

2013
RESEARCH
REPORT

MENTAL HEALTH
PROGRAM

MENTAL HEALTH PROGRAM

The Mental Health Program provides a range of clinical mental health services to clients and their families residing in the Eastern Region. Services are delivered from multiple locations to promote local accessibility.

Utilising a recovery oriented model, various models of care are applied including: bed-based, community, earlier interventions and shared-care models.

The service profile of the program includes:

- Child and Youth Mental Health (CYMHS)
- Adult Mental Health Services (AMHP)
- Aged Person Mental Health Services (APMHS)

Across 2012-13, the service has been undergoing a significant transformation with the implementation of the National Mental Health Recovery framework. The aim of a recovery-oriented approach to mental health service delivery is to support people to build and maintain a (self-defined and self-determined) meaningful and satisfying life and personal identity, regardless of whether or not there are ongoing symptoms of mental illness (Shepherd, Boardman & Slade 2008). Critical to this process is the implementation of recovery oriented principles.

These principles:

- encourage self-determination and self-management of mental health and wellbeing
- involve tailored, personalised and strengths-based care that is responsive to people's unique strengths, circumstances, needs and preferences
- support people to define their goals, wishes and aspirations
- involve a holistic approach that addresses a range of factors that impact on people's wellbeing, such as housing, education and employment, and family and social relationships
- support people's social inclusion, community participation and citizenship

With this change will come new models of care and a significant paradigm shift in the way services are provided. One of these major shifts is the implementation of the Child and Youth (0-25) service model and its subsequent evaluation, the roll out of the new Mental Health Act and the greater emphasis on peer support and collaborative care planning and delivery. All of these key areas will be evaluated.

The program has an ongoing commitment to research and evaluation, supporting staff to undertake research and training. There are also a number of joint academic appointments which further support research endeavours. CYMHS Research Director Dr Peter Brann coordinates research within the program with previous joint adult academic positions currently aligned with the Deakin University clinic within CYMHS providing support and ongoing research. Aged Mental Health's Dr Hemalatha Sivakumaran has a dedicated resource to coordinate the research activities within the aged sector. There are a range of other exciting research opportunities ahead for Eastern Health's mental health programs as service reforms continue to be implemented.

Program Directors

Paul Leyden, Program Director

Paul Katz, Executive Director

Awards achieved

Dr Joel King 2013 Early Career Teacher Award, Melbourne Medical School, University of Melbourne.

Dr Joel King Young Psychiatrist Presentation Award, Pacific Rim College of Psychiatrists (PRCP) Conference, Seoul, South Korea, October 2012.

Funding/Grants

Understanding Homelessness Transitions
Department of Families, Housing, Community Services and Indigenous Affairs competitive funding grant (National Homelessness Research Agenda 2009–2013). Black E, Perkin R, Mildred H, Brann P with Lough R, Ritter C. Monies held by EACH.
Better Monitoring for Better Health (2010 – 2013) Pfizer, Unconditional Education Grant. Millar F, \$250,000.

Projects in progress

Projects in progress by the unit during the course of the past year have included:

The Deakin CYMHS brief intervention clinic – Who receives what service?

Lead researchers: Gee D, Mildred H, Brann P, Taylor M. While there has been a lot of material presented about the benefits of brief or single session approaches, there appears to have been only one paper published about its impact with a severe child and adolescent mental health focus. The first part of this study aims to describe the characteristics of the population attending the brief intervention clinic and the impact of this approach on both the clients and service demand features.

Do the perceived benefits of an Adolescent Group Day Program vary according to participants?

Lead researchers: Singer E, Brann P, Young N, Stone J, Barnett J, McCutcheon M. Previously published research about the efficacy of Groupwork in addressing mental health symptomatology and social functioning of adolescents was limited by its focus on the perspective of clinicians. This project addressed that limitation by examining whether parents, adolescents and clinicians agreed about the areas and extent of change.

The suitability and effectiveness of the Children and Mentally Ill Parents Martial Arts as Therapy (CHAMPS MAT) program for children aged 7–12

Lead researcher: Legg K. Local PI: Allchin R. This study investigates: (a) the needs of children attending the CHAMPS MAT program/if and how the program meets their needs; (b) how the program benefits children who have a parent with a mental illness; (c) if the program provides peer-support; (d) if the added assistance given to parents of children in the program is beneficial and in what ways?

Evaluating attitudes in medical, nursing and psychology junior clinicians pre- and post a rotation in Aged Persons Mental Health

Lead researchers: Sivakumaran H, George K, Pfukwa K, Dhillion SK. This exploratory study hopes to highlight specific attitudes with regards to psychiatry and in particular aged psychiatry that junior graduate clinicians from medical, nursing and psychology disciplines hold pre- and post a clinical rotation/placement with Aged Persons Mental Health that may benefit from future training programs.

