



Diagnostic Crossword - Phobia Special

ACROSS

- 2 One with ANDROPHOBIA fears ...
 5 IATROPHOBIA is the severe anxiety related to ...
 6 If you had SCOTOPHOBIA, what would you avoid?
 9 CARDIOPHOBIA fears ... disease
 11 GERATOPHOBIA is afraid of getting ...
 12 You fear catching a. with NOSOPHOBIA
 15 Fear of fish
 19 With PHOBOPHOBIA what would you fear?
 20 ... is the fear of same-sex affection
 21 With OCHLOPHOBIA, what would you avoid?
 26 CYNOPHOBIA is the fear of ...
 27 GLOSSOPHOBIA is fear associated with ...
 28 DORAPHOBIA is the fear of contact with animal ...

DOWN

- 1 GYMNOPHOBIA is the fear of ...
 3 Fear of insects is ...
 4 ERGOPHOBIA is the dread of ...
 7 With ARACHNOPHOBIA one avoids ...
 8 Fear of women
 9 Trepidation of travel
 10 What frightens one with PHASMOPHOBIA
 13 OPHIDIOPHOBIA is the fear of ...
 14 With PANPHOBIA what one be afraid of?
 16 PHAGOPHOBIA would cause avoidance of ...
 17 What does one fear with DIPSOPHOBIA?
 18 Confined ... don't mix with
 CLAUSTROPHOBIA
 22 What does one with HYDROPHOBIA shun?
 23 What is one afraid of with MUSOPHOBIA?
 24 CIBOPHOBIA is the fear of ...
 25 With ALGOPHOBIA one is terrified of ...

Contact varnya.bromilow@health.wa.gov.au for the answer key



NORTH METROPOLITAN AREA HEALTH SERVICE MENTAL HEALTH

The deadline for Spring 2007 issue contributions is September 1st 2007. Please email to Editor, Varnya Bromilow at: varnya.bromilow@health.wa.gov.au or send c/- NMAHS Mental Health Executive, Shaw House, Graylands Hospital, Brockway Road, Mt Claremont 6010.

Watch this Space

Duress alarm system

The installation of a new duress alarm system is almost complete at Graylands Hospital. The new system features personal alarms for all staff who have regular patient contact. This will complement the security systems already in place throughout the campus.

The new system is expected to be up and running by the end of August.

Art exhibitions

Our artists have been working overtime over the last few months! Reflections Studio in Northbridge has hosted two recent exhibitions - one for Schizophrenia Awareness Week in May and the other, "Spiritual Essence", a collection of works by Lilian Bothwell Bate. Reflections Studio Manager, Penny Kordyll, said both shows gave the public a chance to see some very diverse works.

Artists at the Creative Expression Centre for Art Therapy have also enjoyed a chance to display their wares recently. "We wanted to hold a exhibition for Schizophrenia Awareness Week because it's a condition that affects many of our artists," Centre Manager, Danita Walsh said.

CECAT has just opened an exhibition, "TAFE Triumphs", which showcases painting and jewellery. It's on until July 28th.

Walking trails

If you've walked around Graylands recently, you might have noticed some brightly painted trails guiding your way. These new exercise trails are an initiative of the Physiotherapy Department, headed up by Kevin Lau. The Physio team is keen to get some measures in place to address the growing obesity problem at Graylands. In coming weeks, Kevin will be visiting wards to explain how ward staff and Physio can work together to make best use of the trails.

There are four trails that cover most of the Graylands campus. They cover distances ranging from 120 metres to 500 metres and are named after Australian marsupials. For example, you can take the Green Platypus Path from the Kiosk to Fitzroy House, with a platypus marking each 20 metres you walk.

The new trails will be officially launched in late August to coincide with Mental Health Week.

Health in Mind



Delivering a Healthy WA

NORTH METROPOLITAN AREA HEALTH SERVICE MENTAL HEALTH WINTER 2007



Senior Project Officer, Breda Ryan with the Nurse Director of the State Forensic Mental Health Service, Michael O'Kane outside the Frankland Centre

NMAHS - Mental Health goes smoke-free!

With the State Forensic Mental Health Service leading the way, mental health services throughout the North Metropolitan Area Health Service are set to go smoke-free later this year. It's all part of the State Government's commitment to providing employees with a clean-air working environment. By January 1st, 2008 the entire WA Health System will be smoke-free.

Staff down at the Frankland Centre have done a tremendous job rolling out the clean-air strategy which will kick in on July 1st. Spearheading this effort has been Breda Ryan, Senior Project Officer. With a bundle of good ideas and energy to burn, Breda has spent months chatting with staff and patients at Frankland about how best to implement the new system.

