

From the CEO's Desk

The year ahead ...

There is every indication that we face a very challenging year as we bed down structural changes and advance a number of significant initiatives aimed at improving the delivery of services to consumers.

At a Leadership Forum in November 2008, I noted the hard work and dedication of our staff and community sector partners in continuing to provide quality services on the ground in an environment of change and some uncertainty. I also reflected on a number of achievements including:

- The development and release of the ATOD Future Directions Plan
- The development of the Clinical Governance Framework
- The release of the Stock Take Report on progress against the Mental Health Services Strategic Plan 2006-2011
- Consultation around consumer and carer participation
- Implementation of the recommendations of the Santangelo Report by Ward IE
- Implementation of the National Seclusion and Restraint Project
- Completion of the Rocherlea facility

The Executive and Clinical Governance Groups will meet during February to consider

how to move forward a number of priorities in the challenging environment within which we now work. This will include:

- Developing an integration and collaboration strategy
- Implementing the Clinical Governance Framework
- Implementing the ATOD Future Directions Plan
- Implementing recommendations from the Stock Take of Mental Health Services Strategic Plan
- Managing our budget and service demand
- Developing and implementing a Promotion, Prevention & Early Intervention strategy
- Implementing a new client management and clinical information system

I would like to think that in the coming years, Mental Health and Statewide Services will become a national leader in terms of the services we provide. In order to achieve this ambitious aim we will need to work collectively to improve outcomes for our consumers.

We will also need to develop strong partnerships with the community sector. Internally, we will need to develop a strong and supportive culture that will sustain us as we continue to grow and develop in the years ahead.



Dr John Crawshaw

I would like to conclude by acknowledging the significant effort and response made throughout MHSS in relation to the Victorian Bushfires. I am aware of a large number of fundraising events that have taken place and I have spoken to my Victorian counterpart offering every support in dealing with the mental health issues that will inevitably arise from such a tragedy.

I was greatly impressed by the number of staff who have volunteered their services and we have prepared a register of staff willing to provide direct support and forwarded this to the Victorian MHS.

Dr John Crawshaw



Mark Frohmader

ATOD FUTURE DIRECTIONS

The Future Service Directions Plan for Alcohol, Tobacco and Other Drug Services in Tasmania has now been released.

The five year plan will pave the way for additional and improved services for Tasmanians affected by alcohol and drug use.

Progress on implementing the Plan is underway and already this year we have progressed:

- Increased support for the public pharmacotherapy program;
- Improved services within the specialist withdrawal management unit;
- The establishment of a dedicated Workforce Development Unit for the sector;
- Increased support for policy development; and
- Increased support for young people with alcohol and drug issues.

In the coming months, the Alcohol and Drug Services (ADS) will provide further support to young people and for residential rehabilitation. In addition to this, the ADS will be seeking proposals from appropriately experienced community sector organisations to provide a range of new statewide services including:

- Consumer and Carer Participation Programs to maximise consumer and carer participation in the design, delivery and evaluation of Alcohol, Tobacco and Other Drug services in Tasmania;
- Advocacy Services to support past, present, or future carers and consumers; and
- Care Coordination Services for high risk Alcohol and Drug Services consumers with multiple and complex needs.

A copy of the Future Service Directions Plan can be obtained via the Department's intranet site.



Narelle Butt

MHS STOCK TAKE

A steering committee has now been set up to implement the recommendations of the Stock Take report on Mental Health Services Strategic Plan 2006-11.

The Committee met for the first time in late January and it comprises Prof Mark Oakley Browne, Nick Goddard, Coral Muskett, Christine Lander, Susan Crave and Chris Fox.

The Committee is responsible for overseeing the implementation of the recommendations in the Stock Take report and Narelle Butt is the Project Manager responsible for the implementation.

The Committee will engage with staff and stakeholders in the implementation of the recommendations.

A regular column in this newsletter will keep everyone informed of the Committee's plans and progress.

"Once planning is complete we will be out engaging with staff and stakeholders," Narelle said.

"Ongoing dialogue and discussions both internally (at all levels of the organisation) and with our stakeholders will help us close the gap between strategy formulation and service delivery," Narelle added.

If anyone has not yet read a copy of the Stock Take Report it is available on the intranet or by contacting Narelle at: narelle.butt@dhhs.tas.gov.au



Keynote Speakers

Diego De Leo
and
Merryn Stratham

Suicide Prevention Conference “Life is for Living!”

The “Life is for Living!” 2009 Suicide Prevention Conference provides a unique opportunity for the mental health sector and community to come together and openly discuss the issues surrounding suicide in Australia, learn from others, network and actively contribute towards the development of potential solutions.

Block out 28-29 April 2009, and register early to come along to this important conference at the Hotel Grand Chancellor. You should also put aside the evening of 28 April to attend the cocktail reception!

Keynote addresses will be provided by two eminent suicide prevention advocates; Merryn Statham, Director of Suicide Prevention Information New Zealand, and Professor Diego De Leo, Director of Australian Institute for Suicide Research and Prevention.

The conference will also run concurrent sessions, and we are now calling for abstracts that address:

- Research into suicide prevention (Tasmanian emphasis, or application encouraged)
- Policy development and strategy
- Community approach to suicide prevention

To be sure you don't miss out, in the lead up to the conference don't forget these critical dates:

- Monday 16 February 2009 **Call for Abstracts Deadline**
- Monday 23 February 2009 **Acceptance to Presenters**
- Monday 16 March 2009 **Early Bird Registration Closes**

More information, including how to register and submit abstracts, can be found online at www.mhct.org

(click on the 'events' tab and follow the links).

For further information contact:

Adele Spencer
Policy Officer
Mental Health Council of
Tasmania
Ph 03 6224 9222

**Hotel Grand
Chancellor
April 28 & 29
2009**





Christine Handley, Stephen Pinkus & Colleen MacSporran

Clare House - Part of International Study

The Family Therapy Team at Clare House recently gained ethics approval to participate in an international study which will research the effectiveness of systemic family therapy.

The project will pilot the Systemic Core Outcomes and Routine Evaluation (SCORE) measure.

The SCORE research project is being led by Leeds University in the UK, the Tavistock Institute, Maudsley Hospital and a number of other sites in the UK.

Clare House is the first site in Australia to be part of the project and will be formally acknowledged when the research is published from London.

The Family Therapy Team consists of Colleen MacSporran, Christine Handley, Stephen Pinkus, Allan Adams and Jai Friend.

The team is excited to be part of this major and potentially ground

breaking project.

The data that is collected from families (both here and in the UK) can be used by the clinicians, families and management teams to measure outcomes in treatments and will be a best practice, evidence base for the cost effective use of Family Therapy Teams internationally.

“At the same time, we will be helping to develop an outcomes measurement tool for our practice,” Christine Handley said.

“Family Therapy is professionally intensive so it is important to prove that the therapy is rigorous, effective, evidence-based and cost efficient,” Christine Handley said.

Colleen MacSporran said that it was a wonderful opportunity for the team to be part of an international study and to have transparency in their practice.

“Our involvement in the study

is cost neutral and will result in valuable information, networking and resources that can be used by any Family Therapy clinician to measure their progress as well as the efficiency and effectiveness of the treatment,” Colleen added.

Stephen Pinkus said that it is hard to get measures of outcomes in therapies generally.

“It is important to have empirical evidence to support our anecdotal evidence about the success of family therapy when dealing with complex problems,” Stephen said.

The Family Therapy Team are also keen to network with any other Family Therapists currently working in Mental Health in Tasmania.

If you would like further information about the research project, contact the principal researchers in this state, Colleen and Christine, at Clare House on (03) 6233 8612.

Conjoint Positions - the advantages

Christine Handley has been in a Clinical Academic Conjoint position for over five years and is a Senior Lecturer with the School of Nursing and Midwifery (UTAS).

Chris also coordinates the specialist mental health stream of the Graduate Diploma of Nursing and is in clinical practice with Child and Adolescent Mental Health Services.

Chris believes that conjoint positions can open up exciting opportunities for innovative and creative projects - such as the involvement in major international research projects such as the SCORE project

“Central to the success of Academic/Clinical Conjoint positions is the fostering of strong, informal and formal collaborative relationships,” Chris said.

