

Women's and Children's Hospital
Division of Mental Health

Helen Mayo House

**Strategic Plan
2003**

WCH Corporate Goal 1

Excellence in Health Care

Strategy 1.1	Helen Mayo House Action
<p>Provide an appropriate range of clinical services for the women, children and families of South Australia.</p>	<p>1.1.1 To lobby for sustainable funding to increase the Community Mental Health Nurse services to at least five days per week which would provide an adequate and effective education, referral and response service to facilitate early treatment and prevention of adult or infant mental health problems at the Women's and Children's Hospital. Eg to be able to respond to midwives/ health professional concerns and to assist to identify women/ infants at risk and provide prophylactic treatment.</p> <p>1.1.2 To identify when clients have special needs and respond appropriately without prejudice by:</p> <ul style="list-style-type: none">• Education and support for staff to inform them re special needs of clients.• Provision of Interpreter Services for effective communication.• Provision of multi language brochures for adequate information to clients• Provision of a multi denominational chaplain to meet different cultures' spiritual needs.• Provide specific dietary requirements eg Halai <p>1.1.3 To provide a culturally appropriate service for urban, rural and remote aboriginal people:</p> <ul style="list-style-type: none">• Staff are involved in the Indigenous Services Working Party• Raise cultural awareness by inservice from Aboriginal community• Attempt to work in partnership with Nunkawarin Yunti on strategies

	<p>that impact positively on the infant mental health needs in the Aboriginal community</p> <p>1.1.4 The allocation of a shift coordinator/ team leader to provide a greater ability to meet service demands</p> <ul style="list-style-type: none">• Daily Allocation of shift coordinator decided by the nursing team to coordinate client care, telephone counselling, group programs etc• The improvement of effective Care Management processes <p>1.1.5 Identify improvements in communicating daily client care and to liaise effectively with community follow up teams</p>
--	---

Strategy 1.2	Helen Mayo House Action
<p>Provide services for women and children which reflect best practice, are based on evidence and are designed with consumer consultation reflecting a partnership approach.</p>	<ul style="list-style-type: none"> 1.2.1 Interagency collaboration will be promoted by increasing General Practitioners, Adult Mental Health, Case-Managers and other agency involvement in HMH at point of admission and discharge by: 1.2.2 Inviting interagency personal including General Practitioners, Private Psychiatrists and Key workers to Unit ward rounds to discuss case management issues and follow up requirements. 1.2.3 To collaborate and work in partnership with the Lady Gowrie Child Centre 1.2.4 To continue developing ways of addressing the needs of mother-infant attachment issues 1.2.5 To collaborate and work in partnership with COMIC (Children of Mentally Ill Consumers) to look at the well being of children of women with serious mental illnesses 1.2.6 To develop ways to affectively meet the needs of children whose parents have a serious mental illness 1.2.7 To collaborate and work in partnership with COPMI (Children of Parents with a Mental Illness) 1.2.8 To develop a booklet on managing mental health during pregnancy and early parenthood for those women who have a mental illness 1.2.9 To adhere to the principles of 'early intervention and prevention' with international best practice methods for best outcomes for families at high risk 1.2.10 To lobby Government for appropriate funding to work with other agencies in partnership to apply these principals. 1.2.11 To continue to educate staff via University courses in Infant mental Health and inservice training at Helen Mayo House to provide a specialty service for attachment disorders. 1.2.12 Helen Mayo House will work effectively with general practitioners

	<p>1.2.13 Each general practitioner will be asked to attend a ward round just prior to the anticipated discharge of their patients</p> <p>1.2.14 Continue to provide education in focussed psychological strategies and infant mental health</p> <p>1.2.15 Helen Mayo House will work in partnership with agencies in the community to improve the accessibility of resources.</p> <p>1.2.16 Liaison between Southern Women's, Shine and Helen Mayo House Staff to develop an ongoing group for women with postnatal depression in the southern suburbs</p> <p>1.2.17 To continue to forge links with agencies who work with women and young children particularly where there are mental health issues</p>
Strategy 1.3	Helen Mayo House Action
Provide services which are integrated in approach and focussed on the women and children and families for whom they are designed	<p>1.3.1 To develop a proposal to the WCH executive regarding the development of a comprehensive Infant Mental Institute to be based at the WCH:</p> <p>1.3.2 To report to the Generational Health Review re the importance of looking at the comprehensive psychological well being of infants and young children</p> <p>1.3.3 To give a report to the WCH Board regarding this proposal</p>
Strategy 1.5	Helen Mayo House Action
Promote the WCH as a leader and primary provider in the delivery and coordination of public health services for women, children and families.	<p>1.5.1 To develop a proposal to the WCH executive regarding the development of a comprehensive Infant Mental Institute to be based at the WCH</p> <p>1.5.2 To report to the Generational Health Review re the importance of looking at the comprehensive psychological well being of infants and young children</p> <p>1.5.3 To give a report to the WCH Board regarding this proposal</p>

