

Metro North Mental Health Services



Assoc. Prof. Brett Emmerson
Executive Director
Metro North Mental Health
Services

Overview

We are pleased to provide an overview of the diverse and growing research, evaluation, and quality improvement activities, completed in 2014 across Metro North Mental Health (MNMH) services. This report summarises activities across the spectrum of mental health research, encompassing cutting edge computational neuroscience, clinical research, and interventional clinical studies, but also health services and policy research of diverse methodologies with a focus on wide range of age and diagnostic groups. But, more importantly, all projects are designed to improve the health of people affected by severe mental illness. The impressive list of publications, presentations, multi-million dollar grants, and appointments to academic roles and prestigious Metro North HHS Chairman's Scholarship all truly reflect the currency of, and contributions to, research, and most importantly, the diligent work of our clinical and research staff. Metro North Mental Health well deserves its reputation as a leader in integration of research and clinical practice.



A/Prof Lisa Fawcett
Nursing Director
Metro North Mental Health
Services

With the importance of mental health research in development of services, getting research evidence implemented into routine clinical practice has proven to be a complex and challenging issue worldwide. It has been taking approximately 20 years for evidence-based practices and interventions (i.e., practices supported by randomised controlled trials evidence) to be embedded in policy and clinical decision making, with many effective interventions still being underutilised in practice. Mental health services executive endorses implementation of research in 'real world' settings, and, thus, to bridge the 'second translational gap' by providing effective and appropriate care to service users. We support clinicians to evaluate the implementation of evidence-based practices. One of our clinicians implemented and evaluated music therapy intervention across mental health services; as a result of this evaluation, music therapy is now a part of a routine evidence-based practice, and is well regarded by both consumers and the staff as an effective treatment across a wide range of populations and settings.

Service evaluation and quality improvement are high on the agenda, particularly in the areas of improving physical health of consumers and implementation of recovery agenda. In a study being published in *Australasian Psychiatry*, we investigated implementation of guidelines in regards to metabolic monitoring and follow-up. Our ongoing work to embed metabolic monitoring and management of physical health as core business is paying off, with dramatic improvements seen in metabolic monitoring and follow-up of anomalies. We were also able to examine consumer and carer's experiences and expectations about management of their physical health in mental health services in a study, which has been one of the first in the world to ask consumers what they want. Findings of this study, and other complementary health services research focussed on improving patient outcomes, have informed developments in service delivery, and development of resources for consumers and their care providers.



Sue Patterson
Principal Research Fellow
Metro North Mental Health

Service line overview

Metro North Mental Health (MNMH) employs more than 1,040 staff, has an annual budget of \$154 million and a catchment area population of around 880,000 people. Mental Health Services are located at Royal Brisbane and Women's Hospital (RBWH), The Prince Charles hospital (TPCH), and Caboolture and Redcliffe Hospitals, with community-based services working across the district. Mental Health Services encompass acute, non-acute and continuing care across the life-span for people with diverse mental health problems. The service endorses the recovery approach and works collaboratively with consumers and carers and primary and private health providers.

Metro North Mental Health Services

Key departments

- » Department of Adolescent Psychiatry
- » Inner North Brisbane Mental Health Service
- » Eating Disorder Service
- » Hospital Alcohol and Drug Service
- » Department of Consultation Liaison Psychiatry
- » Older Persons' Mental Health Service
- » Early Psychosis Service
- » Queensland Forensic Mental Health Service
- » Queensland Health Victim Support Service
- » QIMR Program of Mental Health and Complex Disorders

Executive and directing staff

Associate Professor Brett Emmerson
Executive Director

Associate Professor Lisa Fawcett
Nursing Director

Dr David Ward
Director, Adolescent Psychiatry

Dr Vikas Moudgil
Director, Inner North Brisbane Mental Health Service

Dr Warren Ward
Director, Eating Disorder Service

Dr Mark Daghli
Director, Alcohol and Drug Service

Dr John Linnane
Director, Consultation Liaison Psychiatry

Professor Gerard Byrne
Director, Older Persons' Mental Health Service

Mr Michael Power
Director, Queensland Health Victim Support Service

Associate Professor James Scott
Early Psychosis Service



Dr David Ward
Principal Research Fellow
Metro North Mental Health

Department of Adolescent Psychiatry

About this service: The adolescent mental health unit is a 12 bed unit, which provides acute inpatient care for people aged 14 to 17 years from across Queensland. Psychiatrists and nurses work with allied health professionals to provide assessment of mental disorders and treatment as appropriate.

Highlights of 2014: The unit is committed to implementing evidence based practice and research is supported in various ways. We host studies led by university partners and in collaboration with other departments (e.g., Early Psychosis Service), and clinicians, and team members are supported to participate in nursing and allied health journal clubs. The unit hosts and facilitates research examining medical, psychological, and social aspects of mental illness in young people. Most notably, we supported one of our clinicians to implement and evaluate an evidence-based music therapy to adolescents on the inpatient ward. The findings of this evaluation, published in *Australian Psychiatry* and accepted for paper presentation at the 41st National Australian Music Therapy Association 2015 Conference, indicate that integration of music therapy in inpatient treatment of adolescents with mental health problems was feasible and acceptable to both staff and the patients. The department of adolescent psychiatry has been able to secure ongoing funding from the Child's Play to continue delivery and evaluation of Music therapy (\$22,000).

Benefits for clinical practice: Music therapy for adolescent inpatients has been successfully integrated into an everyday practice; it is run twice a week with the outlook to increase these hours in the future, and is offered to patients on a group or one-on-one basis. The staffs are motivated to implement evidence into practice, and are noticing positive effects of this intervention on patients; even those who would normally struggle in other therapy group sessions, really engage and like music therapy and group participation. medical, psychological and social aspects of mental illness in young people.