“In the instance of the SCORE project we have brought together synergistically clinical, academic and research expertise including very specific mental health expertise in family therapy,” said Chris.

Chris was the principal research co-ordinator for the Tasmanian Children’s Project in 1999, which investigated the needs of children with a parent(s) with a mental illness.

This collaborative research project between the School of Nursing and Midwifery (UTAS) and Chris’s colleagues in CAMHS (Angela Josephs and Annabel Hanke) contributed to major developments in Tasmania towards better meeting the needs of these children and their families and towards better overall family sensitive practice in mental health.

Although Chris’s position is a nursing conjoint (the first and only mental health nursing conjoint in the State) her collaborations are across disciplines.

Inter-professional collegial relationships are strongly supported by the partners in health agreement between the DHHS and UTAS.



Statewide Legislative Workshop

A full day forum on relevant legislation for Mental Health and Drug & Alcohol workers was attended by over 80 participants in December.

The statewide forum invited ten experts to present on a range of legislation topics that included the *Mental Health Act 1986* and its associated forensic provisions, the *Alcohol and Drug Dependency Act 1968*, the Mental Health Tribunal, the Guardianship and Administration Board, Safe at Home legislation and the *Personal Information and Protection Act 2004*.

Kerry Mollenhagan, Statewide Clinical Nurse Educator for Mental Health Services, coordinated the workshop.

“It was the first time we used this model of getting a range of experts in to deliver the training state wide,” Kerry said.

The model was successful and Kerry believes that the workshop attracted more participants than if it had been conducted regionally.

“Speakers from the invited organisations were also pleased to get the opportunity to talk to professionals in the field,” Kerry said.

“The evaluation of the workshop indicated that participants wanted more case studies and more time for questions and we will take this on board in the future,” Kerry said.

Legislation Links

Guide to the Mental Health Act 1996 and flowcharts <http://www.dhhs.tas.gov.au/agency/pro/mentalhealthact/guide2.php>.

Go to <http://www.thelaw.tas.gov.au/index.w3p> to access the following acts:

- *Family Violence Act 2004* and *Children, Young Persons and their Families Act 1997*
- *Guardianship & Administration Act 1995*
- *Criminal Justices Act (Mental Impairment) 1999*
- *Sentencing Act 1997*
- *Personal Information Protection Act 2004*
- *Alcohol and Drug Dependency Act 1968*

Clinical Specialty Groups

Expressions of Interest for the Adult, Child and Adolescent and Older Persons Mental Health Clinical Specialty Groups closed on Friday 6 February.

Twenty three people indicated their interest. Dr John Crawshaw said that he was heartened by the level of interest that motivated clinicians have shown in wanting to actively participate on one of these groups.

The MHSS Executive is currently in the process of appointing a chairperson for each of the six Clinical Specialty Groups.

As soon as the appointments have been made, the Clinical Governance Committee will be established. It is anticipated that this committee will meet for the first time at the end of March or early in April.

Maggie Crawford

Dr Joanna Rose joins CAMHS North West

Dr Joanna Rose joined CAMHS North West in September 2008 as their Child and Adolescent Psychiatrist.

Dr Rose undertook her medical training in England and worked in adult and child psychiatry in Sydney before moving to North East Victoria her with husband.

Dr Rose has worked as a consultant to Child and Adolescent Mental Health Services in Albury Wodonga and Wangaratta and has worked in private practice.

Dr Rose and her husband owned and ran a cattle farm in North East Victoria.

"We eventually decided we had had enough of the droughts and the fires and made the decision to move to Tasmania where it is cool," Dr Rose said.

Dr Rose has a number of special areas of interest which include:

- Autism Assessment - Dr Rose was involved in setting up an autism assessment centre in Victoria;
- Infant Mental Health - Dr Rose will be looking at what we can do to incorporate this into our services;



- Eating Disorders - particularly in relation to the coordination of eating disorder treatments.
- Dr Rose continues to be a member of the Child Psychotherapy Association

In relation to her work in Infant Mental Health, Dr Rose was involved in initiating meetings with early childhood clinicians to look at ways of exploring the mental health of infants and the quality of their relationships with their parents.

Dr Rose also has experience in psychotherapy group work with adolescents and plans to get some groups up and running in the North West.



Happy 39th Birthday!

The staff of the Adult Community Mental Health Services (Devonport & Parkside) celebrated the 39th birthday of their Petty Cash book on the 19th January. With only two pages left to use, they are not sure how much longer it will last.

Nurse Practitioners in Mental Health Services

The Nursing Board of Tasmania has approved authorisation of trained Nurse Practitioners in Tasmania and Mental Health Services is one of the first areas in DHHS to implement the role in pilot sites.

Dr Brian Neale is a member of the Nurse Practitioner Implementation Committee that is chaired by Coral Muskett, Statewide Director of Nursing.

Dr Brian Neale said that the nurse practitioner role has the potential to bring a large number of benefits to Mental Health Services.

“It will enhance the role of the Psychiatrists and Registrars and we hope it will ultimately increase consumer satisfaction by allowing for easier, more prompt access for patients for assessment and medication reviews,” Dr Neale said.

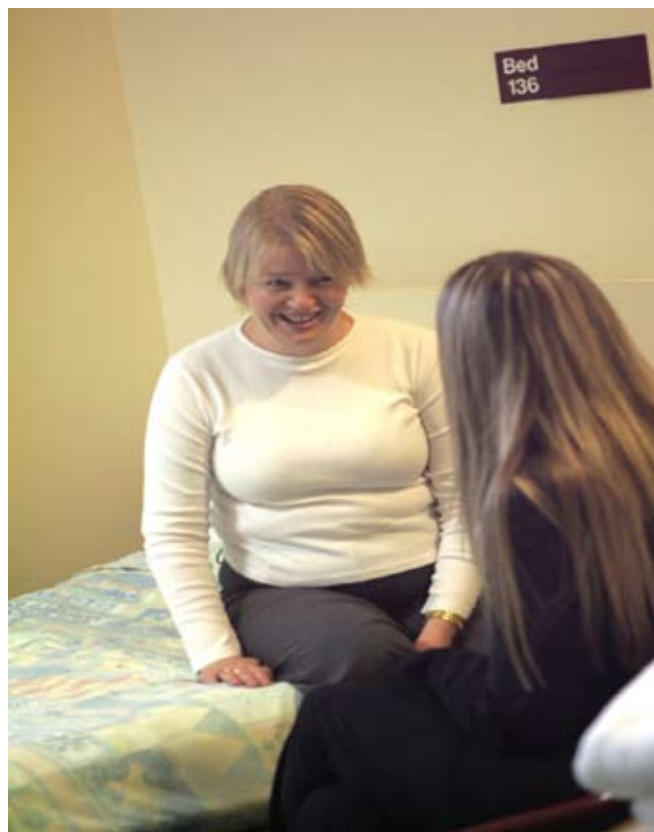
“It should also improve communication with consumers, carers, community sector organisations and other professionals.

“In addition it will develop the professional pathway for nurses and may lead to rural and underserved area placements,” Dr Neale added.

Dr Neale said that for team psychiatrists the new role of nurse practitioner should free up their time in order that they can play an increased supportive role in the multidisciplinary teams and be able to liaise more closely with General Practitioners.

Nurse Practitioners (Mental Health) will work collaboratively with all health care providers under a defined Scope of Practice within approved delegations and with a consultant Psychiatrist in a clinical supervision framework.

The Nurse Practitioner (Mental Health) Scope of Practice allows the Nurse Practitioner to prescribe and dispense medications from an authorised medication list.



Becoming a Nurse Practitioner

The Nurse Practitioner (Mental Health) is required to be licenced by the Nursing Board of Tasmania (NBT).

The NBT has a rigorous procedure that requires evidence of the following:

- A current practicing certificate
- Successful completion of a Clinical Masters
- Five years experience in the practice area for which an applicant is applying for authorisation
- References from the last 12 months from Director of Nursing and Senior Practitioners in the field

In addition to authorisation from the NBT as a Nurse Practitioner, the applicant will be required to undergo a credentialing process with Mental Health Services which will be used to confirm the Scope of Practice for the individual Nurse Practitioner.

