

Mental Health Drug & Alcohol Newsletter

Pet Therapy in Intensive Care

8 March 2016

Directors Report

Andrea Taylor

Welcome to the first newsletter of 2016. We finished 2015 on a very positive note, with a fantastic accreditation experience and fantastic results from our survey, which reflected the hard work done by all. In November 2015 Mental Health Drug & Alcohol (MHDA) services underwent a Periodic Review as part of our accreditation process, through the Australian Council of Healthcare Standards (ACHS). Periodic Review involved a 4 day on site review completed by 5 independent surveyors to review our performance under EQUiP National.

The surveyors visited most MHDA services, and provided really positive feedback. They reported that they were inspired by our service, and were particularly impressed with the positive feedback from the community that we serve, the robust governance systems we have in place, our commitment to empowering consumers and carers, the use of our enterprise risk management platform RiskIT to link directly with quality and safety improvements, as well as a number of programs and services. The accreditation process involves a scoring system for each of the criterion. The criterion can be marked by the surveyors as 'not met', 'satisfactorily met' and 'met with merit'. Where criterion are not satisfactorily met, a recommendation is given to help ensure the criterion is met at the next accreditation. MHDA did not receive any recommendations at the review, and all our previous recommendations were closed. We were awarded with 7 'Met with Merit' ratings in the areas of governance and working with consumers. This is an outstanding achievement, and credit and thanks go to all staff for their tireless efforts in preparing for the review and for providing the wonderful service they do. A big thank you to the consumers, carers and community members who gave their time to meet with the surveyors.

MHDA will undertake a self-assessment later this year, and will undergo an on-site Organisation wide Survey in October-November 2017 to complete the 4 year accreditation cycle.

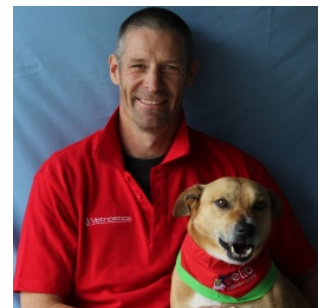
If you are interested in more detail about accreditation and how it works, check out: <http://www.achs.org.au/publications-resources/equipnational/>

Dog Days at the MHICU

Mark Kelly, Diversional Therapist, MHICU, Hornsby Hospital

In response to the vast amounts of evidence that show how beneficial human-animal interactions are for both physical and mental health, the Mental Health Intensive Care Unit (MHICU) team decided to try Animal Assisted Therapy.

Since late 2015 Jack, a mixed breed rescue dog, and his owner Andrew (pictured), have been visiting MHICU on a regular basis. After many months of waiting for suitable volunteers, Andrew and Jack got involved via the DELTA Dogs program. After Andrew had visited the ward and seen the needs of our clients he adapted the regular style of the DELTA program to fit those needs. Andrew's adaptation of the regular program appears to be a major reason why their visits have had the significant positive effect on the ward that they've had. Staff regularly note how the consumers in the ward appear to be more settled and relaxed after Jacks visits. Thank you to Andrew and Jack for contributing so positively to our service.



continued over...

It is incredible to see the impact Jack has on consumers in the MHICU. People brighten up when they see him; he seems to bring people out of their shell, especially those who are often quite isolative. Some of the consumers on the ward have had a hard life, and often feel that they need to put on a tough guy persona—it is incredible to watch Jack win them over simply by looking at them. Many of the consumers ask staff to take their photo with Jack and proudly display the photos in their rooms and take them with them once they are transferred to another ward. The consumers who are at MHICU cannot wait until Jack's next visit, often asking "when is Jack next coming?"

