

INSight

From the CEO's Desk

As the year unfolds ...

I am again impressed by the activity and achievements of staff in Mental Health & Statewide Services and the Community Sector over the last two months.

This issue provides a snapshot of some of that activity. I would like to touch on a few items of note.

The Suicide Prevention Conference was held in late April by the Mental Health Council of Tasmania. The conference was a mammoth effort and an enormous success.

At the conference the Tasmanian Suicide Prevention Committee (TSPC) released key findings from an extensive statewide community consultation undertaken into suicide prevention in 2008.

The consultation identified that suicide prevention was considered an important issue for communities, particularly rural and isolated communities.

Communities also identified the need for more programs, activities and awareness campaigns to promote diversity and reduce the stigma surrounding mental illness.

They also identified the need to increase the capacity of communities to prevent suicide.

In response to the findings, the TSPC will be facilitating the development of a Statewide Suicide Prevention Strategy.

This work will dovetail into the work already underway to develop a Promotion, Prevention and Early Intervention Strategy for Mental Health Services.

One of the greatest challenges that we face is to get better at keeping people **out** of our services. To do this, we will need to focus on positive mental health - both for our consumers and the whole population.

We cannot do this work alone and collaboration, partnership, whole of government and whole of sector engagement will continue to be key messages into the future.

I am also pleased to see that the implementation of the ATOD Future Directions Plan is progressing at a rapid rate and the capacity and professionalism of the sector increases on an almost daily basis.

I welcome the new staff in ADS who have come from a variety of backgrounds and will lend new eyes, new perspectives and new energy as we embark on the tasks ahead.



Dr John Crawshaw

I am also delighted to be able to say that with the appointment of Dr Mandy Evans as Mental Health Services Southern Clinical Director, MHS now has its full compliment of senior clinical professionals.

Dr John Crawshaw



Mark Frohmader

ATOD FUTURE DIRECTIONS

The first quarter of the 2009 has already seen significant progress in the development of the Service Development Unit within Alcohol and Drug Services.

Caroline Sykes (based in the North) and Dr Adela Ristovski (based in the South) have joined the team as new Service Development Consultants.

Both bring significant skills and experience to our service to help us strengthen and develop the ATOD sector.

Caroline will be taking the lead role in the development of the Alcohol and Drug Youth Services Framework. She is currently undertaking consultations with staff and the Community Sector to develop and implement the framework.

Dr Adela Ristovski is a Doctor of Clinical Psychology. Adela is currently coordinating the establishment of new services within the community sector including Care Coordination Services for clients with multiple and complex needs, Advocacy Service for clients of the ATOD sector and Consumer and Carer Participation Programs. Adela has also recently commenced a significant project looking at the range of psychosocial interventions delivered within the ATOD sector.

The development of the ATOD sector continues through:

- the recruitment of an addiction medical specialist and specialist nursing positions;
- additional support to young people by increasing the numbers of specialist youth workers in the Alcohol and Drug Service and within specialist community sector organisations;
- increased support for community sector residential rehabilitation services;
- the establishment of new community based services including Care Coordination, Advocacy and Consumer Participation Services.



Narelle Butt

MHS STOCK TAKE

Since our last report, the Steering Committee responsible for implementing the recommendations of the Stock Take Progress Report has met to determine its priorities for the next few months.

Currently, a range of activities within Mental Health Services are occurring independently of the work of the Steering Committee.

Many of these activities will also address some of the recommendations of the Stock Take Progress Report. These activities include:

- the implementation of the clinical governance framework,
- the consumer and carer participation review,
- participation in the DHHS Review of Nursing and Allied Health Workforce
- the establishment of the Mental Health Services and Community Sector Interface Group.

In light of this work, it was decided that at this point in time the efforts of the Steering Committee would be best focussed on implementing the recommendations related to the model of care.

In particular, work has commenced to look at the maximising recovery panels (MRPs) and the Helpline recommendations. The Stock Take allowed us to collect a significant amount of feedback in relation to these programs and we will be looking to build on this information by holding forums with key stakeholders over the next two months.

Invitations will be sent to those identified key stakeholders early next week.

I look forward to keeping you all updated as we work to implement the recommendations of the Stock Take Progress Report.



Official Opening of Rocherlea Facility

Premier David Bartlett and Minister for Health Lara Giddings officially opened Rocherlea on the 9 April. Rocherlea is a new 15-bed Residential and Recovery Service in the State's North.

The \$2 million development of the 15-bed Residential and Recovery Service is the direct result of a need identified in the Bridging the Gap Review of Mental Health Services undertaken in 2004.

The review identified the need for a higher level of supported accommodation for consumers with a mental illness in the North of the State.

Both the Premier and the Minister for Health spoke at the launch. The launch was attended by over 50 people, including consumers, carers, community sector organisation representatives and staff from Mental Health Services and Anglicare.

Anglicare will manage the day to day operation of the facility and Mental Health Services will provide clinical treatment and support.

The Premier said that Rocherlea will play an important role in enabling people with a serious mental illness to receive transitional care and rehabilitation support.

“Rocherlea will provide support for people leaving inpatient facilities and also prevent the need for some people who are experiencing a short term crisis to enter inpatient facilities,” Mr Bartlett said.

“We are committed to working in partnership with the community sector and Rocherlea is a good example of how a collaborative approach to care and treatment can operate,” Ms Giddings said.

“People with a mental illness need clinical support but just as important is the need for housing and for social and recreational opportunities.

“Rocherlea Residential Rehabilitation and Recovery Service will provide a home like living and learning environment for mental health consumers with intensive support needs.

“The complex has been designed to foster a sense of community and allow care to be provided in an environment where there are minimal restrictions,” Ms Giddings said.