Work Well, Live Well

Bikeride

“Work Well, Live Well” is a DHHS initiative aimed at enabling DHHS employees to improve their health and wellbeing.

With such a large part of our day spent at work, promoting healthier workplace behaviours is a key to improving our overall health.

On Friday the 19th of December a small contingent set off from the Silverdome in Launceston and rode out to Longford to JJ's Bakery for afternoon tea.

Then we returned. A sum total of 40 kms!

Many thanks to the riders, support vehicles and the staff that didn't go on the bike ride but kept up the service provision instead.

Everyone had a great time and we thank our employer DHHS for making it possible.



We did it ... we made it!

National Youth Week Bike Ride - 3 April, 2009

The group are now planning another bike ride in April to celebrate National Youth Week.

To participate or for further information, contact Jane Martin at CAMHS North on 6336 2867



Linda Rose

Front Line Managers Course Another successful graduate

Linda Rose recently completed the Front Line Managers Course. Linda undertook the course to improve her skills in management

“I have always worked as a nurse and found myself acting in a management position with very little preparation for the role,” Linda said.

Linda liked the fact the course could be completed at her own pace and the assessments were linked to her position.

Linda said that the unit “Manage personal work priorities and professional development” was particularly useful.

“The emphasis was on setting and meeting priorities, analysing information and using strategies to develop further competence,” Linda said.

“I would recommend the course to other management staff as it gives recognition for the work we are already doing.

“One of the units (Managing environmental performance) influenced me to think more about environmental sustainability as an integral part of business planning.

Linda completed her Enrolled Nurse Training at St Vincent's

Hospital Launceston. She then worked in outback WA as an Enrolled Nurse before commencing her Bachelor of Nursing at UTAS.

In 1997 Linda went to Spencer Clinic as a student nurse and enjoyed working there so much that she signed up and worked as an Enrolled Nurse until her Nurse Registration came through.

Linda has since stayed on at Spencer Clinic. She worked predominantly in charge on night shift for six years before being successful in obtaining the newly created position of Clinical Nurse Specialist.

Linda said that she was just finding her feet in that role when an opportunity arose to take on the challenge of (Acting) Nurse Unit Manager.

I have since been appointed to the role permanently and have been managing Spencer Clinic for almost two and a half years now.

In total Linda has worked at Spencer Clinic for the past 11 ½ years.

“I find the position both challenging and rewarding and am enthusiastic about any changes that lead to better patient outcomes,” Linda said.

MHS's Statewide Clinical Director

Mark Oakley Browne joined Mental Health and Statewide Services as the Statewide Clinical Director for Mental Health and Statewide Services in February.

Professor Oakley Browne was previously the Director of the Department of Rural and Indigenous Health at Monash University and Project Consultant Population Health/Clinical Director Education and Research for the Latrobe Regional Hospital in Traralgon.

Prior to that position Mark was the Clinical Director for Mental Health Services in Gippsland and Professor of Rural Psychiatry with Monash University.

A medical graduate of the University of Otago and a consultant psychiatrist, Mark is also a Fellow of the Royal Australian and New Zealand College of Psychiatrists.

In addition to his undergraduate degrees and professional fellowship, Mark has a Graduate Diploma in Clinical Epidemiology and has completed a PhD in psychiatric epidemiology and social psychiatry at Christchurch School of Medicine.

Professor Oakley Browne has also completed postgraduate training in administration in healthcare management (Master of Health Administration from the University of New South Wales) and has had significant senior leadership and administrative roles within clinical spheres.

Dr John Crawshaw said that he was pleased that we had secured such a highly qualified psychiatrist with an extensive range of skills.

Professor Mark Oakley Browne said he was very much looking forward to residing and working in beautiful Tasmania.

"I am impressed with the commitment of the Minister, the staff of DHHS and Mental Health Services to the delivery of a comprehensive, integrated, recovery-focused and customer-oriented mental health service," he said.

Professor Oakley Browne is a keen cyclist, kayaker and hiker and said he is looking forward to enjoying some of the recreational challenges of the great Tasmanian outdoors.



Professor Mark Oakley Browne

Statwide Clinical Director

Mental Health and Statewide Services

Free Training

Advocacy Tasmania coordinates the Mental Health Tribunal Representation Scheme which offers free and competent representation for people on involuntary mental health orders and who are having a hearing before the Mental Health Tribunal (MHT).

In the five years that the Scheme has been operating over 1000 people have been offered representation.

Free training is provided to interested people who wish to become a volunteer with the Scheme and assist those people who are appearing before the MH Tribunal.

Training is held annually in the North and North West in April/May and we recruit across the community. In the South there is a partnership between the University of Tasmania Law School and Legal Practice Course and the training is offered to these groups.

The training is in two parts, the first is the Certificate in Skills and Awareness in Mental Health. The second is the Representative Training.

The Certificate stage can be completed without obligation to continue to part two but both parts are compulsory for people wishing to become volunteers with the Scheme. Since 2003, over 800 people statewide have participated in the Certificate stage and more than 500 have completed the full training.

For more information go to the website <http://www.advocacytasmania.com.au>

To register an expression of interest in the next available training in your area please email the coordinator at mhrep@advocacytasmania.com.au or phone (03) 62242240.

Tasmanian Representatives

National Mental Health Consumer & Carer Forum

Tasmania has a consumer and carer representative on the National Mental Health Consumer and Carer Forum, (The NMHCCF) which is under the auspice of the Mental Health Council of Australia (MHCA).

The NMHCCF represents the combined national voice for mental health consumers and carers. It has a representative mental health consumer and carer from each Australian state and territory. The forum meets face to face twice a year and via teleconference twice a year. In addition, members sit on a wide variety of working groups at the national level.

Paris Shacklock is Tasmania's consumer representative and Kate Shipway is Tasmania's carer representative.

Kate Shipway said that the intention of the group is to raise the profile of consumers and carers and promote and progress genuine national partnerships.

"We want to advocate for and participate in legislation and policy development, implementation and evaluation at all levels," Kate said.

"The forum enables the unique and combined voices of consumers and carers to be heard at the national level by government, the mental health sector and other stakeholders."

The NMHCCF reports to the MHCA Board as well as directly to the Australian Health Ministers' Advisory Council National Mental Health Working Group (AHMAC NMHWG).

For more information, visit the Forum's website at www.mnhccf.org.au



Interview with Paris Shacklock

Paris Shacklock is Tasmania's consumer representative on the National Mental Health Consumer and Carer Forum.

How did you come to be on the Forum?

I was at Club Haven a few months after discharge and my support worker suggested I apply. The next thing I knew I was chosen - that was in early to mid 2006.

It has been great for me personally, it has given me the opportunity to be involved in something important and also become educated about mental illness.

Why is the Forum so unique?

There is no organisation on a national level like it - whereby a group of consumers and carers have input into policy making.

What challenges does it pose having a shared voice for consumers and carers?

Both consumers and carers know a

lot about their different experiences and we are all consumer advocates in our own way.

There is debate from time to time but that it is a good thing. Some issues attract more controversy and diversity of opinion. We have had good debate on seclusion and restraint practices. I feel quite strongly that in 99% of cases, restraint as it exists in the world today is not necessary and seclusion should always be a last resort.

Issues around privacy and confidentiality also attract diverse views - there will always be debate around it and that is how it will be for a while yet.

What role do you think consumers can play in Mental Health Services?

Consumer feedback is vital and if consumers feel comfortable they will talk about their experiences openly and honestly. Consumer groups provide feedback at the grassroots level and tell you how things are playing out on the ground.

What are some of the things we need to focus on in the future?

Social support networks for consumers is a biggie.

Also having permanent psychiatrists is essential. I believe treatment outcomes have improved enormously with a permanent psychiatrist in the north west.

Education is the next major step as this is the way we will reduce the stigma that still exists in the community.

Beyond Blue has done so much good work in relation to depression but now we need to do the same for acute mental illnesses like schizophrenia and bi polar.

