

Perinatal & Infant Mental Health Services: Helen Mayo House

Information for Service Providers

Helen Mayo House is an acute statewide inpatient unit of Perinatal & Infant Mental Health Services (PIMHS), Women's & Children's Local Health Network and is located at Glenside Health Services. The unit treats women who have a significant mental health problem and includes the admission of her infant/s 0-24 months to support and enhance the impact on the attachment relationship as the mother recovers from mental illness. However, consideration will be given to admission of infants up to the age of 36 months on a case by case basis. The service has a Community arm with perinatal mental health clinics, group facilitation and teaching in perinatal & infant mental health, consultation and liaison to health professionals and support to Torrens House. At the Women's and Children's Hospital there is a consultation and liaison team who support the women's and babies and paediatric divisions in perinatal & infant mental health assessment, pathways to care, outpatient work, group work and education to the hospital and the community.

Inpatient Treatment Program

- > Helen Mayo House functions as a multi-disciplinary team with consultant psychiatrists and a psychiatric trainee, clinical psychologist, infant mental health specialist, social worker and expert nursing staff. Treatments include counselling – individual, partnership, mother-infant and groups, medications and neurostimulation therapy (previously known electroconvulsive therapy) as appropriate.
- > Length of admission is quite variable but on average, is 2-3 weeks. Referring agencies and services organised in discharge planning will be invited to attend the ward round with client consent to provide discussion of post discharge management and continuum of care for clients.

Service Capacity

- > Helen Mayo House has the capacity to admit 6 parent-child dyads in its inpatient facility. However the unique nature of the service in South Australia means that demand often outweighs Helen Mayo House's capacity.
- > Waiting times for admission to Helen Mayo House are therefore unpredictable and can be several weeks to several months for parents who are less unwell. Helen Mayo House encourages service providers to continue to manage and engage community supports while a parent is waiting for admission as **Helen Mayo House are unable to accept clinical responsibility for patients who have been referred but are still on the waiting list.**

General Practitioner Liaison

- > We endeavour to conduct assessments on women who are parenting infants and who have significant mental health problems where management plans are sought by GP's. Management plans may include medication, referrals to our inpatient or group services or to other practitioners as well as a management plan provided to GP. Telemedicine assessments can be arranged for Rural and Remote clients.



Referral to HMH

Referrals can be made by:

- > A medical practitioner
- > A mental health clinician
- > Mental Health Triage teams in the community can undertake urgent assessments of severely unwell persons and liaise with Helen Mayo House for admission if there is a bed available (Telephone: MH Triage 13 14 65)

How to refer to HMH

1. Assess woman for eligibility for admission to HMH acute mental health inpatient service. Access the HMH referral form from the HMH website:
<http://www.wch.sa.gov.au/hmh>
2. Fill out the referral form (this can be typed or hand written) ensuring that all mandatory fields are completed. Return to HMH via fax: (08)708 71060. Please note that all mandatory fields, indicated by a * on the referral form, must be completed prior to submission. Referral forms without this information will not be processed.
3. HMH Administration staff will notify on the day of having received the fax.
4. The intake officer will contact you regarding the status of the referral (i.e. eligible/ineligible) If eligible, your referral will be prioritised and placed on the HMH waiting list. The waiting list will be periodically revised by the consultant psychiatrist.
5. You will need to provide regular updates regarding your client, especially when their clinical status changes to ensure they are appropriately prioritised. This can be done via fax (08) 708 71060 (Att: Intake Officer).
6. Please note that HMH is not responsible for the management of the client upon receiving the referral, and you will still be required to organise/provide support for the client while waiting for admission.
7. When a bed becomes available you will be contacted by a HMH staff member.

Partners

> At times partners may be able to stay in the Unit overnight. This is dependent on factors such as room availability and the needs of women in the Unit at the time. It is never a right that partners can stay overnight in the Unit, this needs to be discussed with staff.

Consumer Rights

> A brochure on consumer rights and responsibilities is provided on admission and as requested.

Charges

> There is no cost as this service is covered by Medicare, however, partners, may be expected to pay a small contribution towards the cost of meals that are provided while a woman is in the Unit.



Conference and Education

> PIMHS-Helen Mayo House offers an annual conference on issues relating to perinatal and infant mental health. In addition, the Unit has a teaching faculty who provide teaching on these issues throughout South Australia by negotiation. For further information, please contact the administration office (08) 708 71047 Monday-Friday during office hours.

Alternative Support Services

> Mental Health Telephone Triage Service (previously ACIS)

Telephone: 13 14 65

> Post and Ante Natal Depression Association (PANDA)

Telephone: 1300 726 306

Website: www.panda.org.au

> Child and Family Health Service (CaFHS)

Telephone: 1300 733 606

Website: www.cyh.com (CaFHS Centre Locations)

> Beyondblue

Telephone: 1300 224 636

Website: www.beyondblue.org.au

> Relationships Australia, South Australia (RASA)

Telephone: 1300 36 277

Website: www.relationships.com.au

For more information

Women's and Children's LHN
Helen Mayo House
226 Fullarton Road
Glenside SA 5065
Telephone: (08) 708 71030 or (08) 708 71031
www.wch.sa.gov.au/hmh
Email: Health.PIMHSHelenMayoHouse@sa.gov.au

