

MESSAGE FROM THE ED METRO NORTH MENTAL HEALTH

Metro North Health

Dr Kathryn Turner



Dear Staff,

As you may have seen in recent media coverage, Metro North Health Chief Executive Jackie Hanson has commissioned a review into the TPCB adult mental health inpatient unit to look at possible improvements to the way we provide care to vulnerable patients.

I understand that uncertainty about the review process and media attention can be stressful. The wellbeing of our staff is a priority and there are a number of wellbeing support services available, including:

- Details of the Metro North Mental Health Peer Responder network can be accessed via [QHEPS](#). Staff can access Peer Responders in the Mental Health directorate, or if they prefer, a Peer Responder from another directorate/facility.
- Metro North Mental Health also has a designated Staff Psychologist, Luenne Zielke. Luenne can provide individual sessions via Teams and by phone, as well as opportunities for face-to-face consultations. Staff can make a booking by calling 3647 9673 or emailing MNStaffPsychology@health.qld.gov.au. To find out more about the staff psychology service, see [QHEPS](#).
- TELUS, the employee assistance program, offers a range of services to assist with wellbeing, including counselling. Staff can access up to six free confidential sessions per calendar year with mental health professionals. More information can be found on [QHEPS](#) or by calling 1800 604 640.

If staff would prefer to access non-work-related support, they can contact:

- Lifeline - 13 11 14 and [Lifeline Australia Crisis Support](#) (24/7 crisis support and suicide prevention services).
- Beyond Blue - 1300 224 636 or [Beyond Blue](#) (24/7 phone and online counselling support).
- Suicide Call Back Service - 1300 659 467 or [Suicide Call Back Service](#) (24/7 phone and online counselling to people affected by suicide).

If you have any questions about the review, please talk to your line manager so we can ensure you have all the information you need to feel supported during this time.

Metro North is proud of the work you do and appreciates your commitment and passion in providing care to our community.

Queensland Eating Disorder Service forum

The Queensland Eating Disorder Service (QuEDS) held its annual forum on Wednesday 1 May with 270 attendees from a broad range of services across Queensland in attendance.

The plenary session on the First Episode Rapid Early Intervention for Eating Disorder (FREED) model was delivered by Jessica Griffiths and Guilia Di Clemente from the South London and Maudsley NHS Foundation Trust. Developed and delivered within the NHS, the FREED model aims to give rapid access to 16-to-25-year-olds with a duration of illness less than three years.

This was followed by sessions delivered by specialists on eating disorder screening and treatment considerations in the fertility, prenatal, pregnancy and post-natal space including from the National Eating Disorders Collaboration (NEDC). Finally, updates were provided by the Eating Disorder Specialist Services (EDSS) across Queensland, CYMHS Eating Disorder Program, Eating Disorder QLD (EDQ)

and QuEDS. The following day, representatives from eating disorder services across the state came together for a workshop to explore how the FREED model may be adapted and adopted locally.

Overall, it was an inspiring two days of learning and sharing how we can continue to improve the care of individuals experiencing eating disorders and their supports.

TPCH crisis stabilisation clinic

Progress on the TPCH crisis stabilisation facility continues with preparation for the delivery of our building modules later this month. Last Thursday, I attended a traditional smoking ceremony at the site with Metro North staff and Hutchisons Builders who are leading the project. Turrbal Elder Uncle Joe Kirk cleansed the site using native eucalypt leaves.

Uncle Joe and other community elders are being consulted on the naming of the new facility, as well as providing cultural knowledge and stories to help guide the facility's development and model of care. The engagement of our Aboriginal and Torres Strait Island community is particularly important in mental health crisis, to ensure easy and early access to culturally safe mental health care.

Thank you to everyone who was involved in the ceremony.



Photo (left) : Andy Trafford, Dr Kathryn Turner, Dr Senthil Muthuswamy, Elizabeth Troman, Uncle Joe Kirk, Christopher Henaway and Louise Durant at the TPCH CSF smoking ceremony.

Valley Clinic farewell

Last month, after 38 years in operation, the Valley Clinic at 162 Alfred St closed its doors, with the building being sold for a new development. On Wednesday 24 April, current and past staff of the Valley Clinic attended a farewell party.

The walls of the Valley clinic hold many memories for our staff with many work and personal friendships forged and the employment of family members across generations. Some wonderful stories were shared at the event, including a montage of old photos and a memory book.

Recently retired, but longstanding Valley Clinic nursing staff member, Steve Bone delivered a poetic piece of much-loved times and staff commitment to provide outreach clinical services to those in the local community. Thank you to Leanne Anderson and helpers for putting together the farewell event.

The Valley Clinic services have now relocated to the new Spring Hill Community Mental Health Centre. I wish all the teams the very best settling into their new premises.



'Our Nurses. Our Future. The Economic Power of Care', focusing on financial constraints and how the role is often undervalued.

I would like to thank all our nurses for the amazing work they do at Metro North Mental Health.

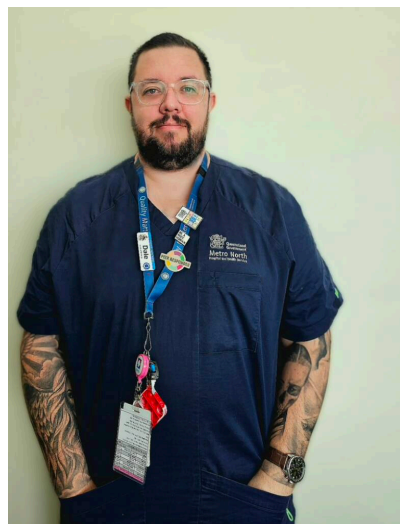
Staff profile

Dale Caust from TPCCH Mental Health is one of our amazing nurses. Dale has been working for Metro North for the past five years and enjoys the diversity and complexity the role provides.

"Mental health is a field where no two days are the same, and each person I encounter brings their own unique experiences and perspectives. This keeps me engaged and constantly learning, whether it's staying updated on the latest research and best practices or honing my skills in communication and empathy".

Dale is also one of our Peer Responders, providing support for his colleagues in their time of need. When Dale isn't giving his time to patients or fellow staff members, he enjoys powerlifting. You can read more about Dale in the [Metro North newsroom](#).

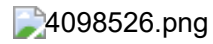
If you know of an individual, team or patient care initiative that you think would be suitable to feature on the Metro North newsroom page, contact the communications team at metronorth-communications@health.qld.gov.au.



Push-Up Challenge

Metro North Mental Health will be participating in the Push-Up Challenge from 5-28 June 2024. The Push-Up Challenge is Australia's largest mental health and fitness event focused on pushing for better mental health for all Australians.

Each participant in the Push-Up Challenge is challenged to complete 3,249 push-ups (or the half target – 1,625) in 24 days to raise awareness for mental health in Australia. You can do alternative exercises too, like sit-ups and squats. It is free to take part and there is a handy app which makes it easy for you to bank your push-ups each day.



We are encouraging staff to sign up as individuals or create a team from their service / location within the [Metro North Community page](#).

Last year we awarded an overall individual winner (Jayda Mapp) and a team winner (Nundah Community Health).

Keep a look-out for more information on the Push-Up Challenge in the Staff Bulletin.

Best wishes

Kathryn