Jack is a mixed breed rescue dog who does not judge or see them as consumers, he just sees them as play mates and someone to give him a warm and comforting pat (and some treats). As a result, consumers appear to be able to relate to him in a way that they are unable to with staff and other visitors to the unit. Jack himself enjoys his visits, as he trots into the ward with a wagging tail, saying hello to everyone he meets. Jack makes himself at home curling up next to a consumer for a little while, often with someone who earlier was worried and distressed. Jack seems to be able to sense those that need a little more comfort and will attend to these consumers first. Many consumers have or have had pets of their own, which they miss deeply and Jack's visits bring back happy and positive memories. Many of the benefits are very individual to individual consumers and for this reason may not be so obvious, however, the fact that consumers cannot wait to see Jack shows there is a unique experience for all on the unit. The pet therapy program at MHICU is planned to continue indefinitely.

School Holiday Family Art Group for families affected by parental mental illness

Megan Evans, CoPMI Consultant, North Shore Ryde Mental Health Service

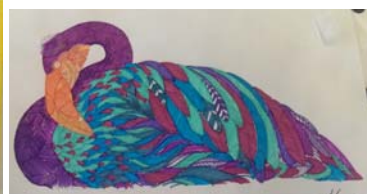
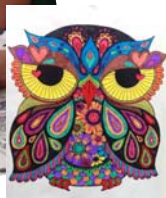
Northern Sydney Local Health District Children of Parents with Mental Illness (CoPMI) / Young Carers Program in partnership with Northern Beaches Partners in Recovery provided a school holiday program on Monday and Thursday afternoons for families with children affected by parental mental illness. The program included fun art experiences, sensory play, games and do it yourself art projects for the whole family. The program was free to attend, as well as safe and accessible for children with special needs, and family friendly for any age group.

School holidays can be stressful at times and art / sensory experiences are known to help people self-regulate when stressed. This program allowed parents and children to have the opportunity to connect with others who share similar experiences.

Six CoPMI families made use of the space with children's ages ranging from 9-16 years of age. All of them provided feedback that they would be interested in attending again. What they liked most was for the children to have something to do and be able to connect with others. All felt that art was a great activity where everyone can get involved. One parent commented "*It would have been a bad day if we didn't have this program to come to*". Mindful colouring was the most popular activity among parents, while the children explored painting, construction, creating masks, making puppets and some of the children went on to make stage props and presented a puppet show together for the adults to watch.

Families can access the CoPMI programs and CoPMI Consultants via referral from their regular mental health service clinician, or directly via the local Child & Youth Mental Health Service

(phone: 1800 011 511).



Opening our eyes to Aboriginal Mental Health

In August 2015, Penny Callaghan, Clinical Nurse Consultant (CNC) with our Specialist Mental Health Services for Older People and Barbara Le Bas, Occupational Therapist (OT) with our Acute Care Team, both from Hornsby Ku-ring-gai Mental Health Service, had the privilege to participate in 4 days of what they describe as 'truly remarkable training' on Mental Health Assessments of Aboriginal Clients and Suicide Prevention in Aboriginal Communities. The training was presented by Indigenous Psychological Services and facilitated by Dr Tracy Westerman, a Clinical Psychologist from the Nyamal people near Port Headland in WA.

Barbara and Penny report, "The initial 2 day workshop was devoted to "Mental health assessment of Aboriginal Clients". Briefly, we learnt about the considerations needed with these assessments. These include the impact of our own values/beliefs; importance of process/protocols when engaging; understanding elements of effective engagement; clinical co-morbidities; parenting styles; language differences; self-disclosure by assessors; and culture-bound syndromes.

"On the final 2 days the group looked in depth at Suicide Prevention, the facts, statistics and myths associated with Aboriginal Suicide and how culture can be both a risk and a protective factor. We learned again of the importance of engagement and self-disclosure, the nature of Aboriginal suicides (82% are triggered by relationship breakups), the impulsivity of the act in many cases and cultural and mainstream risk factors including the pressure of going through ceremony, accultural stress, 'Wrong Way' relationships and cultural isolation. We spent some time on the need to also assess the vulnerability of those left behind and to help members of the community separate the act from the person. As part of this training we gained accreditation in the 'Westerman Aboriginal Symptom Checklist' for both youth and adults."

