

MESSAGE FROM THE ED METRO NORTH MENTAL HEALTH

Metro North Health

Dr Kathryn Turner



Dear Staff,

Meet the Research Team

Our vision for Metro North Mental Health and our Alcohol and Other Drug Services is the promotion of continuous service improvement and the development and translation of innovation and best practice. Research, evaluation, and quality improvement activities are central to this vision.

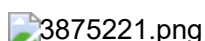
Working alongside our clinicians, leaders, and people with lived and living experience of mental health issues and their families and carers (herein referred to as people with lived experience), researchers, implementation scientists and digital and data scientists help shape the way we deliver best practice care.

Real time research and service evaluation that is co-constructed and/or undertaken by research-clinicians in partnership with individuals with lived experience and that is embedded from early planning stages leads to innovations in practice and service delivery. This ensures new evidence can be adopted and scaled up, reducing the time-lag between innovation and implementation and facilitating sharing of learnings broadly across the system.

Our Research Team, headed by A/Prof Stephen Parker and A/Prof Kylie Burke is a source of support for all those doing research, evaluation, or quality improvement across MNMH. Stephen and Kylie both bring unique experiences from their careers in mental health care and research in hospital and community settings to support our ongoing commitment to a careful and systematic integration of research and clinical practice. Together, Stephen and Kylie are leading the development and implementation of a strategy building research capacity and establishing governance processes that support our work. They bring their extensive experience in research, clinical work, and implementation science to supporting our people, teams, partners, and leadership to engage in projects that improve the experiences and outcomes for our community.

Within the Research Team, we also have a newly appointed Manager of Data Analytics and Evaluation, Dr Liz Eggins. With a passion for all things data, Liz provides expertise in the development and implementation of data-driven projects and continuous improvement initiatives. Her experience in the implementation and evaluation of applied interventions and systematic review methodology can support clinicians to conduct projects with rigor.

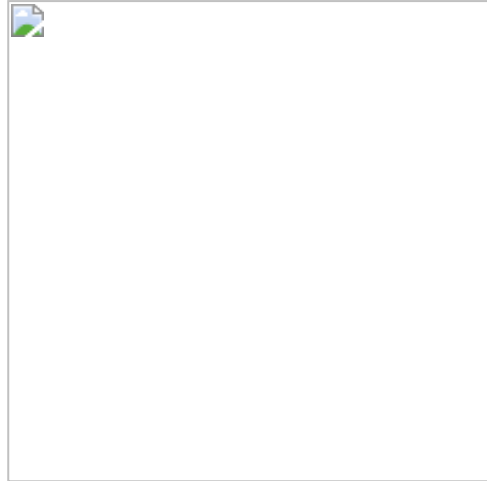
The Research Team is supported by a Research Assistant, Erika Giebels. Erika helps researchers and clinicians throughout the service to conduct literature reviews, set up projects and gather data. In addition, she assists in organisational aspects of initiatives being conducted by the Research Team including the Metro North Mental Health Research Symposium, Annual Research Review, and other major projects.



Christmas In July celebrations

On July 26 and 27, the Meaningful Activities Program (MAP) at the RBWH Mental Health centre, hosted Christmas in July celebrations across the three adult mental health units. A selection of Christmas inspired food including mini pavlova's, rum(less)-balls, pastries, assorted sandwiches and a fruity iced tea was served to consumers, staff, and visitors on the units. Live music from the Music Therapist and a nostalgic game of pass the parcel facilitated by the MAP team were also highlights of the event. The event helped foster a sense of community on the units, encouraging staff and consumers to share a meal

and build positive therapeutic relationships. The MAP team received overwhelming feedback from staff, visiting families and consumers on how enjoyable the event was in providing connection, fun and delicious food.



Meaningful Activities Program staff: Katie Roberts-Slater and Manina Burns (left photo) and Manina Burns and Danielle Clapson (right photo)

Best wishes

Kathryn