

Health in Mind



Delivering a Healthy WA

NORTH METROPOLITAN AREA HEALTH SERVICE MENTAL HEALTH SPRING 2008

CECAT - Art Spoken: 40 years in the making

Art therapy provides an avenue to explore past trauma, grief and pain - feelings often at the root of mental illness.



David Doyle, DADAA Executive Director with Danita Walsh from CECAT.

Officially opened in 1968, the Creative Expression Centre for Arts Therapy (CECAT) is a public mental health service specialising in art therapy for youth and adults. The facility has shaped a 40 year history as the first Australian arts therapy service associated with a psychiatric hospital.

Opening Mental Health Week, CECAT will celebrate its 40th Anniversary with an exciting art exhibition titled *Art Spoken: 40 years in the making*, where some client works can be viewed and purchased. The exhibition will run from the 4th to the 12th October between 10:00am to 5:00pm at the Moores Building Contemporary Art Gallery in Fremantle.

"CECAT's 40th Anniversary pays homage to the important contribution art therapy continues to make in the area of mental health. Our programs specifically target recovery to help rebuild one's sense of self," said CECAT Clinical Service Manager Danita Walsh.

CECAT client Susan Leisavnieks said art therapy had changed her life by giving her a non-confrontational way to express challenging issues.

"For example, by using personal photographs and arranging them with other objects and rephotographing them I found that I was able to deal with feelings about a relative."

"During the art therapy process, I feel safe and supported having developed close relationships with CECAT staff. This allows me to take risks and confront issues relating to trauma that I have not been able to face in the past," said Susan.

CECAT's vitality in the art therapy domain has not gone unnoticed.

Disability in the Arts and Disadvantage in the Arts Australia (DADAA) published a book this year evidencing the effectiveness of community-based arts initiatives for people with mental illness. *Proving the Practice* is a collection of essays from arts practitioners, health professionals, academics and artists with experience in mental illness. One such contributor is Danita Walsh whose chapter discusses CECAT's application of art therapy and its service model and history.

"The book is a great read for anyone interested in the arts as a vehicle for mental health recovery," said Danita.

From the Acting Area Exec. Director

Having just returned from long service leave and now providing coverage for Dr Ann Hodge while she is on leave, it's been amazing to see the hive of activity right across North Metropolitan Area Health Service (NMAHS) Mental Health.

We are embarking upon some exciting ground to improve the way in which our services are structured and delivered to better meet the needs of our consumers. This includes the Quality Through Outcomes Consumer Project, the Clinical Service Redesign Project (at SCGH ED), the Assertive Patient Flow System, our involvement as a Beacon Demonstration Site as part of the National Seclusion and Restraint Project and the Clinical Service Planning for Graylands, Osborne, SCGH and Midland Campus. If you are interested in more information about these initiatives, please ask your management team for an update.

When looking forward, it's always useful to reflect on where we've come from and acknowledge how our services have changed. NMAHS Mental Health has endorsed an initiative that will document the History of Claremont-Graylands Hospital from 1903. On completion, this project will deliver the first major historical account of the hospital since the 1980's. The *Be part of living history* article in this edition explains further.

Another part of our history includes the Creative Expression Centre for Arts Therapy (CECAT), who will soon celebrate its 40th Anniversary as the first Australian arts therapy service associated with a psychiatric hospital. The *CECAT - Art Spoken: 40 years in the making* article in this edition provides more information.

These initiatives and other events such as Mental Health Week, which runs from the 5th to the 11th October 2008, provide us with an opportunity to address some of the issues of fear, stigma and marginalisation often associated with mental illness.

Looking after our own mental health is important, so I encourage staff and managers to think about participating in the inaugural 'Stress Less Challenge' that will take place as part of Mental Health Week. National Stress Less Day is Wednesday 8th October, with more information available at <http://www.waamh.org.au/mentalHealthWeek.cfm>

Sylvia Meier
Acting Area Executive Director
NMAHS Mental Health

Members of the Psychiatric Service Library at Graylands Campus can access *Proving the Practice* by contacting (08)9347 6711. Copies may also be available by contacting DADAA on (08)9430 6616.