Identifying the need for psychotherapeutic skills training for nursing staff in an aged persons mental health unit

Lead researchers: Sivakumaran H, Bhar S, McGibbon J, Ramya S, Pfukwa K, George K. This pilot study aims to establish the current psychotherapeutic skills that inpatient mental health nursing staff have acquired in the past and develop a training program that will equip them with evidence-based psychotherapeutic skills that could be used to enhance their direct contact time with inpatients on the ward and complement the current bio-medical model of practice. The project has four main stages, with stage II underway.

Retrospective review of ECT given to elderly patients suffering from depression at three different health services

Lead researchers: George K, Ramalingham J, Elias A. To study if Right Unilateral – Ultra Brief, Right Unilateral Brief Pulse and/or Bilateral ECT are all equally effective as measured by the clinical impression of depression on discharge, as well as rates

of switching to other electrode placements and total number of treatments required for improvement from depression.

A prospective, open label, Phase 1v multicentre efficacy and safety investigation of paliperidone long-acting injection in elderly people with schizophrenia

Lead researchers: MacFarlane S, George K. To describe the safety and efficacy profile of paliperidone palmitate long acting injection in a cohort of elderly patients with schizophrenia.

Better Monitoring for Better Health – preventing heart disease and diabetes in people with serious mental illness

Lead researchers: Millar F, Major J, Katz P. This three-year project funded through an unconditional education grant from Pfizer, aims to develop, implement and evaluate an evidence-based cardiometabolic monitoring protocol into the Adult Mental Health Program at Eastern Health. The overarching aim is to reduce the cardiometabolic risk of mental health consumers through a sustainable practice change where physical healthcare becomes core mental health practice.

Projects completed

Projects undertaken by the department and successfully completed during the course of the past year have included:

On becoming a Child Youth Mental Health Service – An evaluation

Lead researcher: Brann P. The aim of this was to examine the differences that had occurred through changing from the historical 0–18 years of CAMHS and the 16+ years target groups of Adult Mental Health to the more broadly focused and inclusive 0–25-year-old services. The evaluation sought to compare the impact in the approximate 18 months pre- and post CYMHS according to elements of who receives what, from whom, at what cost, and with what effect. CYMHS received a proportional decrease in its per capita funding though it is seeing a broader range of diagnoses, for briefer periods, with effective outcomes. Challenges include an apparent trend towards more individually focused treatment.

Who receives specific educational involvement in a Child Adolescent Mental Health Service and with what effect?

Lead researchers: **Brann P**, Fergusson M, Hayes C. Avenues Education is funded by DEECD and provides a range of specialist educational input and support to clients of CYMHS. This research aimed to understand the difference between those clients likely to receive this additional educational support and those who did not. There were little differences in age, gender, symptom severity and outcomes between the two groups although the clients with whom Avenues were involved tended to have increased comorbidity.

Routine outcome measurement in youth mental health: A comparison of two clinician-rated measures

Lead researchers: **Brann P**, **Alexander M**, **Coombs T**. The development of the youth mental health agenda has created a challenge for the culture of routine outcome measurement. All Australian mental health services use the same measures and protocols. This study examined the relationship between the two key clinician measures. Both measures were highly correlated suggesting that either could be used as an index of severity and overall symptom change. However, there were certain areas of difficulty that did not correlate suggesting that the instrument targeted toward the adolescent group may be more desirable to use with young adults.

MH Beacon; Let's Talk

Lead researchers: Goodyear M, Cuff R, Jewel H. Local PI: **Lang S**, **Allchin B**. This pilot project evaluated the process and outcomes for mental health consumers and services of implementing an evidence-based family intervention Let's Talk. The pilot gave encouraging results for the recovery process for parents with a mental illness and has led to a further Mental Illness Research Fund Grant, July 2013–2017.

Research Training

Legg K. Honours, Monash University School of Occupational Therapy. "Evaluation of the effectiveness of the Martial Arts as Therapy (MAT) program for children in families where a parent has a mental illness."

McGibbon J. Masters in Clinical Psychology (Year 1) Developing and Evaluating a Psychotherapeutic Skills Training Program for Inpatient Nursing Staff of an Acute Aged Persons Mental Health Unit, Swinburne University of Technology – School of Psychology, P/T (Academic Supervisor: **Bharr S** and Clinical Supervisor, **Sivakumaran H**)

Publications for period 1 July 2012 – 30 June 2013

JOURNALS

Published

Brann P, **Alexander M**, **Coombs T**. Routine outcome measurement in youth mental health: A comparison of two clinician rated measures, HoNOSCA and HoNOS. *Psychiatry Research*. 2012; 200 (2–3): 884–889.

Hudgson C, **Rycroft P**, **Giri S**. I'm not a family therapist. OK? Working Constructively with Families in Aged Psychiatry. *Australian and New Zealand Journal of Family Therapy*, 2012; Vol 33, Issue 04, December, pp 321–330.

Ferris A, **George K**. A therapeutic group program in an aged person's mental health unit. *International Journal of Medicine*. 2013; 1(2) 9–13.