Risky drinking for young people

The AER Centre for Alcohol Policy Research recently undertook a small study to examine recent trends in the proportion of young people who drink at risky levels (5 or more drinks for females and 7 or more for males) and the rate of alcohol-related harms experienced by young people in Victoria.

The study used published data from a series of surveys from the last fifteen years that ask questions relating to youth alcohol consumption and examined recent trends in alcohol-caused hospital admissions and emergency department presentations for young people.

There were no clear trends in the rates of risky drinking amongst young people from the survey data.

However, the data from emergency departments and hospitals suggest that rates of alcohol-related harm, particularly acute intoxication, have increased dramatically over recent years. Recent trends in the rates of alcohol-caused hospital admissions for young people show substantial increases for both males and females.

There is a particularly marked increase for females aged between 20 and 24, with rates in this group tripling between 1999 and 2006.

This analysis raises some questions about the sensitivity of population surveys in detecting changes in harmful drinking patterns, and suggests that worrying increases in extremely heavy drinking (to the point of hospitalisation) amongst young people has taken place recently in Victoria.

For more information on this and other reports, visit the AER website at: <http://www.aerf.com.au>

AER is an not-for-profit organisation with a mission to change the way we drink as a community.



Youth Drug & Alcohol Counselors
Scott Winters and Russ Ebert

ADS Youth Program

The youth outreach programs run by Alcohol and Drug Services are set to expand with one new counsellor already on board.

Currently, the youth program provides outreach counselling to Huonville, Kingston, Clarence Plains and Glenorchy.

Russ Ebert is an intern psychologist who has recently joined social worker, Scott Winters, in the expanding ADS Youth Program.

Russ is based part of the week at Pulse which is a Youth Health Centre with a drop in approach for young people aged 12 to 24.

Referrals to the youth service mainly come from youth services run by Councils, Youth Justice, school social workers, Child & Adolescent Mental Health (CAMHS), youth health workers, child protection, concerned parents and self referrals.

“We plan to expand our outreach services in 2009 by linking in with Youth Development Officers in more local council areas and finding suitable places in the community to see young people,” Scott said.

Scott and Russ are also currently developing a CBT based youth group program. The program consists of eight two hour sessions that are run over the period of one month. Similar programs have undergone successful trials in Newtown High School and Triabunna High School.

Referrals to Alcohol and Drug Services’ Youth Program from the community sector are welcomed and can be made by contacting the program’s intake worker, Carol Hook on (03) 6230 7901.

GROW Groups

GROW has enjoyed State Government funding for many years.

“GROW is about people working together towards improving their mental health in a caring and supportive environment,” said John Pernu, Coordinator, GROW.

“In Tasmania we are very appreciative of the Department of Health and Human Services, whose support enables us to operate ten to twelve groups each year in metropolitan and regional locations.”

According to John, GROW offers a recovery-focussed, community-building educational program based upon a spirit of genuine love, care and understanding.

“It is also based on the strengths of the individual - this has been GROW’s approach for 51 years,” John added.

The importance of alleviating the distressing symptoms of mental illness, improving an individual’s functioning and enhancing their sense of wellbeing are major priorities of the GROW program.

The Program is a cognitive behavioural approach to mental health. “Change of thinking and talk, change of ways and the subsequent change in relationships perhaps captures the essence of the Program,” John said.

The Program is presented in a structured way through weekly two hour meetings and has a twelve step framework is at its heart.

“GROW is about resourcing the individual to discover or maybe rediscover their own capacity to deal with the issues they face,” John concluded.

To contract GROW in Tasmania, telephone (03) 6223 6284 or email: tas@grow.net.au

Forum: Leading Change in Health

Dr Barbara Hakin OBE, CEO of the NHS in the East Midlands of England spoke at forums in the south, north west and north of the state in January.

The forum was titled “Leading Change in a Contemporary Health & Human Services Environment” and Dr Hakin talked about the massive reforms that have occurred in the NHS Health System in recent years.

Dr Hakin said that at the heart of the changes was the shared understanding that everyone in the organisation had the best interests of clients at heart and that by focusing on that common ground they were able to break down some of the barriers and deliver a better service to clients.

The NHS Health System has a clear purchaser/provider split. Primary Care Trusts in each region are funded by Government (at the rate of approximately \$3,000 per head of population). This funding is then used to contract all health care services required in the region.

The Primary Care Trusts deliver to the National Framework and



report to their regional authority. Health Care providers in England are licensed and monitored and vie for contracts in a competitive environment.

“The competition drives quality and standards have gone up dramatically since the purchaser/provider split was introduced,” Dr Hakin said.

Dr Hakin also said that a lot of work had been done to break down professional silos and utilise patients as a resource.

“Patients are potentially our biggest resource - we give them influence, control and education to help them manage their illness,” she said.

Dr Hakin said the first step in the change system had been setting up the processes and making them “slicker”. This was done by focusing on patient pathways and working out ways to improve them.

She said it was important to both listen to and recognise that consumers and staff at the coal face were the best placed to inform workplace development and service delivery improvements.

The next challenge for the NHS Health System according to Dr Hakin is culture and mindset change.

“To do this we need to develop, educate, engage and empower our workforce to become leaders,” she said.

Dr Barbara Hakin OBE

MHS North Welcomes ...

Dr Mani Maharajh

Dr Mani Maharajh has joined Mental Health Services North as Clinical Director.

Dr Crawshaw said this role is pivotal in providing the oversight for all clinical services in Mental Health Services in the north of the state.

Dr Mani Maharajh is a graduate of The University of Natal in Durban South Africa.

He worked as a solo General Practitioner for over ten years before training as a Psychiatrist at the Waikato District Health Board in Hamilton New Zealand.

He is a Fellow of the Royal Australian and New Zealand College of Psychiatrists, and has been extensively involved in Registrar training and Continuing Professional development of clinical staff including nurses, medical students, trainee interns and carers from CSO's.

Dr Maharajh has had a broad range of experience across the service, but his areas of special expertise are in the dual diagnosis of mental illness and substance abuse and mental illness in people with an intellectual disability.

Dr Maharajh is a committed supporter of family and carer involvement in all aspects of service provision for mentally ill individuals and in 2007 was the recipient of the "Like Minds Like Mine" Consumer Respect Award in Hamilton, New Zealand.

Dr Maharajh said he was pleased to be joining Mental Health Services North and was impressed by the progress and commitments of the area's dedicated staff since the Peter Santangelo review eighteen months ago.

"I see my role as building on these efforts and guiding the service towards a point of excellence that the community and service can be proud of," Dr Maharajh said.

"I aim to place a high priority on a consumer focussed, recovery based model of care, consumer and carer involvement, support of staff professional development and transparency of practice," he added.

"I believe that this service and this community has a choice of dwelling on the past or focussing all our energies on the momentum of change that has already started, in making this service safe, client outcome driven and accountable. We now have the leadership, blueprints and committed staff to achieve this vision."



Dr Mani Maharajh

A Recovery-Based Pathway Towards Open Employment

by Belinda

My name is Belinda, otherwise known as Bindy. I am an employee for Colony 47's Supported Employment Program through Eureka Clubhouse. The Program is called Total Quality Maintenance and it has the contracts to clean Department of Health and Human Services sites and Colony 47 sites.

I have been working in the program for the past 14 months and have found it to be very supportive in all aspects of my life experiences. It has given me a greater sense of self confidence and exceptional communicational skills, as I have to interact with lots of different people in the community. The main purpose of the program is to support people with mental health issues and people that have barriers to achieving open employment.

Employees that are in this program have the flexibility to work the hours that suit them and can adjust to different hours if required.

The support worker's job is to help you cope with job related issues and to assist in any way possible to make your work more manageable according to your capabilities.

I feel that without the support of Clubhouse and TQM staff I wouldn't have a part-time permanent job. I would have low self-esteem and think that I wasn't capable of holding down in job in the community and as such I feel my life may have had no purpose.

However while working for TQM and within the Clubhouse model I feel I could accomplish almost anything with the right supports in place.

