

MESSAGE FROM THE ED METRO NORTH MENTAL HEALTH

Metro North Health

Dr Kathryn Turner



Dear Staff,

QuEDS Consumer Engagement

Recently the Queensland Eating Disorder Service (QuEDS) shared a good new story on how the team are working closely with consumer groups to overcome barriers around adequate dietary intake which demonstrates the values of compassion and innovation.

A participant in the QuEDS Day program reached out to the Occupational Therapist for some assistance with shopping and cooking skills. There were some limitations identified with no kitchen facilities, equipment and cooking space which invited the team to think creatively. The OT worked with the person in shopping / cooking groups to prepare a nutritionally balanced meal on a sandwich press. This was such a success that the person went on to purchase the sandwich press and has reported recreating the same meal on several occasions. Through ongoing collaboration, the OT and the participant have now identified more meals that can be created on the sandwich press which has had positive impacts on the dietary intake of the participant.



Left: Carmen demonstrating her skills on the sandwich press

Right: QuEDS Team (Marthe, Alina and Carmen).

Places are currently available for the next QuEDS Day programs commencing in October, if interested contact QuEDS on 3114 0809 or see the [website for more information](#).

Queensland Mental Health Clinical Collaborative (MHCC)

I also wanted to highlight the great work being undertaken by our Queensland Mental Health Clinical Collaborative (MHCC). MHCC is a statewide service improvement initiative based in Metro North Mental Health that is currently focused on improving the physical health of people experiencing mental illness and/or substance use disorders.

The MHCC recently attended the [Equally Well Symposium](#) to launch the [Supporting Metabolic Health for](#)

[Queenslanders living with serious mental illness and/or substance use disorders](#), a resource document developed with the Queensland Statewide Diabetes Clinical Network. The document provides a broad variety of program examples, across the lifespan, by services in Queensland addressing cardio-metabolic health, oral health, smoking cessation, sexual health, nutrition, and physical activity. It is anticipated that this document will provide a resource for services to engage with consumers, carers, and service partners to identify opportunities to implement physical health activities in their local service areas.

As part of the Equally Well Symposium, the [Equally Well in Action progress report](#) was launched documenting outcomes from the first six years of Equally Well in Australia. This report highlighted Queensland's mental health smoking cessation initiative as a successful case example of "Effective promotion, prevention and early intervention" to reduce avoidable illness. This work includes the statewide implementation of routine screening for smoking and delivery of the Smoking Cessation Clinical Pathway (SCCP) brief smoking cessation intervention in mental health services. This initiative has also been recently published as successful in sustaining smoking cessation care delivery within inpatient acute mental health services statewide five years since the initial implementation ([Pleaver et al., 2023](#)).



In conjunction with supporting routine delivery of smoking cessation care in mental health clinical practice, the MHCC has also partnered with Queensland Quitline to provide access to an intensive Quitline program. This program provides smoking cessation telephone counselling and 12 weeks of free NRT to people receiving care in community mental health and alcohol and other drug services across the state. The culmination of these strategies has contributed to a 1.5% reduction in the Queensland Community Mental Health Services smoking rate from 2018 to 2022, equating to approximately 430 lives saved over five years ([Pleaver et al., 2023](#)). Congratulations to Sally Pleaver, Irene McCarthy and Melissa Anzolin for this wonderful work.

Working for Queensland Survey

The [Working for Queensland survey](#) is now open until 17 September 2023. This annual engagement survey explores Queensland Government employees' day-to-day experiences of work, including things like support within your workgroup and from leaders within your organisation. To find out more, visit [QHEPS](#).

Best wishes

Kathryn