

Mental Health Drug & Alcohol Newsletter

Responsible Gambling

10th May 2016

Directors Report

Andrea Taylor

Thank you to our wonderful Administrative Assistants across MHDA. You have a really important role in helping everyone else survive their work day, everyday. It was a pleasure for me to open your professional development day on April 27, which coincided with the international Administrative Professionals Day. You are often the glue that keeps our service moving, and the warm, friendly face at the front desk when people enter our services. In particular, I'd like to acknowledge Sistha Rosen. Besides organising and running the day, she is the incredible Executive Officer who provides me with critical and unfaltering support in my role, as well as leadership to the administrative team that supports the Mental Health Drug & Alcohol Directorate.



Our Social Workers also had a professional development day, which was held on March 30. Full details and some pictures are on pages 3 and 4. It was great in this program to further develop our partnership with the Museum of Contemporary Art (MCA), Sydney.

Patient Experience Week was celebrated at the end of April. In Northern Sydney Local Health District (NSLHD) we got involved by making signs articulating how we contribute positively to the patient experience, and taking selfies—the MHDA Executive team are pictured right with their signs. Many staff found it an interesting and valuable process, to reflect on their role in patient experience, and what they feel has most impact. A number of staff also attended the ACI Patient Experience Symposium.



Responsible Gambling Awareness Week

Margie Spicer, Counsellor, Gambling / Drug & Alcohol Service, NSLHD

Responsible Gambling Awareness Week in NSW, May 23-29 2016 is aimed at promoting awareness around problem gambling and where problem gamblers and affected family and friends can seek free, specialised, confidential assistance. **Call the National Gambling Help line on 1800 858 858 or visit www.gamblinghelp.nsw.gov.au to find your local service.**

Does someone you are close to have difficulties with gambling? Problem gambling can affect anyone and for every problem gambler approximately 8 to 10 other people suffer harm as a result. Only 8 to 15% of people affected by problem gambling seek help in any one year with social stigma, shame and denial being the key barriers (1).

Forms of gambling (landbased or online) include: gaming (electronic gaming machines also known as pokies); casino table games (e.g. poker, blackjack, baccarat, roulette, sic bo); wagering: (racing, sports

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

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betting and betting on outcomes of events e.g. elections) and lotteries (e.g. lotto, lotto strike, Oz lotto, powerball, keno, and instant scratchies).

There is now significant and increased exposure to gambling with gambling providers and gambling forums easily accessible online via websites and mobile apps. The official expenditure on gambling in Australia from 2013 to 2014 was \$21.2 billion with \$1,172 expenditure per capita (2). Gambling is considered culturally normalised by many and often glamorised through marketing.

Not all people who gamble have, or go on to develop, a problem with gambling; however some people experience significant harm from gambling. When problem gambling does occur it can also have devastating impacts on families including loss of trust, relationship breakdown, loss of both assets and financial security, legal issues, bankruptcy, domestic violence and mental health issues such as depression, anxiety and suicide. Of the problem gamblers who sought gambling help, 58% reported seriously considering suicide due to gambling, with 15% reporting having considered suicide 'often' or 'always' (3).

Often problem gambling is hidden and significant others have no idea until the impacts have become unmanageable for the gambler. Gambling is often not identified as the cause where changes in the gambler's behaviour are noticed.

What can you do? State and territory specific Gambling Help services provide free, specialised, confidential counselling, financial counselling and legal assistance. Multicultural services are also available. No referral is required; people can simply call the Australian wide Gambling Help referral line on 1800 858 858 to find their nearest service, they can also visit their state specific Gambling Help websites to find out more. Gambling Help services are geared to helping family and friends with the impacts of problem gambling as well as helping problem gamblers. In Northern Sydney, Gambling support services are provided alongside our Drug & Alcohol teams, based in each hospital across the District.

Booklets for family and friends on problem gambling and on talking to teens about problem gambling are available at:

www.problemgambling.gov.au

gamblinghelp.nsw.gov.au

References:

Productivity Commission (2010). *Gambling*, Report no. 50, Canberra.

