

**Metro North Health**

Message from the

# **Acting Executive Director Mental Health**

**Dr Hitesh Joshi**



Dear all,

It's good to be back after some time on leave, and I want to thank Nathan for stepping into the Acting Executive Director role during this time and supporting the directorate so capably. It's clear that a great deal has been happening across our services and I'd like to share some recent highlights and updates.

## **CSU celebrates one year of operations**

Last week we celebrated the first anniversary of the Crisis Stabilisation Unit (CSU)—a milestone for our service, our staff, and the people we support. In its first year, the CSU has cared for more than 2,300 people experiencing acute mental health crisis, with 35% of presentations avoiding ED. The service has maintained an average stay of eight hours despite system-wide pressures, while the Short Stay Unit has supported over 400 people. Together, these services are providing safe, therapeutic, and dignified alternatives for people in crisis.

This work reflects our commitment to continuous service improvement and aligns with the Brisbane North Crisis Reform Strategy, now in its final stages of publication. Congratulations and well done to our CSU teams who have made this possible.

## **Metro North Chief Executive visits TPCH**

We were pleased to host Metro North's (MN) Acting Chief Executive at TPCH last Thursday, providing staff with the opportunity to share first-hand the challenges and opportunities in mental health care. On Monday, we also welcomed the MN Acting Chief Executive and Board Chair to our Caboolture Youth Step-Up Step-Down service.

We will continue to work closely with MN leadership to advocate for the support and resources needed for to strengthen and expand our services.

## **Hospital in the Home (HiTH) workshop**

MNMH will shortly convene a workshop to finalise planning for the phased introduction of a Mental Health Hospital in the Home (HiTH) across our service. The workshop will include multidisciplinary representation from RBWH, TPCH and RedCab to ensure a comprehensive and service-wide approach.

## **15-Year Metro North Health Services Plan**

We have begun meeting with Metro North Health to contribute to the development of its 15-year Health Services Plan. These discussions will ensure that the challenges and opportunities within mental health services are fully considered and reflected in Metro North Health's broader future planning. As this is still the early stage of the process, further meetings and workshops will be held in the coming months to build on this work.

## **MNMH Executive Team visiting MNMH teams**

From the Have Your Say staff survey, many of you told us you'd like more opportunities to hear from and speak directly with the Executive Team. In response, we'll be visiting our mental health services over the coming months. These visits will give us the chance to hear more about your work, understand the challenges you face, and explore how we can make improvements together.

We'll work with your Operations and Program Directors to let you know when we'll be visiting. These

conversations are an important step toward building stronger, ongoing connections, and I look forward to continuing regular visits, to ensure your perspectives help shape the future of MNMH.

### **World Pharmacists Day - 25 September**

On Thursday, we celebrate World Pharmacists Day and recognise the incredible work our pharmacists do every day. This year's theme, 'Think Health, Think Pharmacist', highlights the ongoing advice, support, and expertise they bring to our teams.

Please take a moment this week to acknowledge and thank your pharmacist colleagues for the important work they do. Their dedication and professionalism are greatly appreciated.

I look forward to reconnecting with many of you this week as I get back on the ground.

### **Dr Hitesh Joshi**

Acting Executive Director  
Metro North Mental Health

## **Update from Nathan Dart** Director of Nursing

Dear colleagues,

Earlier this month, I had the privilege of attending the International Mental Health Nursing Conference, hosted by the Australian College of Mental Health Nurses (ACMHN). This year's event highlighted the passion, collegiality, and advocacy that continues to define our profession. The engaging presentations and rich conversations throughout the conference were a strong reminder of the critical role we play in shaping the future of mental health care across Australia.

Congratulations to Morgan Heffernan (below left) and Patrick Lawler (below right), who were both awarded scholarships to attend. Morgan, a Clinical Nurse specialising in older persons' mental health, is dedicated to delivering compassionate, person-centred care. Patrick, a Registered Mental Health Nurse with acute care experience, is passionate about recovery-oriented and holistic practice.

Well done to both Morgan and Patrick. The scholarships are an excellent achievement and a great opportunity to further strengthen their professional journey.



I'd also like to acknowledge the outstanding contributions of our Metro North Mental Health colleagues:

- **Dr Nahid Choudhury**, RN, PhD – for partnering on our collaborative poster and enriching the work we presented with your expertise.

- **Mark Fullerton** – for your tireless efforts on the scientific committee and for leading the organisation of our booth, ensuring our strong presence throughout the event.
- **Joce Turner**, RN, MACN – for the opportunity to co-present and share our collective experiences, learnings, and vision for the future of mental health nursing.

Regards, Nathan

## Meet Judi Molloy: Metro North Mental Health's Domestic Family Violence Specialist Practitioner

Hi, my name is Judi and I'm available to support Mental Health and Alcohol Drug Service staff with:



- **Case Consultation** – in how you recognise and respond (within your scope of practice) to Domestic and Family Violence (DFV) when a consumer is either experiencing or using violence.
- **Care planning, safety planning and discharge planning recommendations** – when DFV interfaces with Mental Health and Alcohol and other Drug experiences.
- **Stakeholder collaborations and engagement responses** – particularly if your consumer is linked with a local DFV High Risk Team response, or if collaborating with other stakeholders may clarify or reduce risks of violence (including suicide and/or homicide) in your consumer's risk profile.
- **Understanding our roles and responsibilities** with information sharing pathways and processes as per Part 5A *Domestic Family Violence Act 2012*.
- **Resource and training access** through collaborations with our MN HHS Domestic Family Violence Workforce Specialists.
  - For RBWH/TPCH: Jelena Senic – [jelena.senic@health.qld.gov.au](mailto:jelena.senic@health.qld.gov.au)
  - For Red/Cab: Lillian Flanagan – [Lillian.Flanagan@health.qld.gov.au](mailto:Lillian.Flanagan@health.qld.gov.au)

### You can contact me on:

**Phone:** 0447 060 856

**Email:** [judith.molloy@health.qld.gov.au](mailto:judith.molloy@health.qld.gov.au)

**Location:** Rotational, between TPCH/RBWH/Caboolture Inpatient Mental Health settings:

Monday: RBWH

Tuesday: TPCH

Wednesday: Caboolture

Thursday & Fri: RBWH

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Metro North Health

# Schwartz Rounds

**Caring at work and at home - The Juggling Act**

Multidisciplinary forums where all healthcare workers (clinical and non-clinical) are invited to explore the psychological impact of providing care.

[Click here to read more](#)

## Metro North Mental Health Schwartz Rounds

**Wednesday 8 October | 11am - 12pm | TPC Education Centre**

Schwartz Rounds are a protected time to come together and reflect on the interpersonal, social, and emotional aspects of working in healthcare. They are different from other rounds, where the aim might be to problem solve or discuss interventions.

This round, presented by the Chermside Community MH Team, will discuss lived experiences of "The Juggling Act".

[Register here.](#)



A big thank you to all our **Nursing Directors, Nurse Unit Managers, and Team Leaders** who completed a quick project review on Business Planning Frameworks across the directorate.

Your efforts have led to outstanding improvements that will make a real difference in supporting our finances. We truly appreciate the time and commitment you've given to this work.

Well done and thank you again for your contribution!

We uphold our commitment to health equity through our Values in Action  
Respect | Integrity | Compassion | High Performance | Teamwork



Metro North Health acknowledges the Traditional Custodians of the Land upon which we live, work and walk, and pay our respects to Elders both past and present.

**Metro North Health's vision**

Creating healthier futures together—where innovation and research meets compassionate care and community voices shape our services.



**Queensland**  
Government