



## Latest staff news 20 March 2026

Dear colleagues,

As we approach the end of another busy week, I wanted to give a shout out to two key components of our workforce.

### Shout out to our social workers

Firstly, and following on from Director of Social Work Carissa Uzabeaga's email from earlier this week, I wanted to acknowledge and sincerely thank Metro North Mental Health's (MNMH's) social workers.

Carissa's email recognising World Social Work Day 2026 (WSWD) on Tuesday was a timely reminder of the valuable role our social workers play in supporting our consumers, families and support people.

We have over 180 social workers employed in a variety of roles across MNMH's Mental Health and Alcohol and Other Drug Services who make significant and meaningful differences in their consumer's lives each and every day.



To learn more about the vital role social workers play in our workplace and others, I encourage you to attend the 2026 Queensland Health Social Work Showcase. This annual event builds on the WSWD 2026 theme of *Co-building Hope and Harmony: A Harambee Call to Unite a Divided Society*.

I'm also pleased to share that our very own Sharon Davis from the Cherside Community Mental Health Service, will be presenting on the day. Our Director of Aboriginal and Torres Strait Islander Health (and social worker!), Penny Dale, will also be leading the Welcome to Country.

This free, statewide [in-person/online event](#) is being held at the RBWH Education Centre on 27 March 2026 between 8.30 am and 4.00 pm.

### Lived Experience (Peer) Workforce acknowledgment

I was delighted earlier this week to be invited along to speak at the Lived Experience (Peer) Workforce Forum 2026. It was wonderful to meet so many of the team face-to-face (pictured below) and to thank them in person for the knowledge and skills they bring to our services.

The forum also gave me the opportunity to explain how fortunate MNMH is have the largest mental health peer workforce in Queensland, as well as one of the largest teams when compared to other disciplines.

Similar to the Executive rounding, these opportunities to meet and talk with staff are both refreshing and necessary to understand the requirements of our different workforces.

I was also happy to be “offered up” as a lucky door prize on the day and I’m very much looking forward to chatting with Sean Daniels (from the RedCab HHOT team) over coffee and cake next time I’m at Redcliffe.

Thank you again for inviting me and I look forward to seeing you around our services.

Kind regards

**Hitesh**

Dr Hitesh Joshi  
Acting Executive Director  
Metro North Mental Health



## **RANZCP PhD Scholarship Grant**

I am pleased to share that Dr Sar (Sarangan) Ketheesan has been successful in securing a [RANZCP PhD Scholarship Grant](#) for his research in PTSD.

Sar was awarded the 2025 Foundation Partners PhD Scholarship for his research project “PTSD and Allostatic Load in Military Veterans: Exploring longitudinal outcomes through data linkage”.

This project aims to address a critical gap in understanding the long-term health impacts of chronic trauma among Australian Defence Force veterans, who experience disproportionately high rates of PTSD, substance use disorders, and suicide.

This is a significant achievement and a testament to Sar’s academic excellence and commitment to advancing psychiatric research. It is also encouraging to see members of our medical staff, alongside staff from other disciplines, excelling in the research space and contributing to the broader development of our specialties and services.

Congratulations, Sar!



## Schwartz Rounds

Following the successful pilot of Schwartz Rounds within Mental Health last year, RBWH and Mental Health Services are collaborating to expand the program's scope and reach.



The [Schwartz Rounds EOI – Fill in form](#) is now open for people who wish to be considered for the:

- Planning Committee. Time dedication 2 hours per month.
- Facilitators. Time dedication 4-8 hours per month.
- Program Coordinator. Time dedication 6-10 hours per month.

Detailed responsibilities can be found here: [2024-Rounds-Roles\\_3.11.24.pdf](#).

Further information on this OCMO funded project can be found on [QHEPS](#) or by contacting Amy Duff (MNMH) or Liz Crowe (RBWH).

## Adis is turning 40

For 40 years Adis 24/7 Alcohol and Drug Support has been providing counselling, information, and advice to Queenslanders. We'd love you to help us celebrate our 40th birthday.

- When: Tuesday 7th April 2026
- Time: 14:00 - 15:30
- Where: Edwards Miller Conference Room  
Level 4, Biala Community Health Centre
- RSVP: Tuesday 31st March
- For more information please contact Dr Hollie Wilson on 1800 177 833 or [hollie.wilson@health.qld.gov.au](mailto:hollie.wilson@health.qld.gov.au)



**adis**

**24/7  
ALCOHOL  
AND DRUG  
SUPPORT**

[adis.health.qld.gov.au](https://adis.health.qld.gov.au)

**1800 177 833**  
(free call)

## DBT 2-day educational training 2026

MNMH's [two-day training package](#) is designed to develop a foundational understanding of BPD (Borderline Personality Disorder) and the theoretical underpinnings of DBT (Dialectical Behaviour Therapy). It provides an overview of the core components of DBT, including the purpose and structure of the skills modules, as well as practical guidance for supporting both DBT skills groups and individuals engaged in DBT treatment. The training will cover key areas such as

the evidence base for DBT, appropriate indications for therapy, the role and function of DBT Skills Groups, and effective strategies for supporting individuals to apply DBT skills in their daily lives, including the use of Crisis Survival skills.

This package is for staff who would like to increase their knowledge around DBT (including Peer Workforce and clinicians who have not had prior DBT training) to increase knowledge around BPD, support clients who are engaged with a DBT program, and increase knowledge and awareness of DBT as a treatment.

The training dates are:

Day 1 – Monday, 13th April 2026

Day 2 – Tuesday, 14th April 2026

This training will be located at The Prince Charles Hospital Education Centre, Room 5&8, Chermside. To register, please complete the [MNMH 2-Day DBT Training Registration Form](#) before Monday 30 March 2026.

More information is available from [MNMH-Therapies@health.qld.gov.au](mailto:MNMH-Therapies@health.qld.gov.au).

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 we 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**