Australian Gambling Statistics, 31st edition (2015), Queensland Government Statistician's Office, Queensland Treasury.

Productivity Commission (1999). *Australia's Gambling Industries, Report No. 10*. Canberra: AusInfo.

The Guringai Festival is on from May through to July, with activities across our whole District.

This is a wonderful opportunity to connect, learn and share the rich culture and history of Australia's First Peoples. It is also a wonderful opportunity for MHDA staff to support any of our Aboriginal and Torres Strait Islander consumers and their families to connect further with their culture—something that can often assist with health, wellbeing, healing and recovery. Check out the full program here:

www.guringaifestival.com.au



North Shore Ryde Afternoon Tea with Andrea—Monday 23rd May, 2.30—4pm

Join us at Ryde Eastwood Leagues Club to share afternoon tea, hear about what's happening across our services, let us know what's happening in yours and have a chat with our team.

For details or to RSVP, please contact Dee Milton on 9887 5635 or at Dorcas.Milton@health.nsw.gov.au by 9th May 2016

Administration Professional Development Day

The Annual Administration Professional Development Day for Mental Health Drug & Alcohol staff was held on 27 April 2016 at the Northern Sydney Education Centre, Macquarie Hospital. This event was sponsored by Andrea Taylor, Director MHDA and coincided with the Administrative Professionals Day, which is now observed in a number of countries worldwide including Australia. Administrative Professionals Day recognises the contribution of admin professionals and how they help everyone else survive their workday, everyday!

The day was attended by 52 administrative staff from across the MHDA sectors and streams. The program included a very warm welcome from Andrea Taylor and presentations on a number of topics: *Activity Based Funding and Data Quality* by David Perabo (ABF Manager, MHDA) and Glen Bowcock (Manager MHDA Information), *Emotional Intelligence* by Bev Moss (MHDA Educator), *YES and Social Media* by Kate Jeffrey (Engagement Manager MHDA), *How to Handle Complaints for Front Line Staff* by Lyn Longfoot (MHDA Issues and Complaints Manager) and *Government Information (Public Access) Act 2009 (GIPAA) and Privacy Update* by Carol Parker (NSLHD Corporate Records Manager and Rights to Privacy Officer).

Staff also had a bit of fun participating in a team building exercise facilitated by Sistha Roson recognising the importance of communication and our contribution to the overall achievement of the organisation. A light yoga exercise, facilitated by Joyce from Healthy Lifestyles, also formed part of the day. Staff received some useful tips from the yoga session that they will be able to implement in their work days, and an awareness of the importance of looking after their own wellbeing.

Overall the day was a great success. It is a great way for the admin team to network, learn new things or simply refresh the knowledge that we already learned so we can apply them in our workplace. A lot of positive feedback was received from the attendees as well as suggestions that will be taken into consideration when we are planning for the next event in 2017. The same program will be run again in the second half of 2016 to provide the opportunity to the rest of the admin staff across MHDA who were not able to attend.



Social Work Professional Development Day

Louise Masters, Specialist Rehabilitation Clinician

On Wednesday 30th March 2016 Social Workers from across NSLHD MHDA converged for the second annual Social Work Professional Development Day. This year a range of presenters challenged the status quo, and evoked discussion that proved both noteworthy and beneficial for all the Magnificent Mavens present.

The day began with a lively discussion facilitated by Aboriginal Health workers Peter Shine and

Alana Rousselot that reminded us that working with culturally diverse populations, including Aboriginal people, must be seeded by respect. The interactive session provoked much discussion, dispelling myths and clarifying misinformation about approaches to working with Aboriginal and other culturally diverse peoples.

Deborah Boswell (Field Education Manager, ACU) provided a stimulating theory refresher session. The intersection of service delivery and consumer experience are described by theories and practice models, and the connection drawn between them all shone a new light on Social Work practice in NSLHD MHDA.

Deborah then joined Suzy Velkou (Field Education Manager, Sydney University), and Bev Moss (Educator, Education & Training Unit, MHDA NSLHD) to discuss the benefits and challenges of supporting emerging Social Workers through student placements. Social Workers can contribute to the profession via student supervision, and benefit from the two-way process of sharing of student energy and freshness with clinician experience and understanding.