Statewide Smoking Cessation Coordinator



Gwyneth Fullard has recently joined Alcohol and Drug Services as the Statewide Smoking Cessation Coordinator.

The 2008/9 Budget allocated \$2.7 million over four years to reduce smoking in Tasmania.

A total of \$660,000 will be invested each year to employ a Statewide Smoking Cessation Coordinator, three regional Cessation Officer positions, additional counselling support for Quit Tasmania and increased media campaigns to raise awareness of the dangers of smoking at the whole of population level.

The newly appointed Statewide Smoking Cessations Coordinator, Gwyneth Fullard said that one of her first objectives is to develop and implement a standardised training program that could eventually be delivered to all health professionals across DHHS.

“The aim is that all health professionals will be provided with training so that they have the knowledge and the confidence to ask questions about their client’s smoking habits and to offer advice and support to quit.”

“Our first priority will be to deliver this training to staff within the three major regional hospitals, the Royal Hobart Hospital, Launceston General Hospital and the North West Regional Hospital.”

“This is one of the main reasons why we will base our regional Smoking Cessation Officers within the three major hospitals,” Gwyneth said

Two of the three regional Smoking Cessation Officers have now been appointed. Shirley Wyper has commenced employment in the south of the state and Stephen Youl has commenced in the North. The position in the north west is still being recruited.

The training that will be given to health professionals statewide is based on a brief intervention tool known as the ABC model.

The model involves:

- **A**sking about a client’s smoking habits
- Providing **B**rief advice
- Offering **C**essation Support

The support offered can be in the form of telephone counselling, nicotine replacement therapy or non nicotine

What’s new on the intranet & internet?

Alcohol and Drug Services
Alcohol and Drug Services are currently developing their intranet site so that it is a more useful resource for clinicians. If you come across key resources that you would like to see included please contact: marnie.benton@dhhs.tas.gov.au
Internet Site

Draft copy for the new internet site for Mental Health Services is currently being mounted on the internet by the Marketing Unit of DHHS. Stage One of the new site will be available for testing with staff, consumers and stakeholders in early March.

pharmacotherapy.

Gwyneth said that the key goal is to build on Tasmania’s Health Plan by making smoking cessation advice a routine part of health care for health professionals who are in regular contact with smokers, and by encouraging smokers to make regular attempts to quit.

Tasmania’s smoking rates are the second highest in Australia, and have remained unchanged between the 2001 and 2004 reports released by the Australian Bureau of Statistics.

Gwyneth is a Registered Nurse and Midwife who has worked both in the hospital and community setting in both Australia and overseas. Her most recent work was on the Commonwealth Department of Health and Ageing funded Smoke-Free Pregnancy Project being coordinated by Quit Tasmania. Gwyneth looks forward to expanding her knowledge and developing a whole of community approach to smoking cessation.

Notice Board

Do you want to help reduce stigma around mental illness?

Free workshops on this topic will be held by Mindframe in conjunction with Mental Health Services in Hobart, Devonport and Launceston in late February.

The workshops will introduce you to skills when working with the media, give you the information about talking to the media on the subject of mental illness and suicide and will also workshop some key actions to fight stigma.

To request a flyer for the workshops or book your place, contact: jane.austin@dhhs.tas.gov.au

Workforce Profile NSW Alcohol and Other Drug Non Government Sector

The Network of Alcohol and Other Drugs Agencies (NADA) recently completed NSW Alcohol and Other Drug Non Government Sector: Workforce Profile and Issues.

Data from 70 non-government alcohol and other drugs organisations operating at 108 sites across NSW were included in this study.

To download a copy of the report, go to <http://www.nada.org.au/downloads/WFD/2008WorkforceProfile.pdf>

Compendium of alcohol and other drug-related resources for law enforcement in Australia

This compendium was developed as a result of a collaborative effort between NDLERF and NCETA. It consists of a collection of alcohol and other drug-related law enforcement literature published in the years 2004 to early 2008.

For a copy of the compendium, go to: http://www.nceta.flinders.edu.au/documents/NDLERF_Compendium.pdf

National survey of young Australians 2008 - Mission Australia

Australia's largest annual survey of young people has found that body image, drugs and family conflict are the biggest worries for 11-24 year olds with one-in-four regarding each as major concerns – but it's drugs that are increasingly weighing on their minds.

For the full survey results, go to: http://www.missionaustralia.com.au/document-downloads/doc_download/82-national-survey-of-young-australians-2008-

Free Guides to dealing with alcohol for teenagers, parents and counsellors

Communitybuilders.nsw has made available free resource guides that tackle the issue of alcohol for teenagers, parents and counsellors.

To download copies of the guides, or order hard copies go to http://www.communitybuilders.nsw.gov.au/drugs_action/alcoholguide.html

Website - Clarence Integrated Care Centre

The Clarence Integrated Care Centre project is now moving into the design stage with community consultations well under way. A website is up and running to keep stakeholders up-to-date with project developments.

Visit the website at: www.dhhs.tas.gov.au/future_health/clarence_integrated_care_centre

National Drug And Alcohol Awards

Nominations are now open for the 2009 National Drug and Alcohol Awards. You have until Friday 27th March 2009 to submit your application. There are many different categories and there is plenty of time to work on your application.

For further information go to <http://www.drugawards.org.au/enter/index.html>

COTA (Tas) Free Trained Presenters

COTA (Tas) has trained volunteer presenters who deliver information sessions on a range of issues such as:

- Motivate to Move
- Beyond maturity blues
- Get to know your medicines

The sessions are available FREE OF CHARGE to any Senior group throughout Tasmania

To organise a presentation please call Jane on 6228 1897

Video for young people caring for a parent with a Mental Illness

The Royal College of Psychiatrists in the UK has a new webpage for young people caring for a parent with a mental illness that includes a video clip for young carers. The clip explains what mental illness is and what causes it.

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

Client Management & Clinical Information System - UPDATE

Stage 2 is now underway!

The project to acquire and implement a client management and clinical information system (CM&CIS) for MHSS now has approval to progress Stage 2.

As Stage 2 occurs, future articles will provide progress updates and importantly inform staff about what a CM&CIS will mean for all of MHSS, our clients and stakeholders.

What was Stage 1 again?

Stage 1 of the project was the preparation of the necessary documentation to enable Mental Health and Statewide Services (MHSS) to go to tender for a CM&CIS. This was successfully completed in September 2008.

Thank you to all MHSS and Information Services staff who participated in various workshops that reviewed and finalised the requirements for the CM&CIS in such a short timeframe.

The project was then put on hold for three months whilst the Agency considered the E-Health Strategy which was delivered by Deloitte in December.

What's the E-Health Strategy?

The E-Health Strategy provides a clear vision and implementation strategy on how information technology should support the delivery of improved health care services to all Tasmanians.

The implementation strategy importantly includes the approach for patient/client administration and clinical systems. MHSS has now been able to define its Stage 2 approach to CM&CIS within the vision and recommendations of the strategy.

What will happen in Stage 2 exactly?

Stage 2 will commence with an evaluation of the functionality of systems compared against MHSS' Statement of Requirements for a CM&CIS.

Functional evaluation will begin with assessing iSoft's Community/Mental Health Services related software applications. This includes the same system that DHHS is implementing as its new patient administration system in the acute and district hospitals (including PICU, Ward 1E, Spencer Clinic and the ADS Withdrawal Unit).

Evaluation will also assess the existing Digital Medical Record (DMR) system in operation at the RHH.

Once completed, the outcomes of the functional evaluations will then be considered and used to inform and guide an Implementation Planning Study (IPS). The IPS ultimately defines the scope, activities, timeframes, resources etc required for the project's implementation.

It is estimated that Stage 2 will take approximately six months. Stage 3, which is actual implementation, would therefore commence in the second half of 2009.

Are you interested in being directly involved in Stage 2 activity?

Project Team opportunities – a request for two (2) new positions is currently with Human Resources to form the project team for Stage 2. The positions are for a Project Consultant (Admin & Clerical) and a Clinical Nurse Project Officer (Nursing).

If you would like to know more about either position please do not hesitate to contact the Project Manager. Expressions of Interest for both positions are expected to occur during February.

