

# RECOVERY

Mental health, suicide prevention, alcohol and other drug news from your PHN

## IN THIS EDITION:

New headspace Strathpine centre opens ahead of plan	1
Establishment of the Regional Youth Advisory Group	3
Register for STARS refresher workshops	3
Brisbane MIND program update	4
Peer work graduates ready for the workforce	4
Access to PHN Mental Health Commissioned Services	5
Metro North Mental Health Service update	7
How's your head today? campaign	8
Digital tool to improve treatment for people with alcohol addiction	8
Alcohol and other drugs workforce survey	9
Aboriginal and Torres Strait Islander health survey	10

## New headspace Strathpine centre opens ahead of plan

**Opening ahead of plan, headspace Strathpine is now providing free or low-cost Medicare services to young people in Strathpine and the surrounding region.**

The Australian Government-funded service is a holistic mental health service for young people aged 12-25, and provides mental health, physical health (including sexual health), alcohol and other drugs or work and study support.

Strathpine local Jesse Cotter was thrilled to hear the service had opened. She had participated in the initial community consultation and tender selection panel, and is now on the headspace Strathpine Youth Reference Group.

"It was amazing to be a part of the process of seeing a headspace go from paper to reality. It will be great to have a locally relevant youth mental health service that can tackle the presenting issues in our community," Ms Cotter said.

Brisbane North PHN Executive Manager for Commissioned Services Paul Martin thanked lead agency Open Minds for its work setting up the new headspace centre, saying it would improve functioning of the local health system.

"headspace Strathpine will make an important contribution to mental health in an underserved part of the Brisbane North PHN region," Mr Martin said.

"We are fully focused on implementing the objectives and actions of the region's five-year joint regional mental health plan. These include ensuring that young people and their families can more easily access the right support when they need it," he said.

Brisbane North PHN and Metro North Hospital and Health Service have jointly sponsored the Planning for Wellbeing regional plan to improve mental health, suicide prevention and alcohol and other drug treatment services.

Work undertaken under the plan has already secured additional funding for existing headspace centres in the region to better support young people with more complex needs, and has delivered outreach support to Bribie Island and the Kilcoy region.

"I urge service providers and consumers to visit [planningforwellbeing.org.au](https://planningforwellbeing.org.au) to see how we are working together to help improve the lives of those affected by mental illness, suicide or problematic drug use," Mr Martin said.

The PHN announced in June 2020 that an Open Minds-led consortium would run headspace Strathpine, following its successful application through a competitive tender process.

Alex Woods, Operations Manager at Open Minds, said the Strathpine centre would host an official launch event in early 2021.

“Next year’s event will be an open day, where young people, schools, universities and others can come and meet our friendly headspace healthcare professionals and staff,” Ms Woods said.

“headspace centres offer a safe place where young people can get professional help, peer support and feel comfortable enough to tackle their challenges in a way that is right for them,” she said.

“The launch will be an excellent opportunity to discover more about the support available without making an appointment. We’ll release more information as the event approaches.”

In a media announcement, Federal Member for Dickson Peter Dutton said COVID-19 had increased demand for mental health services and that headspace Strathpine would help meet this demand.

“Given the urgency arising from the pandemic, the Australian Government was determined to deliver this new headspace centre as quickly as possible,” Mr Dutton said.

“We had been hoping to open headspace Strathpine before Christmas and we’ve achieved that almost a month ahead of schedule.

“Improving mental health and suicide prevention remains one of our Government’s highest priorities and this new centre will help many young people in our community for years to come.”

headspace Strathpine is located at 441 Gympie Road, Strathpine. To make an appointment, call **07 3465 3000** or visit [headspace.org.au](https://www.headspace.org.au).



## ABOUT THE RECOVERY eNEWSLETTER

If you did not receive this eNewsletter directly from the PHN, email [info@brisbanenorthphn.org.au](mailto:info@brisbanenorthphn.org.au) to sign up for future editions.

e [MHAOD@brisbanenorthphn.org.au](mailto:MHAOD@brisbanenorthphn.org.au) | [www.brisbanenorthphn.org.au](http://www.brisbanenorthphn.org.au) | t 07 3630 7300

© 2020, Brisbane North PHN.

# Establishment of the Regional Youth Advisory Group

A Regional Youth Advisory Group (RYAG) has been established to support the implementation of Planning for Wellbeing, the Regional Plan for North Brisbane and Moreton Bay focusing on mental health, suicide prevention and alcohol and other drug treatment services.

