

## MENTAL HEALTH SERVICES

### CHAPTER 44

Mental health services in the SWSAHS are generally grouped around age ranges, and most are provided within the current sector structure. They include services provided across the continuum of care from prevention/health promotion/early intervention through to treatment, rehabilitation, and continuing care. Planning for service development has been firmly based on a population health model. Services are integrated across inpatient and ambulatory locations and every effort is made to provide 'seamless' care with a minimum of disruption when transfer between levels of service or treatment teams occurs.

At present there are multiple intake/triage/assessment pathways operating in numerous locations across SWSAHS for patients accessing mental health services. Separate systems exist for children, adolescents, adults and older persons in each hospital/sector, and some are operated in conjunction with community health services. Extended hours community services are in operation in each sector (though not necessarily consistent across sectors).

Major concentrations of adult services are located in Campbelltown (serving Macarthur), Liverpool, Fairfield, and Bankstown. Bankstown, Liverpool and Campbelltown have acute inpatient units. Infant, child and adolescent (ICA) services are predominantly located in Liverpool, Fairfield, and Campbelltown; a team is developing in Bankstown and there are three clinicians for this age group working in Bowral. Older persons mental health services located in Fairfield (Braeside) and Bankstown are not governed clinically by Mental Health. In Campbelltown an older persons community team operating within Mental Health is developing.

Population projections, the Mental Health Clinical Care and Prevention Model (MH-CCP) and current trends in service activity all indicate further growth in service demand. By 2011, there will be a need for 133 non-acute and very long stay beds in SWSAHS. A new 20 bed non-acute rehabilitation unit is being planned for Campbelltown and will provide one component of the non-acute services for the Area.

Additional acute inpatient beds are required for Fairfield and Liverpool up to 2006. Twenty of these beds are included in the new 50 bed mental health facility soon to begin construction at Liverpool. It is projected that Macarthur/ Wingecarribee will require an additional 14 acute beds to 2011. Consideration is being given to providing additional acute psychiatric beds at Bankstown Hospital.

SWSAHS is utilising up to 10 beds in the newly opened inpatient unit of the Sydney Southwest Private Hospital as an interim measure until adult inpatient capacity can expand sufficiently to meet the increased demand. Further use of private beds is contemplated to enhance capacity during this period. Access to intensive management (secure) inpatient beds at present is provided at Cumberland and occasionally Rozelle Hospitals. The population and acute psychiatric morbidity in SWSAHS necessitates greater control and access to these beds to provide comprehensive and safe mental health services.

## Current Services

### Bankstown Hospital

Banks House has a total of 30 adult acute beds. In 2002/03 there were a total of 825 separations, an occupancy rate of 93.3% and an average LOS of 12.4 days.

In 2002/03 adult mental health reported a total 10,465 non-inpatient occasions of service.

### Fairfield Health Service

Fairfield Community Health Centre, Carramar, provides newly built accommodation for adolescent and adult community mental health services and the Fairfield Liverpool Youth Health Team (FLYHT). Although FLYHT is not a specialist mental health service it provides primary health services for young people at risk.

A total of 41,662 non-inpatient occasions of service were reported for the Fairfield and Liverpool Community Mental Health Services.

### Liverpool Hospital

The Mental Health Unit has a total of 30 adult acute beds. In 2002/03 there were a total of 898 separations, an occupancy rate of 93.7% and an average LOS of 11.4 days.

### Campbelltown Hospital

Waratah House has 30 adult acute beds. In 2002/03 there were a total of 484 separations, an occupancy rate of 107% and an average LOS of 24.2 days. The adolescent mental health unit (Gna Ka Lun) provides 6 adolescent acute beds and a day unit for tertiary level care for SWSAHS and out of area residents. In 2002/03 there were a total of 83 separations, an occupancy rate of 70.3% and an average LOS of 19.2 days.

### Bowral Hospital

Non-acute patients are admitted to Bowral Hospital under the care of local GPs in collaboration with the Wingecarribee Mental Health Service. In 2002/03 there were a total of 100 separations, an occupancy rate of 68.5% and an average LOS of 5 days. In 2002/03 there were 5,159 non-admitted patient occasions of service.

SWSAHS Mental Health Services have promoted increased collaboration and support of local GPs through collaborative relationships with local GP Divisions and share care programs that are funded by the Commonwealth Government. These programs recognise that GPs provide mental health services to a large number of people in the population and that patient outcomes will be improved if communication and collaboration between GPs and specialist clinicians is enhanced.