Functional Evaluation Team (FET) opportunity

– a team of MHSS staff will be established to form the FET and undertake the scheduled functional evaluation tasks, supported by the project team. Managers are being asked to nominate staff to ensure broad representation across MHSS is provided. If you are interested in being a FET member then please indicate your interest to your respective manager.

The primary task of FET members will be to attend workshops where system functionality is presented and assess that functionality for compliance against MHSS' Statement of Requirements for a CM&CIS. This is currently scheduled to occur from mid-late March.

For further information on the role of the FET, please contact the Project Manager.

Project contact details:

The Project Manager, Warren Lewis, can be contacted via the following – (ph) 03-62337856, (mb) 0408565675, (em) warren.lewis@dhhs.tas.gov.au or at Level 5/99 Bathurst Street Hobart.

A reminder also that the considerations and outcomes of the Executive, as the project's Steering Committee, are available and accessible on the MHSS intranet site thru the MHS Executive ENews.



Warren Lewis

Workforce Development Update

Training in Recovery Focused Care

Trainers Ron Coleman and Karen Taylor from Scotland will be delivering recovery focused core training in the first half of this year. Details of the training will appear in the calendar shortly.

Ron and Karen have an international reputation as speakers and authors.

“Making Recovery Happen” is the title of the workshop they will deliver.

The workshop is open to MHSS staff and will challenge participants to examine their concepts of recovery, particularly in regard to psychosis.

“What we sometimes tend to do is ‘maintain’ people in a sick role,” Ron says.

Ron believes that the idea of chronicity is one that we have failed to really challenge, because in essence a “chronic patient” is psychiatry’s failure.

“We sanitise the failure by blaming the patient. In the same way, when someone is on medication and they don’t respond to medication, it’s never the drug that’s at fault, it’s the patient that’s at fault; the patient is “multi-drug resistant” or “non-compliant,” he said.

Visit Ron and Karen’s website at: www.workingtorecovery.co.uk

Training Calendar for 2009

The MHSS Training Calendar for the first six months of 2009 has been released by the Workforce Development Unit. It is available on the intranet and will be updated regularly.

The details of each course will be sent out in a flyer at least six weeks before each course is delivered. The flyer will be sent to each unit for distribution to MHSS staff.

Ellen Cross, Team Leader Workforce Development said that this year’s calendar still has a focus on core skills, safety and supervision but it also has more discipline specific and specialist clinical skills training.

A course on personal resilience and self care will be going statewide in March. There are specialist workshops on motivational interviewing, CBT for psychosis and eating disorders as well as a two day workshop on treatment for borderline personality disorders. In the second half of the year there will also be training around trauma informed care. The need for this training came out of the National Beacon Project on Reducing Seclusion and Restraint.

Coming Events

Southern Partnership Forum

The next Mental Health Services Southern Partnership Forum will take place at 10am on Thursday 12th March at the Glenorchy Civic Centre. On the agenda is a presentation on the Helpline, A presentation by Hobart Clinic and Langford Support Services as well as a presentation on the Mental Health Services Stocktake.

To attend, please contact Rosie Walker on 6230 6549 or email: roseann.walker@dhhs.tas.gov.au

TasDeaf’s Open Day

On Saturday 28th February, Tasdeaf is having an open day from 10am to 3pm at 334 Elizabeth Street, North Hobart to celebrate the official opening of their new office. Drinks and BBQ, face painting, free hearing tests and much more.

TasCOSS Fairer Futures Conference - papers and presentations now available

A number of presentations from the Fairer Futures Conference are now available on the TasCOSS website: <http://www.tascoss.org.au/News/Events/tabid/59/Default.aspx>

National Lifeline Conference

Join Lifeline for a two day conference open to delegates from the mental health sector and those who have a particular interest in the role of telephone and web-based support services.

The National Lifeline Conference will be held in Canberra, at Rydges Lakeside, on March 10–11. For enquiries contact: (07) 5528 2501 or lifeline09@astmanagement.com.au

Inside PICU ...

Mental Health Services Psychiatric Intensive Care Unit (PICU) is an eight bed locked unit located within the Royal Hobart Hospital.

PICU provides nursing care and medical treatment to patients requiring intensive treatment and supervision.

PICU's clients are admitted via Emergency Medicine or the Department of Psychiatric Medicine (DPM) and tend to be presenting with symptoms and behaviours such as acute psychosis, disorganised thinking, aggression and/or suicidal thoughts.

Tony Weare, Clinical Nurse Consultant with PICU said that it takes a special skill set to work in PICU which is a statewide facility and effectively operates as the High Dependency Unit for DPM.

“Most of PICU's patient's are involuntary patients and we have a much higher emphasis on observation and security than some of our other units,” Tony said.

“It requires a lot of tact and diplomacy. You need to be very aware of de-escalation techniques and be able to pick up early on signs of anxiety and distress,” he said.

PICU has recently benefited from funding from the National Beacon Project on Reducing Seclusion & Restraint and has bought gym equipment, musical instruments, an x box and a cd player.

Art is an evident passion in PICU. Patients are

encouraged to express themselves through art and music. Artwork and murals are present on many of PICU's walls.

Tony Weare has also contributed his own artistic talents to decorating the walls of PICU's quiet room as well as DPM's new de-escalation area.



Some of PICU's staff (from left to right) - Tony Weare, Matt Fachnotct, Gary Collins, Jenny Symonds, Stuart Archer.



Tony Weare relaxes in PICU's quiet room against the backdrop of the wall mural he painted.



The art room in PICU where clients can write and paint on the walls.



The gym was equipped with funds from the Beacon Project - Reducing Seclusion and Restraint.



The mural in the courtyard of PICU was painted by artist, Roger Murphy.

Taz Kidz Clubs, Champs Camps & Parenting Support



Miranda



Danielle

We are excited to inform you that Anglicare Tasmania will now be running the Kids in Mind programs across Tasmania.

Kids in Mind focus on providing support for children of parents with a mental illness. Three programs will run across the state which include Taz Kids Clubs, Champs Camps, and Parenting Support. Anglicare have recruited Miranda to facilitate the southern clubs and camps and Danielle who will cover northern Tasmania. Anglicare will also be recruiting a number of volunteers to assist in the delivery of the program.

Taz Kids Clubs run for eight weeks throughout the school semester and are designed to provide support and education about mental illness through a variety of creative and artistic projects.

Champs Camps will be held over two nights, five times throughout the school year simply to give young people an opportunity to get away, let loose, and have fun. There is also opportunity for parents to receive individual or group support from the Anglicare Mental Health Team in conjunction with the Taz Kids team.

Taz Kids Clubs is a free and equitable service and camps and clubs will be facilitated statewide throughout 2009.

Who are the team?

About Miranda

Miranda comes from a background of mental health nursing and nursing in the youth health sector. She is passionate about youth health and is very excited to be a member of the new Taz Kids Clubs team, helping young people to find support, have fun, and realize their creative potential.

About Danielle

Danielle is interested in working with young people in the area of mental health. Danielle is a social worker and brings specific experience working with children and families experiencing mental health issues. She is looking forward to running fun and supportive groups that will address the needs of young people who live with a parent with a mental illness.

For more information please contact Danielle on 6333 3024. if you are in the north of the state, or Miranda on 6213 3708 in the south.

Consumer and Carer Participation Review

Minister of Health, Lara Giddings initiated a review of Consumer and Carer Participation which is currently underway. Extensive consultation with consumers and carers took place during December.

The aim of the review is to identify an optimum model for consumer and carer participation in Mental Health Services.

Community consultation included major public forums in each region of the state, focus groups, surveys, face to face and email submissions.

Lynette Pearce, Senior Consumer and Carer Consultant with Mental Health Services said that the consultation would identify the current levels and nature of participation, barriers to participations and options for effective participation.

Consultations with staff via an internal survey are also underway.

“We are particularly interested in identifying through staff the barriers to consumer participation,” Lynette said.

The findings of the review will be incorporated into a report to the Minister in March of this year.



