

Metro North Health

Message from the

Acting Executive Director, Mental Health

Nathan Dart



Latest staff news 1 May 2026

Dear colleagues,

Administrative Professionals Day is recognised in Australia on the first Friday in May (today).

This day provides us all with a chance to recognise the people who keep our clinics and wards running and support our clinicians and leaders to perform their jobs.

These staff are the ones who manage patient appointments, handle inboxes, keep patients and clinical staff informed, organise meetings, fix small problems before they impact care, and make sure the wheels keep turning. MNMH's administrative staff also handle a list of other jobs which is too extensive to include here, but are much appreciated by their colleagues.

Our administrative professionals at MNMH often sit at the centre of everything we do. They also bring calm, clarity and consistency to the staff and teams that rely on them each and every day.

Admin work done well can often be invisible, which is why today matters so much. On Administrative Professionals Day, I thank all our administrative staff for their professionalism, dedication and invaluable contribution.

Our health service runs because of you. ❤️

To Amanda who is currently supporting me, and Nadia who has supported me for many years, thank you both so much for everything you do (and for keeping me on the straight and narrow).

Kind regards

Nathan Dart
Acting Executive Director
Metro North Mental Health



Dr Hayllar's "final chapter" in ADS

The retiring (but not shy) Dr Jeremy Hayllar, Clinical Director of MNMH's Alcohol & Drug Service, has authored a chapter in the 5th edition of *Good Medical Practice: Professionalism, Ethics and Law*. Launched on 24 March 2026.

Jeremy's contribution to "the trusted guide to being a doctor in Australia" will assist doctors at every stage of their career – from students and trainees to experienced clinicians.

Good Medical Practice: Professionalism, Ethics and Law is available in print and as an eBook and can be purchased [online](#) through major retailers.



Mirtazapine for Methamphetamine Use Disorder



Some staff may be aware that Biala Ground Floor recently participated as a site in a multi-centre randomised clinical trial for mirtazapine to assist in methamphetamine withdrawal – commonly known as the **TINA trial**. The MNMH ADS team recruited the most trial participants of any site across Australia, and the resulting [paper](#) has since been published.

Congratulations to Jeremy (again), the paper's other authors and the TINA trial team at Biala for their contributions to this paper and moving this treatment space forward. Great work!

A recent JAMA [article](#) also explains more about the trial and its results.

Contemporary suicide, self-harm and overdose prevention training

Congratulations to MNMH's Dr Tessa Clarkson, Assoc. Professor Kylie Burke, Anna Asnicar and Melissa Branjerdporn whose comparison of one-versus two-day prevention training was presented at the 2026 National Suicide Prevention Conference on Wednesday 29 April.

The aim of the comparison was to assess training efficacy in increasing staff confidence and intentions to engage with the ASPIRES Suicide, Self-harm and Overdose Prevention Plan pathway.

More information on the oral presentation can be found [online](#).

Pictured L-R - Tessa, Anna and Mel



Aboriginal and Torres Strait Islander Mental Health achievements

When they're not providing care to their consumers, three members of our Aboriginal & Torres Strait Islander Mental Health team have been busy collecting awards and continuing their education. Sincere congratulations go to:

Stephan Lane (ACT, RedCab), Deadly Awards MNH, Winner Individual Award Male, was recognised for going above and beyond to champion culturally safe practices, strengthen community relationships, and make a meaningful difference in the lives of Aboriginal and Torres Strait Islander patients and families.

Abbey White (Indigenous Mental Health Intervention Program) was successful in obtaining a scholarship to the Indigenous Allied Health Australia (IAHA) leadership program. Abbey is expanding her horizons this year and found



inspiration in the quote “it’s not trespassing to go beyond your own boundaries.”

Danita Martin (Perinatal Wellbeing Team, MNMH) who was successful in obtaining a scholarship to undertake a Diploma of MH/AOD. Danita is a fan of lifelong learning and believes “that by continuously upskilling, we provide families with the most valuable gift of all: the confidence to trust the process and themselves.”

Pictured L-R - Stephan, Abbey and Danita

MNMH Health Equity service dashboard

The newly established **MNMH Health Equity service dashboard** is the first of its kind across Queensland Health and provides an overall view of service activity for Aboriginal and Torres Strait Islander peoples across our mental health and alcohol and drugs services.

The dashboard includes a view over time to support MNMH to enhance access, improve health outcomes, build culturally safe and responsive services and build a knowledge base to achieve health equity.



The development of the dashboard responds to the findings from the *Review of Institutional Racism – Health Equity: Internal Audit Report 15 August 2025 - 6.2.6 Access to mental health services and drug and alcohol services*:

- Develop and implement clear, measurable and regular monitoring and reporting on Aboriginal and Torres Strait Islander access to mental health services and to drug and alcohol services.

The dashboard is refreshed monthly and tabled at the MNMH Health Equity Committee meetings with all members having view of the service for Aboriginal and Torres Strait Islander peoples, with site Operational Directors access to the dashboard to drill down to site specific services sites, track performance and identified service improvements.

The dashboard was presented at the Statewide Aboriginal and Torres Strait Islander Mental Health Alcohol and Other Drugs (MHAOD) Leadership Group in late-February 2026. The presentation was very well received and has led to MNMH supporting Aboriginal and Torres Strait Islander Leads across other HHSs to build their Health Equity service dashboards.

For more information email MNMHDirectorAboriginalandTorresStraitIslanderHealth@health.qld.gov.au.

MNMH initiates new community DBT collaborative



Shout out to Zonia Weideman (Director of Therapies, MNMH), Thea Prasad (Senior Project Officer, Central Clinical Cluster, MNMH), Carlie Robertson (Personality Disorder Lead, MNMH) and Jason Perrett (AH Educator, MNMH) who alongside representatives from Neami National and Brisbane North PHN, convened a successful first Metro North DBT Collaborative meeting in late March.

Around 40 mental health practitioners and partners came together for the collaborative's inaugural meeting in a strong show of support for and ongoing dedication to DBT (Dialectical Behavioural Therapy) informed care.

This new collaborative was developed by MNMH in partnership with Brisbane North PHN and local mental health providers and aims to strengthen referral pathways and supports to services offering DBT. More information can be found on the PHN [website](#).

Photo credit: [Brisbane North PHN](#)

Standard 4 Medication Safety Committee - lessons learned

The management of smoking cessation should be considered at every patient interaction, especially when a patient is in the Emergency Department. Please be reminded of the following resources to support this:

- The [Smoking Cessation Management 004777 procedure](#) provides guidance on the identification and assistance of people who smoke who choose to quit and those who choose to continue to smoke, during their hospitalisation.
- The [Queensland Health Fact Sheet- Vaping and hospitalised patients](#) provides information on the assessment and management of prescribed nicotine-containing e-cigarettes (vape products) during admission to a public hospital inpatient unit (including the Emergency Department).

In addition, the [Understanding Drugs- Nicotine vaping products](#) module provides a basic understanding of nicotine vaping products (NVPs).

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