Dr Vikas Moudgil
Clinical Director
RBWH Metro North Mental
Health Service

Inner North Brisbane Mental Health Service

About this service: Inner North Brisbane Mental Health Service provides mental health assessment and treatment services to the 330,000 adults who reside in the RBWH catchment areas. The catchment area has a large homeless population, high levels of drug use (particularly amphetamines), is the busiest court liaison complex in the state and has approximately 2000 hostel/boarding house beds, three large homeless shelters and two private psychiatric hospitals which frequently refer patients with mental and behavioural disorders. The service comprises a Psychiatric Emergency Centre (PEC), which services one of the busiest emergency departments in Australia, an Acute Care Team, a Homeless Health Outreach Team, two large Continuing Care Teams with two twenty-five bed inpatient facilities, a Community Care Unit (20 beds) and a Resource Team. The hospital and community-based teams provide evidence based multidisciplinary integrated care and recovery focused interventions to consumers who are experiencing, or at risk of, experiencing severe mental illness, while the resource team provides logistic and specialist support across the Service. The service works in collaboration with primary and private health providers in partnership with non-government organisations to meet the mental health needs of consumers and assist consumers in working towards improved health and wellbeing.

services to people who need them and improve patient outcomes and experience. The service has been sponsoring activities focussed on continuing implementation and evaluation of the metabolic monitoring program designed to improve the detection, follow up, and treatment of physical health problems in people prescribed antipsychotic medication, and work with staff to implement and evaluate evidence based interventions. Additionally, we have been working collaboratively with our colleagues in pharmacy on quality improvement, evaluation, and research activities focussed on quality use of medication related to seclusion, management, and safe use of all medicines with our patient population, and with UQ School of Dentistry to promote oral health of people who use our services. We also support staff to participate in a range of activities designed to enhance research capacity.

Highlights of 2014: A range of research, evaluation and quality improvement projects have been underway within the service. Each project is designed to support the efficient delivery of effective

Benefits for clinical practice: INBMHS support multifaceted research, quality improvement and evaluation activities in order to provide evidence based effective treatments or models of service delivery to improve the outcomes for our service users. As a result, our services have seen significant improvements in adherence to clinical guidelines in regards to monitoring of physical health of people with severe mental illness.

Highlights of 2014: The department continues their work on conducting a trial of a structured survivorship intervention for patients who have completed treatment for head and neck cancer. Guided by the principles of chronic disease self-management and promotion of self-efficacy to encourage patients to engage in sustained behaviour change and self-care regarding cancer-related concerns, this is one of the first RCT studies conducted in Australia, which will provide critical data about innovative methods of survivorship care. The findings of this study will allow for an evidence based development of a model of care, which could be implemented in service practice locally and internationally. The department also set to complete the PROMPT study, a RCT of a tailored psychosocial intervention for depression, received by a large sample of patients from four sites across Australia. Being one of the largest studies of its kind internationally, findings, if successful in improving depression, will be used to provide a sustainable model of service delivery, which could be implemented across diverse treatment settings.



Dr John Linnane
Director
Consultation Liaison
Psychiatry

Department of Consultation Liaison Psychiatry

About this service: The Consultation Liaison Psychiatry Service provides clinical liaison services for the assessment and management of mental health issues and disorders for inpatients and outpatients of Metro North. The service is organised into teams around one of the consultant psychiatrists. Inpatient referrals are directed to the contact staff member for that team for initial assessment. Outpatient referrals are seen by either the relevant unit Consultant or Registrar.

Highlights of 2014: The department continues their work on conducting a trial of a structured survivorship intervention for patients who have completed treatment for head and neck cancer. Guided by the principles of chronic disease self-management and promotion of self-efficacy to encourage patients to engage in sustained behaviour change and self-care regarding cancer-related concerns, this is one of the first RCT studies conducted in Australia, which will provide critical data about innovative methods of survivorship care. The findings of this study will allow for an evidence based development of a model of care, which could be implemented in service practice locally and internationally. The department also set to complete the PROMPT study, a RCT of a tailored psychosocial intervention for depression, received by a large sample of patients from four sites across Australia. Being one of the largest studies of its kind internationally, findings, if successful in improving depression, will be used to provide a sustainable model of service delivery, which could be implemented across diverse treatment settings.

Associate Professor Jane Turner, a psychiatrist with the consult-liaison service, has continued her collaboration with researchers from Division of Cancer Care and the Department of Neurology on investigations of psychosocial aspects of cancer. Specifically, Jane's research has focussed on promotion of wellness after completion of cancer treatment, the emotional impact of advanced cancer on families, and development and evaluation of sustainable models for improved healthcare service delivery.

Dr Phil Mosley continues his ground breaking research on Deep Brain Stimulation (DBS) for Parkinson's disease (PD). Although DBS leads to improvement in motor symptoms and quality of life, a sizable proportion of patients suffer from psychiatric symptoms postoperatively. A particular phenomenon noted is impulsivity, the tendency to act on the spur of the moment. Phil's research uses a mixed-method design to study impulsivity after DBS, describe its effect on career burden and examine its biological basis.



Eating Disorder Service

About this service: The Eating Disorders Service is a multidisciplinary tertiary service comprising an inpatient service and an outreach service. The Eating Disorders Outreach Service provides specialist outpatient clinics for the purpose of assessment and treatment, professional development opportunities for health professionals across the state, and a state wide consultation-liaison team that supports treating teams to implement an evidence based framework when managing patients with an eating disorder in their local service.

Highlights of 2014: In 2014 the service participated in a number of research activities and interstate/international collaborations, primarily with a view on evaluating and further informing current practice. With a RBWH Research Foundation grant, refeeding practices in medically compromised patients with an eating disorder are being investigated. This project is being facilitated with the collaboration of colleagues based at the ACUTE Centre for Eating Disorders in Colorado, USA.

Dr Warren Ward

Director
Eating Disorder Service

The service also undertook projects focussing on the patient experience of inpatient treatment and the process of nasogastric refeeding, highlighting an emphasis on delivering a service that is consumer informed. Fruitful collaborations were undertaken with a local GP with a view to optimising pregnancy

outcomes for people with eating disorders and universities to evaluate aspects of our inpatient and outpatient programs. This work culminated in one poster and one oral presentation at the 2014 Australian and New Zealand Academy for Eating Disorders Conference in Fremantle, with a number of university partnerships forged and specific projects detailed for 2015.