Healthier mothers, healthier babies

Women with serious mental illness (SMI) are at risk for pregnancy and birth complications such as bleeding during pregnancy, umbilical cord complications, foetal distress and giving birth to smaller babies.

A new primary prevention program launched in July 2008 by Professor Fiona Stanley, Director, Telethon Institute for Child Health Research (TICHR), is set to improve health outcomes for pregnant women with SMI and their unborn babies.

Funded by North Metropolitan Area Health Service (NMAHS) Mental Health and developed in conjunction with the Centre for Clinical Research in Neuropsychiatry (CCRN), TICHR and Curtin University of Technology, *Healthy Babies for Mothers with Serious Mental Illness: A Case Management Framework for Mental Health Clinicians* adopts a holistic approach focussing on continuity of care provided by a small known team; consumer reproductive choice; and early detection and monitoring of pregnancy.

The framework is charged with developing, strengthening and supporting strategic alliances, partnerships and networks between mental health and maternal and newborn services - where dedicated teams work together with the common goal of improving health outcomes for this at risk group of women and their unborn babies. For women of child bearing age with SMI, this impacts positively on factors amenable to intervention such as early and ongoing compliance with antenatal care and links to appropriate support services at the earliest opportunity.

"The needs of complex clients, such as pregnant women with SMI, place demands on services that a single discipline or agency

Back row: Project contributors Dr Yvonne Hauck, Professor Assen Jablensky, Tanyana Jackiewicz & Dr Daniel Rock. Front row: Dr Ann Hodge & Professor Fiona Stanley.



cannot meet alone. A system of effective care co-ordination is required if all services are to work productively to the benefit of the service user," said Dr Ann Hodge, Area Executive Director, NMAHS Mental Health.

The framework enables clinicians to incorporate reproductive, pregnancy and sexual health needs into general and mental health care.

"It's really important that vulnerable women, in particular, are supported to access antenatal care. This care can also assist in dealing with lifestyle factors - such as smoking, use of illicit drugs, alcohol and poor nutrition - considered detrimental to unborn babies," said Dr Yvonne Hauck, Project Manager, Mental Health Early Life Program, CCRN.

This initiative was also the impetus behind the formation of a specialist Childbirth and Mental Illness (CAMI) antenatal clinic at King Edward Memorial Hospital. The CAMI clinic now provides state-wide support for these at risk women.

Visit <http://www.nmahsmh.health.wa.gov.au/projects/healthybabies.cfm> for mental health clinician and consumer resources developed as part of this project.

A quality outcome approach

Questionnaires that ask consumers of mental health services to describe how they experience their clinical care provide the capacity to improve outcomes for both consumers and mental health services.

These 'outcome measures' aim to evaluate whether a change has occurred as a result of mental health care. This approach facilitates a better understanding of mental health conditions, the level of support required and provides an environment where consumers and clinicians work together to achieve the best possible outcomes.

The Quality Through Outcomes Consumer Project (QTO Project C) is a North Metropolitan Area Health Service (NMAHS) Mental Health statewide initiative which uses a range of strategies that enable clinicians and consumers to map the journey of recovery and the impact of mental illness care plans.

"The outcome measures agreed by Council of Australian Governments provide a mechanism for consumers to provide objective feedback regarding their experiences of clinical care. This provides an opportunity for a collaborative approach to

mental disorders where clinicians work in partnership with consumers to address the symptoms and impairment of mental disorders," says Patrick Marwick, Clinical Director of the Child and Adolescent Mental Health Services Program within NMAHS Mental Health and Executive Sponsor to the QTO Consumer Project.

Diagnosed with bipolar affective disorder, Jacqui Wharton has first hand experience living with mental illness. This experience has enabled Jacqui to forge a successful career as a Consumer Consultant in the QTO Project C.