Australian Association of Social Workers (AASW) NSW Branch President Jenny Rose identified AASW initiatives to reduce student and new graduate membership costs, and current advances in professional registration matters. Jenny was also very supportive of student placement initiatives and offered to assist Social Workers interested in undertaking this beneficial activity.

An experiential art activity was artfully facilitated by Museum of Contemporary Art Educators Susannah, Athena and Liam (pictured, right). Social Workers were taken into their personal creative sphere via multi-sensory activities that had everyone laughing and sharing in unexpected and delightfully convivial ways. Pictured, right, is a group art work in response to Aboriginal Art facilitated by the MCA educators.

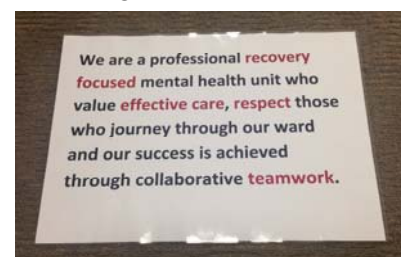
Louise Markus (MP for Hawkesbury) spoke about how she came to be a Social Worker in the Turnbull era. Louise uses her Social Work skills to advocate for people, to lobby for social justice, and to connect with community needs and aspirations.



Hornsby Productive Wards—releasing time to care

Michele Manktelow, Nursing Unit Manager

The Adult Mental Health Unit at Hornsby Ku-ring-gai Hospital has taken up the challenge and embarked on the Productive Wards Program- Releasing time to care. There is strong evidence that the Productive Series improves safety, productivity and efficiency within health care settings, particularly hospital environments. As a starting point we needed to create a ward vision. The Productive wards team commenced information sessions and gathered key words that were identified as a focus for our vision. These words were used to develop our vision. In order to encourage active involvement of all staff we created a competition and requested staff take the time to use these key words to develop their vision. The Productive Wards staff were responsible for choice of winners (pictured).



Our next step in the process is to work through our foundation modules, which include evaluating how we are going; the well organised ward, and Patient Status at a Glance; before moving towards the 8 process modules.



Compliments

March 2016

Vocational Education Training & Employment (VETE) service, Wahroonga Rehab / Hornsby: thanks from a consumer for the professional and helpful service, particularly to link into TAFE, improving interview skills and deal with job dynamics.

Coral Tree: on hard work, time, efforts & help provided by staff of Coral Tree to families, thank you & appreciation from a 6 year old boy to all Coral Tree staff & chefs, numerous additional hand written thanks to Coral Tree staff for their great program, fantastic service, new learnings, changing lives & making a difference, encouraging & nurturing environment, tools to continue support, endless kindness & bolstering strategies. Many of these beautiful notes of compliment also arriving with gorgeous pictures and little notes from the children themselves, expressing gratitude for the service and noting the positive impact it has had on their families, for instance, *'I'm getting better with my anger problems :) mum is more relaxed and (my brother) is not being silly and w(h)ingy'*

Hornsby Ku-ring-gai Mental Health Medical Staff: Fabulous feedback to medical staff of HKMHS including sensitive & welcomed input at a meeting with a family, thanks to the team at HK AMHU for devotion to patients & being a great bunch of people to work with & commendation from the local MP who receives excellent feedback on HKMHS.

Drug & Alcohol Service & IDAT: Public commendation to staff of D&A & the IDAT team for excellent service in providing assistance in management of a complex overseas matter.

Pottery Department, Macquarie Hospital: Thanks for the wonderful work done there.

North Shore Ryde Acute Community & Early Intervention Services: Thanks & gratitude from a family treated by clinicians, medical staff & administration staff.

April 2016

Drug & Alcohol Services from a medical student during an inpatient placement; and from clients for the safe, secure, loving, supportive, patient and precious gentle guiding at the Inpatient D&A Service; and at Queenscliff Community Health Centre Drug & Alcohol team.

