

MESSAGE FROM THE ED METRO NORTH MENTAL HEALTH

Metro North Health

Dr Kathryn Turner



Dear Staff,

Happy New Year to everyone. I hope that many of you have had the opportunity to refresh over the festive season or have plans for that soon. This year promises many positive developments that will support consumers, carers and staff in care experiences and outcomes.

We have been successful in receiving funding for a range of services and once implemented they will support our responses to the increased demand and complexity we are experiencing. Implementing these new resources will keep us busy but will ultimately relieve the pressure we are currently experiencing.

The new year often means trying new activities, making new resolutions and taking the time to refresh our knowledge. New podcasts can be a great place to find new sources of inspiration. Recently representatives from Metro North Mental Health and Alcohol and other Drugs presented episodes on RBWH's **Five Things** nursing podcast, with the most recent being a podcast on Trauma Informed Care.

Trauma Informed Care (TIC)

In recent years MNMH has been working towards implementing trauma informed care (TIC) with the aim of providing a model of care that reinforces person-centered care and complements existing approaches such as Safewards, recovery and strengths orientated practices and sensory modulation. MNMH's work has focused on building knowledge and awareness of the impact trauma has on individuals by examining the ways in which care is delivered and preventing re-traumatisation. TIC underpins the work we have been doing recently in the ASPIRES and restorative just and learning culture space.

Do you want to know more about what TIC is all about? Check out the [Five Things TIC nursing podcast](#) where Nurse Educator Laura Freeburn (*pictured right*) discusses:

- What is trauma informed care?
- Five principles of trauma informed care
- Trauma informed care in Indigenous people's experience of healthcare
- Trauma informed care includes how we consider our colleagues needs
- People can, and frequently do, recover from trauma.



While you're there, listen to some of the other great episodes from our MNMH colleagues Stacey Deaville, Anthony Carr, and Alison Backler. Five Things is available on [PodBean](#) or wherever you get your podcasts.

- [Episode 22](#) : Five Things About Mental Health in Hospital with Stacey Deaville
- [Episode 32](#) : Five Things About Personality Disorders with Anthony Carr
- [Episode 37](#) : Five Things About Drug and Alcohol Addiction with Alison Backler

As I have flagged with many of you in our Executive Rounding sessions, in the first half of this year we are going to be working on our 5 Year Clinical Services Plan, identifying our vision for our service over the next five years. I know there is a lot of interest in contributing ideas towards the plan and I am looking forward to working with you to progress this soon.

Best wishes

Kathryn