"Allowing consumers to take personal responsibility for their illness is part of the recovery process. I feel empowered and directly involved in my treatment plans."

"We need to move away from the notion of consumers presenting to clinicians to get 'fixed' - to more of a collaborative approach, taking into account the consumer's views, during the recovery process," said Jacqui.

For more information on the QTO Project C, please contact Jo-Anne Dwyer, Senior Project Officer, on (08)9381 7055 or email jo-anne.dwyer@health.wa.gov.au.

Mental Health Museum of WA

The Mental Health Museum of WA Inc welcomes new volunteers to help maintain WA's living mental health history.

Officially opened in 1996 by the late Dr Archie Ellis, a former mental health services director, the Museum currently cares for a wide range of material associated with the history of mental health services in Western Australia.

The Museum was established as the result of the hard work of many dedicated people who have assisted in the care and treatment of those suffering from mental illness. It contains archives, photographs, memorabilia and records of staff and patients who lived and worked in different mental health settings in Western Australia.

The collection includes straitjackets, maps, dioramas, electroconvulsive therapy equipment, certificates and vintage textbooks. There are artefacts from Heathcote, Whitby Falls and Claremont, as well as more modern items from Graylands Hospital.

The Museum, located in Shaw House on Graylands Campus, holds monthly open days and workshops.

If you are interested in volunteering or visiting the museum, please contact Owen Sollis on (08)9332 3261 or Virginia Stillitano on (08)9347 6618.



Mental Health Museum volunteers from left to right: Pat Redfern and Owen Sollis (Chairman) with one of the museum's straitjackets.

Mental health 2020 vision

According to the Centre for Clinical Research in Neuropsychiatry's Director, Professor Assen Jablensky, "mental health is too important to be left only to psychiatrists, psychologists and other mental health professionals."

Speaking at the Vista Public Lecture series at Government House, Perth, on 27 August 2008 to an audience of over 150 people, Professor Jablensky outlined the future prospects for mental health in Western Australia.

Professor Jablensky described mental health as "a major societal responsibility requiring broad, forward-looking social and health policies". It is easy, he noted, for health professionals to overlook the social dimensions of a person's mental illness in their efforts to treat the clinical problem.

Globally, mental illness is among the leading cause of disability, and by 2020, it may account for up to 20% of the total burden of disease in the world. In any given year, up to 3 million Australians will experience a mental or neurological disorder - a figure that includes a disproportionately large number of indigenous people.

Challenges presented by mental illness can be found at every stage of life. Foetal growth and early childhood are critical stages in brain development which can be jeopardized by factors as diverse as poor nutrition and stress. Childhood sexual and physical abuse can also impact upon the brain's healthy development.

The healthy adolescent brain appears to undergo 'synaptic pruning', which may be related to early signs of schizophrenia, where the process may have gone too far. Substance abuse and stress may also aggravate this problem.

Age-related neurodegenerative disorders will affect up to 7% of the population over 65 years of age, which may lead to high levels of dependency and higher costs of care for our ageing population.

People living with mental illnesses in Australia experience high levels of social isolation, unemployment, substance abuse, violence, self-harm, and suicide. The suicide rate peaks shortly after discharge from a care facility but before uptake into community-based care - a period of up to four weeks.

So what might the future hold for mental health in Western Australia? By 2020, we can anticipate improved drug treatments, the rise of pharmacogenetics, non-invasive brain imaging, and improved earlier diagnosis of the pre-clinical stages of mental illness.

These will require significant investments in current mental health research, but this would produce immense savings in money and human potential.

If Alzheimer's disease could be cured by 2020, the potential savings in public funding is up to \$20 billion. If its onset could be delayed by five years, the savings would be \$5 billion, and if the incidence of schizophrenia could be reduced by 25% through early detection, the savings would represent \$500 million.



