

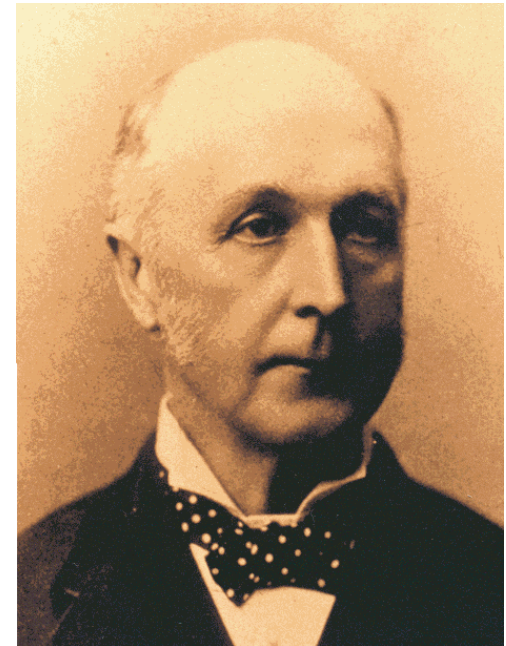
CALLAN PARK
Mental Health: Discussion paper

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Callan Park and mental health

- Callan Park Hospital for the Insane (1878-1976)
- Broughton Hall Psychiatric Clinic for voluntary-admitted patients (1921-1976)
- Rozelle Hospital (1976-2008)
- Current NGOs:
 - AfterCare
 - WHOS
 - MHCC

Dr Manning



The evolution of mental health service provision

From institutionalisation to community care

- Pharmaceutical treatment development (1950s)
- Changing social views regarding asylums and custodial care
- Richmond Report (1983)
- Trieste, Italy (1970)
- National Mental Health Strategy (1992) and subsequent National Mental Health Plans (4th in 2009)
- Future directions: improved access and quality of community care - ?role of hospitals

The evolution of mental health service provision

The recovery model and consumer empowerment

- The overarching message is that hope and restoration of a meaningful life are possible, despite severe mental illness. Instead of focusing primarily on symptom relief, recovery casts a much wider spotlight on restoration of self-esteem and identity and on attaining meaningful roles in society. (see Deegan, 1988)
- Current focus on consumer empowerment and participation at all levels of service provision
- Future directions: improved consumer involvement

The evolution of mental health service provision

Early intervention

- Early detection and timely treatment aimed at prevention or reducing disability associated with mental illness
- Current focus on access and quality of mental health services for young people
- Future directions: increased funding and greater quantity and quality of early intervention services (including research and clinical facilities)??

State and Federal funding for mental health services

- National Mental Health Report:
 - Increased spending on mental health (State and Federal)
 - Increased spending on community services and NGO funding
 - Increase in number of mental health professionals employed in community mental health services
 - However, total portion of the health budget allocated to mental health remains below many comparable developed countries
 - Disappointment re recent COAG meeting

Current mental health services in the inner-west

- Community mental health services (Camperdown, Croydon, Glebe, Marrickville, Redfern)
- Inpatient services (acute, adolescent, older person, rehabilitation) (RPA, Concord)
- Complementary and NGO
 - HASI
 - Headspace
 - Aftercare (Callan Park)
 - WHOS (Callan Park)
- Gaps:
 - Residential services
 - Vocational and educational services
 - Primary care services

Strengths Callan Park brings to the provision of mental health services

- Community support for mental health services
- Established NGOs on the site
- Extensive grounds

Constraints acting against mental health services at Callan Park

- Current policy frameworks
- State and Federal funding
- Current infrastructure and the Callan Park (Special Provisions) Act 2002
- Location?

Opportunities for strengthening mental health services at Callan Park

- Unite local services to provide coordinated care across health and social domains
- Develop in consultation with the community and consumers

The options must take into consideration:

- Federal and State policy frameworks
- Funding sources
- Evidence of effectiveness
- Community support

Options for strengthening mental health services at Callan Park

Specific opportunities:

– Intensive support to families

- Psycho-education and support are known to be effective in reducing family stress and reducing relapse & rehospitalisation
- Not enough families get access to this intervention
- It needs to be widely available
- Consider a NGO-operated resource/information centre and development of a website for basic intervention with back-up web-based or email support from personnel on site.

