DSM is published by the American Psychiatric Association (APA) and has symptoms and other criteria for diagnosing mental disorders. It is used internationally and seen as the diagnostic “bible” for mental health medicine.**

**No one from the APA was immediately available for comment.**

**More than 11,000 health professionals have already signed a petition (at [dsm5-reform.com](http://dsm5-reform.com)) calling for the development of the fifth edition of the manual to be halted and re-thought. Some diagnoses - for conditions like “oppositional defiant disorder” and “apathy syndrome” - risk devaluing the seriousness of mental illness and medicalizing behaviors most people would consider normal or just mildly eccentric, the experts said.**

**At the other end of the spectrum, the new DSM, due out next year, could give medical diagnoses for serial rapists and sex abusers - under labels like “paraphilic coercive disorder” - and may allow offenders to escape prison by providing what could be seen as an excuse for their behavior, they added.**

### **RADICAL, RECKLESS, AND INHUMANE**

**Simon Wessely of the Institute of Psychiatry at King’s College London said a look back at history should make health experts ask themselves: “Do we need all these labels?”**

**He said the 1840 Census of the United States included just one category for mental disorder, but by 1917 the APA was already recognizing 59. That rose to 128 in 1959, to 227 in 1980, and again to around 350 disorders in the fastest revisions of DSM in 1994 and 2000.**

**Allen Frances of Duke University and chair of the committee that oversaw the previous DSM revision, said DSM-5 would “radically and recklessly expand the boundaries of psychiatry” and result in the “lexicalization of normality, individual difference, and criminality.”**

**David Pilgrim of Britain’s University of Central Lancashire said it was “hard to avoid the conclusion that DSM-5 will help the interests of the drug companies.”**

“Madness and misery exist but they come in many shapes and sizes,” he said. “We risk treating the experience and conduct of people as if they are botanical specimens waiting to be identified and categorized in rigid boxes.

“That would itself be a form of collective madness for all those complicit in the continuing pseudo-scientific exercise.”

Nick Craddock of Cardiff University’s department of psychological medicine and neurology, who also spoke at the London briefing, cited depression as a key example of where DSM’s broad categories were going wrong.

Whereas in previous editions, a person who had recently lost a loved one and was suffering low moods would be seen as experiencing a normal human reaction to bereavement, the new DSM criteria would ignore the death, look only at the symptoms, and class the person as having a depressive illness.

Other examples of diagnoses cited by experts as problematic included “gambling disorder,” “internet addiction disorder” and “oppositional defiant disorder” - a condition in which a child “actively refuses to comply with majority’s requests” and “performs deliberate actions to annoy others.”

“That basically means children who say ‘no’ to their parents more than a certain number of times,” Kinderman said. “On that criteria, many of us would have to say our children are mentally ill.”

(Editing by Andrew Heavens)

WORLD NEWS  
NEW ZEALAND  
Grief is not an illness  
<http://health.msn.co.nz>

Should grief be classified as a mental illness? Editors from The Lancet, a highly regarded medical journal, argue no.

The recently published editorial warned against prescribing antidepressants to treat grief, arguing that “medicalising” a normal human emotion is “not only dangerously simplistic, but also flawed”.

The warning has been prompted by the release of the draft version of the latest edition of the Diagnostic and Statistical Manual of Mental Disorders (DSM-5). In this upcoming edition of the ‘psychiatrist’s bible’ there is no exclusion for bereavement in the diagnosis of a major depressive disorder.

This means that “feelings of deep sadness, loss, sleeplessness, crying, inability to concentrate, tiredness, and no appetite, which continue for more than 2 weeks after the death of a loved one, could be diagnosed as depression, rather than as a normal grief reaction.”

Dr Astrid James, deputy editor of The Lancet, said it seemed “far too early” to classify someone as mentally ill two weeks after the death of a loved one.

“We need to be careful not to overmedicalise experiences that are part of normal living, and to make sure we allow people to grieve rather than try and suppress it or treat it,” she added. Previous editions of the DSM editions have highlighted the need to consider, and usually

exclude, bereavement before a major depressive disorder is diagnosed. The editorial claimed that doctors “would do better to offer time, compassion, remembrance and empathy”, than diagnose pills.

It concludes: “Grief is not an illness; it is more usefully thought of as part of being human and a normal response to death of a loved one.