A partnership with the Asia Pacific Centre for Neuromodulation at St Andrew War Memorial Hospital commenced with a view to developing a pilot trial for Deep Brain Stimulation for patients with severe and enduring treatment resistant anorexia nervosa. The service is also an active participant in the international Anorexia Nervosa Genetics Initiative (ANGI) study, which aims to identify and better understand genetic factors in anorexia nervosa.

Benefits for clinical practice: The research activities undertaken have not directly informed our clinical practice, but rather they have influenced the processes that sit behind clinical decisions made at ward rounds. Findings from the patient experience study of inpatient treatment highlighted the impact of inter-patient relationships on an individual's readiness to change and level of participation in the treatment programme. As a result, the treating team are now more mindful of these patient dynamics when reviewing and planning each patient's management plan.



Hospital Alcohol and Drugs Service

About this service: The Hospital Alcohol and Drug Service (HADS) provides inpatient services for management of alcohol and drug problems. We also provide a consultation-liaison service to the rest of RBWH. The inpatient arm of the service comprises a 16-bed ward with 1200 admissions per year, with the majority being for alcohol withdrawal management.

The consultation-liaison service provides advice and assistance to the whole of RBWH, with a similar number of referrals each year. We have particularly close links with the Department of Emergency Medicine, the Psychiatric Emergency Clinic, the Chronic Pain Team and general Mental Health Services. We also provide expert input to the specialist ante-natal clinic (SHADES) for substance using women and a Drug and Alcohol Brief Intervention Team (DABIT) service to the Department of Emergency Medicine.

Highlights of 2014: Research in the inpatient unit has focused on enhanced referral pathways for patients on discharge from the service. Our senior medical staff have joint and honorary appointments with the University of Queensland (UQ) and Queensland University of Technology (QUT). This ongoing collaboration of our conjoint academic staff with local universities continues to yield high quality published papers in the field of psychiatric genetics.

Dr Mark Daghli

Director
Addiction Psychiatry

Benefits for clinical practice: The research into enhanced patient referral pathways seeks to improve long-term treatment outcomes for patients in terms of relapse prevention and the associated health gains. The genetics research hopes to enhance our understanding of the biology underpinning psychiatric disorders.



Prof. Gerard Byrne
Director
Older Persons
Mental Health Service

Older Persons Mental Health Service

About this service: The Older Persons Mental Health Service (OPMHS) assesses and treats older people with serious mental disorders. The Service has 10 beds in the RBWH Mental Health Centre, runs an outpatient clinic and a busy community outreach service. It also provides a consultation/liaison service to the Geriatric Assessment and Rehabilitation Unit (GARU) and contributes to the RBWH Memory Clinic. Each year the OPMHS runs a statewide symposium on the mental health of older people. The OPMHS has strong links with the University of Queensland Academic Discipline of Psychiatry and is actively engaged in teaching students of several disciplines (medical, nursing, psychology, occupational therapy, social work). OPMHS personnel are involved in clinical and health services research in relation to mental disorders in older people, including those with anxiety, depression, psychosis and dementia. The director of the OPMHS, Prof Gerard Byrne, collaborates widely with researchers from other clinical disciplines, including psychology, geriatric medicine, neurology, pharmacy and nursing, as well as with several laboratory-based neuroscientists.

Highlights of 2014: Two new part-time consultant psychiatrists were appointed to the OPMHS: Dr Pamela van de Hoef and Dr Megan Nitz. A new registrar position was established, with 0.5 FTE devoted to research. This position was funded by the federal government under its Specialist Training Program (STP) initiative. Dr Sarah Steele occupied this position in 2014.

Benefits for clinical practice: Prof Byrne and Prof Nancy Pachana developed the Geriatric Anxiety Inventory (GAI), a scale to measure anxiety in older people. This has now been translated into more than a dozen languages and is in widespread use around the world. In 2014 the GAI was licenced to the U.S. Veterans' Administration. The GAI allows clinicians everywhere to rate anxiety in their older patients and thus promotes both awareness and purposive management of this commonly neglected syndrome.

Prof Byrne collaborated with A/Prof Christine Neville to write a textbook for mental health workers, called *Community Mental Health for Older People*. This book is used around Australia in tertiary courses on the mental health of older people. The book is of particular value for mental health personnel transitioning from adult to older persons services, essential as the population ages.

During 2014, Prof Byrne collaborated with Dr Jennifer Fitzgerald to edit a textbook for medical students, called *Psychosocial Dimensions in Medicine*. This textbook, whose publication is imminent, promotes increased awareness of psychosocial aspects of medical care and contains a series of case vignettes to promote clinical application.



Dr Ed Heffernan
Director
Queensland Forensic
Mental Health Service

Forensic Mental Health Service

About this service: Queensland Health is the major provider of mental health services to people with a mental illness who are involved with, or at risk of entering, the criminal justice system. These services are provided across the age spectrum. The QLD Forensic Mental Health Service is managed across the State from major groupings based in Brisbane (Metro North and West Moreton) and smaller hubs along the Queensland coast. The integrated services consist of Secure Inpatient Services, Prison Mental Health Services, Court Liaison Services and Community Forensic Outreach Services. The State-wide component of the service is led by the Director and Operations Manager, QLD Forensic Mental Health Service (based in the Metro North HHS) with the support of the Service Managers, Clinical Directors, and five State-wide positions coordinating Court Liaison Services, Prison Mental Health Services, District Forensic Liaison Network, Indigenous Forensic Mental Health, and the State-wide Community Risk Management program.

Highlights of 2014: The service was successful in obtaining a competitive research grant from beyondblue providing two years of funding to support research in the area of Improving the understanding and treatment of post-traumatic stress disorder in Aboriginal and Torres Strait Islander women in custody. An additional success for 2014 was the service's role in collaborating to establish the NHMRC funded CRE in Offender Health, which has provided a PhD scholarship to a member of the Queensland Forensic Mental Health Service staff. Research has focussed on areas of clinical need that have been identified as follows:

- Post Traumatic Stress Disorder in Aboriginal and Torres Strait Islander women in custody
- Evaluation of the Queensland Fixated Threat Assessment Centre
- Examining the precursors to violence in people with mental illness who threaten violence
- Comparison of mental health diversion models across Australia

Benefits for clinical practice: Our research informs service design and delivery and, ultimately, improves the experience of forensic consumers and other stakeholders. The service prioritises the sharing of research findings with stakeholders and the wider community through publications, seminars and presentations.