The Premier also expressed the Government's commitment to providing support for people with a mental illness and to changes in the care and treatment of mental illness in Tasmania.

“We will continue to strive to integrate mental health services to ensure that barriers to care and treatment are removed and that care is offered in a seamless fashion,” Mr Bartlett said.

The facility consists of a five-bed transitional care unit which has been designed to accommodate consumers needing high levels of care for short periods of time.

The independent living consists of 10 individual units designed for those who require a lower level of support.

John Crawshaw, CEO of Mental Health & Statewide Services, acknowledged and thanked all the staff of Mental Health Services, Anglicare and DHHS for their hard work and commitment which has resulted in the opening of this new facility.



Lara Giddings and some of Northside's staff at the official renaming event

Northside Mental Health Clinic

On the 9 April, the Minister for Health, Lara Giddings, officially renamed Ward 1E as Northside Mental Health Clinic.

Ms Giddings said that she was confident that the change of name will signify the significant cultural shift that has gone on within the unit, as well as promote a more positive public attitude towards the facility and mental health in general.

The name 'Northside' had been chosen from more than 90 suggestions after an extensive public consultation process.

The final names were then tested in focus groups, with unanimous preference for Northside.

Ms Giddings said Northside was associated in the community mind with 'moving up' and 'recovery'.

"It also is positively associated with the fact that the sun shines from the North," Ms Giddings said.

The change of name is a vital part of the major and ongoing improvements that have occurred in the acute mental health unit

since the review of the facility by Peter Santangelo.

"There have been huge improvements to client outcomes, particularly in relation to the quality and safety of care and in ensuring professional standards are consistently delivered," Ms Giddings said.

Ms Giddings congratulated staff at Northside for the recent changes that have taken place which include:

- The appointment of a new full-time occupational therapist and a Clinical Nurse Educator in the North;
- Training for staff in providing safe environments;
- Team building to develop a more positive culture;
- Revamping of the clinic's occupational therapy program;
- A new entrance and reception area for the clinic.

Northside also has been a pilot site for the National Beacon Project on reducing seclusion and restraint, which is looking at ways of transforming patient care practices

nationally.

Ms Giddings said that the Clinic had come a long way and congratulated staff and management.

In an effort to demystify acute mental health facilities some significant changes have also been made in the corridor leading to Northside.

A display of photographs on the walls depicts the day to day life of clients in the Clinic.

There is also a very realistic lifelike mural on the doors to the Clinic that depicts what lies beyond.

Dr John Crawshaw, CEO of Mental Health & Statewide Services, said that the changes were made in response to the focus groups findings which showed that significant stigma, fear and lack of knowledge still surrounded acute mental illness and its treatment.

"This includes some very outdated stereotypes and urban myths around the facilities and staff who look after people with a mental illness," John said.

The Beacon Project - Reducing Seclusion and Restraint

The 4th National Conference on Reducing Restraint and Seclusion was held in Melbourne recently and was highly successful in every aspect.

Project officers presented their achievements, which included what strategies they were employing, what policy and procedural changes were being implemented and how leadership issues were being dealt with.

Seclusion data from all jurisdictions indicated a national decline in seclusion rates that is clearly linked to the use of early interventions, de-escalation management and risk assessment.

There was a presentation on Polypharmacy with case studies revealing that some patients were being prescribed excessive multiple medications that clearly exceeded ethical and quality and safety standards.

A consumer spoke of his experiences of R&S which was very powerful and highly emotional for some. There was discussion around consumers being employed by mental health services; a subject of much debate in recent years.

For those jurisdictions recruiting consumers, the general consensus was that these consumer consultants are invaluable to staff, patients and the relevant MHS employing them.

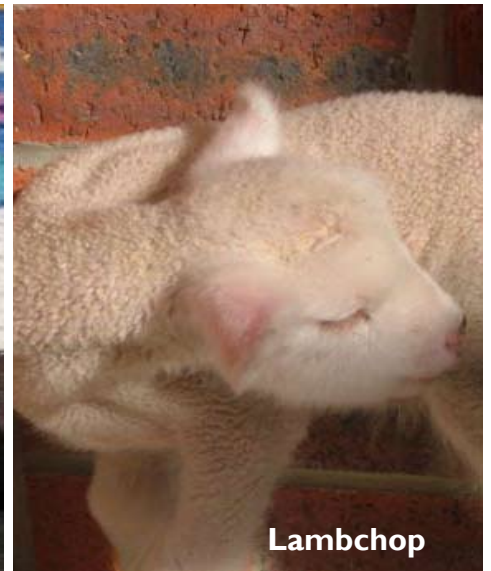
Tasmania now leads the way in many areas around restraint and seclusion. We have in place strategies which many mainland jurisdictions are still talking about or only just introducing.

We are also leading in policy and procedural development on issues that other jurisdictions have not yet considered, and we are seeing a significant shift in culture by staff within the MHS connected to the Beacon Project, which is no mean feat by any standard.

**Dannii Lane
Beacon Project Consumer Consultant**



Kara



Lambchop

Wilfred Lopes unveil secret weapons in de-escalation

A 10 year old dog called Kara is just one of the secret weapons in de-escalation being used by staff at the Wilfred Lopes Centre.

Kara belongs to Susan Styles, Manager of Wilfred Lopes and Kara has been visiting clients at Wilfred Lopes for over a year now.

“One of our clients who particularly adores her said to staff that sometimes he really wanted to “go off” but he couldn’t because it might upset Kara.

“He didn’t want to do that, so he took himself to his room instead,” said Susan.

A lamb called Lambchop was also a brief addition to the occupational therapy program at Wilfred Lopes.

“The lamb was rescued from being orphaned and needed to be hand raised so its owner brought it to work and the clients bottle fed it,” Susan said.