Left to right: Professor Assen Jablensky from CCRN with the Hon Justice Barker, President of the State Administrative Tribunal.

By 2020 there will be an increased prevalence of mental illness, due to an increased population, which is also ageing. Combined with increased rates of substance abuse and family breakdown, we may see a disturbing trend towards a 'law and order' attitude to people with mental illnesses, rather than an increased provision of clinical care.

Ethical and legal issues arising from new technologies such as predictive DNA testing and brain-fingerprinting must also be faced, or they may lead to the 'psychiatrisation' of daily life and the increased marginalization of those already at risk.

Above all, attitudes must change. 'Social breakdown syndrome', whereby a person with a mental illness suffers the loss of social role, skills, knowledge, and a downgrading of their expectations and attitudes, can only be addressed on a social level, not through pharmacology.

An online version of Professor Jablensky's lecture can be accessed at http://www.sat.justice.wa.gov.au/_files/Prof_Assen_Jablensky_Lecture.pdf

Be part of living history

Referred to as the Graylands History Project, North Metropolitan Area Health Service (NMAHS) Mental Health has endorsed a new and exciting initiative that will document the History of Claremont-Graylands Hospital from 1903.

A History of Claremont-Graylands Hospital (working title only) will be the first major historical account based on the hospital since the 1980's.

The project will draw upon new archival material, previously un-accessed State Government records and oral history collections.

Dr Philippa Martyr is charged with delivering the project. As such, Philippa would like to hear from former Claremont-Graylands patients, families, carers and mental health staff to provide oral histories based on personal experiences.

Philippa is also developing a register of those that are interested in acquiring the publication once complete, estimated timeframe being the end of 2010.

Interested parties will also receive project updates as they occur.

Please contact Philippa on (08)9347 6705 or email philippamartyr@health.wa.gov.au if you wish to provide an oral history and/or register yourself as an interested party.

Please feel free to circulate this communication amongst your own networks.

Helping hands wanted

Graylands Hospital Volunteer Service is seeking volunteers to help with its 'comfort trolley' which provides patients in Graylands Hospital's closed wards the opportunity to purchase a variety of goods.

Graylands Hospital Volunteer Service is also affiliated with the Graylands Campus kiosk, apparel shop, Do Drop In Café, patient birthdays, arranging transport for patient outings and fundraising initiatives that benefit the hospital and its patients.

If you would like to contribute to this valuable service, please contact Faye Halma on (08)9347 6693 or email volunteers.gh@health.wa.gov.au.

Treating eating disorders

Eating Disorders are serious illnesses. They have the highest mortality of any psychiatric disorder. They most often develop in young girls in their early to mid teens, but also affect pre-pubertal girls, older women, boys and men.

A recent Australian population study (1) of over 1,000 women found that over 15% of women experience a diagnosable eating disorder in their lifetime. That means that in the Perth metropolitan area of, say, 1.4 million, over 100,000 women will be affected. A recent survey of over 4,000 women in a US magazine (2) found that 65% engage in some form of disordered eating such as fasting, binge eating, purging (self-induced vomiting or abuse of laxatives), or engaging in driven exercise.

The Eating Disorders Programme at the Centre for Clinical Interventions (CCI) was established in 2005 as the first specialist eating disorder service for youth and adults in the public sector in WA. Located in Northbridge, it provides youth (age 16+) and adults with evidence-based treatment in a community out-patient setting.

The predominant model of therapy is a new form of Cognitive Behaviour Therapy (CBT-E), developed and researched at University of Oxford in the UK. The outcomes results are encouraging, and have been presented at national and international conferences. They suggest that over 65% of people who complete treatment at the CCI Eating Disorders Programme will recover. These results are extremely impressive, and compare well with those obtained by the UK researchers.