WCH Corporate Goal 2

Community Health Promotion and Well Being

Strategy 2.1	Helen Mayo House Action
<p>Develop a culture within the WCH which reflects the organisation's strong commitment to health promotion.</p>	<ul style="list-style-type: none">2.2.1 To utilise advertising medium campaigns to effectively distribute health promotion information re postnatal depression and infant mental health:2.2.2 To plan a joint conference with Australian Association of Infant Mental Health Incorporated (AAIMHI) and the Marce society2.2.3 Pharmaceutical companies to be approached re sponsoring educational initiatives2.2.4 Media to be approached re educating on perinatal and infant mental health issues eg when appropriate speakers are available for interview2.2.5 To promote healthy lifestyle principles to facilitate empowering women and their families during their care at Helen Mayo House2.2.6 Identify specific issues that currently affect the client and provide appropriate resources.2.2.7 Provide an effective inpatient group program which is multi disciplinary and focuses on health promotion2.2.8 Wider promotion of mother-infant health issues in training of all health professionals and educators2.2.9 Helen Mayo House One-Day Conference currently being arranged for July 20032.2.10 Collaborating with Child and Youth Health 'Being Together' program which focuses on attachment2.2.11 Continue to lobby for an Institute of Infant Mental Health to be developed

Strategy 2.2	Helen Mayo House Action
<p>Improve the health of disadvantaged and at risk groups</p>	<p>2.2.1 To adhere to the principles of ‘early intervention and prevention’ with international best practice methods for best outcomes for families at high risk</p> <p>2.2.2 To lobby Government for appropriate funding to work with other agencies in partnership to apply these principals.</p> <p>2.2.3 To continue to educate staff via University courses in Infant mental Health and inservice training at Helen Mayo House to provide a specialty service for attachment disorders.</p> <p>2.2.4 To identify when clients have special needs and respond appropriately without prejudice.</p> <p>2.2.5 Education and support for staff to inform them re special needs of clients.</p> <p>2.2.6 Provision of Interpreter Services for effective communication.</p> <p>2.2.7 Provision of multi language brochures for adequate information to clients</p> <p>2.2.8 Provision of a multi denominational chaplain to meet different cultures’ spiritual needs.</p> <p>2.2.9 Provide specific dietary requirements eg Halai</p> <p>2.2.10 To provide a culturally appropriate service for urban, rural and remote aboriginal people.</p> <p>2.2.11 Staff are involved in the Indigenous Services Working Party</p> <p>2.2.12 Raise cultural awareness by inservice from Aboriginal community</p> <p>2.2.13 Attempt to work in partnership with Nunkawarin Yunti on strategies that impact positively on the infant mental health needs in the Aboriginal community.</p>

Strategy 2.3	Helen Mayo House Action
<p>Improve access to quality health information for consumers</p>	<p>2.3.1 To destigmatise individual and community beliefs about mental health to encourage early intervention.</p> <p>2.3.2 To provide antenatal education.</p> <p>2.3.3. To have a professional, friendly approach and availability of access and support</p> <p>2.3.4 To continue the knowledge and skills development of professionals and consumers in the fields of perinatal and infant psychiatry</p> <p>2.3.5 Continue provision of telephone support for professionals and consumers</p> <p>2.3.6 Continue to update library related to perinatal and infant psychiatry, by acquiring relevant books and videotapes, and journal articles where relevant</p> <p>2.3.7 To develop resource folders which focus on consumer/health professional and staff references that are divided into perinatal and infant mental health specialist areas</p> <p>2.3.8 One-day conference will occur to educate health professional and the community.</p>

WCH Corporate Goal 3

Education and Learning

Strategy 3.1

Helen Mayo House Action

Develop an educational framework for all staff to support high quality clinical practice and health promotion across the WCH

- 3.1.1 Ensure all Helen Mayo House staff continue skills and knowledge training
- All staff to attend at least 4 professional development sessions throughout year
 - All staff have access to 4 sessions of in-house training a year
 - Staff have access to external conferences on rotational basis
 - Staff to attend a play therapy session

WCH Corporate Goal 4

Leadership in Research

Strategy 4.3

Develop and implement appropriate research findings to achieve evidence based and continuously improving services.

Helen Mayo House Action

- 4.3.1 Follow-up evaluation processes will be identified for measuring the outcomes of interventions with mothers and infants .
 - Research project on the efficiency and effectiveness of the outreach program to be undertaken and Masters psychology student approached
- 4.3.2 To reflect the activity carried out in inpatient, outreach, outpatient, telephone counselling and peri-natal services to both women and infants.
 - To develop data base and data forms to capture accurate activity based data
- 4.3.3 Research project on psychiatric morbidity and social demographics of the population of inpatients at Helen Mayo House to look at management, outcomes

WCH Corporate Goal 5	
Good Governance, Management and Accountability	
Strategy 5.4	Helen Mayo House Action
Develop a comprehensive communication system that encourages effective knowledge and information management	5.4.1 Helen Mayo House will ensure effective communication with the broader Division and external stakeholders and consumers

WCH Corporate Goal 6	
Financial Viability	
Strategy 6.1	Helen Mayo House Action
Establish a resource management framework with integrated business planning at Divisional and Department level, which includes some component of variable funding to reflect planning and activity levels.	6.1.1 Helen Mayo House will ensure responsible and accountable financial practices