Prof. James Scott
Consultation Psychiatrist
Early Psychosis Service

Early Psychosis Service

About this service: The Royal Brisbane and Women's Hospital Early Psychosis Service provides treatment for patients aged between 18 and 25 years who are unwell with psychosis or at high risk of psychosis. This multidisciplinary team provides medical, psychological and social support for young people and their families. Specialist therapies and support with work and education is emphasised so as to optimise recovery.

Highlights of 2014: For the Early Psychosis Service at RBWH, 2014 was a productive research year. An observational study investigating the impact of childhood trauma on patients with Early Psychosis found those who had experienced neglect or abuse during childhood were more symptomatic with increased depression and psychotic symptoms. The study was generously sponsored by the RBWH Foundation and private philanthropic donations and was published in the Australian and New Zealand Journal of Psychiatry.

Importantly, the trauma and early psychosis study was the first large research collaboration in Queensland for EP and was followed by a second study that is under way. All patients admitted to the RBWH for their episode of psychosis have been offered testing for a recently identified autoimmune illness (anti neuronal Encephalitis). Four of 128 patients tested have been found to have this illness.

Benefits for clinical practice: The trauma and psychosis study reminds clinicians of the importance of understanding a person's whole of life experience when providing treatment for mental illness. These patients received specific treatment for this autoimmune disorder. In years gone by, they would have possibly been diagnosed with schizophrenia and remained chronically unwell. This new discovery provides hope that, in the future, other causes of psychosis will be discovered, leading to better treatments. It has also provided strong evidence of the importance of screening for neuronal antibodies in patients who present with psychosis.



Michael Power
Director
Queensland Health Victim
Support Service

Queensland Health Victim Support Service

About this service: Queensland Health Victim Support Service (QHVSS) is a specialist, state-wide, clinical service supporting victims of violent crime and their families whose cases are diverted to the forensic mental health system. The service enables the longer term recovery of victims and their families through: the provision of high-quality counselling; psycho-education about the forensic mental health system; and court support. The service helps victims develop submissions to the Mental Health Court and the Mental Health Review Tribunal about the impact of offences and any ongoing safety concerns. Under the Mental Health Act 2000, QHVSS has an integral role in assisting victims to apply for and receive information about offenders on forensic orders as a result of offences against the victims. QHVSS is active in providing training about victims' experiences and needs within Queensland's forensic mental health system, to other closely associated government and non-government agencies, including mental health, police and community based victim support services. During 2014 QHVSS was based in the RBWH.

Highlights of 2014: Queensland's forensic mental health system, and the provision of specialist victim support services within that context, is unique in Australia. During 2014 QHVSS continued ongoing collaboration with Victim Assist Queensland, Department of Justice and Attorney General, on a literature review examining the impacts of violence on individuals and their families, the unique needs for victims in the forensic mental health system and interventions to support recovery. The literature review is due

for publication in 2015. QHVSS staff also developed a research proposal and applied to the RBH Research Foundation to investigate the impact for victims as a result of receiving information about forensic patients that is able to be provided to them under the Mental Health Act 2000.

Benefits for clinical practice: The literature review will provide a contemporary platform for the further refining of QHVSS operations and services. Significantly, it will also inform the targeting and initiation of ongoing research by the service, designed to remedy the dearth of research directly relevant to effective individual and systemic supports for the recovery for victims of violent crime and their families in the forensic mental health setting.



Prof. Michael Breakspear
Coordinator
QIMR Program of Mental
Health and Complex
Disorders

QIMR Program of Mental Health and Complex Disorders

About this service: Mental illnesses encompass disorders of mood, thinking, perception, communication and function. They can occur throughout the lifespan and be disabling and distressing. The focus of the Mental Health and Complex Disorders Research Program at QIMR Berghofer is to combine the existing strengths of our work in genetics and population health with new techniques in neurosciences. Our team has strengths in the clinical aspects of mood disorders, completed by the capacity to use genetic, imaging and computational approaches to understand these debilitating disorders. The promise of this approach is personalised therapies for the mood disorders, based on improved knowledge of pathophysiology (in particular, the brain circuits involved in the mood disorders) and empirically validated clinical and/or biological phenotypes.

Systems Neuroscience is an approach to brain sciences that seeks the basic principles of brain organization, dynamics and function across a hierarchy of spatial and temporal scales. It is a rapidly growing field that differs considerably from the traditional reductionist paradigm in neuroscience that addresses sufficient causes for local phenomena.

The work of our group embodies these principles across three broad domains -empirical, computational and clinical neuroscience. The overarching aim of this work is to contribute towards unifying models of brain architecture, dynamics and cognitive (dys)function.

Highlights of 2014: Highlights of 2014 have included the filing of patent application no. PCT/AU2014/050364 – “Prognostic burst metric for hypoxic neonates”, the development of a novel prognostic marker that predicts neurological and developmental outcomes in preterm and hypoxic newborn neonates. This technique has been patented and is proceeding toward a licensing arrangement for clinical translation into neonatal intensive care. Numerous research grants totalling over \$500,000.00 were also awarded. Research collaborations were undertaken with multiple institutions, and industry collaboration with Kvikna titled “Prognostic metric for asphyxia” was commenced resulting in the development of a non exclusive licence in development phase.

Benefits for clinical practice: We discovered a new type of electrical activity that characterises abnormal brain responses in newborn infants deprived of oxygen by birth complications. We showed how this can be measured in clinical practise (in the neonatal intensive care unit) and then used to predict longer term outcome. This discovery is the subject of a patent application (as mentioned above).