The Group consists of six young people who have had their own mental health difficulties and experiences of accessing the mental health system. The RYAG are passionate about improving the mental health system for their peers and will draw on their experiences to provide expert advice from the perspective of a young person. The RYAG will work closely with the Infants, Children and Young People Partnership Group who are responsible for implementing Chapter 9 of the Regional Plan (Infants, Children, Young People and Families).

The establishment of the Group reflects the Brisbane North PHN and Partnership Groups' commitment to lived experience engagement and the value placed on the important insights that young people have into how we can do things better.

For further information on the RYAG, contact Anita Krug at [anita.krug@brisbanenorthphn.org.au](mailto:anita.krug@brisbanenorthphn.org.au)

## Register now for STARS refresher workshops 11 and 12 February 2021

Brisbane North PHN is funding two Systematic Tailored Assessment for Responding to Suicidality (STARS) refresher workshops and is now inviting registrations from health professionals who have completed STARS training and are due to undergo refresher training.

The STARS Refresher workshops will be conducted by AISRAP (Australian Institute of Suicide Research and Prevention).

The workshops will be held as follows (please note attendance at only one workshop is required):

**TIME:**

8.20 am registration for 8.45 am commencement. Concludes at 5.00 pm

**DATE:**

**Thursday 11 February 2021**

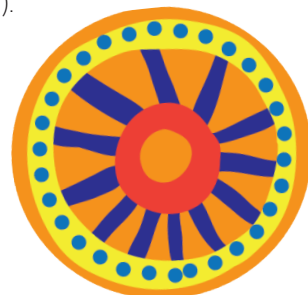
Club Chermside (formerly Chermside Bowls Club)  
468 Rode Rd  
Chermside  
off street parking available

**Friday 12 February 2021**

North Lakes Sports Club  
36-42 Flinders Parade  
North Lakes  
off street parking available

**Please note change of date** – previously advertised as 10 and 11 February 2021.

To register for a workshop, please contact Tiana Gordon, Program Support Officer – Mental Health, Alcohol and Other Drugs program on [mhaod@brisbanenorthphn.org.au](mailto:mhaod@brisbanenorthphn.org.au). (Please note this inbox will not be monitored from 24 December 2021 to 10 January 2021. We will respond to your email upon our return on 11 January 2021).



# Brisbane MIND program update

The Brisbane MIND Trauma or Abuse stream is currently receiving significantly more referrals than forecast and service providers will be implementing a number of strategies to ensure the program remains open as a suitable referral pathway for those most in need.

Clients who are referred under Brisbane MIND Trauma or Abuse stream may experience a delay in service commencement of up to a few weeks. All referrals received into the program will be processed in the same way and clients will be contacted to advise of any delay in scheduling a first appointment.

For further information please contact the My Mental Health Service Navigators on **1800 752 235**.

## Peer work graduates ready for the workforce

For over three years, Brisbane North PHN has been providing scholarships to members of the Peer Participation in Mental Health Services (PPIMS) to complete the Certificate IV Mental Health Peer Work nationally recognised qualification.

The most recent recipients of the scholarship completed their studies at TAFE Queensland in August 2020 with some students already successfully employed in peer worker roles.

Graduates from the course relayed how the studies gave them a sense of purpose and helped them connect with others. They found that their studies provided them with the tools to engage with the lived experience community as a peer worker.

The Peer Participation in Mental Health Services (PPIMS) network was established in April 2016 as an avenue for members to engage in mental health system reform, advocacy and design and for similar minded consumers and carers to come together. The PPIMS network now consists of over 300 members mainly from the Brisbane North Region but extends Australia wide with members also in Cairns and Melbourne.

For more information contact Lived Experience Engagement Coordinator, Mental Health Alcohol and Other Drugs, Paula Arro via [paula.arro@brisbanenorthphn.org.au](mailto:paula.arro@brisbanenorthphn.org.au).



# ACCESS TO PHN MENTAL HEALTH COMMISSIONED SERVICES

To support continuity of access to mental health, suicide prevention and alcohol and other drug treatment services, Brisbane North PHN has compiled service information for PHN-commissioned services during the holiday period.

