

MESSAGE FROM THE ED METRO NORTH MENTAL HEALTH

Metro North Health

Dr Kathryn Turner



Dear Staff,

We have a lot of interesting activities to share across the service in this week's update that celebrates our support networks and diverse cultures. We also highlight some important work happening to support the care of people with depression.

Peer Responder Week 18 March to 22 March 2024

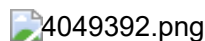
Peer Responders are dedicated staff members equipped with the skills to offer vital psychological first aid to colleagues navigating various forms of distress. Through empathetic and supportive conversations they provide a crucial link to additional support services whenever necessary. Colleagues seek out Peer Responders for a range of reasons, including personal relationship challenges, work-related stressors, bereavement, and financial uncertainties.

The demand for Peer Responders has surged in recent years, tripling in volume, while traditional avenues such as staff psychology and EAP support have remained constant. In response, we have doubled our numbers and expanded the coverage from 29 per cent of teams to an exciting 69 per cent that now have at least one Peer Responder.



Photo flashback to the original Peer Responder Team at the Mental Health Peer Responder Planning Day.

Peer Responders actively foster a positive workplace culture through their involvement and enthusiasm for collective initiatives such as food drives, R U OK? Day, The Push-Up Challenge for better mental health, and Shatter the Stigma.



Staff participating in the Push-Up Challenge for better mental health.

As we celebrate Peer Responder Week, let's take the opportunity to THANK our Peer Responders, ENCOURAGE our colleagues to seek out Peer Support and INSPIRE others to join so we can fill the staff support gaps across MNMH.

For further details, please visit the QHEPs [Peer Responder Program | Metro North Mental Health Peer](#)

[Responder Program](#) or reach out to Amy Duff, our Senior Mental Health Culture and Wellbeing Officer.

Harmony Week 18 - 22 March 2024

Last week, Mental Health celebrated Harmony Week, a week where we recognise the diverse, multicultural backgrounds of Australians. The theme for the 2024 celebration was '*Everyone belongs*'. RBWH honoured this year's theme through meaningful activities on the wards which included cooking classes to learn how to make Vietnamese rice paper rolls and a traditional Australian favourite, lamingtons with jam and cream.

For consumers looking for a more artistic outlet, fabric decorating was a hit, with consumers invited to create a scene that reminded them of their place of birth. Inspiration was sought from native flags, native flowers or significant symbols. As you can see in the photo below there was a range of interesting creations.



Rice paper rolls and lamingtons made in the cooking classes (above left).

Fabric decorating creations (above right).

The Prince Charles Acute Care Team, Resource Team and Nundah Community team held a staff celebration morning tea, allowing teams to come together acknowledging their diverse backgrounds. A shout out to Kaamna Deo who also presented to the TPCH Psychology meeting, highlighting Harmony Day and the upcoming weekly activities.



Harmony Day celebrations Across TPCH ACT, Resource and Nundah Community Teams.

On Saturday 23 March, Sonia Kumari, attended the 'Worldy Women' event, at Zillmere PCYC, organised by Carers QLD, Brisbane City Council, Queensland Police Service and community organisations. This event was a fantastic opportunity for all cultural backgrounds to come together in traditional dress, dancing and activities. It was a wonderful event to end a week of celebrations.

Depression and Recovery Project (DAR) launched!

Depression and Recovery Project (DAR) is a four module recorded training series for MNMH clinicians to assist with screening, diagnosing and brief intervention (CBT-based) for depression.

The four modules were developed for delivery to clinical staff to help provide assessment tools, worksheets, monitoring forms, resources and boost confidence in the intervention space after a differential diagnosis.

The four DAR modules include:

- Structural Assessment of Depression
- Differential Diagnosis
- Behavioural Activation and Sleep Hygiene\
- Cognitive Therapy.

With the assistance of the Insight team, the modules have been recorded for easy access. Please contact Anthony Bligh, Director of Psychology at Anthony.Bligh@health.qld.gov.au for any questions or to access the training materials.

Lastly, I hope you all have a chance to take a break over the Easter period to recharge. For all team members working over the Easter period, thank you.

Best wishes

Kathryn

