

The

Mildly

Muddled

Psycho**worker**

Index

Or

***‘MMPI’***

**A very non-standard, non-standardised, but  
hopefully not completely nonsensical  
consumer developed Service Assessment  
Tool**

*‘There are no right answers, just perspectives’.*

*But we will be putting this in your permanent file just in case:)*

## **Question 1**

**What is the prime business of psychiatric systems?**

- 1) Reducing Symptoms in consumers
  - 2) Managing risk
  - 3) Getting through the year without going to the Coroner's court
  - 4) Healing Souls; helping people get better.
-

# DISCUSSION

## *'Healing Souls'*

Psyche Iatros –Ψυχη ιατρος a Healer of Souls –  
what could be a higher and more inspiring calling;  
so why does it sometimes seem like first aid on the  
battlefield – patching people up to go out, get  
damaged then come in again for more patches?



## **Question 2**

**What is the most useful basic statement of minimum standards we can consider in all our practice?**

1) ACHS Standards

2) Charter of Human Rights

3) Getting through a week without being phoned by the Chief Psychiatrist's office

4) What is good enough for me and my family is good enough for my patients; what is not good enough for my family is not good enough for anyone's family.

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## DISCUSSION

*‘What is good enough for me and my family’*

We get used to ‘Making Do’ and set our sights for ‘consumers’ far lower than we would for ourselves or family in similar straits. When was the last time you considered staying at an inner city boarding house?



**“Personally, I wouldn’t  
have signed it.”**

### **Question 3**

**What is the tool without which a clinician cannot function effectively?**

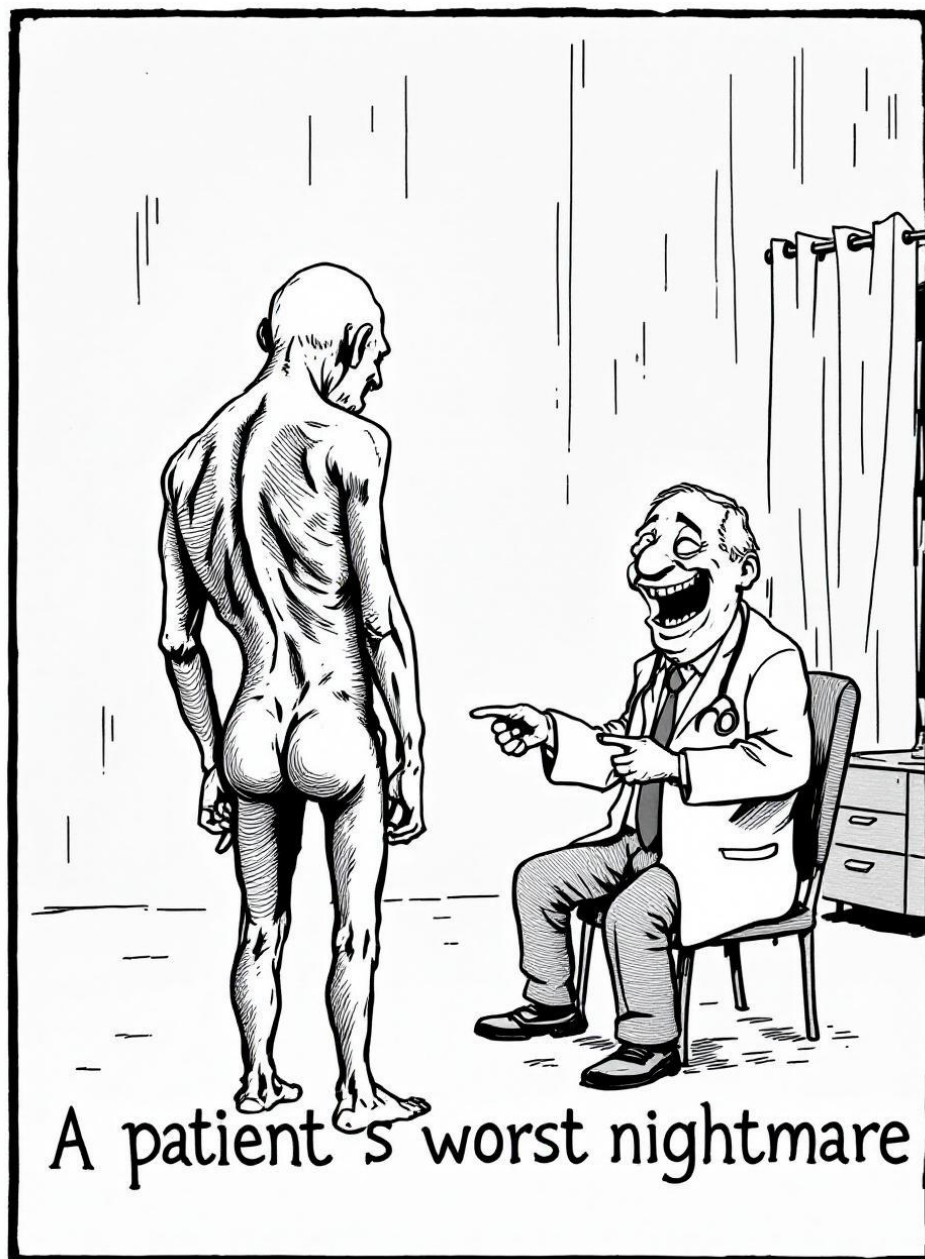
- 1) A copy of DSM on their laptop (Having a laptop would be good too)
- 2) A close knowledge of all current journals and texts
- 3) A false nose and funny glasses to hide behind when the sh\*t hits the fan
- 4) Respect for their patients and an authentic ability to demonstrate care and a desire to help