ORGANISATION	HOLIDAY HOURS	CONTACT/LINK TO SITE
<b>Brisbane North PHN My Mental Health Service Navigators</b>	Closed 25 December 2020 until 4 January 2021, and will operate Monday to Friday 8.30 am to 4.30 pm. During this period, please continue to submit all Brisbane MIND referrals. Referrals will be processed from 4 January 2021. Please see specific opening hours for Brisbane MIND Suicide Prevention providers and contact the provider directly to discuss treatment options. Please make sure the client is provided with appropriate crisis contact details.	1800 752 235 <a href="http://www.mymentalhealth.org.au">www.mymentalhealth.org.au</a>
<b>Recovery and Discovery Centre</b>	Closed on public holidays. Group programs will take a break from 21 December and resume on 18 January.	07 3510 2777 <a href="http://communify.org.au/recovery-and-discovery-centre">communify.org.au/recovery-and-discovery-centre</a>
<b>Living and Learning Centre</b>	Closed on public holidays. Open over the Christmas and new year season with minimal staff.	07 3493 6780 <a href="http://neaminational.org.au/find-services">neaminational.org.au/find-services</a>
<b>Stride Hub Caboolture</b>	Closed 25 December until 4 January 2021.	07 4593 0500 <a href="http://stride.com.au">stride.com.au</a>
<b>The Way Back Support Service</b>	Normal operating hours (8.30am – 4.30pm) for all weekdays except the following. Service will be available on call between 25 December - 28 December as well as 1 January 2021.	1300 180 608
<b>ADIS (Alcohol and Drug Information Service)</b>	24/7	1800 177 833
<b>Lives Lived Well</b>	Closed 25 December until 4 January 2021.	1300 727 957
<b>Brisbane Youth Service</b>	Closed 25 December until 4 January 2021.	07 3620 2400 <a href="http://brisyouth.org">brisyouth.org</a>
<b>QuiHN</b>	Closed 25 December until 4 January 2021. Needle and syringe programs will be open between 10.00 am and 2.00 pm during this period except for on public holidays.	07 3620 8111 <a href="http://www.quihn.org">www.quihn.org</a>
<b>RFQ – New Access</b>	Closed public holidays. Open over the Christmas and new year season with minimal staff.	1300 159 795 <a href="mailto:newaccess@RFQ.com.au">newaccess@RFQ.com.au</a>
<b>World Wellness Group – Problem Management Plus</b>	Closed 25–28 December 2020. Open 29–31 December for patients seeking GP services only. Brief Therapy services re-opens on the 4 January 2021. Service operations from Monday to Friday 8.30 am to 5.00 pm.	07 3333 2100 <a href="mailto:mentalhealth@worldwellnessgroup.org.au">mentalhealth@worldwellnessgroup.org.au</a> <a href="http://worldwellnessgroup.org.au">worldwellnessgroup.org.au</a>
<b>Neami – Optimal Health and Wise Choices Program</b>	Closed 25 December 2020–11 January 2021.	07 3493 6780 <a href="mailto:strathpine@neaminational.org.au">strathpine@neaminational.org.au</a> <a href="http://www.neaminational.org.au">www.neaminational.org.au</a>
<b>Change Futures – Psychology in Aged Care Wellbeing Program</b>	Closed 5.00 pm on 23 December–4 January 2021.	07 3153 1093 or 0421 493273 <a href="mailto:racmentalhealth@changeutures.org.au">racmentalhealth@changeutures.org.au</a> <a href="http://www.changeutures.org.au">www.changeutures.org.au</a>
<b>Peach Tree – Sunshine Parenting Program</b>	Closed 21 December 2020–11 January 2021.	0410 648 239 <a href="mailto:sunshine@peachtree.org.au">sunshine@peachtree.org.au</a> <a href="http://www.peachtree.org.au">www.peachtree.org.au</a>