Macquarie Hospital: Thanks from a student placement at Macquarie Hospital for support & being there.

Child & Youth Mental Health Service (CYMHS) Manager: congratulations on a wonderful presentation during the Youth week initiative at Manly. From a school counsellor to the Northern Beaches CYMHS team for the big difference made to a child and his family.

Northern Beaches: to the After Hours Nurse Manager for his skill in helping a distressed client.

Hornsby Ku-ring-gai: Thanks to a nice approachable nurse at Hornsby Ku-ring-gai Adult Mental Health Unit; to one of the casual workers at Assertive Outreach Residential Service (AORS) for doing a wonderful job teaching & encouraging; to the Community Acute Care Team for their great care and support; and to the Psychiatry staff on their expertise, hard work, excellent customer service practices and working in partnership.

Roses are red
Violets are blue
When life lets you down
PECC will save you!
And they will xxoo
- Anon (placed in the Manly
PECC suggestion box)



Psychiatry and Addiction Medicine Teaching Award 2015: Congratulations to Dr Ip and the team at Hornsby who were awarded with the "Psychiatry and Addiction Medicine Teaching Award 2015" at the University of Sydney—Medical Education—A Medical School—Northern Celebration Awards on Tuesday 15th March.

The Red Dot Collection by Lyn Longfoot

John Demos (21/11/1957 – 9/4/2016)

This article is dedicated to the unique work of John Demos, a practicing artist for over 30 years, who recently sadly died. John was a very creative man who worked with others to support the artistic development of artists who experience a mental health disability. Working from 2012 with Kris Tito, Manager of Project InsideOut at the time, John was awarded a grant to promote a culture of inclusion in the arts and cultural sector for people with disability. From 2013 John worked alongside other artists in a professional artist residency at Big Fag Press, Woolloomooloo, utilising offset printing as a means of artistic print production. A solo exhibition of his art works was held at the Cross Arts Project, a gallery in Kings Cross in October November 2013. John also appeared as a panel member speaking on his creative process and mentoring, at the Museum of Contemporary Art in November 2013. This painting, a parting gift from Kris to MHDA, is typical of John's painstakingly crafted drawings, emanating from his practice in draftsmanship, printmaking and ceramics. His texts resemble a kind of meditation or poem with the repetition of words rich in connotation – in this case a number of words associated with academia, including *Brain, Theories, Universities, loving anatomy, Teachers, Chancellors, Deans, Anti toxic us, Satellites, Under water camera, neurons & Heart foundation*. Please reflect on the creativity of John's life when you next come into the entrance area of the MHDA corridor in Cameron Building.



Fast News

Specialist Mental Health Services for Older People (SMHSOP)—New Program Manager—



congratulations to Andrew Clement, who was recently appointed into this position. Andrew will be working in close liaison with the SMHSOP Clinical Director to ensure the strategic and policy direction aligns with Ministry of Health strategic directions. Andrew says he looks forward to working closely with Service Directors and his sector based SMHSOP colleagues to achieve this. Andrew's most recent role was as the Ryde Community Health

Centre Acute Services Manager. Best wishes to Julie Strukovski, who has moved on from the role, and thank you for all the work you put into SMHSOP.

NSLHD Person Centred Care Showcase—Natalie Hoffman (pictured right), Acting Deputy Director of Nursing, Macquarie Hospital, spoke on MHDA Person Centred Care projects at the inaugural NSLHD Person Centred Care Showcase, including about consumer involvement in clinical review at Figtree Dual Diagnosis Unit.



April Falls Month—Nerida Edwards and her team (pictured far right) at Manly PECC (Psychiatric Emergency Care Centre) celebrated April Falls Month with an 'All Things Orange' afternoon tea to raise awareness of falls risk and falls prevention in healthcare. Macquarie Hospital (pictured left) also hosted a number of events across the campus for both consumers and staff on April 1st.



