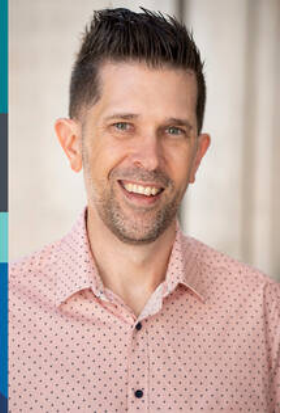


MESSAGE FROM THE ACTING DIRECTOR METRO NORTH MENTAL HEALTH

Metro North Health

Liam Wishart



Dear Staff,

Thank you to everyone who has welcomed me into the Acting Executive Director role for the next few weeks, until Dr Kathryn Turner's return on Wednesday 3 July 2024.

TPCH adult mental health inpatient unit review

Thank you to the staff, consumers, and families who contributed to the review last week as well as those who continue to support the process. It will now take some time for the review team to consolidate the feedback they received, and we'll receive their recommendations in due course. In the meantime, it's important we continue our efforts to implement the existing review recommendations.

I also want to acknowledge the work all of you do every day. People often make contact with mental health services on some of the worst days of their lives. The work you do to support consumers and families is important and appreciated. In saying that, sometimes in helping others, we can forget about looking after ourselves. There are a number of wellbeing support services available to staff so please consider how they might assist.

- 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 (see Luenne's staff profile below). 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.

You may have also seen an advertisement for a staff wellbeing coordinator for MNMH which we hope will commence soon.

Tier 1 Acute Respiratory Illness (ARI) plan

On Thursday Metro North made a planned transition to Tier 1 in our Acute Respiratory Illness (ARI) response plan due to an increase in emergency department presentations and hospitalisations for COVID-19.

All staff are encouraged to:

- wear masks in line with the PPE guidelines ([click here for more information](#))
- ensure flu and COVID vaccinations and annual fit testing are up to date
- stay home if you're unwell, let your line manager know and submit your leave form as soon as possible via the Smart Leave form on MyHR
- check in with your line manager for any other requirements in your local workplace under your directorate Acute Respiratory Illness Response Subplan.

Visitors will continue to be encouraged to wear a mask, sanitise hands when coming and going, and stay away if they have respiratory illness symptoms. Masks and hand sanitiser will be provided at facility

entrances.

For more information, please access the Metro North [Acute Respiratory Illness Response Plan Tier 1](#).