ORGANISATION	HOLIDAY HOURS	CONTACT/LINK TO SITE
IUIH – Social Health Program	Closed on public holidays.	<a href="http://www.iuih.org.au">www.iuih.org.au</a>
Brisbane MIND (Suicide Prevention): Health4Minds – AT Psychology	Closed 25 December – 5 January 2021.	07 5432 4118
Brisbane MIND (Suicide Prevention): Health4Minds – Young Minds	North Lakes and The Gap closed from 24 December–1 January 2021. Stafford and Redcliffe closed 24 December–11 January 2021.	07 3857 0074
Brisbane MIND (Suicide Prevention): Health4Minds – All About Kids (Adult Services)	Closed 24 December–6 January 2021.	07 3262 6009
Brisbane MIND (Trauma or Abuse): Axis Clinic	Closed 24 December–11 January 2021.	07 3254 0333
Brisbane MIND (Trauma or Abuse): Health4Minds – AT Psychology	Closed 24 December–5 January 2021.	07 5432 4118
Brisbane MIND (Trauma or Abuse): Health4Minds – Young Minds	North Lakes and The Gap closed from 24 December–1 January 2021. Stafford and Redcliffe closed 24 December–11 January 2021.	07 3857 0074
Brisbane MIND (Trauma or Abuse): Health4Minds – All About Kids (Adult Services)	Closed 24 December–6 January 2021.	07 3262 6009
Brisbane MIND (LGBTIQ): QC for LGBTI Health	Closed 19 December–4 January 2021.	07 3017 1777
Brisbane MIND (Culturally and Linguistically Diverse) – World Wellness Group.	Closed 25–28 December 2020. Open 29–31 December for patients seeking GP services only. CALD Psychological Therapies Service reopens on the 4 January 2021. Service operations from Monday to Friday 8.30 am to 5.00 pm.	07 3333 2100 <a href="mailto:mentalhealth@worldwellnessgroup.org.au">mentalhealth@worldwellnessgroup.org.au</a> <a href="http://worldwellnessgroup.org.au">worldwellnessgroup.org.au</a>
Brisbane MIND– (Regional): Bribie Island – Dr Sue Eaglesham	Closed 25 December–4 January 2021.	07 5494 0656
Brisbane MIND (Regional): Kilcoy – Rhonda Lawson and Associates	Closed 23 December–11 January 2021.	07 5498 9642
Brisbane MIND4KiDS – yourtown	Closed midday 24 December–4 January 2021.	07 3888 0758
Brisbane MIND4KiDS – Stride	Closed 25 December–4 January 2021.	07 3447 6500
headspace Nundah	Closed midday 25 December–4 January 2021.	07 3370 3900
headspace Caboolture	Closed midday 24 December–4 January 2021.	07 5428 1599
headspace Redcliffe	Closed 24 December–4 January 2021.	07 3897 1897
headspace Strathpine	Closed 24 December–4 January 2021.	07 3465 3000
headspace Taringa	Closed 24 December–4 January 2021.	07 3157 1555
Redcliffe Area Youth Space	Closed midday 24 December–4 January 2021.	07 3283 8769

# Metro North Mental Health Service update

It is always pleasing to start my update with good news! Congratulations to all that were involved in this year's Mental Health Week Expo. This year, to celebrate the 10th Anniversary of the Brisbane Mental Health Expo and in response to restrictions related to COVID-19, the annual event evolved into the Greater Brisbane Mental Health Expo.

The expo combined virtual and live-streamed events that brought together government, non-government and private sector services to improve mental health and wellbeing awareness and share resources with the Greater Brisbane community. Visit the Expo Facebook page for more information: <https://m.facebook.com/mentalhealthexpo/>. The success of this annual event is strongly attributed to the strong partnerships and hard work of many in the mental health and alcohol and other drugs sectors in both metro north and metro south areas.

The good news continues with the recent confirmation that, as part of Queensland's Economic Recovery Strategy, Metro North Mental Health (MNMH) will be receiving \$3.294 million over two years to establish time-limited responses to pressure points and areas of demand arising from the impacts of COVID-19.

In MNMH, we immediately reviewed our data and identified that our pressure points are emergency department presentations, child and youth presentations, older person's referrals, alcohol and drug presentations and advice and support for alcohol and drug issues. We also identified that we have been seeing increasing presentations of people in psychosocial distress and that there was the opportunity to partner with the PHN and the community managed sector to meet this need. It was also great to be able to utilise some of this funding to expand our current team of peer workers in community mental health teams.

Listed below are the positions that will be commencing in early 2021 and that will continue under this initiative until 30 June 2022.

- Positions to Acute Care Teams to meet the increased demand of presentations to EDs – 1 x TPCH and 2 x Redcliffe and Caboolture Hospitals – 7 days
- Access to dedicated Child Psychiatrist (part time) jointly resourced with, and provided by, Children's Health Queensland (CHQ) to provide specialist consultation, liaison and assessment to Acute Care Teams responding to child and youth presentations.
- Position to Older Persons Team RBWH
- Co-location of 3 positions Acute Care Team clinicians with the PHN/NGO MHS Hubs delivering brief interventions.
- Position to TPCH - Drug and Alcohol Brief Interventions Team (DABIT) – 7 days
- Continuation of Alcohol and Drug Service project that support transfer of care to GPs (SCOT project)
- 1.0 FTE peer workers to be added to community mental health teams

In addition to this funding, MNMH will also be funded to support:

- position to Adis (state-wide alcohol and drug telephone service)
- continuation of expansion of Adis-LINK supporting statewide implementation of warm referrals to community managed (NGO) service providers
- \$1.2 million to continue to respond to hotel quarantine - this will go towards continuing the MH COVID Clinical Advisor positions currently within the Acute Care Teams at TPCH and RBWH.

