

**Mental Health
Professionals
Network Ltd**

Tel. 03 8662 6600

Fax. 03 9639 8936

Add. Emirates House,
Level 8 251-257 Collins St
Melbourne VIC 3000

Email. info@mhpn.com.au

Web. mhpn.org.au



Sowing the seeds for cultural change: From an idea to engagement

14th Canadian Collaborative Mental Health Care Conference
Montreal 2013

Chris Gibbs, CEO

“Working together. Working better.”

Supported by The Royal Australian College of General Practitioners, the Australian Psychological Society, the Australian College of Mental Health Nurses and The Royal Australian and New Zealand College of Psychiatrists

Partners



Australian Government
Department of Health and Ageing



THE ROYAL
AUSTRALIAN AND NEW ZEALAND
COLLEGE OF PSYCHIATRISTS



APS Australian Psychological Society



the Australian College
of Mental Health Nurses Inc.

Associates



The Royal Australasian
College of Physicians



Australian College
of Rural & Remote
Medicine



Fast forward to today



We are two years into a three year grant.

There are two key elements to MHPN:

- **Supporting sustainable interdisciplinary practitioner networks across Australia.**
- **Establishing and providing an online interdisciplinary professional development program.**

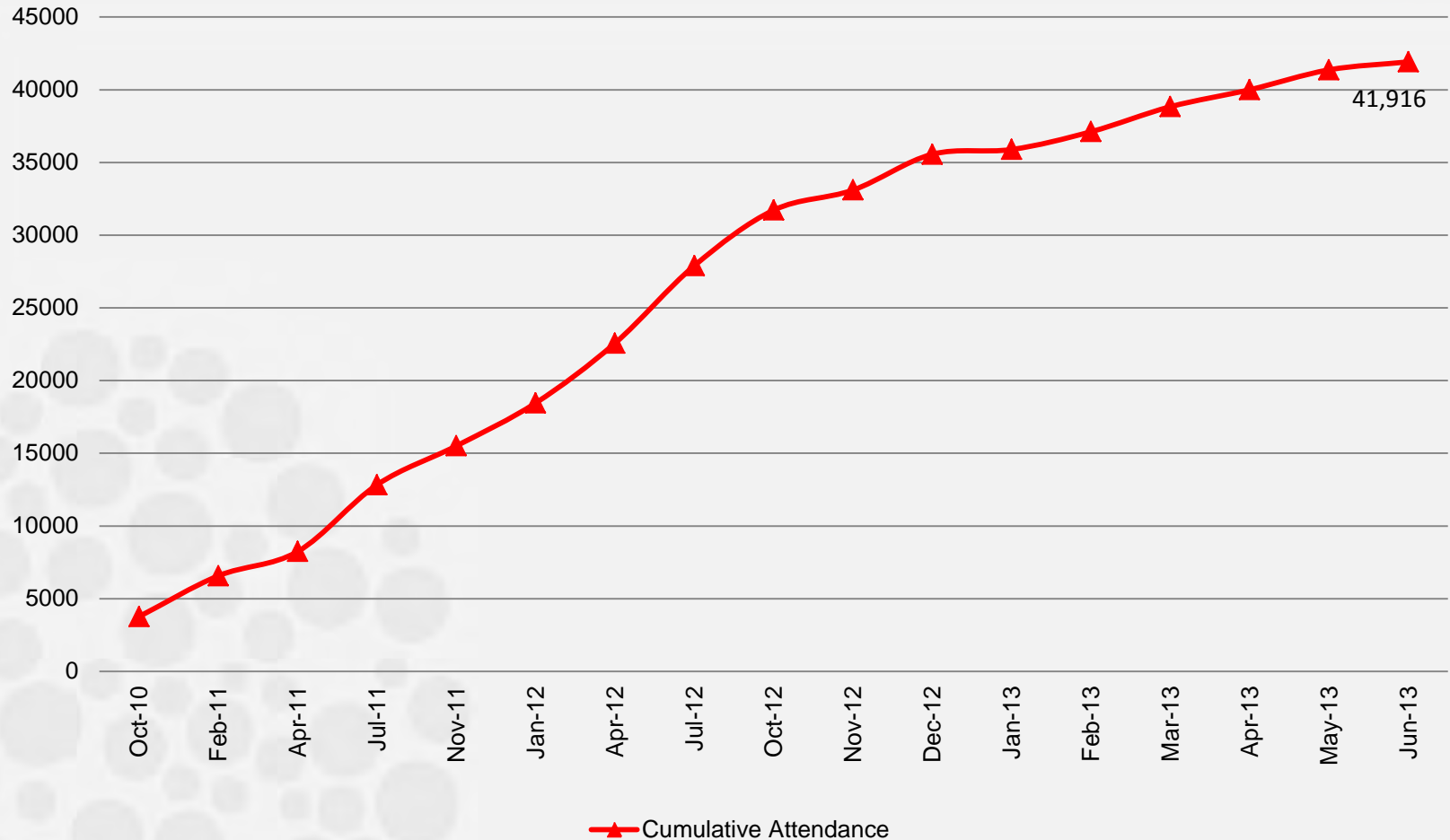


MHPN networks

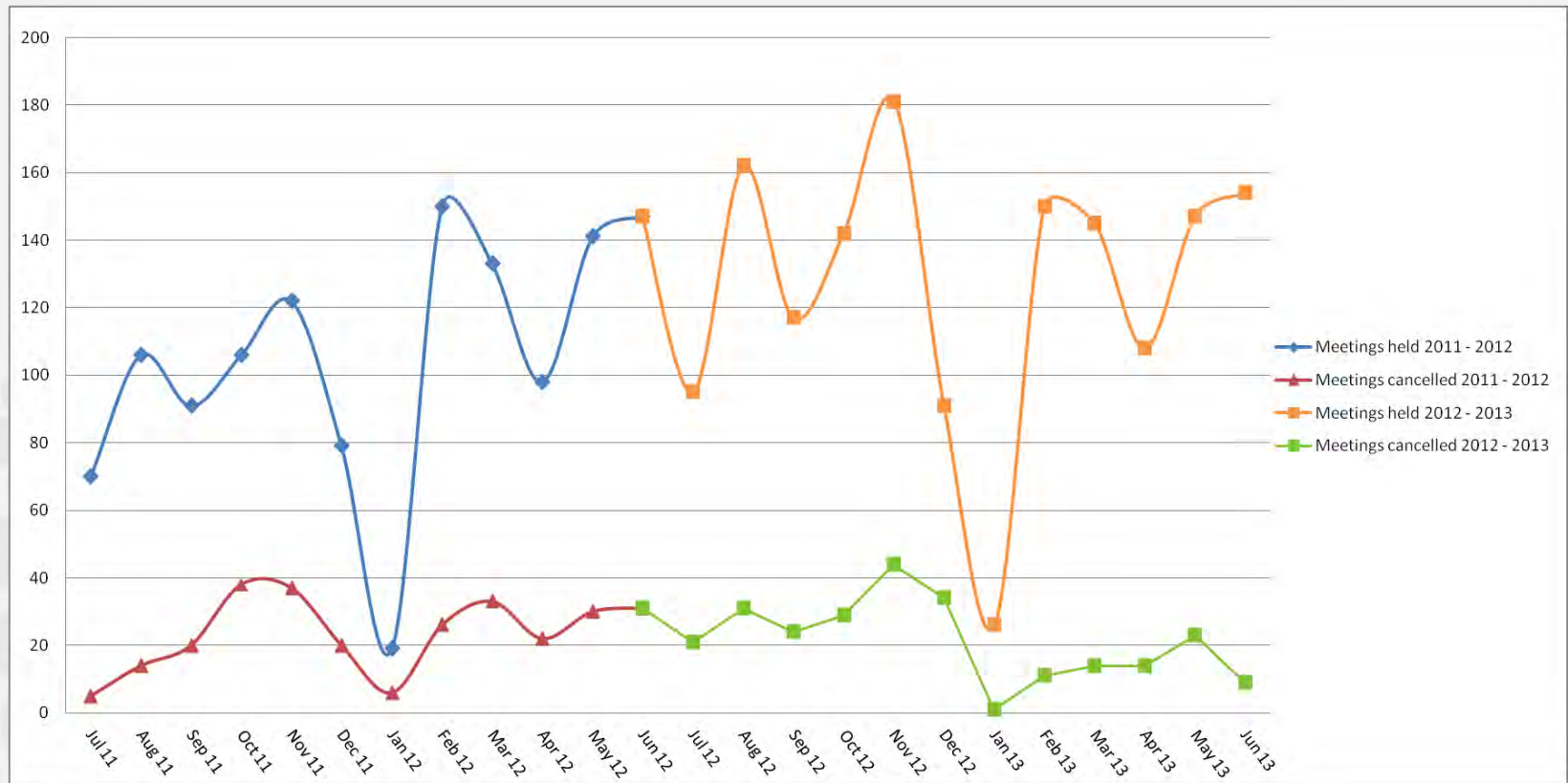
Since October 2010, MHPN has:

- Established around **450 active interdisciplinary** mental health networks across Australia, of which **40% are located in regional, rural and remote areas**.
- In 2011-2012, over 9,000 mental health practitioners from local communities participated in MHPN network activities. **An increase to over 10,000 practitioners in 2012-2013.**
- Attendance has increased from an average of **10 participants** at a two hour meeting in 2011-2012 to **12 participants** in 2012-2013.

Cumulative attendances from October 2010



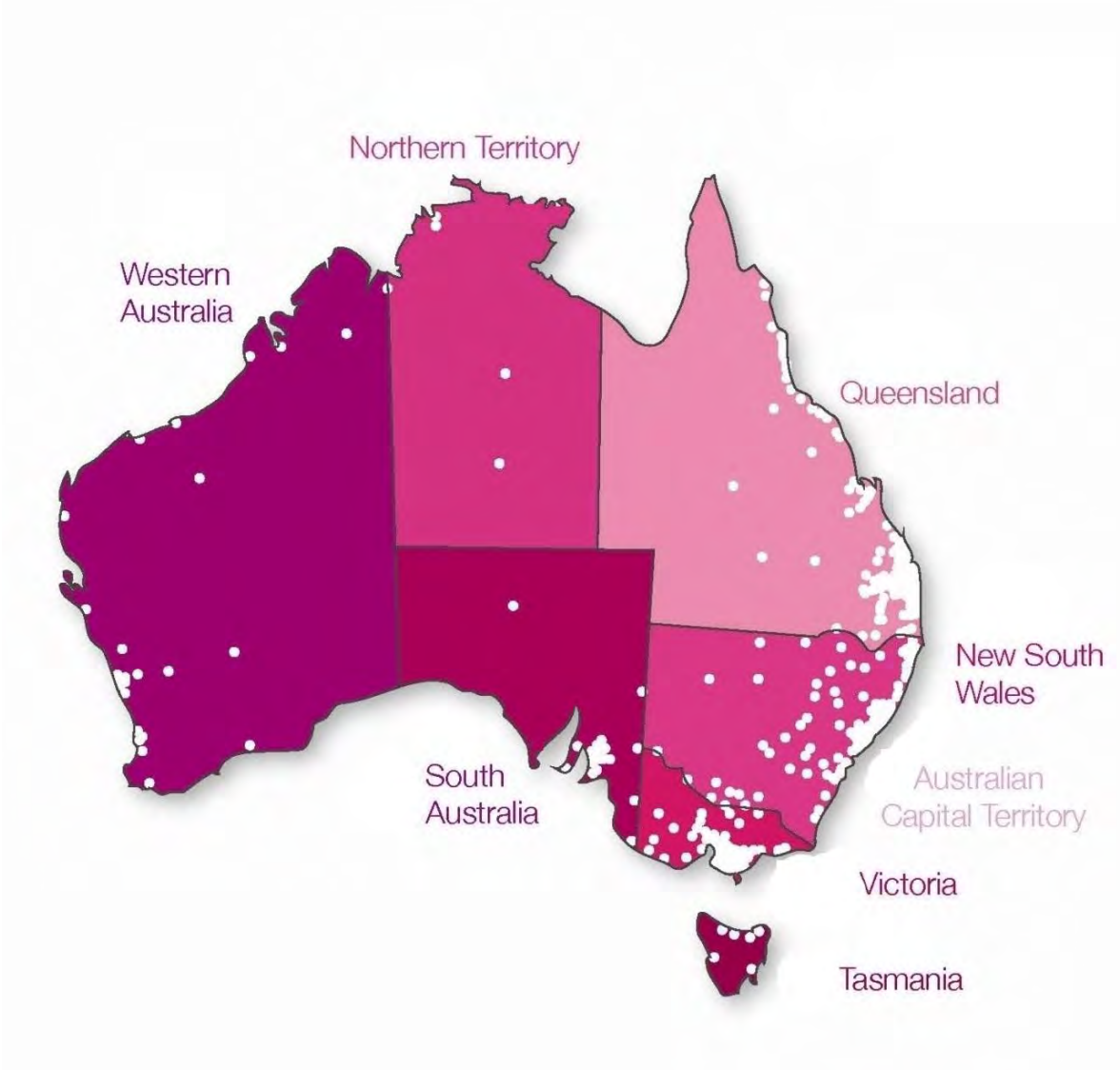
Cyclical nature of network meetings



Profession distribution of network members in 2012-2013

Professions	Total
General Practitioner	682
Mental Health Nurse	665
Occupational Therapist	260
Psychiatrist	216
Psychologist	3417
Social Worker	1072
Paediatrician	20
Other	3337
Total	9,669

A national platform for interdisciplinary mental health networks



Pilbara News



The Mental Health Professionals Network meeting brought together people from across the spectrum of mental health resources. Pictures: MHPN

Mental health professionals meet up

KIRSTY MUGRIDGE

A MENTAL Health Professionals Network meeting was held in Karratha at the end of last month for people of various professions who deal in mental health to come together.

Karratha Psychology's Caroline Rodgers organised and facilitated the event which she said was important in the Karratha community.

"The Mental Health Professionals Network is aimed at trying to bring together the spectrum of mental health resources in their particular locations," she said.

"We had people from the public sector, the private sector, the hospital and also various service sectors (at the event).

"They focus on sharing who they are, where they are from, what services they provide to



Karratha psychologist Caroline Rodgers facilitated the event.

allow a more comprehensive service to be effective for the people of Karratha."

She said the event focused on a collaborative approach to mental health, not focused on num-

bers available but rather how they could work together.

"We've certainly got some excellent resources locally," she said.

"The importance here is to emphasise the collaborative approach, so regardless of what entity people are working with ... by meeting together and finding out who provides which service then it allows everyone to share a better local resource."

Ms Rodgers said attendees did case studies in the event, working out who provided what service and helping to bridge the gaps between resources.

"Everyone thought it was a successful evening," she said.

"Everyone obtained some valuable information and took some useful new knowledge away with them."

What do we want from Online Professional Development?



Purpose:

Delivering an **collaborative message** to an **interdisciplinary audience**.

Specifically:

- Accredited **Continuing Professional Development** opportunity.
- Provides practitioners access to **sought-after presenters**, including psychiatrists who are often only available in a conference setting.
- **Convenient and easy to access** – participants from across Australia can view from home or work, and only need a computer and an internet connection.
- **Interactive** – during the live webinar, participants can pose questions to both the panel and each other.
- **Embeds a consumer perspective in the discussion.**