Mental Health Services Sponsors Media Awards

The Executive of MHSS has agreed to sponsor a category in the 2008 Tasmanian Media Awards. Mental Health Services will sponsor a category titled “Award for Excellence in Reporting on Mental Illness”.

Whilst mechanisms exist through SANE Australia’s Stigma Watch program to report journalists who contribute to developing misconceptions around mental illness through the media, this award will provide an opportunity to encourage and reward examples of good reporting in Tasmania.

If you are aware of any positive incidences of media reporting on mental illness that took place in 2008, please contact jane.austin@dhhs.tas.gov.au and we will endeavour to encourage those journalists to apply for the award.

Promotion, Prevention and Early Intervention Strategy

Mental Health Services is excited to announce that Auseinet has been engaged to develop a contemporary and comprehensive mental health Promotion, Prevention and Early Intervention strategy for Mental Health Services in Tasmania.

Funded under the Kids in Mind Tasmania initiative, the strategic framework and action plan will provide a guide to statewide planning and service development within the specialist service.

There is growing evidence that an approach to mental health that incorporates promotion, prevention and early intervention activities can have far-reaching benefits across the lifespan for the whole population, for those at higher risk of developing a mental illness and those with a mental health disorder.

The National Mental Health Policy 2008 articulates the ongoing importance of early intervention, promotion and prevention

and also highlights the growing importance of cross-sector engagement in the fields of mental health and well-being.

With this in mind, the strategy will include advice on opportunities for Mental Health Services to work in partnership across government and the community sector to increase mental health literacy, reduce stigma and discrimination, raise community awareness about mental illness and target initiatives for population groups deemed at higher risk of developing a mental illness or disorder.

Auseinet, based at Flinders University in South Australia, works to assist a range of sectors to implement mental health promotion and illness prevention approaches in their respective settings.

The team will be conducting focus groups and interviews during February with the strategy due for completion in June 2009.

Acting Area Manager MHS North West

Christine Lander will be acting as the Area Manager for Mental Health Services North West whilst Phil Eddy is on extended leave without pay.

Christine has been working as a social worker for the last 25 years and prior to that was a teacher. Christine’s early work roles included working as a social worker in education and at Oakrise; working in Toowoomba as a Patient Advocate; working at the North West Regional Hospital and working at Toowoomba as Director of Social Work Services. In 1997 Christine travelled to the UK and worked in mental health with asylum seekers and refugees. On her return she worked at Lismore Base Hospital in NSW before moving to Gippsland where she took on the role of Program Coordinator for CAMHS in Latrobe.

Christine returned to Tasmania in 2004 as a Team Leader for CAMHS and then as Acting Team Leader for ACMHS.

Christine brings a broad perspective to her role and hopes to assist in further integrating services in the north west. Christine is also interested in building the service’s profile in the community.

In her spare time, Christine enjoys her grandchildren, quilts and roams Tassie’s beautiful northern beaches.





Staff and members of Club Haven

Club Haven in state's North West provides social networking support

Club Haven has been operating in Devonport since 2003. It is fully funded by Anglicare and was set up because of the lack of social outlets for consumers.

The service operates in a home-like environment and is open to members two days a week. The service is currently looking to expand to meet demand.

Members arrive at 10.30 and assist in preparing lunch. A structured after lunch activity is usually planned. The activities range from movie afternoons and walks through to fishing trips, night time functions and bowling to name a few.

Members can self refer or be referred by GP's, case workers or residential care facilities. The service is open to people aged 18 to 65 with a diagnosed mental illness.

Support Worker, Sean Robinson, said that the facility contributes to keeping people well in the community, acting as a bridge for members to participate in society and realise their full potential.

"It gives people a social network,

and a non critical and non clinical environment in which peer support develops and thrives," Sean said.

"We see a huge change in our members. Over time their self confidence grows, they develop a sense of belonging and a sense of ownership and a sense of being accepted exactly as they are," Sean said.

Chris Moorhouse is the Coordinator of Mental Health Services in the North West for Anglicare and said that Club Haven acts as an integral support for clients who transition through Anglicare's Mental Health programs.

Anglicare also offers a supported community housing program, in conjunction with Club Haven.

Sandi Towart, the Support Worker for the TAMOSCH program which is federally funded by HACC, supports clients in their homes after they leave acute care.

"In most cases they are starting from scratch, and need more intensive support," Sandi said.

Dual Diagnosis Pilot Project

A joint project between Mental Health Services and Disability Services which will address the needs of three dual diagnosis clients is currently underway.

A number of client's across Disability Services and Mental Health Services have a dual diagnosis. These clients sometimes lack a pathway out of our service and back into the community.

Tom O'Brien (Nurse Unit Manager Campbell Street, Tolosa Street and Mistral Place), said that the Dual Diagnosis Project was set up as a result of meetings between Mental Health Services and Disability Service under the Agency Collaboration Strategy.

"Following a business case that was endorsed by the MHSS Executive, two clients with a dual diagnosis were transitioned out of Mental Health Services inpatient facilities into less restrictive accommodation in the community in January this year," Tom said.

A third client from Disability Services will shortly join these residents in a four bedsit accommodation in Claremont that was secured under a community tenancy agreement with Housing.

"The whole multi-disciplinary team at Tolosa Street has had a role in developing this new model and successfully transitioning two of our clients to the community," Tom stressed.

Individual and group support will continue to be provided by both Mental Health Services and Disability Services depending on the client's needs.

The fourth bedsit is available to allow for overnight support staff when needed and clients will also be able to come back into Tolosa Street for short term respite if needed.

"If successful, this project may become the model of the future with other dual diagnosis clients being supported in a similar way," Tom concluded.



Street Zine for Youth Week

CAMHS North West

Child and Adolescent Mental Health Services (CAMHS) North West is undertaking a project for Youth Week 2009 that has been funded by beyondblue.

Katrina Alford, Social Worker with CAMHS North West developed the original idea of doing a Street Zine.

“Street Zines are traditionally a way for groups of people to have voice and have their opinions heard,” Katrina said.

A Street Zine is a small magazine containing original artwork, pictures, photos, poems, ideas, and information.

Street Zines are generally produced on a small scale, and can be in many formats. They are often photocopied and circulated locally.

CAMHS North West have pulled together a group of young consumers to facilitate the process of developing the Street Zine.

“The publication will be consumer driven,” Katrina said.

“They will determine what the publication looks like, what is in it and how it will be distributed.”

The group is currently inviting young people who have something to say about youth mental health to participate in producing a Street Zine.

“We want to incorporate a whole range of perspectives,” Katrina said.

“Most young people have had something to do with mental health or have experienced tough times,”

Contributions are welcome from young people around the state and can be emailed to CAMHS north west at: camhs.nw@dhhs.tas.gov.au

The Street Zine will be launched in Youth Week (30 March – 5th April).

Free Workshop

Do you want to play a role in reducing the stigma of mental illness through the use of media in Tasmania?

Places are still available for this workshop which is being run by Mindframe and Mental Health Services.

The FREE workshop is for anyone who works in the mental health sector.

The workshop will provide an opportunity for Tasmania’s mental health sector to join forces and work to develop an Action Plan to play a role in the reduction of stigma and develop strategies for promoting key mental health messages.

The workshop also provides an introduction to working with the media.

The 4 hour workshop is designed to provide:

- An introduction to working with the media (DHHS Communication & Marketing Consultant)
- Research about the impact of media reporting on suicide and mental illness (Jo Piggott, Mindframe)
- What you need to know when talking to the media about suicide and mental illness (Jo Piggott, Mindframe)
- An opportunity to workshop ideas and develop key actions for fighting stigma through the Tasmania media

Launceston Workshop - Tuesday 24 February from 9am to 1pm.

Devonport Workshop - Wednesday 25 February from 9am to 1pm.

Hobart Workshop - Monday 23 February from 9am to 1pm.

To reserve a place, email:
jane.austin@dhhs.tas.gov.au

Beacon Project Affects Changes at Spencer



Spencer's new trolley that was purchased with funding from the Beacon Project. Staff from left are Graham Meyers, Sharyn Hope and Noel Ward (all registered nurses).