Breda acknowledges her job is a tricky one. "Introducing a smoke-free environment in the area of mental health poses unique challenges," she said. "We have to make sure we have all the appropriate support measures in place to ensure that patients and staff can make the change as easily as possible. That's why we're rolling this out gradually throughout North Metro and it's why we have all sorts of support resources available for anyone who'd like to use them."

All staff and patients within the North Metropolitan Area Health Service will have full access to a host of Nicotine Replacement Therapy products. Keep an eye on your inbox for details of what's available and where to get it.

The Area Executive Director of NMAHS - Mental Health, Dr. Peter Wynn Owen, congratulated Frankland on making the change to a smoke-free environment. "Modern models of mental health care take a holistic approach. That is, we need to look after our patients physical health as we care for their mental health. Creating a clean-air environment at Frankland not only improves the physical health of patients, it also benefits the health of staff."

Joining Frankland on July 1st, will be Sir Charles Gairdner Hospital. The mental health unit at Charlie's will have a little more time to make the change. Ward D-20 will therefore be going smoke-free as of August 1st. Health facilities throughout NMAHS - Mental Health will make the change over the latter half of this year - check out News in Brief for the latest developments.

From the Area Exec. Director

We are about to enter the new financial year in robust shape thanks to your efforts. Most of the Mental Health Strategy 2004-2007 projects are now in place and forward funding for these clinical services has been agreed upon by Government. We are also finalising the NMAHS Mental Health Clinical Service Plan which outlines the clinical service mix in Mental Health as we make the transition to the significant reforms of the Metropolitan Clinical Services Framework.

I have just started a round of meetings with staff across the area to feedback on the Mental Health and Area Strategic Planning days and the system-wide Climate Survey of WA Health. I hope you will take the opportunity to attend in your area.

I would also like to acknowledge the work of the GaP team and all program staff involved in the preparation for the ACHS Organisation Wide Survey. Thanks to the hard work of all involved, I am sure there will be a good outcome.

I will be moving in August to the position of Executive Director, Swan Kalamunda Health Service, so I would like to thank MHEG for their support and to congratulate you all for the way you have managed an increasing clinical work load, restructure, merger, de-merger and clinical and capital planning. We have been rewarded with a range of really successful outcomes over the 5 years since the Area service was formed. The future looks bright.

Dr Peter A. Wynn Owen
Area Exec. Director, NMAHS Mental Health

Farewell to Cullity Ward



Former and current staff from Cullity Ward reunited at the farewell lunch

It was with mixed emotions that staff and guests gathered to bid an official "farewell" to Cullity Ward, the Mother and Baby Unit at Graylands Hospital. Former and current staff reunited at a farewell lunch on May 25th. The services offered at Cullity have been transferred to King Edward Memorial Hospital, where a new state-of-the-art mental health facility has been built.

Many of Cullity's staff are moving to the new Unit, while others will take up new

positions within North Metro. Both former and current staff commented on the high standards of care offered at Cullity over the years, and expressed the hope that the same standards would be upheld at King Edward. On hand to give credence to those hopes was Dr. Jon Rampono, the head of the new Mother and Baby Unit at KEMH. Dr. Rampono previously served as the head of Cullity. Staff were especially delighted to re-live the Doctor's "afro" hairstyle, courtesy of a photographic retrospective of Cullity Ward!

Acting Clinical Nurse Specialist for Plaistowe and Cullity, Jane Armstrong, said there were certainly mixed feelings about the changes. "It's the end of an era for us," she said. "Obviously, we're glad that the services for mothers and babies will continue at the new facility, but we will really miss Cullity. The staff who work there are just passionate about their work, and the ward brings us all a lot of joy and job satisfaction."

NMAHS - Mental Health Area Executive Director, Dr. Peter Wynn Owen, gave a short address at the farewell lunch. He commended current and former staff of Cullity Ward for their dedication and service. "Staff in Cullity Ward have done a terrific job, providing an exemplary level of care to mothers and their babies," he said. "There's far greater public awareness of maternity-related mental illness now than there has ever been. We're pleased to see that mothers and their babies will continue to receive excellent treatment in an expanded and more modern facility."

The new Mother and Baby Unit opened on Wednesday 20 June at King Edward.



Spotlight on Staff - Sylvia Meier

The position of Deputy Area Executive is one of those roles that can seem rather mysterious to anyone not familiar with the workings of the North Metro mental health executive. For many of us, members of the Executive are our "big bosses" - but what is it that they actually do? Health in Mind spoke to Sylvia Meier, the Deputy Area Executive of NMAHS-Mental Health to find out...

How do you end up in a role like this Sylvia? What's your background?