A project the pair are currently working on locally, as part of a broader working party, is the development of an Aboriginal Social, Emotional and Wellbeing Assessment Tool for the service. It is anticipated that this tool will result in improved client assessments, as the tool will be geared especially to their needs, the questions asked will be culturally understood, and will use language with which they will respond more favourably. We hope that this tool will enable more detail, disclosure and accuracy in our assessments, and hence lead to better mental health outcomes.

Penny and Barbara are both members of the NSLHD Aboriginal Mental Health Drug & Alcohol Committee. They are both passionate about Aboriginal health and wellbeing, and are the nominated mental health clinicians for the Bungee Bidgeel Clinic at the Hornsby GP practice, which provides physical and mental health services to Aboriginal people, regardless of their residential area.

The Bungee Bidgeel Clinic is open on Tuesdays, the phone number is 9485 6227.

~ 2016 DATES ANNOUNCED ~

MHDA Annual Research Conference

Abstracts for papers and posters close Friday 6th May

Conference is at NSEC, Macquarie Hospital, Tuesday 26th July, 8.30am-2.30pm

The 2016 conference aims to create an innovative program that incorporates a broad perspective of recent and current research from across MHDA services. Submissions from novel scientific research to clinically pertinent grass roots interventions, consumer engagement in research, and interesting case studies will be considered.

Paper and poster abstracts will be reviewed by the MHDA Clinical Research Committee to determine the papers that will be presented and posters that will be displayed at the conference.

For details, please contact Michelle via email: michelle.weathered@health.nsw.gov.au

From the “Red Dot” collection

MHDA was delighted to welcome in 2016 with the completion and installation of a ceramics commission for artists at Macquarie Hospital to create a unique “Welcome” sign for the foyer of the Cameron Building. We are so impressed and delighted with what has now been achieved after a long period in the ideas and planning. With the expert technical guidance of Annie, talented pottery teacher at Macquarie Hospital, our artists have achieved a happy ceramic masterpiece, which truly welcomes all visitors to our building. I stop and look at this installation every time I enter the Cameron Building and feel lifted up by how powerfully art, in all its forms, can influence our lives.

Thank you to everyone who contributed their own unique talents to produce this art work. Pictured right are two of the proud artists –John and Sebastian; and below, celebrating the completion of their work, with others from the “Welcome” team!



This project would not have come to fruition without the mastery of Lyn Longfoots guidance. Thank you, Lyn!

Sue O’Sullivan Award, Hornsby

Congratulations to the 2015 Sue O’Sullivan Award Winner, Marco Chan!

The Sue O’Sullivan Award was introduced into Hornsby Ku-ring-gai Mental Health Service (HKMHS) in recognition of a staff member’s contribution to clinical excellence to the service. This annual award was also an acknowledgement of the retirement of a well-respected Clinical Nurse Consultant that had worked at Hornsby for a number of years. Leanne Frizzel, HKMHS Service Director also used the afternoon to promote the achievements that occurred during 2015 and acknowledged some of the staff that had been nominated for other Awards.

Each year, nominations for the Sue O’Sullivan Award are invited from across all the teams working at HKMHS, both inpatient and community, with the voting completed by senior staff members. For the 2015 Award, there were six nominations. The nominees are pictured below, from left to right: Marco Chan is a Diversional Therapist working in the Mental Health Intensive Care Unit (MHICU); Barbara LeBas is an Occupational Therapist (OT) working in the Acute Mental Health Team; Ramiro Torres is an OT working in the Adult Mental Health Unit; Matthew Kinsman-Smith is a Diversional Therapist working in Wahroonga Rehabilitation Service (WRS); and Margot Hayward is an OT working in both the Assertive Outreach Residential Service and WRS; pictured on the far right is Sue O’Sullivan. Trent Haskill is a Registered Nurse working in MHICU who was also nominated but was unable to attend.

