

Health in Mind

NORTH METROPOLITAN AREA HEALTH SERVICE - MENTAL HEALTH

SUMMER 2009

Older adult advocate wins award

Dr Graham Jacobs, Minister for Mental Health, announced the finalists and winners of the 2008 Mental Health Good Outcomes Awards at a function held in October 2008.

Highlighting Mental Health Week, these awards recognise the outstanding contribution of individuals, groups and organisations that foster leadership, innovation and continuous improvement in mental health.

With over 31 years experience in general and mental health nursing, Mr Leslie Nolan is the proud winner of the Freehills Award for Mental Health Employee of the Year.

"In accepting this award, I'd like to acknowledge families, carers and allied health staff that do a great job in caring for people with a mental illness," said Leslie.

Employed by North Metropolitan Area Health Service (NMAHS) Mental Health, Leslie works as a Clinical Nurse Consultant focusing on older adult mental health patients presenting at Sir Charles Gairdner Hospital. His role involves assessing older adults experiencing delirium, dementia and depression.

"This award recognises Leslie's expertise in dealing with challenging situations that require strategic and innovative management," said Dr Ann Hodge, Area Executive Director, NMAHS Mental Health.

Other 2008 Mental Health Good Outcomes Awards achievements associated with NMAHS Mental Health include:

Government Organisation of the Year category:

Finalist: *The Centre for Clinical Interventions*

Finalist: Graylands Hospital *Physiotherapy Department*

Winning Finalist: Graylands Campus based *Statewide Clinical and Service Enhancement Program*, operated by WA Country Health Service

Consumer of the Year Award category:

Winning Finalist: *Pauline Miles*, who has worked closely with our Reflections Art Studio

"I commend the 2008 Mental Health Good Outcomes Awards winners and finalists for their work towards creating a mentally healthy community and improving the lives of people with a mental illness," said Dr Hodge.



Freehills Award for Mental Health Employee from left to right: Gareth Bennett, Director People and Development - Freehills, Leslie Nolan (winning finalist), Lee Semmler (finalist), Merryll Morrissey (finalist) and Dr Graham Jacobs.

From the Area Exec. Director

I hope you have enjoyed a relaxing festive season and are now invigorated to embark upon the challenges of 2009.

On 23 September 2008, history was made when Dr Graham Jacobs was sworn in as the first Western Australian Minister for Mental Health, highlighting the State Government's recognition that more needs to be done in the area of mental health.

At this end, we will continue our mission of enhancing timely access to mental health services Statewide and tracking patient journeys to improve consumer and carer satisfaction.

The focus is to shift care from tertiary hospitals, such as Graylands Hospital which treats the most complex of patients, to secondary hospitals to manage less complex problems. Shifting inpatient care to community settings builds our capacity to provide multi-disciplinary team care closer to home.

Whilst there is a lot of work to be done, we can reflect on some of our achievements.

The Assertive Patient Flow Unit has been able to reduce mental health bed block and prolonged lengths of stay in Emergency Departments (ED's). For patients, this means improved timely access to appropriate care as they move through the system.

The Clinical Service Redesign Project at SCGH has a particular focus on the SCGH ED and the movement/referral of mental health patients from SCGH to discharge destinations either on the SCGH Campus or off site.

Journey boards mapping patient journeys are now displayed in all ward areas providing an excellent visual of the clinical processes required to get consumers the help they need more promptly so as they can return to their homes and families.

The Quality Through Outcomes Consumer Project is a NMAHS Mental Health Statewide initiative which uses a range of strategies to map the journey of recovery and the impact of mental illness care plans. The outcome measures assessment tools, agreed by the Council of Australian Governments, provide a mechanism for consumers to give feedback regarding their experiences of clinical care. This facilitates a better understanding of mental health conditions, the level of support required and enables consumers and clinicians to work together to achieve the best outcomes.

Towards the end of 2009, we will see the transitioning of Hawthorn House to a new facility in Joondalup. 22 people with mental illness who no longer require hospital based care will benefit from a 'stepping stone' to independent living.

Finally, I would like to thank NMAHS Mental Health staff for their hard work and ongoing commitment. Going forward, providing mental health consumers with safe, timely access to the right treatment in the right place remains our core business.

Dr Ann Hodge

**Area Executive Director
NMAHS Mental Health**



Art Spoken speaks

The Creative Expression Centre for Arts Therapy (CECAT) celebrated its 40th Anniversary in October 2008 with its *Art Spoken* exhibition.

Opening 2008 Mental Health Week, *Art Spoken* ran for ten days, attracting over 1000 visitors.

