Specialist Mental Health Services for Older People (SMHSOP)
Recovery-Oriented Practice Improvement Project
Communiqué No 1

Welcome to the first SMHSOP Recovery-Oriented Practice Improvement Project communiqué. It is planned that regular communiqués will be circulated to provide ongoing updates to Local Health District (LHD) Mental Health Services (particularly Specialist Mental Health Services for Older People) and other interested stakeholders regarding the progress of the SMHSOP Recovery Practice Improvement Project.

The project will be particularly focussed on personal recovery: ‘Being able to create and live a meaningful and contributing life in a community of choice with or without the presence of mental health issues’.

PURPOSE AND APPROACH

The SMHSOP Recovery-Oriented Practice Improvement Project aims to promote recovery-oriented practice in SMHSOP community and inpatient teams across NSW.

Practice changes will be locally led, with the overall project coordinated and led by the Mental Health and Drug & Alcohol Office (MHDAO) OPMH Policy Unit and informed by consultation with key stakeholders. A SMHSOP Recovery Project Steering Group has been formed to provide advice and guidance on the project. The MHDAO SMHSOP Advisory Group will be a key committee for providing advice on project implementation in LHDs, evaluation, and sustaining quality improvement and focus on recovery-oriented practice in SMHSOP across NSW.

METHODOLOGY

It is planned that the project will include a number of key components:

- The development and promotion of an ‘Older People’s Mental Health recovery toolkit’ that would complement existing OPMH recovery online training that has been designed and rolled out by the South London and Maudsley NHS Trust in the UK. The toolkit will place the UK training into an Australian context, as well as providing additional recovery-related resources to help facilitate SMHSOP practice improvement projects. The toolkit will also be aligned with the Clinical Excellence Commission (CEC) clinical practice improvement format and with the 2013 National Framework for Recovery-Oriented Mental Health Services.

- Recruiting LHD ‘recovery champions’ who will receive both the NHS training and training on the use of the recovery toolkit (1 day workshop format).

- Identifying LHD teams that are at an appropriate level of change readiness and are interested in further adopting recovery principles into core practices.

- Facilitating the development and implementation of recovery-orientated practice improvement projects in LHDs, to be led by SMHSOP LHD recovery champions and supported by LHD SMHSOP Coordinators and other SMHSOP staff. This will entail encouraging and equipping individual teams/units with the tools and information needed to develop their own practice improvement projects based on local needs and priorities.

- Integrating practice improvement into SMHSOP benchmarking to help support project sustainability and focus.
PROJECT OVERVIEW

The key phases in the project methodology are outlined below:

1. Project planning and initiation, confirming project goals and deliverables
2. Establish SMHSOP Recovery Project Steering Group
3. Literature and policy scan
4. Develop SMHSOP recovery toolkit document to complement NHS online training
5. Recruit LHD ‘recovery champions’ and workshop toolkit package
6. Support champions in establishing local recovery practice improvement projects
7. Evaluation and showcasing of LHD projects
8. Sustaining improvement and focus

STEERING GROUP

The project steering group has been convened and met for the first time on 27 Feb 2015. The membership of the steering group includes:

Dr Rod McKay: Clinical Advisor, MHDAO Older People’s Mental Health (OPMH) Policy Unit - Chair
Dr Kate Jackson: MHDAO Older People’s Mental Health (OPMH) Policy Unit Manager
John Stevens: Policy Officer, MHDAO Older People’s Mental Health (OPMH) Policy Unit
Allied Health representatives: Dr Suman Tyagi, Cathy Ebert & Jacki Wesson
South Eastern Sydney LHD Recovery College representative: Jo Sommer
Mental Health Coordinating Council representative: Corinne Henderson
NSW Mental Health Commission representative: Samantha Gray

Psychiatry representatives: Dr Shalini Narchal & Dr Ros Mulholland
LHD SMHSOP Coordinators: Raichel Green (CC LHD), Julie Strukovski (NS LHD) & Ruth Ferrington (SWS LHD)
Nursing representatives: Juliette Jones, Stephen Kay & Regina McDonald
Consumer representative: Sharyn McGee
Carer representative from Mental Health Carers ARAFMI NSW Inc: Jonathan Harms
Culturally and Linguistically Diverse (CALD) representative: Maria Cassaniti, Transcultural Mental Health Centre
Other experts as agreed

In addition to consumer input via the steering group, consumer input and advice will also be sought during the project via targeted consumer consultation sessions, with BEING NSW invited to participate.

The Steering Group welcomes Dr Stephanie Daley as a corresponding member of the Steering Group. Dr Daley has led the UK research that is helping guide this project, as well as practice directions in older people’s mental health in the UK.

PROJECT PROGRESS

Following the first two Steering Group meetings, the literature review for the project is currently being finalised, along with the ‘OPMH recovery toolkit’ resource. The Steering Group is also planning the first targeted consumer consultation session and reviewing suitable assessment tools as part of the broader suite of recovery tool kit resources and to support project evaluation.

WHAT YOU CAN DO NOW

Read and reflect on the questions in Practitioner guide to recovery principles that support recovery-oriented mental health practice

FOR MORE INFORMATION

For more information please contact John Stevens, Policy Officer OPMHPU via email at John.Stevens@health.nsw.gov.au or phone 02 6369 7264