We are honoured to have Sue attend the ceremony and present the award. During her speech to staff, Sue spoke about the importance of Clinical Supervision.



MHDA Education & Training Unit

The MHDA Education & Training Unit (E&TU) offer a number of training opportunities for staff and volunteers working within our services. Staff can access the full details via the Centre for Training & Development page on the intranet: [NSLHD Intranet >Clinical Services >Mental Health / Drug & Alcohol >Mental Health >Education, Training, Professional Development](#). On this site, staff will find course descriptions, training dates and application forms. Volunteers can access the information via their manager. Of note for clinicians, a wide range of clinical courses are on offer in 2016.

Social Work and Occupational Therapy Students: Social Workers and Occupational Therapists working in MHDA services have been invited to complete a brief questionnaire about student placements. The aim is to identify the clinicians and teams/units that currently offer placements, and hopefully pick up some new opportunities for placements in the future. Anyone interested in supervising students is encouraged to complete the survey and contact Bev Moss on beverley.moss@health.nsw.gov.au

Early Psychosis courses: These courses have been updated in 2016 and would be suitable for any Child & Youth Mental Health Service (CYMHS) or Adult Mental Health clinicians who work with young people who have experienced psychosis.

Recovery and Relapse Prevention following a First Episode of Psychosis: This half day workshop explores the risk factors and possible triggers for a first episode of psychosis, and how that information may be used in relapse prevention. Different recovery styles and the implications for clinical practice are discussed. The training includes a demonstration of the Time Map as an interactive tool and practice in developing a relapse prevention plan. Case studies will also be presented.

Working with a Young Person and their Family during the Acute Phase of a First Episode of Psychosis: This half day workshop aims to improve knowledge and skills in management of psychosis during the acute phase, and to increase confidence of clinician's dealing with young people who are experiencing a first episode psychosis. The Pharmacology guidelines and issues relating to medication and engagement are also discussed

Assessment and Interventions for Young People at Risk of Developing Psychosis: This full day workshop aims to promote understanding of the common prodromal symptoms and increase skills in the assessment of young people at high risk of developing psychosis or experiencing symptoms of psychosis. The workshop includes practice in using the CAARMS and discussion of other tools that may be useful in the assessment phase. The workshop also explores interventions for young people at ultra high risk for psychosis.

Kalori Consumer Recovery Space is back up and running!

Kalori is located on the grounds of Manly Hospital and is a safe place supporting those living with a mental illness. It is a place for people (both inpatients and members of the community) to come and relax, connect with others, have fun, and learn.

Kalori hosts group activities, including a music group, art group, publication of a newsletter, movie days, ten pin bowling trips and more. Kalori also has a variety of equipment that consumers are welcome to use, including TV, DVD, CD player, books, art resources, a computer with internet access, tea and coffee.

Sue (pictured right) is the new Consumer Coordinator and can be contacted on phone 9976 9856 or 0414 193 564.



Recovery Oriented Practice in MHDA

MHDA are actively working towards the implementation of the *National Framework for Recovery-Oriented Mental Health Services*. Each Sector and Service stream has now developed a local implementation plan. Part of this process has included the recognition that a clear, over-arching vision is important in guiding consistent service development, delivery and evaluation in working towards a true recovery orientation across all services.

Over the last 6 months, wide consultation with managers, clinicians and consumer workers has occurred to develop and refine this vision. The **MHDA Declaration and Statement of Intention** were finalised and are now endorsed by the MHDA Executive.

Implementation of this work is encouraged to commence immediately. Every opportunity to clearly communicate and implement the MHDA Declaration and Statement of Intention is to be taken, including ensuring its inclusion in operational and business plans; staff performance reviews and position descriptions, in brochures and posters, policies and procedures, email signatures and on business cards.