Research staff

Name	Qualifications	Position	Interests/specialities
Metro North Mental Health - RBWH			
Assoc. Professor Brett Emmerson	MBBS, MHA, FRANZCP, FRACMA	Executive Director, Metro North Mental Health	Physical health of people with severe mental illness, use of benchmarking and performance indicators to improve service
Assoc. Professor Lisa Fawcett	RGN, Cert Psychiatric Nursing, Cert Management, Grad Dip Health Counselling, MSc (PHC)	Nursing Director, Operations Director	Risk assessment, workforce development, nursing leadership, consumer and carer engagement
Nathan Dart	BN, MMHN	Assistant Nursing Director	Workforce development. Professional standards
Dr Niall Higgins	RN, GDipeH, PhD	Clinical Academic Fellow - Nursing	Nursing practice research in Mental Health and Critical Care Nursing employing Evidence Based Practice quantitative approaches.
Dr Sue Patterson	BSc, BSocSc(Hons), Grad Cert Health, DIC, PhD	Principal Research Fellow	Service design, delivery and evaluation, research methodology, mixed-method research
Dr Anna Praskova	BPsych(Hons), PhD, MAPS	Principal Research Fellow (acting)	Quantitative methods, assessment tool development, psychometrics, career development and wellbeing research
Dr Sarah Young	DPsych(Clin)	Senior Clinical Psychologist and Research Officer	Adult mental health and experience of service users. Child and adolescent psychopathology in areas of anxiety, depression, and associated physical health symptoms. Qualitative and quantitative research approaches.
Ms Sue Savill		Research Officer	Qualitative research; mindfulness approaches
Ms Imani Gunasekara	BSc(Hons)	Consumer Consultant	Consumer experience, engagement and outcomes, professional practice
Ms Tracey Rodgers	BA(Hons)	Carer Consultant	Carer engagement, participatory research, readmission

Research staff

Name	Qualifications	Position	Interests/specialities
Department of Adolescent Psychiatry			
Dr David Ward	MB CHB FRCPsych FRANZCP CCST Child and Adolescent psychiatry (UK)	Director	Early onset psychosis, eating disorders and consumer participation
Dr Ian Williams	MBBS, FRANCP	Director (2014)	Telepsychiatry, Adolescent mental health, Abnormal illness behaviour
Ms Robin	Counsel Masters in Mental Health Nursing	Nurse Unit Manager	Physical health of adolescents and workforce management
Mr Chris Darbyshire	MBus, MMusThy	Music Therapist	Adolescents, music therapy, the role of music in emotional regulation
Department of Consultation Liaison Psychiatry			
Dr John Linnane	MBBS, FRAPNZC	Director	Telepsychiatry, Adolescent mental health, Abnormal illness behaviour
Assoc. Professor Jane Turner	MBBS, PhD, FRANZCP	CL Psychiatrist, Assoc. Professor, UQ	Psycho-oncology
Dr Philip Mosley	MA (Oxon.) BMBCh (Oxon.)	Psychiatry Registrar	Neuropsychiatry
Dr Rodney Marsh	MBBS, FRANZCP	Consultant Psychiatrist	Neuropsychiatry
Dr Lynne Heyes	D Clin Psy, M.A(Hons)	Clinical Psychologist	Burns
Eating Disorders Service			
Dr Warren Ward	MBBS, FRANZCP, GradCertMgmt	Director	Service access, malnutrition, medical monitoring
Mr Shane Jeffrey	BSc, GradDipNutrDiet	Senior Dietitian	Weight management, malnutrition, medical monitoring
Hospital Alcohol and Drugs Service			
Prof Bruce Lawford	MBBS, FRANZCP, FACHAM	Visiting Medical Officer	genetics, schizophrenia, addiction
Dr Mark Daghli	BSc, MBChB, MD, FRANZCP	Director of Addiction Psychiatry	addiction, psychopharmacology
Queensland Victim Support Service			
Mr Michael Power	Bachelor of Social Work (Hons) Master of Social Work	Director, Queensland Health Victim Support Service	Victims / families / forensic mental health Contribution of information access to recovery for victims of violent crime
Mr Ian Morris	Bachelor of Social Work, GradCert Forensic Mental Health, Bachelor Veterinary Science	Victim Support Coordinator (Social Worker – Advanced)	Victims / families / forensic mental health Practice approaches to effective support to victims in the forensic mental health system
Early Psychosis Service			
Assoc. Professor James Scott	MBBS; FRANZCP; PhD	Consultant Psychiatrist	Youth Mental Health
Ms Anne Gordon	M.Clin. Psych., GDip Psych., BA (Psy), BA (Arts)	Clinical Psychologist	Youth and Adult Mental Health & Clinical Psychology
Inner North Brisbane Mental Health Service			
Dr Vikas Moudgil	MBBS, FRANZCP, MMH	Clinical Director	Health service administration, general adult psychiatry with interest in improving physical health of people with severe mental illness
Mr David Higson	RPN, BNurs, GradCert HM	Operations Manager	Trauma and dissociation
Ms Deanne	Erskine BOccThy, MForMH	Team Manager Homeless Health Outreach Team (HHOT)	Mental health, Homelessness, Forensic mental health