MHPN Webinars

Participants

Online: 422

Mental Health
Anand Patal
Angela Miller
Barry Whyte
Craig Kirby
Deepika Ratnaike
Emma Galligan
Estelle Ihasz
Geoff Ward
Harry Lovelock
Ian Macwhiter
Jessie Taylor
Jo Lammersma
Joan Moore
John McGrath
Kate Hoppe
Kim Ryan
Jessie Tyrrell
Lauren Tyrrell
Nic Ridge
Nicky Bisogni
Noel Muller
Phil Flanagan
Sarah Moore
Sid Bloch
Stewart Potten
Trevor Donegan

A COLLABORATIVE APPROACH TO SUPPORTING PEOPLE AT RISK OF SUICIDE



At the end of the session participants will be better equipped to:

- Raise awareness of the indicators and stigma associated with suicidality.
- Identify the key principles of the featured panellists' approach in assessing, treating and supporting people at risk of suicide.
- Identify the merits, challenges and opportunities in providing collaborative care for people at risk of suicide.

Dr Mary Emeleus



The Facilitator
QLD-based
general practitioner



Dr Tim Ward



The mental health nurse
perspective
NSW-based mental health nurse



Ms Susan Beaton



The psychologist
perspective
VIC-based psychologist



Dr David Webb



The consumer
perspective
VIC-based suicide survivor



Dr Michael Dudley



The psychiatrist
perspective
NSW-based psychiatrist



Working together.
Working better.

General Chat

Announcements

- 20:55 **Sid Bloch:** Excellent presentation MHPN!
- 20:56 **Lauren Tyrrell:** That was a very valid point from the consumer, clinicians can learn a lot from talking to carers.
- 20:58 **Phil Flanagan:** What a great webinar, I have gained great insight into the treatment protocols of the other practitioners.
- 21:00 **Jo Lammersma:** I always access the Webinars via my wireless broadband Laptop & everything works very well with audio & video quality being excellent.
- 21:03 **Anand Patal:** I would be interested in meeting with other practitioners in the Sydney area to continue this discussion face-to-face
- 21:05 **Sarah Moore:** As a GP this webinar has been very valuable. I have a number of patients that I feel will benefit from the treatment options discussed.



Online Professional Development

- **23 webinars** delivered to date.
- Webinars have attracted more than **20,000 views**, either live or via the recording.
- Nine webinars delivered with an average of 270 participants in 2011-2012.
- Ten webinars delivered with an average of **350 participants in 2012-2013**.
- Free to participants at this point in time.

Is it working?

Since Phase 3 started on July 1, 2011:

Performance:

- MHPN activities have enabled practitioners across the country to **VOLUNTARILY** engage in **over 80,000 hours** of professional development, in which interdisciplinary practice and collaborative care in community mental health has been considered, debated and **applied**.
- e-newsletter subscriber list of over **27,000**.
- Cost of **AUD \$2.2 million** per year.

Is there any evidence that its working?

- Centre for Health, Policy, Programs and Economics (CHPPE)
Independent Evaluation of MHPN – Sustainability Report
- MHPN Internal Evaluation
Network Sustainability
- MHPN Internal Evaluation
Behaviour Change in Collaborative Care

Thinking nationally. Acting locally.



The MHPN Model is:

- **Voluntary.**
- **Self directed** and adaptable to local needs.
- Claimable for **continuing professional development.**
- Innovative, with modalities that are **face-to-face, online/virtual** and **online presentation based.**
- **Flexible**, offering **different levels of participation** according to professional development needs, time availability, location, learning style and is able to pilot **specialist networks** to **meet demand.**
- Able to provide **access to high quality experts**, particularly outside of metropolitan Australia.
- **Transferable**

“The evolution of a shared mental health care in Canada: A shared vision for the future”

Position paper Canadian Journal of Psychiatry



What is collaborative care?

1. Built on **personal contacts**.
2. Based on mutual **respect, trust and a recognition** of each partner’s potential **roles** and **contributions**.
3. Based on effective practices that are **evidence-and-experienced-based**.
4. Responsive to the changing needs of patients, their families, other caregivers, and resource availability.
5. Shaped by the **context and culture in which care takes place**.
6. **Relevant and responsive to local resource** availability and the skills and interests of participating partners.

Thank you

www.mhpn.org.au