## DISCUSSION

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*Respect and an authentic ability to demonstrate care and a desire to help.*

Patients/consumers report this is the most critical quality in a support worker or clinician, more so than specific skills or training. Without it the training may not get a chance to be used, because - consumers can tell.



## **Question 4**

**If you had one wish granted by a genie for our system which of these would you choose?**

1) A working integrated IT system which reduces the amount of time spent on paperwork to 1/10.

2) A whiz bang new psychotropic with all the benefits of one of the major medications but no side effects.

3 ) A secret lab which clones as many consultant psychiatrists as needed, when needed.

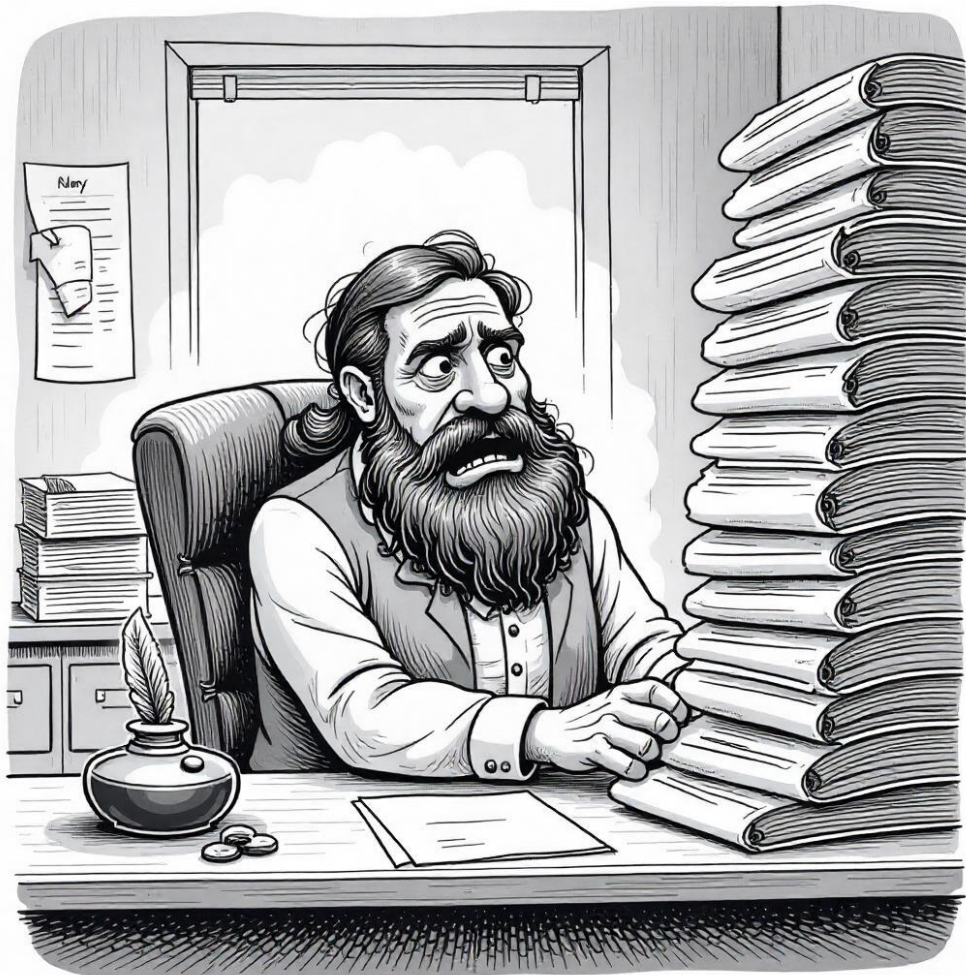
4) The capacity for psychiatrists and other clinicians to spend as much time working with and getting to know their public patients as they would like.