Research staff

Name	Qualifications	Position	Interests/specialities
Ms Barbara Baumgartner	BA(Hons Psych), MSW, PG Dip Narrative Therapy and Community Work	Senior Social Worker HHOT	Homelessness, Mental health, Narrative therapy
Ms Anne Gordon	M.Clin. Psych., GDip Psych., BA (Psy), BA (Arts)	Senior Psychologist, Early Psychosis Team	Youth and Adult Mental Health & Clinical Psychology
Ms Imani Gunasekara	BSc(Hons)	Consumer Consultant	Consumer experience, engagement
Dr Vinit Sawhney	FRANZCP	Consultant Psychiatrist, Homeless Health Outreach Service	General Adult Psychiatry
Ms Anna Johnston	BN	Primary Care Liaison Officer	Primary care
Ms Julie Ewing	RMN	General Practitioner Liaison Officer	Primary Care
Dr Anne Stark	FRANZCP	Consultant Psychiatrist, Inner North Brisbane Mental Health Service	General Adult Psychiatry
Older Person's Mental Health Service			
Professor Gerard Byrne	BSc(Med) MBBS(Hons) PhD FRANZCP	Director	Mental disorders in older people; Alzheimer's disease
Professor Nancy Pachana	AB MA PhD FAPS FASSA	Research collaborator	Geropsychology
Dr Nadeeka Dissanayaka	BSc(Hons) PhD	Research collaborator	Non-motor manifestations of Parkinson's disease
Dr Leander Mitchell	BSc(Hons) DPsych	Research collaborator	Neuropsychology/Geropsychology
Dr Sarah Steele	BA MBBS	Research registrar	Advanced Trainee in Child & Adolescent Psychiatry
Ms Liz Arnold	B Nursing	Senior research officer	Alzheimer's disease
Ms Lyn Isbel	MSW	Research assistant	Alzheimer's disease
Ms Laura Adams	MCouns	Research assistant	Counselling/Clinical Trials; quality assurance, implementation and education of medical protocols, evaluation of clinical reasoning skills; nutraceutical research, mental health (mood disorders)
Mr Joseph Williams	BSc	Research assistant	Clinical trials
Ms Patricia Macdonald	BPsych(Hons)	Research assistant	Clinical trials
Queensland Forensic Mental Health Service			
Assoc. Professor Ed Heffernan	MBBS, BSc (Hons), MPH, FRANZCP	Director	Custodial mental health, Indigenous forensic mental health, substance use disorders
Dr Elke Perdacher	B SS (Psych), Pg. Dip. Psych., DPsych (Forensic)	Program Co-ordinator, Post Graduate Training	Denial in child sexual offenders, quality of admission in child sexual offenders across the judicial system: offender, victim and offence characteristics
Mr Bob Green	B Soc Wk, MSW, PhD (psych)	Program Co-ordinator, State-wide Community Risk Management Program	Risk assessment, arson and reoffending
Adjunct Professor Michele Pathé	MBBS, MD, FRANZCP	Senior Forensic Psychiatrist	Stalking risk Arson Public figure harassment
Dr Tim Lowry	BA, Grad. Dip. Sc, M Clin Psych, D Psych (Clinical)	Team Manager, CFOS	Arson risk assessment Delusions and other high risk psychotic phenomena System development
Dr Jane Phillips	MBBS (Hons). MPM. FRANZCP, Cert. Forensic Psych., Grad. Dip. For. Beh Sci	Forensic Psychiatrist	Court liaison assessment Screen for stalkers

Research staff

Name	Qualifications	Position	Interests/specialities
Dr Jane Phillips	MBBS (Hons). MPM. FRANZCP., Cert. Forensic Psych., Grad. Dip. For. Beh Sci	Forensic Psychiatrist	Court liaison assessment Screen for stalkers
Ms Melanie Mitchell	BA (Psych), Hons, Pg. Cert. Psych Practice	Psychologist, CFOS	Assessing and managing threateners with mental illness
Ms Fiona Davidson	B Nurs, Grad. Dip. Mental Health, M Social Sc (Health)	Program Coordinator, Research and Evaluation	Sedating psychotropic medication in custodial settings, Benchmarking Deafness and Forensic Mental Health, Mental health diversion
Dr Elissa Waterson	B Behav Science (Psych), Hons, BA (Criminology and Criminal Justice), D Psych (Clinical)	Operations Manager, Queensland Forensic Mental Health Service	Therapeutic responses to trauma in forensic mental health,
QIMR Program of Mental Health and Complex Disorders			
Professor Michael Breakspear	BSc, BA, MB BS, PhD, FRANZCP	Group Leader	Large-scale brain dynamics, major mental illnesses, cognitive operations.
Dr James Roberts	BSc, MPhys, PhD	Research Officer	Brain networks, neural field and neural mass models, brain networks.
Dr Leonardo Gollo	BSc, MPhys, PhD	Research Officer	Cortical motifs, brain networks.
Dr Marta Garrido	BPhys, PhD	Visiting Scientist	Brain mechanisms, predictive processes, Neuroimaging methods.
Dr Rajib Rana	BCompSci, PhD.	Visiting Scientist	Compressive Sensing, applied machine Learning, optimization.
Dr Sascha Frydman	BCompSci, PhD	Scientific Officer – Bioinform	Computing, EEG, experimental design, design and analysis.
Dr Gloria Roberts	BPsySc, MSc (Neuropharmacology), P grad cert, PhD	Visiting Scientist	Biological psychology, neurocognitive patterns and neural networks, cognitive sciences.
Dr Christine Guo	BBiolSc, PhD	QIMR Berghofer International Fellow	Neurodegenerative diseases, neurological and psychiatric disorders, electrophysiology.
Dr Vinh Nguyen	BCompSci, PhD	Research Officer	Brain function, EEG, fMRI.
Dr Matthew Hyett	BPsySc, PGDipPsy, PhD	Visiting Scientist	Clinical conditions, cognitive and neurobiological mechanisms, mental illnesses.
Dr Patrick Johnston	BPsych, PhD	Affiliate	Neuroimaging and neuroscience, cognitive neuropsychology, social cognition.

Supervised post-graduate research students

Name	Current studies University; (duration)	Research topic
Neeraj Gill	Doctor of Public Health, UNSW (2013-2016)	Mental health legislation
Anne Gordon	Doctorate of Psychology, Griffith University (2010-2015)	A randomised wait-list control community study of Social Cognition and Interaction Training (SCIT) for people with schizophrenia.
Natalie Avery	Master of Clin Psych, Charles Sturt University (2013-2016)	Psychologists perception of their role and the role of the MHS in the management of physical health issues for clients with a serious mental illness
Elke Perdacher	Masters Clin Psych, UQ (2014-2018)	Utility of the Stay Strong Plan tablet PC application with Aboriginal and Torres Strait Islander women in custody
Duhig, M.	Masters Psychology, QUT (2013-2014)	The Prevalence and Correlates of Childhood Trauma in Patients with Early Psychosis
Kartik Iyer	PhD UQ (2014 completed)	Novel methods for predicting outcome in neonates from electroencephalographic recordings
Anton Lord	PhD UQ (2014 completed)	Biometric markers for affective disorders

