

Metro North Health

Message from the

Acting Executive Director Mental Health

Dr Hitesh Joshi



Latest staff news 10 July 2026

Dear colleagues,

Welcome to July and to what I hope will be a really positive start to the new financial year! In addition to the positive news below, two long-awaited projects will also come to fruition in coming weeks.

The new TPCH mental health Hospital in the Home (HiTH) service will shortly begin admitting its first patients, with the new service including a focus on older persons mental health. Planning is also continuing on the proposed Redcliffe-Caboolture mental health HiTH service.



Further north and weather permitting, our 4 new Mental Health Intensive Care Unit (MHICU) beds (pictured above right) at Caboolture Hospital will also come online in the not-too-distant future. These beds will provide a necessary boost to our ability to provide safe and high-quality care to our most acute and complex consumers.

Stage 3 of the MNMH anti-ligature project commenced at MNMH-TPCH last month, with work also scheduled to begin at Caboolture Hospital in July 2026 and at the RBWH in February 2027.

And last but not least, work is also progressing on the PEC (Psychiatric Emergency Centre) expansion at the RBWH.

Thank you to everyone involved in these works, including our partners in the Metro North Capital Infrastructure Delivery team. Your efforts to enhance our services and keep consumers and staff safe, are greatly appreciated.

Kind regards

Hitesh

Dr Hitesh Joshi
Acting Executive Director
Metro North Mental Health

Chair appointed - MNMH Staff Council

Anita Kopstad, Team Manager, Older Persons Mental Health Service (OPMHS-RBWH) has been appointed to the role of Chair, MNMH Staff Council.

Anita has worked across our three main services over the last 18 years and is well known to staff across MNMH. She has hit the ground running as Council Chair and is keen to ensure that the Council has representation from across all corners of MNMH!

We look forward to seeing the Council further embed itself within MNMH and wish Anita all the best in her new/additional role.

Anita shared the thoughts below after being appointed.

I'm both excited and honoured to be joining the MNMH Staff Council as Chair. I was motivated to apply for this role because I am passionate about staff wellbeing and exceptional consumer care, and I strongly believe that when staff feel supported, heard and valued, we are best placed to deliver excellent care to our consumers.

Since joining MNMH in 2008, I have worked across Redcliffe-Caboolture, TPC and, more recently, RBWH in a range of clinical and leadership roles. These experiences have given me a deep appreciation of the diversity, strengths and challenges within our organisation. I have seen the difference that strong relationships, open communication and genuine collaboration can make, and I hope to foster those qualities through the Staff Council.

I am looking forward to working alongside my fellow Staff Council members to help develop an inclusive, visible, accessible and trusted Council, where staff feel confident their voices are heard and represented at Senior Executive Team level. Together, I hope we can continue to build a positive organisational culture where staff feel valued, supported and empowered to contribute, with their voices helping shape the future of MNMH and the care we provide to our consumers and communities.



5th annual MNMH Research Symposium



The 5th annual Metro North Mental Health Research Symposium was held in June 2026 at The Prince Charles Hospital, bringing together researchers, clinicians, consumers and partners under the theme "Coming Together: Prevention, Treatment and Recovery through Research".

The day featured an Aboriginal and Torres Strait Islander research panel, address from keynote speaker A/Prof Holly Erskine on the impact of childhood adversity on youth mental health, and plenary speaker A/Prof Stephen Parker on cannabis and psychosis.

Staff from across MNMH also shared their work through a series of Free Paper and Rapid Paper presentations, with awards presented to:

- **Melissa Holland and team** (Lived Experience Choice Award)
- **Kirk Chalmers, Anjela Pham-Nguyen and Sarangan Ketheesan** (Rapid Paper Award) – pictured above left with Drs Megan Nitz, Hitesh Joshi and Stephen Parker
- **Lisa Wittenhagen and Penny Dale** (Free Paper Award).

Congratulations to all winners and presenters and thank you to everyone who made the day possible.

The feedback below demonstrates what a great event this is and we're already looking forward to the 2027 MNMH Research Symposium!

"Observing and hearing the research methods used by the various participants reinforced how research is doable and realistic in our clinical environments." – *Anonymous*

"There is a lot of great work being done in different areas of Metro North Mental Health." – *Anonymous*

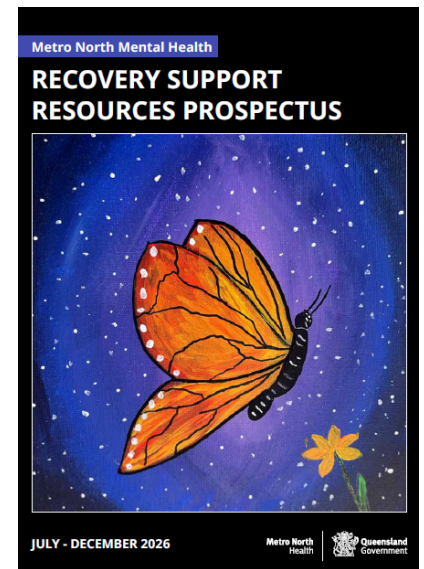
MNMH Recovery Support Resources Prospectus

The new Recovery Support Resources Prospectus (July–December 2026) is now available to view [online](#).

The booklet contains a wide range of recovery focused services and programs aimed at supporting people to manage mental health challenges and to achieve the things they want out of life. Helping to promote hope that a personal, meaningful and satisfying life is possible, despite mental health challenges.

The Metro North Mental Health Resource Team is looking forward to sharing another great range of programs and resources with you.

Special shout out for the front cover artwork, created by consumer Nathell Bellingham.



Older Persons' Mental Health Statewide Symposium 2026



Join us on **Friday 17 July** at the Royal Brisbane and Women's Hospital Education Centre for a dynamic, full-day event bringing together professionals from medical, nursing, and allied health disciplines across Queensland.

Our program includes a dynamic line-up of speakers from across the health disciplines, speaking on a range of relevant and interesting topics. Expect a day packed with practical insights, lively discussion, and valuable networking. This is a hybrid event, with both in-person and online attendance available. Follow the [link](#) for more information on the event, presenters, and for ticket sales.

Tickets will be on sale until Monday 13th July.

For any questions, please contact OPMHS-RBWH@health.qld.gov.au

StandBy Support After Suicide workshop

Join StandBy Support After Suicide for a practical, catered workshop focused on supporting colleagues, your team, consumers, families, and yourself following suicide called *"Understanding Suicide Bereavement: What to say, What to do?"*

When: Tuesday 14 July, 9:30am to 12:30pm

Where: TPC Education Centre

In this practical session, you'll explore:



Loss and grief frameworks

Why suicide bereavement is different from other sudden deaths

How our beliefs and values about suicide influence the way we respond

Practical and supportive actions: including what to say and do (and what to avoid), informed by lived experience

Practical self-care strategies for professionals

Whether you've supported someone bereaved by suicide, experienced a consumer suicide, been personally affected by suicide, or simply want to be better prepared, you'll leave with practical knowledge and skills you can apply immediately.

Facilitated by Angela Campbell, Brisbane Service Leader, StandBy Support After Suicide.

Note: MNMH has a partnership agreement with Standby Support After Suicide which means they can be used to support your wellbeing and your work.

Online [registration](#) is essential as catering will be provided.

Operational (Hot) Debriefs Training



This one-hour online training session equips senior healthcare staff with the practical skills and confidence to lead effective Operational (Hot) Debriefs following clinical events, critical incidents, simulations, or challenging workplace situations.

Sessions will run every Tuesday at 1pm and every Wednesday at 10am.

[Register via TMS.](#)

For more information, please email MNStaffPsychology@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