Well, how far do you want me to go back? I started out as a barmaid, followed by a period as a bedchambermaid.

A bedchambermaid?

I made a lot of beds. I was putting myself through university - I did a psychology degree at Curtin University, which was followed much later by an MBA at UWA.

One of my first jobs was with the Australian Taxation Office where I focused mainly on occupational health and safety and human resources. A job at the CSIRO followed that one - conducting research into water conservation issues. Very interesting! One of my first jobs in the human services field was with Disability Services. I was there for eight years, performing a variety of different roles - research and development, human resources, executive support. My first foray into mental health came with a job at Lemnos Hospital where I was a senior project officer. I then conducted reviews and service development projects in a

variety of mental health services including forensics, emergency services and policy and planning. I ended up at North Metro Area Health Service Mental Health where I was employed as Projects Manager. I took some great opportunities to work in the wider health system, including public health, cancer services and palliative care. In March 2006 I acted in the Area Operations Manager role for a number of months. I applied for the Deputy Area Executive job when it was advertised, after the Operations Manager job was made redundant in late 2006.

Can you give us an idea of what your current role involves?

It's essentially split into thirds. I spend about third of my time as line manager for our Statewide services (such as the State Forensic Mental Health Service, the Creative Expression Centre for Art Therapy, Neurosciences Unit and the Centre for Clinical Interventions), a third of my time is spent deputising for the Area Executive Director, Peter Wynn Owen (experience which will come in handy when I relieve him for his holidays next month!), and the last third of my time is spent handling corporate and business services for the NMAHS - Mental Health.

Can you describe a typical day for us?

There is no typical day! That's one of the things I like about the job actually. It's a really varied position. So in any one day I'll be liaising with the Area Health Service; I'll go to meetings with the Mental Health Division; I'll be meeting

with counterparts in South Metro and the Country services; I'll meet with one of the people I line manage in State-wide or corporate services...there are a lot of meetings! I'll also be likely working on some Staff Development initiatives or looking at OSH matters. At the orientation for new staff I give an introduction outlining how the Area Mental Health services work. And then of course there's the answering of parliamentary questions!

It sounds pretty hectic.

It is, but I like it.

What do you enjoy most about the role?

I like the people stuff. I work with some fabulous people - all very talented and innovative individuals working for some very diverse and interesting services. Especially the Statewide managers - they are just great. I like the contact with consumers and I try to get as much of that as possible. I really enjoy learning from the clinicians - they are experts in some fascinating areas and I find that stuff really interesting.

I really like the fact that I get to make decisions - you know, get stuff done instead of just talking about it. I guess I'm pretty action-oriented that way. Often the buck stops with me and I'm very comfortable with that. My husband would say it's because I come from a German background - he jokes that I'm a control freak. But I'm not! Although I admit that I am the one with control of the TV remote in our house...

What do you like to do when you're not working?

I travelled a lot when I was younger - Europe, Asia that whole thing. These days my husband and I do a lot of travelling around WA. We love going bush and camping. But there's another side of me that's pretty mad about shopping... luckily my husband likes shopping too!

That's pretty rare!

Yes, I'm very lucky. Lately we've really been getting into deep-sea fishing. Recently I caught my first really big fish - a huge pink snapper! I fished a lot growing up - I grew up out bush in the Northern Territory so the whole camping/bush thing is in the blood I guess.

Apart from that stuff, I enjoy going to galleries and concerts, film festivals, that sort of thing. I draw and paint a bit. We live in the hills and my husband keeps planting all these fruit trees so lately I've been busy making pots of jam...

Your leisure life sounds as busy as your work life!

Ha! It is. I like keeping busy.

Accreditation Success

Congratulations are in order as the results of the ACHS Organisation Wide Survey come in. Full details are yet to come to hand, but we can say that the North Metropolitan Area Health Services - Mental Health has successfully passed the recent round of accreditation. We received no high priority recommendations or 60 day improvement notices. We'll give you full details on the results soon, but for now we can all take satisfaction in a job well done. The Governance and Performance (GaP) Team deserve extra thanks for all the tireless work they put into making the accreditation team feel at home and for getting us all ship-shape in time for the inspections. Congratulations GaP! They were very ably assisted by the hard-working souls at the Quality Network and many other staff in preparing their service units.

In the next issue of *Health in Mind* we'll have full details of the report from the accreditation team. As we go to press, we can hint that several areas within our service received commendation for their quality work.



L TO R (Front) Len Payne, Frank Lethorn, Dr. Harry Derham, Christine Waller, Lynette Ford, Daphne Ayorinde, (Back) Joanne Clarke, Kath Alloway, Ian Matthews, Paula Hanlon, Sylvia Meier