“We now have two dogs and a rag doll cat that are part of the pet therapy programme here.

“A very special bond has developed between one of the dogs and one of the clients.

“Both the dog and the man really look forward to each other’s company - it’s beautiful to see,” said Susan.

For an animal to be eligible to enter the pet therapy program at Wilfred Lopes, the animal must have a vet certificate that states it has a suitable temperament for a therapy pet and that it is clean and vaccinated and treated for fleas.

The owner has the responsibility to dispose of any litter from the animal. To date there have been no untoward incidences.

Wilfred Lopes is a Secure Mental Health Unit that is operated by Forensic Mental Health Services.

Clients of the unit are provided with modern, professional and highly specialised psychiatric care and treatment. Treatment is based on individually tailored programs designed to support independence and dignity, and minimise the ill effects of long-term care.

Release of National Mental Health Policy

Australian Health Ministers announced the launch of the National Mental Health Policy 2008.

The policy embeds a whole of government approach to mental health.

The policy represents a renewed commitment by all health ministers and ministers with responsibility for mental health to the continual improvement of Australia's mental health system.

The policy articulates the vision of a seamless and connected care system which is consumer focused and recovery orientated and where consumers are supported to engage with the community and participate to their full potential.

The policy also pays increased attention to promotion, prevention and early intervention and recognises the need for collaboration across a range of services.

Most importantly, it recognises that to achieve the desired outcomes there must be ongoing development and support of a skilled workforce delivering quality services that are based on best evidence.

A copy of the National Mental Health Policy can be found online at: <http://auseinet.com/noticeboard/ausei90.php#1351>

New Website Up and Running

Mental Health Services and Alcohol and Drug Services have gone live with Stage One of our new websites.

Dr John Crawshaw said that the new websites were the first step towards ensuring that the public had open and transparent access to services and information.

“I am encouraging staff, community sector organisations and the consumers to look at the website and provide feedback to us in relation to how we can improve and grow the sites in the next stage of development,” John said. John said that navigating mental health services in Tasmania can sometimes be a baffling task for consumers and carers.

“We plan to develop the site to provide a comprehensive directory of services provided by government, community sector organisations and the private sector,” John said.

“Links to and from other sites in

the sector will be encouraged,” he said.

The aim over time is to develop a sophisticated and integrated site that will help consumers and carers navigate mental health services and drug and alcohol services in Tasmania.

We will be consulting with the community sector and with consumers and carers in the coming months to identify ways in which the website can be developed and improved.

The Alcohol and Drug website will shortly be refreshed with its own unique visual identity which is currently still under development.

Feedback on the sites should be directed via email to: mhadmin@dhhs.tas.gov.au

The websites can be accessed at: <http://www.dhhs.tas.gov.au/mentalhealth>

Graduate Certificate in Mental Health Nursing

A Graduate Certificate in Mental Health Nursing is being offered for the first time in 2009.

The certificate course provides registered nurses with the opportunity to commence step 1 of a specialist mental health program which is designed to provide postgraduates with beginning level specialist skills.

The certificate can be undertaken in one year and involves completing four Foundational Mental Health Units. The Graduate Certificate in Mental Health Nursing does not lead to endorsement to practice as a mental health specialist.

Christine Handley, Senior Lecturer at the School of Nursing & Midwifery (UTAS) said that some prospective students are more likely to see the completion of a one year course in mental health as a more achievable first step towards achieving a Graduate Diploma in Nursing (Mental Health/Psychiatric Nursing).

“The introduction of this course has direct benefits for recruitment and retention of nurses into mental health and a sustainable mental health nursing workforce,” Christine said.

Nurses who wish to be endorsed as a mental health/psychiatric nurse need to complete the Graduate Diploma in Nursing (Mental Health/Psychiatric Nursing) which is the second step towards achieving a Master in Clinical Nursing qualification.

Christine Handley is a Clinical/Academic Conjoint, a Senior Lecturer of the School of Nursing and Midwifery (UTAS), and co-ordinator of a specialist mental health team of the Graduate Diploma of Nursing and the Graduate Certificate in Mental Health Nursing.

Step Three:
Masters in Nursing.
One Year

Step Two:
Graduate Diploma in Nursing.
One Year

Step One:
Graduate Certificate in Nursing.
One Year

COPMI Update

COPMI Pilot Project for Tasmania

Tasmania and Victoria have been selected to pilot a new COPMI e-learning mental health worker resource developed by the national COPMI initiative - Keeping Families and Children in Mind.

The resource will be piloted on the North West Coast in August 2009 with the final resource to be launched at the inaugural World COPMI Conference in Adelaide in October 2009.

Development of Early Childhood Resources

The National COPMI initiative, as part of the resource development process, is developing a new booklet for the 2-7 year age group – Piecing the Puzzle Together.

The booklet and the accompanying early childhood workers resource supplement, has been developed with significant input from families caring for children aged 2-7 years where a parent is experiencing mental health problems.

The National COPMI initiative is looking for more early childhood workers to review the early childhood supplement.

If you would like to take part in the trial of the new documents, please contact Elizabeth Fudge: (08) 8367 0888 or email fudgee@aicafmha.net.au

(A \$30 Coles/Myer voucher is provided to persons participating in the trial to thank them for their time and effort).

When a parent has a mental illness

COPMI campaigner Dr Alan Cooklin, funded by the Royal College of Psychiatrists' Images of Psychiatry Campaign (UK), has produced a short film aimed at young carers.

Did you know that there are lots of children who have a parent who might take medicine for feeling sad, getting very angry for no reason, not wanting to join in with things or saying and doing strange things? That may be because they have a mental illness.