Fast News

Breaking the Ice in our Community: The Australian Drug Foundation recently launched a new project in NSW, aiming to empower communities to come together and talk about practical solutions to issues with crystalline methamphetamines ('ice'), including a short video featuring people directly impacted by the drug to communicate the project's key messages:

- ☀ Be informed
- ☀ See the person not the drug
- ☀ Treatment and support is available
- ☀ Be part of the solution

The video was shared on the NSLHD MHDA Facebook page. You can also find it, as well as more information about the Breaking the ice in our community project here adf.org.au/breakingtheice

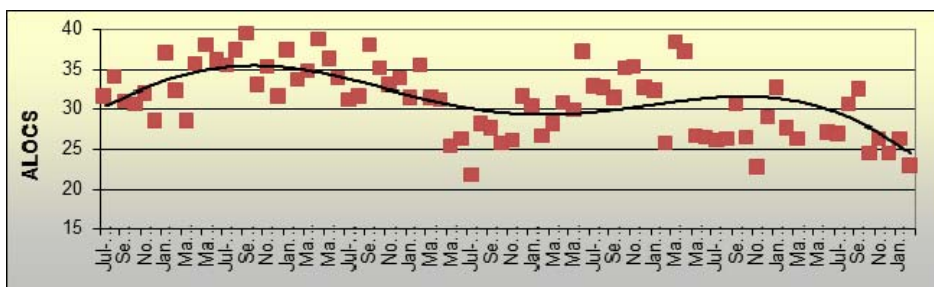
Building Bridges & Pathways: This clinical redesign project is a partnership between the Early Psychosis services in Northern Sydney and the Chatswood and Brookvale headspace centres, in collaboration with Manly Drug Education & Counselling Centre. The goal of the project is to improve the young person's journey through flexible and timely assessment; early detection of psychosis and other mental health disorders; and referral to the service best suited to their needs.

We are focusing on young people aged 18-25 who do not have a clear diagnosis at the time of presentation or referral. At this early stage in the project we are identifying the factors that contribute to a lengthy assessment process and the barriers to a smooth transition from one service to another. In the next phase we will be working together to find solutions to some of the issues.

Performance Data

Seven Day Post Discharge Community Care – This is an indicator that measures the percentage of our consumers who are contacted by community Mental Health staff within 7 days of being discharged from hospital. This is a very important measure as there is lots of evidence to show that consumers are vulnerable in the first week following discharge and a support contact in this time is valuable to them. The graph below shows our performance against this indicator over the past 2 years. The target is 70%, and the state average for this indicator is 64%. We are averaging 80% since November 2014, and have achieved 83% since June 2015. Thank you to all the staff who have contributed to this excellent performance.

Average Length of Current Stay (ALOCS) – is a locally developed indicator used to monitor length of stay of consumers while they are admitted to acute inpatient units. It serves to highlight consumers with longer stays and there are practices and procedures in place to review these consumers, and their care plans to keep their inpatient stays as short as necessary. This reduces the negative impacts of long inpatient stays on consumers, and also provides greater bed availability which allows access to more consumers who require the service. We demonstrated significant benefits in the first few years of tracking this indicator, and presented the results of this initiative at TheMHS in 2013. Recently we reviewed the overall impact this indicator has had on the service and found that we have not only consolidated the benefits achieved in the first few years, but continue to see further improvements. ALOCS has reduced from an average of approximately 30 days in 2009 to approximately 25 days this year, and 3 of the 5 lowest ALOCS have occurred in the last 6 months. There has been a reduction of approximately 50% in the number of consumers with stays in excess of 50 days, and a reduction of approximately 40% in the number of consumers with stays in excess of 100 days. This graph shows the general trend over time.



A letter to Coral Tree—Patient Story

Dear Matthew,

My husband and I wish to write this letter to convey our thoughts and our appreciation of how much Coral Tree has helped us as a family with our son, T.

Before we started coming to Coral Tree, our son, who has ADHD with learning difficulties and speech issues, was a very anxious, super hyper vigilant, angry and very hyperactive young boy, who didn't know if he was coming or going. He also had an insect phobia, he was obsessive compulsive and could not express his feelings so would constantly be angry. We met up with Cathryn and Laura at Coral Tree on a fortnightly basis during 2015. We also had a one day stay at Coral Tree as a family in May 2015. During this period T was at Arndell school four days a week.