Any queries regarding the implementation can be directed to Lyndal Sherwin on email: Lyndal.Sherwin@health.nsw.gov.au

MHDA Declaration: Each person's unique journey of recovery will be supported by mental health drug and alcohol services in a way that fosters hope, purpose and resilience.

MHDA Statement of Intention

The intention of the NSLHD MHDA is to provide recovery-oriented, trauma informed services that are guided by evidence based practices and collaboration. We will achieve this through implementing the key elements of recovery across specialist clinical and support services:

- Fostering hope and building resilience within individuals, their families and carers and the service.
- Advocating for social inclusion and upholding the importance of citizenship.
- Supporting the development of connection through relationships.
- Creating meaning and purpose for an individual's life and experience.
- Addressing all aspects of wellbeing, encompassing physical, mental, emotional, cultural and spiritual health.
- Facilitating self-determination, self-responsibility and self-management.
- Supporting personal choice and ownership over one's life.
- Supporting the opportunity to take positive risks, acknowledging the learning and growth that comes from successes and setbacks.

Recognition will be given to the expertise of the individual, their families and carers and staff, within a culture of celebrating growth and achievement.



Transition to Specialty Practice

Congratulations to the 25 participants of the 2015 Mental Health Drug and Alcohol Transition to Specialty Practice Program (pictured), who successfully completed the program and were awarded certificates on 12th February 2016!

This was a joyful occasion attended by nursing staff from across MHDA. Many of the participants have chosen to stay and work within our service which is very good news indeed and we welcome them as permanent staff. MHDA staff were also thrilled to welcome our 25 new Transitional Registered Nurses on board. The occasion was a fabulous opportunity for the newcomers to meet the Transitional Registered Nurses who are just finishing and the staff they will be working with. We certainly had an enjoyable afternoon.




Mental Health Carers updates & opportunities

Uniting Care-Mental Health is the organisation funded by NSW Health to provide direct support to families and carers of people with mental illness in the Northern Sydney region, and we work together in a close partnership. They have recently changed their name to *Uniting Recovery*. Our relationship and contract are still the same—so clinicians keep referring, and consumers and carers keep engaging. For all the courses below, and for other courses and support, you can contact them on phone 8599 4855 or email familycarernscc@ucmh.org.au

Connecting with Carers feedback: A key aim of this 5 week program for carers and families of people who have mental illness is to feel more connected with the mental health service, and better equipped to manage caring for someone living with mental illness. The group ran at Hornsby late 2015, and received some fantastic feedback from participants. One of the participants commented that the group *'Has provided comfort and reassurance that we are not alone and there is support for our son.'* What a positive way for this family to end the year. The Family & Carer Mental Health team hope to spread that message to even more families in 2016.


Connecting with Carers for Older Persons: this course has been developed by Uniting Recovery and our Specialist Mental Health for Older People (SMHSOP) team on the Northern Beaches. It is aimed at people who have a caring role for an older person with mental illness, to support them in their role. The group will run during the day at Manly Hospital for five weeks from June 2nd.

Helen Seares from the Mental Health Coordinating Council (MHCC) will present at the Brookvale Carers Support group meeting on March 15th. Helen is an experienced carer who will talk about some of the challenges faced by families and carers and share her wisdom about how to get through them.

Emergency Help

ReachOut.com NextStep

Are you 18-25 and going through a tough time?



Hear from young people about tough times

[How it works video](#) > [FAQs](#) > [Privacy](#) >

NextStep was designed by the brains of youth mental health (collectively across the country) to help 18—25 year old people figure out what's going on for them, how much it's impacting them, and where to access help and support. The tool is available free online: <http://au.reachout.com/#nextstep>

What's Going On?

Compliments

December 2015 & January 2016

Numerous compliments and thank you cards to medical, social work & nursing staff of Hornsby Ku-ring-gai Mental Health Inpatient Unit and the Hornsby Ku-ring-gai Mental Health Service generally.

Congratulations to a staff member of Macquarie Hospital's Wellbeing Unit on their contribution to an article being published in the Journal of Australian Psychiatry.