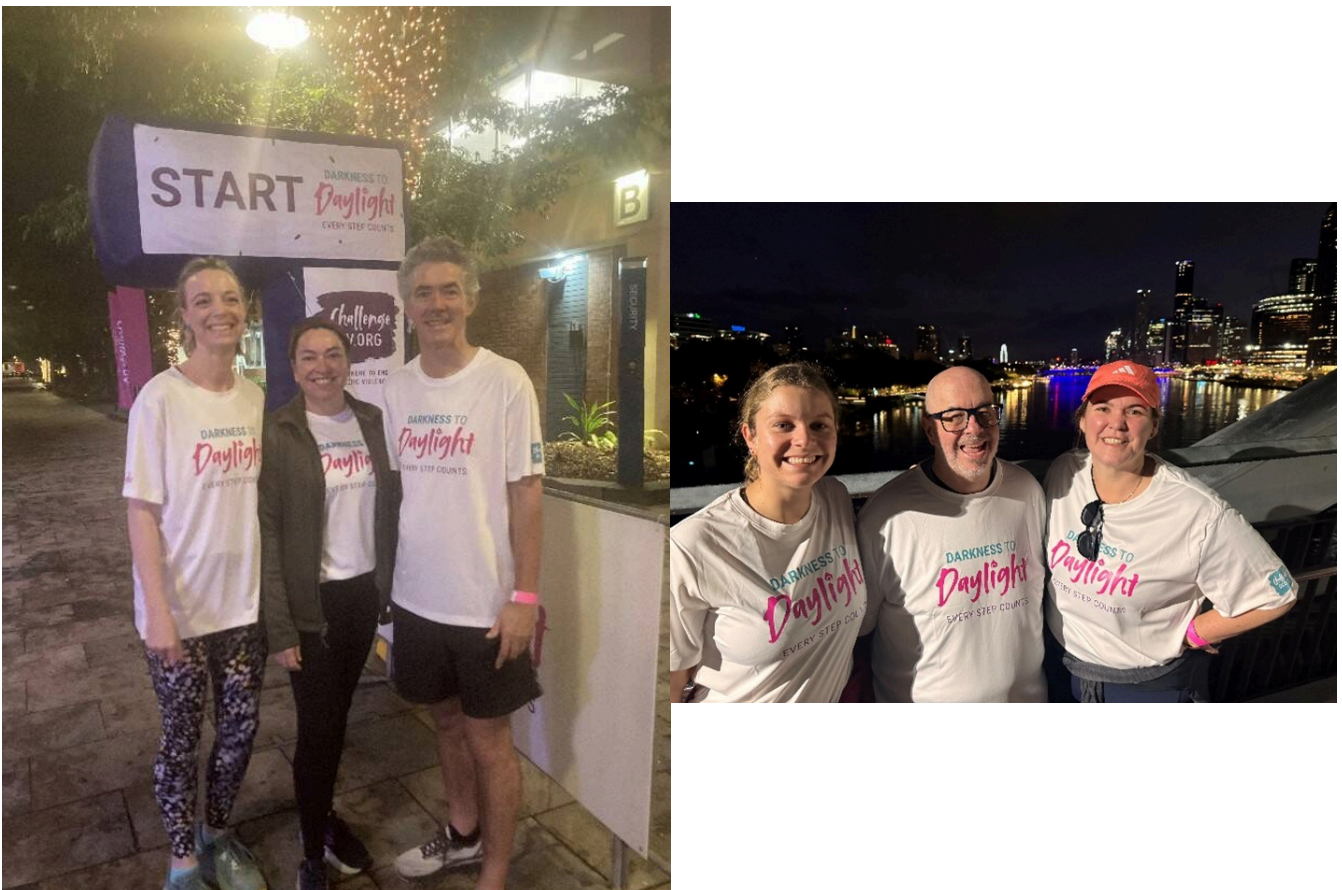
Crisis Stabilisation Facility update

A significant milestone was met for the Crisis Stabilisation Facility (CSF) with the delivery of the modular building to TPCB this week. The difficult task required significant planning, managing the complexity of the hospital environment and the closely located emergency department. Construction continues with the connection of vital services and fit out of the internal structure. It is exciting to see all the work and contributions of staff, consumers and carers being realised through the co-design process. The CSF is on track to commence operations in September.



Darkness to Daylight event

Staff from Metro North Mental Health participated in the Darkness to Daylight run on 30 May 2024. Darkness to Daylight is an initiative facilitated by Challenge DV, where participants run 110km, 10km or 3km, to raise awareness and raise funds for the prevention of domestic and family violence. The 110km distance represents on average the 110 people that die from domestic and family violence every year in Australia.



Sally Nahak, Triona Fitzpatrick and Queensland Health Victim Support Service Director Michael Power (left photo) and Rebecca Evans, Neville Ray and Anna Johnston (right photo) at the Darkness to Daylight event.

Push-up for Mental Health Challenge

Just a reminder that the Push-up for Mental Health Challenge started on Wednesday, but there is still time to register. The challenge is Australia's largest mental health and fitness event focused on pushing for better mental health for all. There really is a way for everyone to participate- you can choose 3,249 push-ups (or half the target – 1,625) or even alternative exercises like sit-ups and squats.

If you haven't already signed up, you can do so here – either join as an individual or create a work team.



Pride Month

International Pride Month is celebrated annually in June and marks the anniversary of the Stonewall riots, which were a crucial part of modern queer liberation.

Pride Month is a time where we celebrate diversity, and resilience of the LGBTQIA+ community. We recognise the strengths of the community and the great progress that has been made and recognise how far we still have to come. Metro North is committed to providing a safe and inclusive environment for all employees and consumers regardless of their sex, gender, variations of sex characteristics or sexual orientation.



Show your support by dressing colourful and hosting a Pride themed morning tea in your work area on Friday 21 June.

Crazy Socks 4 Docs Day

Crazy Socks 4 Docs Day is an initiative that raises awareness of the mental health of doctors and health practitioners around the world. The aim of the day is about normalising the conversation around mental health and creating a safe place to do it. Crazy Socks 4 Docs Day founder Dr Geoff Toogood was awarded the 2023 Australian Mental Health Prize for a doctor with lived experience for all his efforts creating the Crazy Socks 4 Docs movement.

Thanks to all the staff who donned their wackiest and brightest socks for the day.



Metro North Research Excellence Awards

Nominations are now open for Metro North's annual Research Excellence Awards. These Awards provide an opportunity to acknowledge and celebrate the achievements of our research community across the Mental Health Directorate and Metro North. This year, the Metro North Research Excellence Awards event as well as the inaugural Metro



North Research Summit will be held on Thursday, 5 September.

Nominations are open to all researchers of all stages including early career, well-established, and anywhere in between. Researchers are also encouraged to nominate themselves and share their accomplishments. **Nominations close on Wednesday, 26 June at 5 pm.**

[NOMINATE NOW](#)

Staff profile

Metro North Mental Health have a dedicated staff psychologist who can provide staff with psychological support. Advanced staff psychologist Luenne Zielke knows the unique challenges faced by staff working in the mental health directorate as she herself worked as a psychologist for the Metro North Inner North Brisbane Acute Care Team for three years.

“Having worked ‘at the coalface’ has provided me with an insight into the specific pressures that staff can face and how they can be impacted by workplace stresses”.

“My current role as staff psychologist is very varied and can involve providing one-on-one support, team support as well as critical debriefing. I also work with teams to enhance their culture and put together bespoke team wellbeing workshops”.

“It is rewarding to be able to support someone through a tough time and I enjoy being part of Metro North, one of biggest hospital and health services in the southern hemisphere”.

To read Luenne’s full profile see:

<https://metronorth.health.qld.gov.au/news/mh-staff-psychologist>.



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.

Kind regards

Liam