During our sessions Laura and Cathryn helped us immensely by teaching us how to help T express his feelings by emotion coaching, naming the emotions for T. They helped us calm his anxiety and his insect phobia has minimised dramatically. He is no longer obsessive compulsive nor is he oppositional. Cathryn used the Marte Meo technique to get him to look up at his friends and connect to help his social skills. Cathryn also taught me to use it with him, which works tremendously as soon as I use it on him. Laura has showed us the Circle of Security to see where he is at during play time and how to respond with how he reacts. They have also strengthened the teamwork between my husband and I.

It's just amazing the time and effort Coral Tree have provided for us with such a caring atmosphere. It was an amazing journey to see the difference in T and what a confident young boy he is now. The difference not only helped him but also helped me to be more balanced. I don't let things get to me quickly as I now can understand how to react and what to do when he is having one of his moments. So things now do not get out of hand. So if he is more in control of himself, I'm more at ease, we then have a balanced family. Of course there are ups and downs but thanks to Coral Tree they have helped us recognise what the issue is and how to deal with it calmly. We really appreciate the time both Laura and Cathryn took to listen to us and help us in our time of need. Without them I don't know how I would've coped, but I believe definitely I would have ended up having a nervous breakdown as it was so hard to manage.

We appreciate so much the hard work and effort and strongly recommend Coral Tree to any family who has issues with their children.

Many thanks,

Two Grateful Parents

Coral Tree and Arndell School are specialist, state wide services for school age children and their families, based on campus at Macquarie Hospital. This letter is from a family who accessed the services during 2015. The parents gave permission to share their letter; we have removed their names to protect their privacy. The letter is addressed to Matthew Russell, Service Manager, Coral Tree Family Service. For more information about Coral Tree, including how to refer, please see our webpage: www.nslhd.health.nsw.gov.au/Services/Directory/Pages/CoralTree.aspx

eHealth Strategy for NSW Health: 2016-2026 was officially launched on 5th May 2016 by the Minister for Health, Jillian Skinner, providing us with a clear direction for eHealth efforts in NSW Health over the next decade. This Strategy is described by Elizabeth Koff, Secretary of Health, as 'a bold, 10-year program of innovation, investment and implementation, identifying key eHealth goals for NSW... By working together, combining local innovation with statewide capabilities, we have an opportunity to develop a digitally enabled and integrated health system, delivering patient-centred health experiences and quality health outcomes.' The strategy is available online:

www.health.nsw.gov.au/priorities

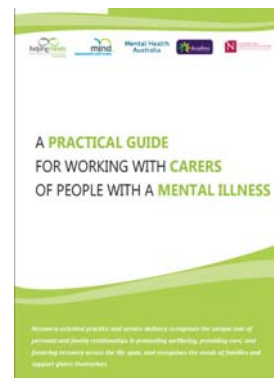
Fast News

Working with Carers of People with a Mental Illness: Mind Australia recently launched a new document, called “A Practical Guide for Working with Carers of People with a Mental Illness”.

The writers of this document have gained permission to use and bring together the work of ‘The Triangle of Care’ in the UK and the ‘Pyramid of Family Care’ from NSW, into one practical guide, which “recognises carers as a crucial component of any partnership approach to service delivery. It has been developed to assist staff across service settings in Australia, in recognition and support of carers, to enable them to continue in their role as partners in recovery”. The Guide uses six partnership standards that clinicians can use as a self-assessment tool in their teams and services. You are encouraged to test out some of the standards within your local areas and work through any areas for improvement. This is likely to have many applications around working with and partnering with carers.