Held at the Moores Building Contemporary Art Gallery in Fremantle, the opening night was attended by over 300 people. Distinguished guests included Hon. Helen Morton, Parliamentary Secretary to the Minister for Mental Health; the Mayor of Fremantle, Peter Tagliaferri; and Joe Calleja, President of WA Association of Mental Health.

CECAT participant Suzy Leisavnieks opened the exhibition after reading her 'Sometimes' poem, billed as the WA 2008 Mental Health Week poster.

"Susan was the star of the exhibition. She captivated the audience with her account of living life with a mental illness - you could feel the audience's inspired awareness," said Danita Walsh, CECAT Clinical Service Manager.

CECAT published a book titled *Art Spoken* to commemorate its 40th Anniversary achievements. To cover production costs, copies of *Art Spoken* can be acquired for a fee of \$20.00 by contacting CECAT on 9347 6687/6688. Packed with inspirational imagery and narratives, *Art spoken* is a must have.

For more information about CECAT services or to access referral forms visit www.cecat.health.wa.gov.au or www.reflections.health.wa.gov.au.



Art Spoken from Left to right: Danita Walsh, Suzy Leisavnieks, Hon. Helen Morton and Sylvia Meier, Deputy Area Executive Director NMAHS Mental Health.

The AIN gain

A new category of health care worker introduced into WA Health in 2008 has paved a positive footprint across Graylands Hospital's Casson and Murchison wards.

The role of the Assistant in Nursing (AIN) is to support registered nurses and enrolled nurses in the delivery of general patient care.

"Under the supervision of a Registered Nurse, I help with daily living activities such as patient meals, hygiene, mobility and ward activities," said AIN Joan Nadilo.

Trained over an 18-week period with seven weeks of theory, followed by an eleven-week clinical placement, Graylands Hospital now has five AIN.

Joan completed the *Health Services Assistance, Assistant in Nursing, Acute Care* training program offered by WA Health in September 2008.

Graylands Hospital AIN from left to right: Annabel Fernandes, Michael Keleher, Joan Nadilo, Tamara Manson and Maria Rodriguez.



"I am now qualified to do blood pressures, take temperatures and pulses, perform blood sugar level testing and urinalysis," she said.

Registered Nurse Mano Subramaniam says that AIN reduce the basic workload for nursing staff so they can better concentrate on building therapeutic patient relationships and updating care plans.

"With the introduction of AIN, Registered Nurses are more able to focus on the key nursing functions such as reviewing client care and treatment discussions with multi-disciplinary team members," said Mano.

Joan says her new job is rewarding. "In a mental health environment it is important to interact with patients regularly, making yourself available when they need you. I really enjoy spending time with patients," she said.

"AIN not only benefits nursing staff, patients really appreciate having someone to talk to who can also engage in activities such as reading and board games," said Mano.

And for Joan, it doesn't end there. "This great experience has fuelled my ambition of becoming a Registered Nurse in the future," she asserts.

Music magic not mayhem

The high notes were hit when 40 consumers from six North Metropolitan Area Health Service (NMAHS) Mental Health rehabilitation and drop in centres participated in Music Mayhem, an inaugural music event held in October during 2008 Mental Health Week.

Occupational Therapist Sherril Hills, from the South Guildford Centre, was instrumental in organising the event.

"We have had a band called the 'The Exocets' for the last four years and this event was the result of exploring other challenges and opportunities for them as well as responding to enquiries from other centres," said Sherril.

Music Mayhem instigated the development a relationship with a new community organisation called Catch Music, a group of musicians prepared to support and mentor people with disabilities in their pursuit of music.

Through Catch Music Chairperson Tim Robertson, links were established with The University of Western Australia (UWA) School of Music. Hosted by UWA staff, the event involved eight music students mentoring some of the participating groups and helping them prepare the song choices.

"The afternoon exceeded everyone's expectations in the level of success achieved - the wonderful music that was put together in such a short time, the enthusiastic enjoyment of playing group music and the experience of meeting up with like minded people from all walks of life," said South Guildford Centre Coordinator Francine McCarthy.

It is hoped that Music Mayhem has set the scene for a group music network to be enjoyed by NMAHS Mental Health clients, in collaboration with Catch Music and UWA School of Music.

Due to the event's success, it was agreed that the name of the next event be changed from Music Mayhem to Music Magic.

Mental health agenda

Future Planning for Graylands Campus

The reform of mental health in Western Australia required a clear vision for Graylands Campus.

At a strategic level forum held in July 2008, the broad role and function for Graylands Campus was developed in line with a vision that provides a consistent base for future clinical service planning.