No-one really knows exactly what happens in the brain when people have an illness like this. This video gives an idea of what might be going on for some. Young carers talk about their lives caring for a parent with mental illness.

Narrated by Chineye, a young carer herself, the film also explains in a very simple and visual way how the brain works and what happens when things go wrong.

See: <http://www.rcpsych.ac.uk/mentalhealthinfo/youngpeople/caringforaparent.aspx>

Jane Austin

Official Visitors Welcome New Recruits

Official Visitors (Mental Health) are delighted to advise that newly recruited Visitors have now received their training and you will be seeing them join Official Visitor inspection panels on the wards from April.

For the first three months, new Visitors will be observing how a panel carries out its functions and for six months after that they will be mentored by an experienced Visitor. This should ensure a confident and competent service. We have five new people in the north/northwest and three in the south.

For the past two years, we have implemented a program of two night-time and two weekend inspections during the year to each facility in the south. This means that we are able to provide 24/7 coverage over the course of a year. Due to low Official Visitor numbers, so far we have been unable to extend out-of-hours inspections to north/northwest facilities. However, with our increased complement of Visitors, we expect to do so during the next financial year.

After completing the training, we held a statewide meeting at Campbell Town (see photo below). The office-based team now consists of Val (Manager), Mark (Admin Officer), and Phil (Policy Officer). We recruited Phil earlier this year, thanks to additional funding provided by Mental Health Services. Some of you will have met him already, during his whistle-stop tour around the mental health facilities.

Phil's appointment has enabled us to recommence monthly feedback to facilities. I'm very aware that many facilities would appreciate this feedback electronically but, until we have a more secure system, I'm afraid that won't be possible.

If any service area would like Official Visitors to provide an information session to staff or service-users, we would welcome your call.

Val Shelton-Bunn - email: manager@ovstas.org or phone: 6224 9222



Pam, Annette, Trish, Mark, Merleen, Val, (standing) Michelle, David, Kate, Anne, Michael, Simone, and Phil (Mark and Michelle applaud)



Tasmania's First Mental Health Nurse Practitioner

Catherine Schofield, Strategic Nurse Coordinator of Northside Mental Health Clinic has been authorised by the Nursing Board of Tasmania to practice as a nurse practitioner in mental health.

Cat was delighted by the Board's endorsement.

"It recognises my clinical experience and the work I have put into maintaining a clinical focus and working hard over many years to achieve the necessary qualifications and experience.

Catherine Schofield was born in the United Kingdom where she undertook training in psychiatric nursing through the Suffolk Area Health Authority and at the Cheadle Royal Hospital.

Catherine has a Bachelor of Applied Science (Nursing) from Sydney University and a Masters in Specialist Practise Mental Health from the South Australian University.

She also has a Graduate Certificate in Forensic Behavioural Science from Monash University.

Catherine worked as a Clinical Nurse and Registered Psychiatric nurse in Mental Health Services for nine years prior to filling a number of senior management positions.



Dr John Crawshaw and Mark Byrne sign the MOU

A coordinated approach to service delivery for Youth Justice

Youth Justice and Mental Health Services have signed a memorandum of understanding (MOU) that will assist in providing a coordinated and appropriate service for Youth Justice clients.

The MOU gives some clear guidelines for cooperation and interactions between workers from Youth Justice and Mental Health Services in order to provide a seamless service to young people who are involved with Youth Justice and Mental Health Service organisations.

The MOU covers issues such as information exchange, the gaining of client consent and managing court requests for mental health assessments.

It states clearly how information will be shared and gives a clear indication of how future liaison work will be undertaken and specifies how, how often and what level of training will take place for workers in relation to developing an understanding of each organisation's area of expertise.

It also addresses the challenging issue of a young person presenting with mental health issues whilst in Ashley Youth Detention Centre.

The MOU is the result of extensive consultations held since 2007.

The success of the MOU will be reviewed in six months, at which time the MOU will be extended to incorporate Alcohol & Drug Services.

The Courts have been asked to send all requests for mental health reports in future to the relevant Youth Justice Area Manager, who will coordinate services and manage the information flow.

Staff of MHSS can find a copy of the MOU on the intranet at: <http://intra.dhhs.tas.gov.au/dhhs-online/page.php?id=27765>

In Memorium Nola Burrows

It is with great sadness that the staff of Alcohol and Drug Services inform all staff of the passing of Nola Burrows (Clinical Nurse, In-Patient Withdrawal Unit) on 11 March 2009.

Nola had been unwell for some time and passed away peacefully. Nola had worked for the Alcohol and Drug Service in the Withdrawal Unit since 1988.

She has been an inspirational leader to staff and has been a support for all. Nola's kindness, generosity and compassion will be missed. Nola has been a mentor to staff both new and old and treated all with respect and professionalism.

One of her strongest attributes was her ability to relate to clients at all levels and always negotiate the best outcomes for them.

This has been written on behalf of all the staff in the In-Patient Withdrawal Unit who will miss her greatly and remember her fondly.

Time to Have Your Say ...

Mental Health & Statewide Services Staff Opinion Survey

In late May/early June, all staff across MHSS will be invited to have their say in an Employee Opinion Survey.

It has been some time since staff were last asked their opinions on their workplace environment.

The aim of the survey is to systematically gauge the views of all staff on a range of issues that affect their employment, wellbeing and practice.

The project is being developed and executed by the Coordination and Innovation Unit in Mental Health & Statewide Services.

Nick Goddard, Manager Coordination and Innovation said that the Employee Opinion Survey of the business units within MHSS will assist in measuring and monitoring the morale, perceptions and opinions of staff over time on a wide variety of organisational issues.

"This information will be used as a basis for making workplace improvements and designing strategies to develop the workforce," he said.