Options for strengthening mental health services at Callan Park

Specific opportunities:

- Improving employment opportunities - rehabilitation
 - Unemployment is high among the SMI, supported employment (IPS) programs are effective in increasing employment
 - Work readiness and vocational training can be necessary first steps before IPS; supporting enterprises are necessary for initial training (eg, food preparation & serving, computer skills, etc – note overlap with TAFE which could have facilities on-site)
 - An evidence-based work rehabilitation and IPS facility would have clear benefits

Options for strengthening mental health services at Callan Park

Specific opportunities:

- Increased and improved accommodation options
 - There is a high need for various levels of supported accommodation facilities
 - Could encompass small group living and more independent, single-occupant style housing
 - Eligibility for HASI packages
 - Callan Park site is very well suited to this type of initiative

Options for strengthening mental health services at Callan Park

Specific opportunities:

- Better options for young people
 - Any Federal initiative to establish EPPIC-style centres with supporting acute/subacute beds (Orygen-like services) could enable establishment of such facilities at Callan Park
 - New Federally funded Headspace initiatives might permit such facilities to be established at Callan Park
 - Caveat: these services aim to be very youth-friendly and this aspect would have to be ensured on site

Options for strengthening mental health services at Callan Park

Specific opportunities:

- Primary health care services (Wellness and Lifestyle Centre) in a rehabilitation context
 - People with SMI have very high rates of physical disease with poor access to services and associated premature mortality
 - Need: Primary (medical) care services, prevention (exercise, diet, fitness) and healthy lifestyle promotion (recreation, creative endeavour, sport, social engagement)

Options for strengthening mental health services at Callan Park

Specific opportunities:

- Rehabilitation services for forensic mental health consumers and legal assistance for others (preliminary suggestions)
 - Not yet consulted with Justice Health to present a more articulated proposal
 - Needs of consumers for legal advice & legal aid
 - Possibility of clinical forensic evaluation services to supplement existing local Area Mental Health Services role

Options for strengthening mental health services at Callan Park

Specific opportunities:

– Education and training facilities

- Existing education & training on site
- NSW Institute of Psychiatry could establish a satellite site at Callan Park (hub and spoke model)
- Multi-disciplinary education, consumer & carer workshops, psychiatry training, community education
- Facilities: Lecture theatre (Evan Jones), class-rooms (for up to 25), videoconference facilities, electronic media, support offices – ie, a multi-purpose educational space plus administration offices

Options for strengthening mental health services at Callan Park

Specific opportunities:

– Inpatient facilities

- For whom and for what?
- Purpose and functions?
 - ? Emergency treatment, stabilisation, monitoring, diagnostic evaluation, special investigations, therapeutic procedures, medication commencement
 - ? Care and protection
- Short versus medium stay?
- Public versus private?
- Design?
- Size of footprint?
- Location?

Options for strengthening mental health services at Callan Park

Specific opportunities:

- Inpatient facilities – suggestions for consideration
 - Short term (subacute) beds and medium term (rehabilitation) beds forming a centre of specialised expertise for voluntary tertiary referrals from across the State
 - Subacute beds for:
 - Stabilisation, monitoring, diagnostic evaluation, special investigations, therapeutic procedures, medication commencement
 - Rehabilitation beds for:
 - Medium term stabilisation, intensive rehabilitation
 - Mix of public and private beds
 - Adjacent supporting accommodation facilities for patients not needing hospital level care but who live at a distance and need daily access to on-site rehabilitation services (eg, vocational, wellness & lifestyle)

Options for strengthening mental health services at Callan Park

Specific opportunities:

– Research

- Consider establishment of research facilities on site
- Potential domains of research include
 - Rehabilitation psychiatry
 - Clinical trials
 - Mental health economics

Options for strengthening mental health services at Callan Park

Specific opportunities:

- Intensive support to families
- Improving employment opportunities
- Increased and improved accommodation options
- Better options for young people
- Primary health care services (Wellness and Lifestyle Centre)
- Rehabilitation service for forensic mental health consumers
- Education and training facilities
- Inpatient facilities
- Research

Risks to the development of mental health services on Callan Park

- State and Federal policies and commitment to funding
- Community and consumer expectations
- Local service provider expectations

Expectations and moving forward

- Further consultation is required to:
 - Establish expectations
 - Establish current service profiles in the area
 - Determine governance and funding
 - Consider evidence-based practice related to specific opportunities