The Beacon Project has led to many changes at Spencer Clinic. One of those changes resulted from the new interpretation of the definition of seclusion, which has resulted in the staffing of HDU at all times when there is a patient present in HDU.

The HDU is not used often and the majority of patients are successfully managed on the open ward. The number of seclusions and restraint at Spencer Clinic remain relatively low.

Staff training has increased with nine staff undertaking Certificate IV in Mental Health. All staff have been given the opportunity to participate in de-escalation training and a two day Control and Restraint training course.

Most staff have had supervision training and appropriate clinical supervision is soon to be rolled out at Spencer Clinic.

There will be further training in January and February in conjunction with ward IE for as many staff as

we can free up to attend. This will have a focus on the Trauma Informed Model of Care.

The policy of not allowing children to visit on the ward no longer exists. Staff are asked to be flexible in making safe arrangements for children to visit the ward when appropriate.

Our sensory trolley has arrived and is stocked with soft pillows, blankets, a hand massager and other sensory items for patient use.

It is recognized that space is an issue at Spencer Clinic and flexibility needs to occur in order to make the best use of what we have.

When HDU is not in use, the room is used as a multipurpose room for patients for activities such as playing the guitar or watching TV.

Linda Rose, Nurse Unit Manager, Spencer Clinic



Community Health Expo for Well-Being

In late 2008, the Brighton Cluster of the Glenorchy & Northern Districts Adult Community Team participated in the Community Health Expo for Well-Being (CHEW), an annual event organised by Primary Health.

The Expo which was held at the Brighton Health Centre, is getting bigger each year – over 50 health agencies and community support organisations had stalls at the Expo, ranging from Physiotherapy to Cancer Awareness. The animals from the Bridgewater High school farm were also in attendance, proving popular with the kids.

This year there were more attendees than ever before from the local community, reflecting the growing area and increasing services being provided.

The Mental Health Services Information Stall was well attended, and Minister for Health Lara Giddings opened the Event, and stopped to chat with staff at the stall.

Pictured in the photo are Graeme Reid, Marilou Hopwood, Terry Dwyer, & Ros Cole



Training Participants

TRIAGE TRAINING

During the first week of February we had the pleasure of hosting a visit by **Dr Natisha Sands RPN BN PhD, Senior Lecture - Course Coordinator Mental Health Nursing from the University of Melbourne.**

Dr Sands was invited by Mental Health Services to conduct the Mental Health Triage Education Program. Two groups of approximately 15 staff from all around the State participated in this vital training.

The course provided a foundational theoretical framework for practice and promoted MH Triage as a model of service delivery.

It offered the opportunity to further develop our mental health assessment skills, including risk assessment. The course also aimed to help develop the professionalism of the discipline, promote mental health triage as a specialist area of practice and present best evidence on the topic.

Common to all triage practice is the telephone. Triage is the primary interface between the community and mental health services. Skilled telephone use in MH triage was elaborated upon, discussed and defined as:

'When the triage practitioner displays a high level of competence, knowledge, confidence and consumer focus in responding to mental health related inquiries via the telephone.'

The course also covered medico-legal issues, characteristics of a crisis - including behavioural changes in a crisis and elements of effective documentation.

It was an excellent opportunity to come offline and reflect on our practice. Thanks to all the managers who made this worthwhile training possible and to Dr Sands for sharing her valued 'practice wisdom'.

**Greg Keane – Triage Clinician
Mental Health Helpline**



Mental Health Week 2009

Planning for Mental Health Week 2009 is now underway.

Following an evaluation of Mental Health Week 2008, it was decided that there are more effective and efficient models for the delivery of Mental Health Week that would grow the capacity of the sector to deliver health promotion events over time.

Mental Health Services is currently setting up a Mental Health Week Committee which will shortly call for proposals for funding from the Community Sector to deliver events as part of Mental Health Week in 2009.

The Committee will also oversight marketing activities for Mental Health Week in 2009.

Regular updates on progress will be reported in this newsletter.



ACCREDITATION CONTRACT

The Australian Council on Healthcare Standards (ACHS) has been awarded the contract to be the provider of accreditation and review services for Mental Health Services for the next four years.

This announcement comes after a formal tender and selection process that commenced in September 2008.

As part of the contract requirements, the following areas/ services will work towards individual accreditation:

- 1) State Office
- 2) Mental Health Services – North West
- 3) Mental Health Services – North
- 4) Mental Health Services - South
- 5) Alcohol and Drug Services
- 6) Correctional Primary Health Service; and
- 7) Forensic Mental health Service.

Correctional Primary and Forensic Mental Health Services are already part way through an ACHS accreditation process and they will proceed as previously planned.

Community and hospital-based services across the Adult, Child and Adolescent and Older Persons Clinical Specialties will participate together in the accreditation of their geographical area e.g. Mental Health Services – North.

Alcohol and Drug Services will work towards accreditation on a statewide basis. Assistance will be provided to areas/ services as required by the Clinical Governance Unit.

This unit will play a key role in the overall coordination of accreditation activities across Mental Health Services along with the management of the contract with ACHS.

The next steps include:

- agreement within Mental Health Services regarding the schedule for the various areas/services to undertake their accreditation cycle;
- negotiation with ACHS regarding the provision of education and training sessions to enable staff to understand the ACHS accreditation framework, processes and requirements;

This work is expected to be finalised by the end of March/ early April 2009.

Staff will be kept up to date with progress through future articles in this newsletter.

Should anyone have any queries or want further information they can contact Maggie Crawford, Manager Clinical Governance by phone on 6230 7803 or email maggie.crawford@dhhs.tas.gov.au

Health Promotion Funding

Mental Health & Statewide Services can apply for Health Promotion Fundings that is administered by Population Health.

Funding is awarded regionally on a competitive basis in the three regions and you are encouraged to talk to the funding coordinators about possible projects before applying (application forms and criteria vary regionally).

North - Tina Binns and Elizabeth Mahnken

North West - Julie Milnes and Dr Michelle Towle

South - Jacqui Maginnis, Sue Chaston and Britt Steiner

Submit your article

All staff of Mental Health and Statewide Services and Community Sector organisations are invited to submit articles and ideas for articles to this newsletter. Articles should be no more than 250 words in length and be accompanied by a photo.

Articles will undergo an editing process but no major changes or changes in meaning will be made without the permission of the author.

Submit your article to: anne.kerr@dhhs.tas.gov.au



Key Staff Appointments

MHS North

- Dr Mani Maharajh has been appointed as the Clinical Director for Mental Health Services North
- Raelene Tabor has been appointed as Team Leader ACMHS North
- Debbie Felmingham has been appointed as Administrative Assistant for ACMHS North
- Melanie Gerke has been appointed as Administrative Assistant, Ward IE
- Deanne McQueen has been appointed Health Care Assistant, OPMHS

MHS North West

- Christine Lander has been appointed as the Acting Area Manager whilst Phil Eddy is on extended leave without pay
- Anthea Collins has been appointed as Acting Team Leader of ACMHS NW whilst Christine is Acting for Phil Eddy
- Sue Nesham has been appointed Acting Team Leader of CAMHS NW
- Paula Tuffin is on a 12 month secondment to the Workforce Development Unit
- Julia King has been appointed as an Occupational Therapist with CAMHS NW

MHS South

- Michelle Kemp has been appointed as Acting Liaison Officer with OPMHS/DBMAS South

Forensic Mental Health Service

- Susan Styles has been appointed as Acting Manager, Wilfred Lopes Centre

Alcohol & Drug Service

- Gwyneth Fullard has been appointed as State Smoking Cessation Coordinator
- Shirley Wyper has been appointed as Southern Smoking Cessation Coordinator
- Stephen Youl has been appointed as the Northern Regional Cessation Coordinator
- Marni Benton has been appointed as Project Officer
- Helen Thomsett has been appointed as the Executive Assistant to the State Manager
- Dr Adela Ristovski has been appointed as a Service Development Consultant South
- Caroline Sykes has been appointed as Service Development Consultant North
- Geoff Clifford has been appointed as Manager Alcohol and Drug Service South
- Cheryl Mundy has been appointed as the Aboriginal Policy & Liaison Officer

CONTACT

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