Supervised post-graduate research students

Name	Current studies University; (duration)	Research topic
Lucianne Palmquist	PhD, Griffith University (2013-2017)	Recovery in Adolescents
Peter Carr	PhD, Griffith University (2014-2017)	Risk Factors for peripheral intravenous cannula insertion failure in the Emergency Department
Capra, C.	PhD, QUT (2011-2015)	Measuring, understanding and reducing psychotic-like experiences (PLEs) in young people
Melanie Mitchell	PhD, QUT (2014 -2019) part time	Precursors to violence in people with mental illness who threaten violence.
Wole Akosile	PhD, QUT (2014-2018)	Alcohol dependence and PTSD
Matthew Hyett	PhD, UNSW (2014 completed)	Attention and inference in melancholic depression
Saied Mehkarnoon	PhD, UNSW (2014 completed)	Dynamic networks in the brain inferred from the analysis of neurophysiology data
Ji Hyun (Julia) Yang	PhD, UQ	Markers and mechanisms of mild cognitive impairment in Parkinson's disease
Elizabeth Ness McVie	PhD, UQ	An analysis of the decisions of the Queensland Mental Health Court.
Beyon Miloyan	PhD, UQ	Epidemiology of anxiety in later life
Jenifer Anne Murphy	PhD, UQ	Chronic and treatment-resistant depression
Natalie Therese Mills	PhD, UQ	Genetics of cytokine activity in children and adolescents
Crystal Leigh Higgs	PhD, UQ	Synaptic dysfunction in Alzheimer's disease
Mills, N.	PhD, UQ (2010-2016)	The role of cytokines in depression and cognition in adolescents
Ed Heffernan	PhD, UQ (2010-2016) part time	The mental health problems of Aboriginal and Torres Strait Islander people in custody.
Erskine, H.	PhD, UQ (2013-2015)	The epidemiology of conduct disorder and implications for interventions
Banney, R	PhD, UQ (2013-2016)	Specific language impairment across the lifespan: A retrospective and prospective study.
Jaime Yasky	PhD, UQ (2014 Completed)	Resistance to psychoanalytic treatment among patients with psychosomatic disorders
Ikhlas Abdalaziz Sindi	PhD, UQ (2014 completed)	Disruption of nerve-cell connections in Alzheimer's disease through the assay of the trans-synaptic proteins: neurexins and neuroligins
Thomas, H.	PhD, UQ (2014-2016)	Beyond the classroom and into the cyber world, next generation research into adolescent bullying
Fiona Davidson	PhD, UQ (2014-2019) P/T	National Forensic Mental Health Project: A comparison of court liaison and court diversion services throughout Australia for people with mental disorder.
Meddick, T.	PhD, UQ (2014-2020)	Exploring family mental health as predictors of children's education and vocational outcomes across the lifespan
Phil Mosley	PhD, UQ (completion 2020)	Impulsivity and caregiver burden after deep brain stimulation for Parkinson's disease.
Timothy Lee Tattersall	PhD, UQ, (2014 completed)	Neuronal activity in the pedunculopontine nucleus and globus pallidus in patients with movement disorders.
Bonnie Law	PhD/MBBS, UQ (2013-2017)	Alcohol dependence and depression

Supervised post-graduate research students

Name	Current studies University; (duration)	Research topic
Kimina Andersen	Professional Doctorate, UNSW, enrolled P/T 2014	Forensic Mental Health and Aboriginal and Torres Strait Islander people

Awards and achievements

Award	Event	Recipient
Chairman's scholarship	Metro North Chairman's Scholarship Program	Assoc. Professor Sue Patterson
Mental Health Nurse of the Year	Australian College of Mental Health Nurses (ACMHN) Awards	Assoc. Professor Lisa Fawcett
The College Citation	RANZCP Awards	Assoc. Professor Brett Emmerson
The Chancellor's Medal for Excellence in PhD Thesis	Griffith University Graduation Ceremony	Dr Anna Praskova
The inaugural Royal Brisbane and Women's Hospital Foundation Award for Clinical Education.	The Royal Brisbane and Women's Hospital Symposium 2013	Ms Nicole Goulter
Best Poster Presentation Award	The Australian College of Mental Health Nurses 39th International Conference 2013	Ms Nicole Goulter
RANZCP Faculty of Psychiatry of Old Age Trainee Prize	RANZCP Annual Congress	Dr Philip Mosley
RANZCP Section of CL Psychiatry Trainee Prize	RANZCP CL Psychiatry Conference	Dr Philip Mosley

Research grants

Investigators <small>*RBWH staff; this department</small>	Project title	Granting body and scheme	Amount awarded (years)
Belavy, D., Van Zundert, A., Higgins, N.	A trial of a vessel finder vs standard technique for peripheral placement of intravenous catheters	UQ Academic Title Holder Research Fund	\$57,311.19 (2014)
Berk, M., McGrath, J.*, Dean, O., Lapau, W., Dodds, S., Scott, J.*, Dark, F.	The efficacy of adjunctive <i>Garcinia mangostana</i> Linn (mangosteen) pericarp for the treatment of Schizophrenia: A double-blind, randomized, placebo controlled trial	Stanley MRI Project	US\$899,398 (2015-2018)
Breakspear, M.	A novel diagnostic test for schizophrenia	QLD Office of Health and Medical Research	\$375,000 (2010-2014)
Breakspear, M., McIntosh, A.R., Jirsa, V., Deco, G., Friston, K., Price, C.	Brain network recovery group	James McDonnell Foundation, USA	\$3,000,000 (2011-2014)
Butow, P., Thewes, B., Turner, J., Gilchrist, J., Beith, J., Girgis, A., Sharpe, L., Bell, M., Mihalopoulos, C.	Evaluation of a psychological and educational intervention for fear of cancer recurrence: A clustered randomised controlled trial	Cancer Australia Beyond Blue	\$496,702 (2012-2014)
Breakspear, M*	Depression, physical activity and metabolic risk: a study of physical and emotional wellbeing in an Indigenous urban	Perpetual Trustees Australia Limited	\$131,200 (2014 – 2016)
Byrne, GJ.*	Randomised, double-blind, parallel group, placebo-controlled study of LuAE58054 in patients with mild-moderate Alzheimer's disease	Lundbeck Australia Pty Ltd (sponsored Clin trial)	\$134,673 (2014)