The Guide can be accessed here: https://www.mindaustralia.org.au/assets/docs/A_practical_guide_for_working_with_people_with_a_mental_illness.pdf

For more information around working with families and carers in MHDA, you can contact Angela Hunter at 9887 5657. For families and carers looking for information or support, we partner with Uniting Recovery (previously known as UnitingCare Mental Health) to provide services and support directly to carers and families. You can contact them on phone 8599 4855 or email: familycarersnsc@ucmh.org.au



MHDA Workplace Culture Project aims to identify workplace culture improvement opportunities for staff in NSLHD Mental Health Drug and Alcohol Directorate. In April we ran 10 workshops to address 34 issues that have been raised by staff during the initial survey. We had 120 staff attend these workshops with representation from InforMH, Hornsby MHS, Macquarie Hospital, Manly MHS, Ryde MHS, Royal North Shore MHS, Child and Youth MHS, Directorate staff and Drug & Alcohol.

We are delighted at the cross section of staff that participated in these workshops. Thank you to everyone who took the time to attend these workshops and provide invaluable feedback and contributions that ensured a range of solutions were developed to ensure our Project continues to have meaningful impact.

The project’s Steering Group will meet at the end of May to discuss the workshops findings and develop an action plan for teams, the Service Directorate and MHDA Executive Team. An update has also been provided to the NSLHD Board. We will continue to provide updates to staff throughout May and June as we progress through the planning phase.

Staff can access more information via the intranet: <http://intranet.nslhd.health.nsw.gov.au/ClinicalNet/MHDA/Pages/MHDA-Workforce-Culture-Project.aspx> or by contacting Paula Willisroft on phone 0476 838 910 or email: Paula.Willisroft@health.nsw.gov.au

Carer Network: in April we celebrated the first staff orientation session where invited carers from the Carer Network were able to participate in training, alongside MHDA staff and consumer workers. We hope that including Carer Network members in this day will help increase our opportunity to foster great working relationships with carers, ensure our training keeps up with best family sensitive practice and helps equip carers with the most up to date information about our service. Pictured (left to right) is Angela Hunter (Family & Carer Mental Health Program Manager), Peter Heggie (a local carer from the Carer Network) and Kaz Knights (Orientation & Mandatory Training Educator) at the MHDA staff orientation day.



Fast News

Contributing to our Social Media

NSLHD Mental Health Drug & Alcohol is live on Facebook (@NSLHD Mental Health Drug & Alcohol) and Instagram (@hopeandwellbeing).

Our purpose in social media engagement is to share experience; celebrate local talent and community; and to raise awareness about some of the struggles and opportunities in life relating to mental health and drug and alcohol, including encouraging people to access help and providing information about how to do that.

If you (meaning staff, community members, consumers, patients, carers, family) have taken a photo, created art, or have a helpful quote or mantra to share, you can submit it to Kate Jeffrey, Engagement Manager MHDA, for consideration and sharing. By submitting your work you give permission to us to publish it. At our discretion, we may publish it on our Instagram, Facebook, community newsletter, web site or all of them.

When you submit work, please include:

The words you would like in the caption. These may need to be modified at the discretion of the Engagement Manager, for instance if there are spelling errors. You should also include any particular hash tags (words for a key word search) you feel are important in relation to the work.

How you would like to be acknowledged, eg: your initials, your full name, your nickname, your Instagram handle, your tumblr handle, a combination of the above, or anonymous.

Where the picture was taken – if you submit a photograph you should include information about when and where the picture was taken.

If you change your mind after your work has been published and would like it retracted, it can be deleted from Instagram and Facebook, although not from places it's been shared or if people have taken screenshots. Text can also be modified in Instagram and Facebook if you would like the text changed. Content can't be modified or retracted from the community newsletter once it's been published.

How to contribute, either by: Direct message to our Instagram or Facebook; or text/MMS to mobile 0434 323 275 or email to Kate.Jeffrey@health.nsw.gov.au

International Hand Hygiene Day

International Hand Hygiene Day is celebrated on 5th May each year. This year, we came together across the Local Health District for Pledge Ceremonies, to take the pledge to support and model hand hygiene behaviour. MHDA had a morning tea at Macquarie Hospital, with staff attending from across the service (pictures below). Hand hygiene is a vital task in preventing the spread of disease causing micro-organisms. For more information about how to wash your hands properly, when to wash your hands, and when to use alcohol-based hand wash versus soap and water, see:

www.hha.org.au/AboutHandHygiene