"It will also be used to identify organisational strengths and weaknesses and measure success in relation to organisational culture change.

"It will build on consultation with staff initiated through the Stocktake process and provide a means for staff to provide opinion," Nick said.

The survey is currently in the final stages of design and will be tested in focus groups with staff.

If you would like to be part of the staff survey testing please email: anne.kerr@dhhs.tas.gov.au with your contact details.



Consultant Marguerite Tohl presents the report

Release of the MHS Community Sector Organisations Evaluation Report

Mental Health Services (MHS) is pleased to announce the release of the Final Evaluation Report completed by MMT Consultancy Services.

The Report evaluates the performance of services funded by Mental Health Services and delivered over the past three years by Anglicare, Richmond Fellowship and Aspire.

The specific services evaluated include:

- ASPIRE's Recovery programs in the Northwest, North and South.
- Richmond Fellowship's Recovery Program in the North West of the State and its residential rehabilitation facilities
- Anglicare's Recovery Programs for the North and South and Curraghmore

Dr Crawshaw officially released the Report in Hobart on 7 April 2009 and recommendations were workshopped with the participating organisations.

He acknowledged the participating organisations and their staff for their time and effort in ensuring the success of the evaluation.

As a result, MMT Consultancy were able to provide a very comprehensive document which fundamentally recognises the value in the relationship established between MHS and the community sector and

provides us with some good advice on directions for moving forward.

The 22 recommendations will assist both MHS and the Community Sector Organisations to work together in providing improved services to consumers which will deliver required outcomes.

Michelle Swallow, Executive Officer for the Mental Health Council of Tasmania said that the community mental health sector has undergone significant growth since the introduction of Bridging the Gap.

"This significant investment by the Tasmanian Government through MHS has ensured increased choices for consumers to live in their communities," Michelle said.

"The evaluation of services provided by Anglicare, Aspire and Richmond Fellowship acknowledges that they are a core component of the mental health system and assist many people to address the issues they face in their recovery, including employment, education and housing.

"The community sector looks forward to working with MHS to progress the 22 recommendations put forward by MMT," Michelle said.

To obtain a copy of the report please contact Gerry Lampasona on 6230 7928 or email: gerry.lampasona@dhhs.tas.gov.au

Delay Delay Delay

The National Health and Medical Research Council advise that not drinking is the safest option for adolescents aged 15 to 17 years.

The recently released Australian Guidelines to Reduce Health Risks from Drinking Alcohol advise that where drinking does occur, it should be under parental supervision and within the adult guideline for low-risk drinking (ie. no more than two standard drinks a day).

Adrian Reynolds, Clinical Director for Alcohol and Drug Service said that it was important that people realise that the guidelines are not stating that two standard drinks per day is safe or low risk for adolescents.

“The developing brain of an adolescent or young adult is more vulnerable to damage than the adult brain,” Dr Reynolds said.

“There is evidence that adolescents who drink two standard drinks a day on a regular basis are at serious risk of alcohol-related injury as well a range of other health harms,” he said.

Dr Reynolds does not believe that parents should introduce or supply alcohol to children and adolescents.

“There is evidence that even a sip may reshape drinking pathways and increase the rates of underage drinking and chances of alcohol problems in adulthood,” Dr Reynolds said.

Alcohol currently poses the single greatest threat to young people’s health and safety in Australia.

“The new guidelines seriously contradict our present social acceptance of adolescent drinking and present social norms,” said Dr Reynolds.

“Parents have a strong influence on children’s drinking practices as does the commercial world,” Dr Reynolds said.

Dr Reynolds suggests that a sensible public policy would have us legislate to make all supply of alcohol to minors unlawful.

“When we look at the evidence, it does not support the commercialisation of drinking as a social past-time or the

tacit support from parents that often accompanies underage drinking,” he said.

To download a copy of the guidelines go to: <http://www.nhmrc.gov.au/publications/synopses/ds10syn.htm>



Dr Adrian Reynolds, Clinical Director, Alcohol and Drug Service

Successful funding proposals

Mental Health Week Events 2009

Ten proposals for Mental Health Week Events in 2009 were received by the Mental Health Week Committee from Community Sector Organisations.

The Committee was impressed by the high standard of the event proposals and by the innovative event concepts. All applications were successful and received at least part funding for their event.

Successful funding recipients and events were:

1. Youth & Family Focus, USA Game Day Event
2. Aspire, Statewide art competition/exhibitions and development of calendars and postcards
3. ARAFMI, TASCAG & NORTHSIDE, Film screening at State Theatre
4. Tasmanian Consumer Organisation, The Big Cushion Event
5. Hobart Clinic, Mental Health Day in the Gardens
6. Break O’Day Health Resource Association, Education Workshops and Mocktail Event
7. Climbing Fences, COPMI Resource Celebration
8. Centacare, Family Fun Ute
9. Anglicare, Consumer Calendar of artwork
10. Salvation Army, Exhibition/Expo for School Children in North West

To list your event in the Mental Health Week Calendar and program, visit www.dhhs.tas.gov.au/mentalhealth





Health & Wellbeing Services

Who are we and what do we do?

Health & Wellbeing Services (HWS) are now part of Mental Health and Statewide Services.

HWS consists of Oral Health Services and Cancer Screening and Control Services.

The Director of HWS, Mary Blackwood said that Health & Wellbeing Services has a strong emphasis on accessibility and on health promotion, prevention and early intervention.

Like the other business units in Mental Health & Statewide Services, HWS is a statewide service.

HWS employs 190 staff in Oral Health and 45 staff in cancer screening.

Oral Health Services operate four major dental centres around the state and provide children's services from the major centres plus 30 additional sites.