The forum was attended by 48 people representing consumers, carers, the Council of Official Visitors, non government organisations, North Metropolitan Area Health Service (NMAHS), South Metropolitan Area Health Service (SMAHS), WA Country Health Service (WACHS), Mental Health Division, Graylands Health Campus (including Statewide Services) and the Health Reform Implementation Taskforce.

A number of recommendations were produced including general agreement that Graylands Campus should provide

1) tertiary mental health specialist care with a focus on delivering specialised Statewide services; and 2) a hub for mental health research and teaching and its integration with clinical practice.

The newly established Graylands Campus Steering Committee (GCSC) will oversee the development of the Graylands Campus Clinical Service Plan (CSP). Chaired by Liz MacLeod, Director Clinical Planning NMAHS, the GCSC has representation across NMAHS Mental Health, SMAHS Mental Health, WACHS Mental Health and the Mental Health Division.

The Graylands Campus CSP will be developed in line with the Government's strategic directions for mental health. This exciting initiative is set to lead the Western Australian reform of mental health.

NMAHS Mental Health Clinical Redesign

The future development of new and expanded mental health facilities at Midland Health Campus, Osborne Park

Hospital, Joondalup Health Campus and Sir Charles Gairdner Hospital will provide users with equitable high quality health care closer to home.

The focus is to provide consumer centred models of care in community settings to assist in managing the demand for tertiary hospital services.

Graylands Campus will continue as the specialist tertiary mental health facility for the State and will develop as a dedicated centre for patients with serious ongoing mental illness.

A working party has been established to make recommendations in regards to clinical services redesign, workforce and infrastructure in preparation for the transition and reform of clinical services provided at Graylands Hospital.

Consultation and liaison with key stakeholders is in progress and information will be communicated during the process.

CCI blocks procrastination

Staffed by a team of clinical psychologists, the Centre for Clinical Interventions (CCI) is a statewide service that provides individual and group clinical services for a range of disorders.

CCI's innovative staff are committed to developing resources, many of which are web based, that are specifically designed to meet the needs of mental health consumers, carers, clinicians and medical practitioners.

Its website attracts an average of 500 hits a day, highlighting its usefulness in providing relevant first class resources which can be easily accessed free of charge.

The resources are disorder-specific and include topics such as depression, abipolar disorder, panic, social anxiety, generalised anxiety and eating disorders.

CCI's latest online offering is titled *Put Off Procrastinating*. Designed in modules, the resource contains information, worksheets, activities and strategies to address the issues surrounding procrastination.

"Procrastination can easily be misunderstood as laziness, but it really is a legitimate clinical problem," said Dr Lisa Saulsman, CCI Clinical Psychologist.

Whilst many of us procrastinate, chronic procrastination affects one in five Australians. It can be a highly self-destructive habit that maintains problems such as depression, anxiety and low self-esteem.

"The procrastination modules cover understanding procrastination; how to change it; dismissing the excuses that maintain it; practical behavioural strategies; overcoming the underlying reasons for it; and cementing learned skills to promote behaviours of 'doing'," said Dr Saulsman.

CCI's expertise is recognised by consumers and clinicians alike who welcome therapeutic psycho-educational resources for disorder problems. CCI is also working to develop resources for other problems such as assertive communication and clinical perfectionism. For further information visit <http://www.cci.health.wa.gov.au/resources/index.cfm>

The Deep

Something spectacular emerged when Mirrabooka Community Mental Health unveiled a mosaic art piece titled *The Deep* during 2008 Mental Health Week last October.

Late 2006 and early 2007 saw ladies from the mosaics group at Mirrabooka Living Skills Program combine their ideas and talents to work on a joint project.

"Upon a large wooden circular table-top, our motive was to work together cohesively to create a piece of art to be proud of," said Senior Occupational Therapist Fiona Simpson.

However vibrant it may look, *The Deep*, was not charged with any great speed.

The combined talents spurred the group along, meeting regularly to pursue the depths of *The Deep*, until its completion. The picture grew a little clearer each week, as did the group's enthusiasm.

"With some mutual encouragement, much enjoyment and a large dollop of fun we finally completed the task in less than 6 months," said Rehabilitation Assistant Jo Lynden-James, the mosaics group leader.

The finished piece is now proudly displayed in the reception area of the clinic.

"Wall mounted, its attractive jewel shades draws attention; its blend of styles and textures flow as effortlessly as the tides they represent," said Jo.

"It's beautiful. It took a long time to make. I didn't make it but I watched it develop," said Mirrabooka Community Mental Health client Jackie Smith.

Congratulations to all contributors whose dedication, skills and artistic abilities made this project a breathtaking success.



The Deep

The Challenger TAFE connection

Over the past three years Challenger TAFE has delivered the sound of music to Frankland Centre patients enrolled in the Certificate 1 in Work Education.