## WORLD NEWS AUSTRALIA

Upset at emergency rejection of suicide prevention program  
<http://express-advocate-gosford.whereilive.com.au>

A VITAL suicide prevention campaign specifically targeting young men has been derailed after organisers were told not to encourage people at immediate risk to go to Central Coast hospital emergency departments. Months in the planning, the organisers of the campaign, St Vincent de Paul Society’s Mental Health Project, were left high and dry when central coast health authorities said they could not refer people to the emergency department. Project manager Katie Sewell was stunned. “I formally contacted Central Coast Mental Health Service to ask permission to include the NSW Mental Health Line and the emergency departments in our ad as I did in January,” Ms Sewell said. She was told not to include the emergency department but to refer people to the Mental Health Line or to their GP.

Ms Sewell said she was told it was due to the pressures on emergency departments. “The ad’s purpose was to send a short brief yet effective message to people seeking immediate assistance,” Ms Sewell said. “In most cases GPs cannot provide immediate assistance and do not operate 24/7.” “GPs would send patients with acute symptoms to emergency anyway.” Ms Sewell, who is involved with a number of committees including the Suicide Safety Network and coordinates the Central Coast Suicide Reports in collaboration with the coroners office, said coroner John Arms was also alarmed by the advice not to refer people at immediate risk to emergency departments and she understood he had also asked for an explanation. “The project has been derailed and we can no longer deliver our strategy of sending a short precise community message that targets our tradies and their mates,” she said. “If you can’t go to ED where can you go? We are talking about people at immediate risk, not a bit sad, not just a bit depressed.” “If the process has changed Central Coast Local Health District needs to let the public know.”

## WORLD NEWS USA

7.8 Days Are Not Enough

<http://treatmentadvocacycenter.org>

If ever there was an illustration of what’s wrong with “ultra-short” psychiatric hospital stays, it’s the story of Adam Knapp.

Knapp died 18 days – and three hospital admissions – after he slit his wrists and swallowed two bottles of pills in a suicide attempt. He was killed when five cars struck him after he made a U-turn on a Washington state highway, collided with an oncoming car whose driver later died of injuries and leapt from his vehicle into traffic.

“You killed my son,” his mother Marcia Knapp told a nurse who answered the telephone at Ohio State University Medical Center, the third of the hospitals that admitted and released him in the days before the deadly episode, according to a detailed account of Adam Knapp’s final weeks (“Son who hears voices finds health care fatally dysfunctional,” Tom Moroney, Bloomberg News, Feb. 28).

The Bloomberg story cited data showing that the average hospital stay for acute psychiatric care has dropped almost 50% in barely 15 years – from 12.8 days in 1993 to 7.8 days in 2009. As anyone who lives or works with severe mental illness knows, that's not long enough for medication to reach a therapeutic level so that voices cease, delusions retreat, paranoia fades. Twenty psychiatric experts interviewed for the story said the rate of relapse and incidences of violence and death are rising as a result of shorter hospital stays.

In the face of such data and tragic stories such as Knapp's, you'd think public officials would widely embrace assisted outpatient treatment (AOT). At least with AOT in place, there would be some mechanism in place to further the stabilization of patients released from hospitals so fast that treatment isn't in full effect.

In far too many places, you'd think wrong.

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## HUMOUR

**STUDENT WHO OBTAINED 0% ON AN EXAM !**

I would have given him 100%

Q1. In which battle did Napoleon die? \* his last battle

Q2. Where was the Declaration of Independence signed? \* at the bottom of the page

Q3. River Ravi flows in which state? \* liquid

Q4. What is the main reason for divorce? \* marriage

Q5. What is the main reason for failure? \* exams

Q6. What can you never eat for breakfast? \* Lunch & dinner

Q7. What looks like half an apple? \* The other half

Q8. If you throw a red stone into the blue sea what it will become? \* It will simply become wet

Q9. How can a man go eight days without sleeping ? \* No problem, he sleeps at night.

Q10. How can you lift an elephant with one hand? \* You will never find an elephant that has only one hand..

Q11. If you had three apples and four oranges in one hand and four apples and three oranges in other hand, what would you have ? \* Very large hands

Q12. If it took eight men ten hours to build a wall, how long would it take four men to build it? \* No time at all, the wall is already built.

Q13. How can u drop a raw egg onto a concrete floor without cracking it? \*Any way you want, concrete floors are very hard to crack.

## HUMOUR

A man and his ever-nagging wife went on vacation in Jerusalem. While they were there, the wife passed away. The undertaker told the husband, "You can have her buried here in the Holy Land for \$150 or we can have her shipped back home for \$5,000. The husband thought about it and told the undertaker he would have her shipped back home. The undertaker asked him, "why would you spend \$5,000 to have her shipped home when you could have a beautiful burial here, and it would only cost \$150?????" The husband replied, "Long ago, a man died here, was buried here, and three days later, rose from the dead. I just can't take that chance!"

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