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## DISCUSSION

*Capacity for psychiatrists and other clinicians to spend as much time working with and getting to know their public patients as they would private patients.*

Yes, there is **not** time to do this, and resources as conceived now do not seem to **ever** be able to allow this; does that mean it isn't right to **strive** for it if we really think it is important? And it is.



## **Question 5**

**A crucial but under-recognised factor behind the apparent comparative low achievement of some people with mental illness is:**

- 1) Stigmatising societal attitudes
  - 2) Psychosocial disadvantage associated with psychiatric disability
  - 3) A vast and involved conspiracy intended to stifle their talent and opportunity based in Area 51 and involving alien technology, Elvis Presley and the CIA
  - 4) Low expectations and consequent low motivation in the minds of workers, family and consumers themselves
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## DISCUSSION

*Low expectations and low motivation in the minds of workers, family and consumers themselves*

Suddenly you are no longer a student, or a worker, or a parent any more.

Now you're a 'consumer' and the goal is 'management', symptom control or a 'New Normal' that can feel like a pale imitation of the life you used to lead.



**'I decided to set reasonable expectations this year.'**

## **The Big Question**

**The appropriate response to the gap between the mental health services we want and the ones we have is:**

- 1) To accept reality, that ‘it is what it is’ and work within the present system.
  - 2) To set reasonable goals for Quality Improvement projects.
  - 3) To keep an eye on real estate listings for pubs or post offices in small country towns
  - 4) To never give up, never ‘settle’; to strive to heal, to provide services you’d want for your family and to hold hope for consumers – and colleagues - even when your efforts seem naïve and unrealistic.
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# THE BIG ANSWER

*Never give up, never 'settle'.*

If you don't then consumers won't!  
Deal?

## NEVER GIVE UP!



*This muddled piece of rubbish is the production & sole responsibility of William Boreham-Moon, who gave birth to it one night before Christmas while under the effects of a piece of bad cabbage, or possibly a mouldy potato, so please don't blame him too much either.*

(Actually, I think it is all the CIA's fault somehow.)  
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# Scoring Sheet

## For the MMPI\*

|           |          |          |          |          |
|-----------|----------|----------|----------|----------|
| <b>Q1</b> | <b>1</b> | <b>2</b> | <b>3</b> | <b>4</b> |
| <b>Q2</b> | <b>1</b> | <b>2</b> | <b>3</b> | <b>4</b> |
| <b>Q3</b> | <b>1</b> | <b>2</b> | <b>3</b> | <b>4</b> |
| <b>Q4</b> | <b>1</b> | <b>2</b> | <b>3</b> | <b>4</b> |
| <b>Q5</b> | <b>1</b> | <b>2</b> | <b>3</b> | <b>4</b> |

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\*No - not that MMPI – The ‘*Mildly Muddled Psychworker Index*’ +

**Scoring is easy; just see how many of each number you have and compare to the table displayed.**

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# SCORING

## Mostly 1s or 2s

**You are a skilled, dedicated and overworked clinician who takes their work very seriously.**

## Mostly 3s

**You either are currently or are likely to be a senior manager in a public psychiatric service. May Heaven have mercy on your soul!**

## Mostly 4s

**You are an impractical, PC ratbag who has no conception of how the real world works. Good on you! Never change!**

Remember the message

Never Ever Give Up!

If you don't the consumers won't!

DEAL?

# NEVER GIVE UP!