Major recent service and facility developments include:

- Community mental health service enhancement totaling \$9 million across all age ranges (2000/01 to 2003/04);
- New construction or leased and renovated space for community mental health services at Fairfield (Carramar), Liverpool, and Campbelltown;
- Community services established in Tahmoor for residents of Wollondilly;
- Opening of Adolescent Inpatient Unit, Campbelltown Hospital (2001);
- Planning for new Liverpool Mental Health Centre to include a 50 bed inpatient unit, community mental health services, research and administration (2005);
- Planning for 20 bed non-acute inpatient unit, Campbelltown Hospital (2005);
- Implementation of high-level (intensive) adult community accommodation program (21 places, across-Area, 2003);
- Acquisition of facilities in Liverpool (Miller) and planning for establishment there of a vocationally-oriented rehabilitation program;
- Negotiated access to inpatient services at the Southwest Sydney Private Hospital in Liverpool; A 25 bed acute inpatient unit at Fairfield has been proposed.

**HOSPITAL BASED SERVICES**

SERVICE	BOWRAL	CAMDEN	C'TOWN	L"POOL	F"IELD	B'TOWN
Acute Inpatient (Adult)			✓	✓	Planned - PFP	✓
Acute Inpatient (Adolescent)			✓			
Non-acute inpatient (Adult)	✓		Planned - PFP/PDP			
Aged Care Inpatient			Under development		✓	✓
Consultation / liaison	✓	✓	✓	✓	✓	✓
Telepsychiatry	✓		✓	✓		
Assessment	✓		✓	✓		✓
Early psychosis intervention			✓	✓		✓
Dual Diagnosis (inpatient)					Initial Planning with Drug Health	

**LOCATION OF COMMUNITY BASED SERVICES**

SERVICE	BOWRAL	W'DILLY	CAMDEN	C'TOWN	L"POOL	F"IELD	B'TOWN
Intake/ Assessment	✓			✓	✓	✓	✓
Adult case management / extended hours	✓	✓		✓	✓	✓	✓
Residential support intensive				✓	✓		✓
Residential support low/medium	✓			✓	✓	✓	✓
Rehabilitation	✓			✓	✓	✓	✓
Early psychosis intervention				✓	✓	✓	✓
Perinatal & Infant				✓	✓	✓	✓
Child & family	✓			✓	✓	✓	✓
Adolescent	✓			✓	✓	✓	✓
Older Persons	✓		✓			✓	✓
Anxiety / depression	✓			✓	✓	✓	✓
Dual Diag - substance abuse					✓	✓	✓
Gambling					✓		
NGO funded disability support services	✓			✓	✓	✓	✓

## RECOMMENDATIONS

- Area-wide mental health services be developed around four networks with major inpatient centres at Liverpool, Bankstown and Campbelltown hospitals.
- Significant further workforce enhancements be provided to meet 80% of the targeted resource levels presented in the “Mental Health Clinical Care and Prevention Model”.
- A centre of expertise in perinatal and infant mental health be developed at Fairfield.
- A centre of expertise in adolescent mental health be developed at Campbelltown.
- A centre of expertise in child and family mental health be developed at Liverpool.
- Existing intake / triage / referral processes for all age groups consolidate with the goal of establishing a single point of contact for all mental health services in SWSAHS.
- Psychiatrist and registrar positions be commensurate with Area Health Services of similar size.
- Hospital-based psychiatric consultation/liaison services be commensurate with the complexity and size of SWSAHS hospitals.
- Enhance access to Intensive Management inpatient beds through other Area Health Services whilst SWSAHS develops its capital infrastructure.
- Non-acute inpatient facilities be developed as planned at Campbelltown Hospital with continuing and improved access to existing non-acute beds in the Western Network.
- Community-based mental health services be progressively enhanced to enable improved access and more assertive acute and continuing care for the communities of SWS.
- The mental health capital program be funded to meet facility requirements for planned service enhancements.
- Enhance information systems development to support clinicians, managers and quality improvement.
- Develop stronger prevention/promotion activities linked to all age groups.
- Collaborative partnerships with emergency departments, GPs, aged care services, related government departments, non-government organisations and other key service providers be strengthened.
- Capacity to provide specialised assessment/consultation/treatment programs (specifically for forensic, borderline personality and eating disorder patients) be developed.
- Planning for facility development to care for dementia patients with violent or severely aggressive behaviour be undertaken.
- Dedicated research in mental health be supported and enhanced as a core service activity.