Cancer Screening and Control provides breast screening at two major sites (Hobart and Launceston) and also provides services from a Mobile Unit that provides screening services at 21 sites around the state on a two year itinerary.



Some of the Garden Group members

Richmond Rokeby's Community Garden

Recently a community vegetable garden has been built at the Richmond Fellowship Rokeby.

Three raised beds were constructed from timber sleepers and planted with a wide-ranging mix of vegetable seedlings.

The group behind this project call themselves "The Secret Garden Group" and is made up of Richmond Fellowship residents.

Although supported by staff, all decision making, research and physical work has been done by the group members themselves.

The group was formed in early November 2008 and set itself the challenging goal of having a garden constructed in time for summer.

That the garden has been built so quickly and is already producing tasty strawberries, radishes and an abundant supply of silverbeet is testament to the hard work and teamwork of this group.

Indeed, when Secret Garden Group members were reflecting on their experience of the group for this article, 'teamwork' was a recurring theme.

At times this teamwork has been challenging. One group member commented that the group has pushed him to work things out with other people.

He says that this has driven him out of his comfort zone and has at times been quite frustrating but has also taught him a lot.

Another member reflected that the group has strengthened the friendships of people in the group and has also been rewarding on an individual level.

"My diagnosis might be the same but I am happier in myself," he said.

Building a community garden is something we highly recommend!

Written by Rebecca Urie

Huntington's Disease Conference

Friday

1st May 2009

MERCURE HOTEL

156 BATHURST ST

HOBART

James Pollard (Jimmy to his friends) from the USA will be the key-note speaker at the Huntington's Disease Association's one day conference and dinner to celebrate the 30th anniversary of the organisation in Tasmania.

Attracting a speaker of James Pollard's standard has been a major coup for this small community sector organisation.

He is co-author of the *Caregiver's Handbook for Advanced Stage Huntington's Disease* which is in wide use in Australian facilities and has been translated into French, Italian and Swedish.

His new publication *Hurry Up and Wait* is a great publication that deals with understanding the person with Huntington's Disease – how they feel and how they think. This will be the theme of his presentation at the conference.

Other key speakers will include A/Professor Nellie Georgio-Karistianis who is head of the Experimental Neuropsychology Research Unit at Monash University.

Nellie will speak about the research that is happening in

Australia as part of world-wide studies and the results of that work. There are local participants in these studies so this work is particularly relevant.

Dr Bronwyn Morkham, National Director of Young People in Nursing Homes (YPINH), a dynamic and inspiring speaker, will also be presenting to our audience.

We will have a person with Huntington's Disease and her support worker talking about their relationship and demonstrating the device that makes their communication easier and a lot more fun.

This is a great opportunity to meet those who care for people with Huntington's Disease in the home or in a care facility and learn more about this debilitating disease as well as to hear some great speakers.

Further information is available by phoning the HD Association office at 6431 3403



Mrs Joyce Ablitt President of the Huntington's Disease Association in Tasmania.



Open Day Langford Youth Activity Centre

Langford's new Youth Activity Centre is nearing completion.

Langford invited Case Managers, Clients and staff of Mental Health & Statewide Services to come to open days in early May in order to familiarise themselves with the program.

Activities will run from Monday to Thursday at the Centre which is centrally located in the Hobart CBD.

The activities include education based activities, internet access, health and fitness, skill development as well as adventure and art activities.

Activities will run from Monday to Thursday from 10.30am to 2.30pm. Introduction days will be run on Fridays.

The primary target group for the service is people aged 16-25 years who are experiencing early stages of Mental Illness.

All referrals are via the Mental Health Services Maximising Recovery Panel.

For more information contact Langford on 6278 1677 or email: villas@langford.org.au



Workshop Participants



Jeff Cheverton

The MHCT: Destigmatising Mental Illness in Tasmania

The Mental Health Council of Tasmania (MHCT) recently hosted its inaugural policy forum, Tasmania's Opportunity to Destigmatise Mental Illness.

With over thirty attendees from around the state, the day was a great success.

Jeff Cheverton (Churchill Fellow; Executive Director Queensland Alliance; MHCA Board Member) led the day's discussion. Jeff completed a Churchill Fellowship in 2007, having travelled to New Zealand, USA, Canada and the UK, to investigate fundraising for mental health advocacy in New Zealand, USA, Canada and the UK.

His report *Global Madness: A Journey of Policy Influence, Fundraising and Social Inclusion on New Zealand, USA, Canada and the UK*, discusses the importance of destigmatisation in terms of the return on investment for implementation of social marketing campaigns such as SEE ME in Scotland and LIKE MINDS in New Zealand.

His presentation was deeply moving and illustrated what Tasmania (and indeed Australia) could be doing better.

Following on from Jeff a highly informative panel, comprising Jane Austin (DHHS/MHS), Andrea Heath (Social Inclusion Unit), Jo Cook (TASCAG) and Gary Kelly (ARAFMI), discussed the importance of destigmatisation in Tasmania.

Three workshops in the afternoon provided the opportunity for participants to contribute to discussion and put forward their recommendations. The workshops

asked participants to consider the current situation in Tasmania, how to make destigmatisation happen (identifying not just what needs to happen, but how to best to facilitate the implementation process) and maximising the impact for the long term.

In discussing the current situation, a wide range of organisations/programs/activities were identified as contributing to improving the perception of people living with a mental illness in the Tasmanian community.

However, there was an obvious lack of any specific destigmatisation program. In addressing this gap participants recommended that a range of factors need to be considered in the development of interventions and that a diversity of interventions is necessary to ensure destigmatisation.

Participants also said that it is important that any effort towards destigmatisation is feasible, sustainable and based on the recovery model.

Destigmatisation is not a short term fix and a sustained effort will be necessary to combat entrenched community prejudices.