A family wrote to the NSW Ministry of Health to acknowledge the support provided by our Child & Youth teams at Hornsby and Royal North Shore over the Christmas period. They noted the professional and efficient services provided, especially from the Broilga Unit at Hornsby, and noted that the support from the mental health team during and post inpatient care was brilliant.

Thank you the Clinical Nurse Consultant—Community Liaison, Macquarie Hospital from a social worker for the guidance and professional development opportunities.

February 2016

On good work done by staff of Manly Psychiatric Emergency Care Centre (PECC) including welcoming, calm & kind manner with which people are treated.

Hornsby Ku-ring-gai Mental Health Inpatient Unit for the warmth, support & good humour of staff & doing the best they can.

To the Hornsby Ku-ring-gai clinical staff and consumer workers, with thanks and respect for all they do, as well as being beautiful and nurturing.

To the Hornsby Ku-ring-gai consumer worker team involved in the FUDGES telephone peer support post-discharge program for consistent help and caring voices on the phone.

To medical staff at Royal North Shore Hospital Mental Health Adult Inpatient Unit for development of a comprehensive treatment plan for a patient with complex care needs, including regular communication with family members and excellent professional & empathic care provided by the treating team.

To the Compliments, Complaints and Issues Manager for her article in the Red Dot Collection from the mother of one of the artists—she was proud and delighted to see her daughters work featured in the Red Collection in the MHDA newsletter.

An Australia's First Peoples community member on the Northern Beaches and the community representative on the NSLHD Aboriginal Health Advisory Committee formally acknowledged the good work that the staff in the Psychiatric Emergency Care Centre (PECC) at Manly Hospital do. She reported that she was contacted by the NSLHD Aboriginal Health Unit to visit a young lady who had been admitted there in February. She hadn't visited in the PECC before and was unsure what to expect. She reports, *'I was pleasantly surprised by the welcoming staff, the calm and kind manner in which people treated each other... I wanted to acknowledge from my perspective as a community member, and a member of the NSLHD Aboriginal Advisory Committee, and a First Australian who advocates for cultural inclusion, the ease to which I was allowed to access the young lady and provide social, emotional, cultural and spiritual support was not only important, but respected by the staff. Sometimes the system gets it right!'*

The family of a consumer wrote to the Hon Jillian Skinner MP, NSW Minister for Health, to acknowledge the professional and personal skills of a psychiatrist at Hornsby Mental Health Adult Inpatient Unit. They wrote, *"We have observed his professionalism, care, ability, humanity and compassion on a number of occasions now and we are very impressed."*

MHDA Staff Recognition Awards 2015

The MHDA Staff Recognition Awards Ceremony was held on Wednesday 26th August, 2015 at Roseville Golf Club. There were eight categories for the Awards with all finalists and winners attending the function. Julie McCrossin delivered the Key Note address and attended to MC responsibilities for the function. The awards were presented by Dr Andrew Montague, Executive Director Operations NSRHS & NSLHD; Mr Anthony Dombkins, Director of Nursing and Midwifery NSLHD; and Mr Paul Russell, Director, Clinical Governance, NSLHD.

Staff Member of the Year—Winner—John Davey

This category was open to non-management staff that are exemplary role models; possess integrity; uphold values and behaviours; uphold human rights; demonstrate best practice; are a coach/mentor and have made an outstanding contribution to MHDA. Finalists were:

- Li Yang – Registered Nurse, Tarban House, Macquarie Hospital
- Peter Kim – Psychologist, Ryde Community Mental Health
- *John Davey – Workforce Health and Safety Consultant, Macquarie Hospital*

Staff Member of the Year – Consumer Nominated—Winner—Jennifer Kemp

Recipient of this Award is consumer nominated for upholding our values and behaviour, particularly collaboration, openness, respect and empowerment, and upholding human rights. Finalists were:

- Emma Gallagher – Clinical Psychologist, Child & Youth Mental Health, RNS Hospital
- *Jennifer Kemp – Senior Occupational Therapist & Team Leader, Hornsby*
- Christine Mangioni – Registered Nurse, Mental Health Community team, North Shore Ryde

Leader of the Year—Winner—Kris Taylor

This category is open to MHDA management staff who are exemplary role models; possess integrity; uphold our values and behaviour; uphold human rights; are visionary; are a coach/mentor, and have made an outstanding contribution to MHDA. Finalists were:

- Sistha Roson – Executive Officer, Mental Health Drug & Alcohol, Macquarie Hospital
- *Kris Taylor – Nursing Unit Manager, Child & Youth Mental Health, Hornsby Hospital*
- Regan Runnalls – Nursing Unit Manager, Mental Health Intensive Care Unit, Hornsby Hospital

Unsung Hero—Winner—all finalists won

This category is open to all MHDA Staff. This award recognises the efforts and/or achievements of a staff member who may go unrecognised for their contribution to the team. Finalists were:

- *Maria Lizardo – Administration Officer, Hornsby Hospital*
- *Pamela Carter – Patient Liaison Manager, Macquarie Hospital*
- *Michelle Weathered – Project Manager, Macquarie Hospital*



Pictured L-R: John Davy & Dr Andrew Montague; Andrew & Jennifer Kemp; Andrew & Kris Taylor; Tony Domkins & Pam Carter.

Support Service - Winner— Hornsby Ku-ring-gai Administration Team

This category is open to support service teams (eg catering, laundry, environmental, administration, finance, training, information technology) who provide exceptional customer service, and/or have made a significant contribution to improving people, premises, processes, the environment or services. Finalists were:

- *Hornsby Ku-ring-gai Administration Team at Hornsby Hospital*
- Mental Health Drug & Alcohol Directorate Administration Team, MHDA
- Mental Health Drug & Alcohol Cameron Building Administration Team, MHDA

Diversity—Winner—Aboriginal Health Team, NSLHD

This category is open to a team program/initiative that has made a significant contribution to improving the health and well-being of a diverse group. Finalists were:

- *Aboriginal Health Team for Northern Sydney Local Health District*
- Perinatal Infant Mental Health Service at Macquarie Hospital
- Acute Inpatient Unit Specialist Mental Health Services for Older People at Manly Hospital

Collaborative Team—Winner—Specialist Rehabilitation Service

This category is open to teams who demonstrate effective consultation, collaboration and partnerships within and/or external to MHDA, resulting in a significant contribution to operations and/or service provision. Finalists were:

- Centre for Education and Talent Development, Mental Health Drug & Alcohol
- *Specialist Rehabilitation Service, MHDA*
- Carer Choir for Northern Sydney Local Health District

Quality, Improvement and Innovation—Winner—NSR Police Orientation Team

This category is open to a team program/initiative that applies innovative and/or quality approaches to significantly improve a system, process, tasks, service or practice; and/or research that makes a significant contribution to theoretical or practice knowledge; and/or evaluation of a program/initiative for the associated field/discipline. Finalists were:

- Perinatal Infant Mental Health Services, MHDA
- Lower North Shore Assertive Outreach Team, Royal North Shore Hospital
- *North Shore Ryde Mental Health Service Police Orientation Team*



Pictured L-R: members of Hornsby Ku-ring-gai Administration Team; Paul Russell with members of NSLHD Aboriginal Health Team; Paul with members of the Specialist Rehabilitation Service; Sheila and Paula representing the NSR Police orientation team.

If you have any comments, ideas or suggestions, we'd love to hear from you.

Please contact:

Kate Jeffrey, Engagement Manager, Mental Health Drug & Alcohol

Email: kate.jeffrey@health.nsw.gov.au

Phone: 8877 5340

Postal: PO Box 169, North Ryde, NSW 1670

Fax: 9887 5678