This will be my last Executive Director update for 2020 and a little longer. I will be taking extended leave in the first half of 2021. Dr Kathryn Turner, Clinical Director, Gold Coast MHS will be joining MNMH as the Acting Executive Director from February to June 2020. Kathryn has been working within the Gold Coast MHS for many years, working in a number of clinical and leadership roles over that time. Kathryn has been leading the implementation of the Zero Suicide Framework within Gold Coast MHS including a strong focus on the development of a Restorative Just Culture to support this framework. I am sure your paths will cross as she will be attending the usual sector meetings that I attend.

On a final note, and on behalf of the MNMH Executive Team, I would like to thank everyone for all your commitment and hard work in 2020. We are proud to partner with Brisbane North PHN and the many mental health and alcohol and other drug services in the Metro North area. Together we have demonstrated significant flexibility and resilience in what has been a challenging year.

So, enjoy the Christmas and New Year period COVID free! For those who are working over this time, thank you. Many of our services provide 24/7 services, 365 days a year, and we are fortunate to have good staff taking care of our consumers and clients. For those having a break, use the time well to rest, recharge, indulge and we will be in touch in the New Year.

**Prof Brett Emerson AM**  
**Executive Director Metro North Mental Health**



**Metro North**  
Hospital and Health Service

# How's your head today?

**As part of the Australian Government's mental health response to the COVID-19 pandemic, the How's your head today? campaign has recently launched.**

The COVID-19 pandemic has impacted all Australians. Many are facing financial uncertainty, disruption to families and communities, and mental health challenges—some for the first time.

The How's your head today? campaign urges people to prioritise their mental health, raises awareness about how to identify when something is wrong, and encourages people to seek help.

To find out more, visit [Head to Health](#) for information, advice and links to free and low cost phone and online mental health services from some of Australia's most trusted mental health organisations.

## Digital tool to improve treatment for people with alcohol addiction

**An online system to monitor symptoms and cravings will help combat heavy drinking and alcohol use disorders, which affect about a third of Australian men and a quarter of women at some point in their life.**

University of Queensland researchers and Queensland Health practitioners developed the system, known as iAx, which is being evaluated in alcohol and drug units at the Princess Alexandra and Royal Brisbane and Women's Hospitals.

Associate Professor Matthew Gullo, from UQ's National Centre for Youth Substance Use Research, said his aim as a clinical psychologist had been to replace paper-based assessment tools with an accessible computerised delivery system designed by practitioners, for practitioners.

"With iAx, both the patient and their health practitioner can gain a better understanding of the alcohol use problems they are working to address," Associate Professor Gullo said.

"Severity of symptoms, frequency of cravings and patient's confidence in drinking control are monitored throughout treatment to review and discuss at each consultation.

"I find that patients really value being able to clearly see how much progress they make in treatment, especially when they have had a slip and lost confidence."

The project was funded by the Medical Research Future Fund (MRFF) Translating Research into Practice (TRIP) initiative.

Associate Professor Gullo said preliminary findings had been positive.

"We've shown iAx led to improvement in patient outcomes and a significant increase in practitioners using reliable, valid assessment tools," he said.

"The next stage is to conduct a comprehensive analysis of improvements in specific patient drinking outcomes.

"We want to know if iAx helps practitioners deliver better treatment, resulting in fewer lapses into heavy drinking and less drinking during any lapses.

"We are also conducting interviews with patients about their experience of iAx in their treatment and asking practitioners about how they believe it affects their delivery of care."

For more information visit the [University of Queensland website](#).



# Results of the alcohol and other drug workforce survey

The National Centre for Education and Training on Addiction (NCETA) recently released its findings of the alcohol and other drug (AOD) National Workforce Survey 2019-2020. This national survey was the first of the Australian AOD workforce since 2005 and addressed a wide range of workforce development issues in the AOD sector, including workforce diversity, professional development, working conditions and worker wellbeing.