Recommendations from the workshops will be utilised to inform current policy and policy development in the future.

For more information including the recommendations in full and photos from the day, please visit http://mhct.org/events.html#ev_pas.

DHHS Strategic Directions 2009-2012

DHHS has just released its Strategic Directions 2009-2012 which was written following an extensive period of consultation across the Agency. A copy can be downloaded from www.dhhs.tas.gov.au

This document consolidates a range of existing DHHS strategies – including Tasmania's Health Plan and the human services reforms – into one concise directions statement.

It sets out our vision, our mission and our five key strategic objectives. It also explains how we aim to achieve these objectives and – more importantly – the benefits Tasmanians can expect to experience as a result.

Notice Board

MH In-Touch

MH (Mental Health) In-Touch is a new network that will meet periodically to discuss how to best assist people living with a mental illness to access education, training or employment.

MH In-Touch aims to link mental health service providers with education and training providers and employment agencies. It will provide a chance to share what is happening, hear about new initiatives and meet others.

The first meeting will focus on what support exists to help people with a mental illness gain employment or participate in education and training?

This FREE networking session, includes drinks and nibbles as well as a panel discussion. The panel will comprise David Gould (Manager, TQM), Donna Harris (Mental Health Counsellor, UTas) as well as a representative from Mental Health Services.

WHEN: 3.30pm to 5.30 pm, Thursday 21 May

VENUE: Amenities Room, 99 Bathurst Street

RSVP: 15 May 2009 to Debbie Hindle (Debbie.Hindle@utas.edu.au or Ph 6226 1796)



Multicultural Mental Health Australia multilingual mental health CDs

Multicultural Mental Health Australia (MMHA) has launched a stigma reduction training kit and audio series of mental health fact sheets.

Through a partnership with SBS Radio, MMHA produced a series of audio mental health fact sheets in over 20 languages on various mental health topics. The audio fact sheets are available on CD and in digital format.

The CDs will be used along with a new mental health training kit for community workers, Stepping Out of the Shadows: Reducing Stigma in Multicultural Communities, designed to help raise awareness and reduce stigma towards mental illness in multicultural communities.

Link: <http://www.mmha.org.au/information/news-items/mmha-s-new-funding-and-resources/view>

Do you care for someone with a mental illness?

The Commonwealth Respite and Carelink Centre in partnership with The Hobart Clinic and Carers Tasmania is conducting a workshop entitled : **Carer Lifestyle and Balance.**

As well as information on the types of mental illness, treatment and therapy options, there will be indepth discussion on how the illness may impact your life and those around you.

WHERE: The Baha'i Centre of Learning,
DATE: 20th May 2009, 9.30 am - 4.00 pm

FREECALL 1800 052 222 to reserve your place

Funding to support social events and activities in drought affected areas

The Tasmanian Farmers & Graziers Association has recieved \$100,000 from the Tasmanian Government to provide support to social events and activities in the drought affected parts of Tasmania.

There are no restrictions on who is able to apply for funding and no limits on the amount of funding per application.

Applications close 30 June. Contact Nick Flittner for further information on 03 6336 1800 or email: drought@tfga.com.au

Launch of new children's book Big and Me by David Miller

The story is a metaphor for a child living with an adult who suffers from mental illness. Big and Me is dramatically illustrated with paper sculpture.

The plot: Big and Small are machines that work together as a team. Big malfunctions in a variety of ways and Small tries to help, with the assistance of the Boss and Mechanic.

For more information contact: www.fordstreetpublishing.com

Inside Roy Fagan

Roy Fagan is a 42 bed statewide inpatient facility for older people which is operated by Mental Health Services in Hobart.

The Roy Fagan Centre is a specialised hospital under the Mental Health Act focussed on delivering assessment and treatment to elderly persons with mental health issues as well as dementia.

The facility has four wings (two dementia wings and two psychiatric wings) as well as a day centre.

OPMHS South operates a community team which provides assertive case management ,assessments and referrals , clients are referred via the Mental Health Helpline.

The Roy Fagan Centre is staffed by a team of 48 nursing staff and 2 administrative staff. Dr Martin Morrissey is the Clinical Director for OPMHS South.

Dr Joanna Bakas is the Senior Psychiatrist and Dr Kanapathippillai Ratnagobal is the Medical Officer for Roy Fagan Centre.

The average length of stay is around 6 to 8 weeks.

Craig Fraser who is the acting Nurse Unit Manager

said that staff at the Roy Fagan Centre are very dedicated and experienced when dealing with challenging behaviour management issues. The centre has a high staffing ratio of three staff to ten patients in order to provide intensive care and treatment.

‘All patients have an Individual Service Plan devised and a treatment plan is formulated according to their requirements,’ Craig Fraser said.



One of the bedrooms in Roy Fagan



An aerial view of the building's four wings.



Each section of Roy Fagan has its own secure yard and outdoor area.



The Activity Room



The Day Centre

Community Sector Interface Group

The Mental Health Services Stock Take that was undertaken in 2008 identified the need to develop greater collaboration between the community sector and Mental Health Services.

Consideration is also being given to the establishment of an inter-agency and an intra-agency collaboration forum to enable mental health issues to reach a broader audience.

As part of this broader collaboration strategy, the Mental Health Services and Community Sector Interface Group met for the first time in April.

The group has been established in order to develop a strategic interface that will enable joint identification and progress on key issues effecting Mental Health Services and the Community Sector.

Members expressed their excitement and support for the new initiative. Community Sector members commented that they appreciated the commitment by senior MHS staff to work together. They also appreciated the opportunity to inform service delivery.