Iansek R, **Danoudis M**, **Bradfield N**. Gait and cognition in Parkinson's disease: Implications for rehabilitation. *Reviews in the Neurosciences*. 2013; 24(3): 293–30.

Books

PUBLISHED

Castle D, **Bassett D**, **King J**, **Gleason A**. A Primer in Clinical Psychiatry, 2nd Edition, Elsevier: Sydney, 2013.

Conference including proceedings, papers, poster

INTERNATIONAL

Brann P. Shifts in the fault line, down the road from the National Benchmarking Project, what do we still do? Invited workshop at the 4th Australasian Mental Health Outcomes & Information Conference, Sydney, May 2013.

King J, **Hill K**, **Gleason A**. Teaching psychiatry to medical students using role-play. 15th Ottawa Conference on the assessment of competence in medicine and the healthcare professions, Kuala Lumpur, Malaysia, March 2013. (Poster)

George K. Impact of adult children caring for elderly parents with a long standing mental illness. International Psychogeriatric Association, Regional Conference, Cairns, September 2012.

Ferris A, **George K**. A Therapeutic Group Program in an Aged Persons Mental Health Unit. 13th International Mental Health Conference, Gold Coast, August 2013.

George K. Impact of adult children caring for elderly parents with a long-standing mental illness. 13th International Mental Health Conference, Gold Coast, August 2013.

Ghandi A, **Leyden P**, **Katz P**, **Daramola I**, **Jones R**, **Segal J**, **Johnson R**, **Bishop D**. Joining forces for better Mental Health. Royal Australian and New College of Psychiatry, Sydney, May 2013.

Sivakumaran H. Mental Health Issues in Women – The Fiji Experience, Umanand Prasad School of Medicine and Sai Medical Unit of Australia in conjunction with The Fiji College of General Practitioners, Lautoka, Fiji, August 2013.

NATIONAL

Hill K, **King J**, **Gleason A**. Using role-play based learning to teach psychiatry. Communication, Medicine and Ethics (COMET) Conference, Melbourne, July 2013.

King J. Using role-play based learning to teach psychiatry. Oral presentation, RANZCP Congress, Sydney, May 2013.

Hill K, **King J**. Using role-play based learning to teach undergraduate psychiatry. Oral presentation, Applied Linguistics and Professional Practice (ALAPP) conference, University of Technology, Sydney, December 2012.

King J. Teaching psychiatry to medical students using role-play. Pacific Rim College of Psychiatrists (PRCP) Conference, Seoul, Korea, October 2012.

Millar F, Majoor J, Katz P. The Introduction of a Structured Cardio Metabolic Monitoring Protocol in an Australian Community Adult Mental Health Program. Royal Australian and New Zealand College of Psychiatrists 2012 Congress, Hobart, May 2012.

Millar F, Majoor J. Cardiometabolic monitoring in an Adult Mental Health Service: Measure what matters. 4th Australasian Mental Health Outcomes & Information Conference, Sydney, June 2013.

Millar F. The mental health nurse's role in cardiometabolic monitoring? The physical health of people with serious mental illness, Queensland Mental Health Clinical Collaboration Forum, Brisbane, 2013.

LOCAL

Bourke C, Allchin R, Sanders B, Lang S, Lentin P. Becoming a carer: Occupational shifts and the benefits of peer support. 2012 Victorian State Conference, Occupational Therapy Australia. Melbourne, November 2012.

Nijs J, Allchin R, Goodyear M, Cuff C. A Victorian Clinical mental health service's pilot of a Finnish program to support parenting where a parent has a mental illness, 2012 Victorian State Conference, Occupational Therapy Australia. Melbourne, November 2012.

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ACCESSING PROGRAM ACTIVITY REPORTS

Eastern Health is committed to building a culture of research and ensuring such research is embedded in everyday clinical practice. Eastern Health contributes to local, national and international research activity. This document forms part of the broader sixth annual *2013 Eastern Health Research Report* reflecting the high-calibre research, commitment and strength of research programs across Eastern Health. A hard copy of the complete *2013 Research Report* including program activity reports is available by contacting The Office of Research & Ethics on **9895 9551** or via download from www.easternhealth.org.au

Readers note: Where projects are collaborative with our respective research partners, Eastern Health staff names are in bold.

Clinical program reports available include:

- Allied Health
- Cardiology
- Eastern Health Clinical School and Eastern Clinical Research Unit (ECRU)
- Eastern Clinical Research Unit – Translational Division (ECRU-TRD)
- Eastern Health Clinical School Research Division, Medical Student Programs
- Emergency services
- Endocrinology
- Gastroenterology and Hepatology
- Geriatric
- Haematology
- Integrated Renal and Obstetric services
- Intensive Care services
- Mental Health programs
- Neuroscience
- Nursing and Midwifery
- Oncology
- Palliative Care
- Pharmacy
- Respiratory and Sleep Medicine
- Rheumatology
- Surgical Research Group
- Turning Point