Of the 1,506 workers completing the survey, most were employed in the non-government sector (57 per cent) and based in metropolitan locations (64 per cent). As is typical of the human services workforce profile overall, there are high proportions of women (who, in this sector, outnumbered men 2:1), and in the mid-age range (just over one third of respondents were aged 50-64 years). Six per cent identified as Aboriginal and/or Torres Strait Islander, double the proportion in the Australian population.

Sixty-five per cent of workers identified as having lived experience of AOD (either personally, in their family or other), and two-thirds of whom declared it to their workplace.

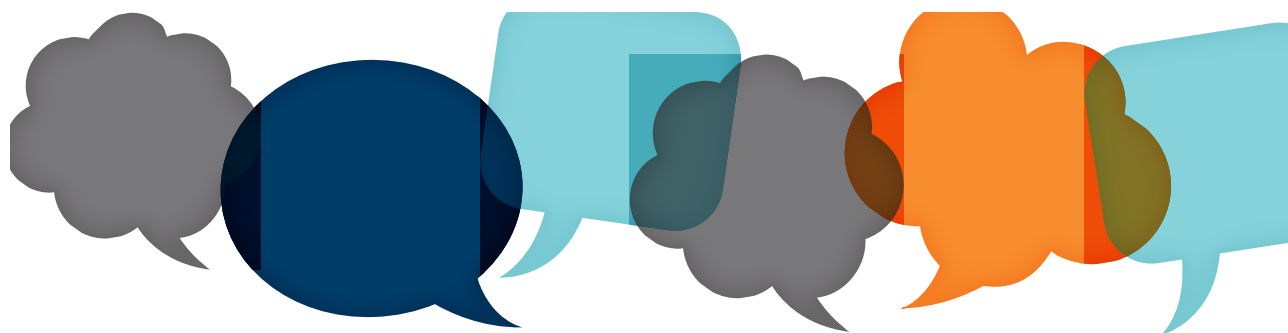
Most workers (71 per cent) indicated their main work role was direct client service provision. The sector was largely well qualified: 67 per cent had AOD-related qualifications at a vocational or tertiary level and slightly more than half held an undergraduate degree or higher (58 per cent) as their highest general qualification. Almost one third of those in direct client service roles do not have AOD-related qualifications at the vocational or tertiary levels.

Longevity in the sector and an experienced workforce was demonstrated with a substantial group of workers with 10 or more years in the AOD sector (41 per cent).

Highlighted were issues such as a lower income for full-time workers (41 per cent earned less than the average Australian income) and less satisfaction in relation to future opportunities to get ahead in their organisation (44 per cent). The perception of AOD work being demanding was common. Constant time pressures due to high workloads was indicated by over half (58 per cent) of those surveyed.

Priority areas include strategies to enhance recruitment given the older age profile of the workforce, appropriately tailored professional development and other supports for both new and very experienced workers, and enhanced career opportunities within AOD organisations and the sector.

The full report '[Australia's Alcohol & Other Drug National Workforce: National Survey Results 2019-2020](#)' can be downloaded from [NCETA's website](#).





## Providing a picture of the health of Aboriginal and Torres Strait Islander peoples

Last year, the Australian government announced a new health study called the Intergenerational Health and Mental Health Study (IHMHS). The IHMHS will run over three years from late 2020 to 2023 and comprise surveys of health, nutrition and physical activity, and an optional biomedical survey.

Similar to the Australian Health Survey conducted by the Australian Bureau of Statistics (ABS) in 2011-13, the IHMHS will provide an opportunity to measure Australia's health, including providing a picture of the health and wellbeing of our Aboriginal and Torres Strait Islander peoples. The results will be useful in helping to inform policy, services and programs supporting Aboriginal and Torres Strait Islander peoples to live healthier lives. To inform the development of the survey the ABS are hosting a series of online workshops and delivering an online self-paced consultation package for people who aren't able to attend a workshop.

Your participation will help us shape the Aboriginal and Torres Strait Islander components of the IHMHS. We want to hear from you about things like what information should be collected, and how it should be collected to ensure the surveys are culturally appropriate. or more information visit <https://bnphn.org/ABS-survey>.

While the Australian Government Department of Health has contributed to the funding of this material, the information contained in it does not necessarily reflect the views of the Australian Government and is not advice that is provided, or information that is endorsed, by the Australian Government. The Australian Government is not responsible in negligence or otherwise for any injury, loss or damage however arising from the use of or reliance on the information provided herein.

**phn**  
BRISBANE NORTH

An Australian Government Initiative