Research grants

Investigators <small>*RBWH staff; this department</small>	Project title	Granting body and scheme	Amount awarded (years)
Byrne, GJ.*	Randomised, double-blind, placebo-controlled study of Leucomethylthioninium for Alzheimer's disease	TauRx Therapeutics (sponsored Clin Trial)	\$397,677 (2013-2015)
Childs, S., Patterson, S.	Using the WRAP to promote self-management and reduce service use for people with severe mental illness	MNHHS Innovation Fund	\$98,160 (2014)
Davidson, F.*	A comparison of court liaison and court diversion services throughout Australia for people with mental disorders.	NHMRC CRE in Offender Health, PhD Scholarship	\$100,000 (2014-2016)
Dissanayaka, N., Byrne, GJ.*, O'Sullivan, J., Marsh, R., Pachana, N.A.	Developing a non-invasive composite measure to enhance accuracy of identifying anxiety in Parkinson's disease	RBWH Project	\$77,000 (2014)
Egan, G., Hutton, L., Rosa, M., Lowery, A., Stuart, G., Arabzadeh, E., Skafidas, E., Ibbotson, M., Petrou, S., Paxinos, G., Mattingley, J., Garrido, M., Sah, P., Robinson, P., Martin, P., Grunert, U., Tanaka, K., Mitra, P., Johnson, G., Diamond, M., Margrie, T., Leopold, D., Movshon, J., Breakspear, M.*, Markram, H., Victor, J., Hill, S., Jirsa V.	ARC Centre of Excellence for Integrative Brain Function	ARC Linkage	\$557,802 (2014 – 2020)
Fawcett, L., Dart, N., Goulter, N., Haworth, S., Chelemeshatty, R., Wilkinson, N., Gunasekara, I., Rodgers, T.	Does the introduction of a validated risk assessment tool impact clinical practice, ward atmosphere and patient outcomes	QLD Health Nursing and Midwifery Research Fellowship	\$100,000 (2014)
Girgis, A., Lambert, S., Turner, J., McElduff, P., Kayser, K., Mihalopoulos, C.	Coping together: A randomised controlled trial of a self-directed coping skills intervention for patients with cancer and their partners	NHMRC	\$739,087 (2001-2014)
Guo, C.*	Multimodal high resolution and imaging markers for neurodegeneration	QIMR Berghofer Seed Funding	\$25,000 (2014 – 2015)
Guo, C.*, Han, J., Hu, X., Guo, L.	Brain Connectomics and Mental Health	Northwestern Polytechnical University, Special Talent Award	\$80,000 (2014 – 2015)
Heffernan, E.*	The Family Business – Improving the Understanding and Treatment of Post Traumatic Stress Disorder among incarcerated Aboriginal and Torres Strait Islander Women	Beyond Blue, Competitive gran with contracted research.	\$255,000 (2014-2016)
Hides, L., Kavanagh, D., Connor, J., Daglish, M., Cotton, S., Barendregt, J., Witkiewitz, K., Young, R., White, A.	Brief telephone interventions for reducing future alcohol use and related harm in young people accessing emergency departments	NHMRC Mental Health Targeted Call for Research	\$702,461 (2012-2016)
Keogh, S., Higgins, N., Kleidon, T., Marsh, N., Rickard, C.	Flushing in Peripheral intravenous catheters (FlIP): A pilot factorial, randomized trial of high versus low frequency and volume in paediatrics. ("FlIP in Kids")	Griffith University Industry Collaborative Scheme	\$10,000 (2014)
Lubman, D., Best, D., Lloyd, B., Elliott, M., Hunter, B., Savic, M., Eleftheriadis, D., Allsop, S., Magor-Blatch, L., Daglish, M., Lucas, J., Gruenert, S., Casey, W.	The development of a quality framework for Australian Government Funded Drug and Alcohol Treatment Services	Commonwealth Dept. of Health	\$680,359 (2013-2014)
Mercurri, A., Oakenfeld, A., Izzard, C., Petch, E., Heffernan, E.	Service Plan for Forensic Mental Health Services,	Department of Health Victoria	\$258,000 (2013 -2014)

Research grants

Investigators <small>*RBWH staff; this department</small>	Project title	Granting body and scheme	Amount awarded (years)
Mitchell, P., Parker, G., Schofield, P., Breakspear, M.	Identifying determinants of both the origins and progression of the depressive and bipolar (mood) disorders	NHMRC	\$7,000,000 (2012-2016)
Mitchell, P., Schofield, P., Parker, G., Breakspear, M.*	Depressive and bipolar disorders: Pathophysiology, phenotypes and treatment innovations	NHMRC Program	\$7,100,605 (2013-2017)
Mosley, P.*	Impulsivity and caregiver commitment after deep brain stimulation for Parkinson's disease	Royal Australian & New Zealand College of Psychiatrists, Young Investigator Grant	\$60,000 (2014 – 2015)
Najman, J., Williams, G., Wray, N., et al., Scott, J.	Genetic and environmental contributions to the life course of common mental disorders-	NHMRC	\$1,474,527 (2011-2014)
Patterson, S., Chan, R., Scott, J., McGrath, J.	Recruitment to randomised controlled trials in cancer care and mental health: Comparative case studies	RBWH Research Project	\$40,000 (2014)
Sarris, J., Stough, C., Byrne, GJ., Scholey, A., Bousman, CA.	Kava for the treatment of generalised anxiety disorder: a 16-week double-blind RCT.	NHMRC	\$658,539 (2014-2016)
Sarris, J., Schweitzer, I., Stough, C., Bousman, C.A., Byrne, G.	The efficacy of adjunctive S-Adenosyl Methionine (SAMe) versus a combination nutraceutical in clinical depression: A double-blind, randomised, placebo-controlled trial.	NHMRC	\$768,098 (2013-2015)
Scott, J.G., McGrath, J.J., Najman, J., Mamun, A., Alati, R., Claverino, A.	Outcomes of adolescents who hallucinate	NHMRC Project	\$603,852 (2013-2015)
Wagner, I., Strodel, E., Ward, W., Painter, E.	Supporting carers of sufferers of long-standing Anorexia Nervosa: A capacitybuilding strategy to engage extended family in support and respite	QLD Centre for Social Science Intervention (QCSSI),	\$22,000 (2014)