Members of the forum include:

- Dr John Crawshaw, Chief Executive Officer, MHSS
- Michelle Swallow Executive Officer, MHCT
- Nick Goddard, Manager Coordination & Innovation, MHS
- Patrick Carlisle, Chief Executive Officer, Richmond Fellowship
- Riitta Giles, State Manager, Aspire

- Jane Carlson, Mental Health Manager, Anglicare
- Kate Shipway, Carer Representative, ARAFMI
- Narelle Butt, Manager Service Development, MHS
- Lynette Pearce, Senior Consumer & Carer Liaison Consultant, MHS
- Chris Fox, Area Manager South, MHS
- Christine Lander, Area Manager North West, MHS
- Susan Crave, Area Manager North, MHS
- Consumer representative (still to be appointed)

At the inaugural meeting it was agreed that:

- Dr John Crawshaw would Chair the meeting and Michelle Swallow would be the Deputy Chair;
- The terms of reference for the group were finalised;
- The agenda in future would cover national issues, state issues and service issues as well as innovation;
- The Group was a high level group that would have a strategic focus on shared mental health issues.



ADS Welcomes Dr Adela Ristovski

Dr Adela Ristovski has recently joined ADS as a Service Development Consultant.

Adela is a Doctor of Clinical Psychology from LaTrobe University in Melbourne.

Adela also has a Bachelor of Behavioural Science with Honours and a Diploma of Music. She was also the recipient of numerous government and university scholarships during her studies.

Adela has worked and trained predominantly in Adult and Adolescent Mental Health Services, with clients with a range of mental health disorders including Psychotic, Mood, Anxiety, Personality Disorders and Substance Use Disorders.

She has had experience in delivering a range of interventions, but is most highly trained in Cognitive Behaviour Therapy.

She has also taught a range undergraduate health students and completed research positions at various institutions in Melbourne.

Adela held a research/administrative position within the Australian Psychological Society whilst studying, and also has 10 years experience in the jewellery industry and doing contract work as an arts/music teacher.



The School's Facilitators



Fred Kamphuis, Clinical Nurse Educator and Dean Riches, Clinical Co-ordinator, Clarence & Eastern Districts ACMHS

Schools in!

In March this year a Practice Development School was held in Tasmania and was highly praised by staff who attended.

Thirty Tasmanian nurses attended the intensive practice development school which was auspiced by Monash University, DHHS and Royal Hobart Hospital.

Christine Handley (Clinical Standards & Improvement MHS South) and Catherine Schofield (Strategic Nurse Coordinator, Northside Mental Health Clinic) co facilitated the five day school with administrative support from Kelly Kendall (Office for the Director of Nursing, MHS).

The course looked at practice development theory and processes and the inter-relationship between practice development and effective healthcare practice.

Mental health services is an area where practice development activities align strongly with our recovery model.

The school was thought to be extremely successful by participants, who found it motivational and inspiring.

One participant indicated that it had been one of the most challenging and rewarding learning experiences ever offered by their workplace.

Catherine Schofield said that practice development practices are transformational and can result in happier and healthier workplaces.

“They are very person centred and revolve around facilitating and encouraging all voices in a team to be heard rather than it being a case of ‘who shouts loudest,’” Cat said.

Cat said that MHSS was committed to supporting Practice Development practices.

“We are hoping to run these schools on a regular basis and have more staff participate in them,” said Cat.

“As a result of the School, staff are going back to their work places and sharing the skills they have learnt,” she added.

If you want to know more about Practice Development and use these skills in your team, please contact Cat Schofield or Chris Handley.



A website promoting Mental Health Week is now up and running. It can be found at: www.dhhs.tas.gov.au

Any person or organisation may submit an event that they are organising as part of Mental Health Week (whether or not it received Mental Health Week Funding).

The event will then be listed on the website program and in a hard copy of the program that will be printed and distributed prior to Mental Health Week.

Key Staff Appointments

MHS South

- Dr Mandy Evans has been appointed to the role of Southern Clinical Director, commencing on 4 May 2009
- Tom O'Brien has been appointed Project Officer with Professional Services Unit to work on the Nursing Workforce Project until the end of May
- Ty Dawson, Provisional Clinical Psychologist, commenced at Clarence & Eastern District Adult Community Mental Health Team
- Sabrina Maeder, Clinical Psychologist will be transferring to North West at the end of May
- Lisa Urbanc, Community Mental Health Nurse has transferred from Hobart & Southern Districts ACMHS to Glenorchy and Northern Districts ACMHS
- Dr Peter Sharp has commenced as Consultant Psychiatrist with Hobart & Southern Districts ACMHS
- Phil Tilley has commenced as acting Team Leader with Hobart & Southern Districts ACMHS, with Jacqui Carson backfilling as Senior Psychologist for Phil Tilley
- Dr Brian Neale has left to take up a position in New South Wales
- Amanda Burley, Clinical Psychologist, commences a leave of absence as of 4 May 2009 for 12 months
- Rachel Drever has been appointed as Community Liaison Nurse in the Southern OPMHS community team until end of August whilst Matthew Aston is on extended leave

MHS North West

- Di Gray has commenced as the acting Team Leader for OPMHS
- Sue Nesham has commenced as acting Team Leader for CAMHS
- Oggy Thyne & Paul Waddington are both on transfer from Spencer and will be working with the CAT team for the next 6 months
- Jo McGrath will be acting CNS with ACMHS (Burnie) until the end of June
- Subah Perumal, Occupational Therapist has commenced with Spencer Clinic
- Irene Nissen has commenced as the Professional Officer with ACMHS (Devonport)
- Congratulations to Dr Kishor Kumar for passing his recent AMC exam

ADS

- Dr Richard O'Regan, Addiction Medicine Specialist commenced in April, in the North

CONTACT

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