The content of the accredited course includes literacy, computing, job search skills and personal development. Competencies are woven into what engages students most, namely music and creative writing which both require the use and development of literacy skills.

Challenger TAFE's dedicated lecturers comprise of local musician and songwriter, Mr Dave Johnson and literacy expert Ms Suzette Thompson.

"As a visitor of the Frankland Centre in the past, this influenced the desire to offer the patients some educational service," said Ms Thompson.

The Challenger TAFE program is laden with benefits. "It provides brightness, hope, a break from routine and the opportunity for patients to relate to people outside the mental health system. It has the potential to help people to move into employment,

gain further training and resume a place in the community on discharge," said Ms Jennifer Hoffman, Acting Service Manager, State Forensic Mental Health Service.

The words of a former student who has since moved to a Graylands Hospital ward resonates a positive note. "Challenger TAFE people interacting here have changed a lot of things. When you've got the stress of a trial coming up, it takes your mind off it and gives you a foundation and a centre when you move out into the community," he said.

The lecturers are clearly moved by the Challenger TAFE connection. "Dave and I almost always come away with a "Phew that was incredible." Sometimes we are near crying, such as when we helped a student write a letter to a son he had heard from for the first time in ten years," said Ms Thompson.

Based on the Graylands Campus, the Frankland Centre is a maximum-secure psychiatric inpatient service that assesses, rehabilitates and resocialises patients with mental illness, most of whom are referred to the service from the court or prison system.

Seclusion and restraint: less is more

North Metropolitan Area Health Service (NMAHS) Mental Health's Seclusion and Restraint Reduction Project has reached its first milestone with the aid of the Governance and Performance team, who have collected area wide data for the project since July 2008.

Data collated from Graylands Hospital, Swan Valley Centre, Frankland Centre and Joondalup Health Campus on seclusion and restraint episodes is now an agenda item at Area and Hospital Executive meetings. This means staff can now have access to specific ward/unit seclusion data.

Another initiative will see the introduction of the 'Patient Safety Plan' and 'Post Seclusion Interview' in NMAHS Mental Health inpatient units in early 2009. The Patient Safety Plan was trialled as a pilot study at Graylands Hospital's Dorrington and Pinch wards in July 2008.

Data collected from these wards during July to November in 2007 and 2008 shows a 66.7% reduction in seclusion events.

"Congratulations to ward staff for the support provided towards this study during the trial implementation," said Senior Project Officer Breda Ryan.

Project developments in 2009 will see the appointment of an educator/trainer to assist staff with the implementation of the Patient Safety Plan and Post Seclusion Interview. Project resources outlining the new change of practice will soon be distributed to staff, consumers, carers and families.

"We see this as another step towards enhancing a positive culture of care within our service," said Breda.

For more information, Breda can be contacted via Breda.Ryan@health.wa.gov.au or 0406 402 829.

NMAHS Mental Health takes the Cup

The inaugural inter-services Ambrose Competition, held at Burswood Park Golf Course in December 2008, provided a great opportunity for metropolitan mental health staff to build and maintain networks in a social setting.

Teams comprised of 22 staff from North Metropolitan Area Health Service (NMAHS) Mental Health and South Metropolitan Area Health Service (SMAHS) Mental Health.

Each Area had three teams in the competition. Participants from NMAHS Mental Health came from Graylands, Joondalup and Osborne. SMAHS Mental Health had two teams, from Fremantle

and one from Bentley. The average score of the three teams per side decided the winner - NMAHS Mental Health.

"Teeing off on a sunny Saturday was a great way to share some friendly competition with other mental health professionals," said Kieran Byrne, Nurse Director Mental Health Patient Flow, NMAHS Mental Health.

NMAHS Mental Health staff interested in attending future events can contact Kieran Byrne on 9347 6946 or email kieran.byrne@health.wa.gov.au. Staff from SMAHS Mental Health can contact Terry Jones on 9431 3577 or email [terry.jones\(FH\)@health.wa.gov.au](mailto:terry.jones(FH)@health.wa.gov.au)



NMAHS Mental Health winning team from left to right

Back row: Colin Samson, Kieran Byrne, Lee Collison, Mark Anderson, Graham Clarke and Richard Jenkins.

Front row: Geoffrey Seagrott, Mark Hills and Sujuk Lay.

Absent: Liam Avery, Stephen McSweeney and Noel McGahern.

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The deadline for Autumn 2009 issue contributions is 6 March 2009. Please email to the Editor, Lucy Monte at Lucy.Monte@health.wa.gov.au or send to c/- NMAHS Mental Health Administration, Moore House, Graylands Campus, Brockway Road, Mt Claremont 6010.



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