The Princess Margaret Hospital (PMH) Eating Disorders Program has been running for over 12 years providing statewide specialist services for children, adolescents and their families as well as training and consultation support for professionals. The program integrates medical and nutritional care with individual, group and family psychotherapy. It focuses on outpatient therapies, inpatient medical care and supports the transition with a day treatment program for patients requiring more intensive treatment options.

The CCI and PMH eating disorders units liaise closely with each other and with other services such as Hollywood Hospital, Bridges Association and Women's Healthworks to develop improved services in WA for children and adults with eating disorders.

Referrals from GP's or psychiatrists for CCI's Eating Disorders Programme can be sent to Dr Anthea Fursland, CCI, 223 James St, Northbridge. CCI can be reached via phoning (08)9227 4399 and faxing (08)9328 5911. CCI also has web-based eating disorders resources for clinicians and consumers. These can be found at www.cci.health.wa.gov.au/resources/index.cfm.

Referrals to the PMH Eating Disorders Program can be made to the Triage Officer, PMH, 993 Wellington Street, West Perth, phone number being (08)9429 5000. For more information visit www.pmh.health.wa.gov.au/services/eating_disorders.

(1) Wade T. D., Bergin, J.L., Tiggeman, M., Bulik, C., Fairburn, C.G. (2006) Prevalence and long-term course of lifetime eating disorders in an adult Australian twin cohort, *Australian and New Zealand Journal of Psychiatry*, 40: 121-128

(2) SELF Special Report (2008) *The Disorder Next Door*, Self, NY. May: 248-253

What goes around comes around

North Metropolitan Area Health Service (NMAHS) Mental Health is the recipient of donated exercise equipment that can help improve patient outcomes.

Kate McGivern, Nurse Director, Swan Adult Mental Health Service, wrote to local companies requesting equipment donations to kick start a project aiming to increase patient exercise levels to help with side effects associated with some medications.

Known as the metabolic syndrome, the side effects include weight gain, diabetes, increased cholesterol in the blood and an increase in blood pressure. An increase in daily activity, eating healthy foods, smoking cessation and decreasing stress levels help reduce the risk of metabolic syndrome. Weight gain can also lead to some patients stopping their medication, which often has a negative impact on their mental health condition.

This initiative saw the service acquire a treadmill, upright and recumbent cycles from Gymcare of Bassendean and two upright cycles from Chad, a Kmart store manager.

On another occasion, Graylands Campus physiotherapy department and Graylands

Hospital wards benefitted from 12 exercise bikes kindly donated by Inspired Life Wellness Centre in Bentley.

The donated equipment will provide more exercise options for metabolic syndrome at risk patients. "Weight sets and Nintendo Wii Fit are other items that we believe will help us motivate our younger patients," said Kate.

If you are in a position to help with donating exercise equipment, please contact Kate on (08)9347 5753 or email Kate.McGivern@health.wa.gov.au.

NMAHS Mental is very grateful to Gymcare, Chad and Inspired Life Wellness Centre for showing such generosity and kind spirit.

Generosity matters

Western Districts Masonic Lodge distributed \$7,000 worth of charitable grants in its latest round of offerings mid June this year.

Alan Bland, Lodge Master and Clinical Nurse at the Swan Valley Centre, presented a total of seven grants to charities and foundations including the Centre for Clinical Research in Neuropsychiatry (CCRN).

Dr Daniel Rock, CCRN Co-Director, collected the \$1,000 donation.

"The funds will be used to support the CCRN's intensive research program into schizophrenia - and other serious mental illness - focusing on the links between specific genetic action and the experience of psychiatric symptoms," said Dr Rock.

Over the last ten years, the Lodge has awarded over \$50,000 to organisations such as the Cancer Council,

Autism Association of WA, Alzheimer Australia WA and Camp Quality.

"I believe that the schizophrenia research undertaken at CCRN is tremendously important, and knowing that our contributions help makes it a worthwhile exercise, said Alan.

CCRN was also the recipient of a \$1,000 Lodge grant the previous year, further highlighting Western Districts Masonic Lodge's generosity.