

## Mental Health, Justice Health and Alcohol & Drug Services (MHJHADS) Clinical Placement Information and Contact List

If you have not received your roster via email **one week** ahead of your placement commencement date, please contact the clinical area on the phone number below for the details.

Acronyms	Names	Locations	Phone Contact
Acacia, NCH	Adult Acute Mental Health	Acacia, North Canberra Hospital	6201 6305
Banksia/OPMHU, NCH	Older Persons Mental Health Inpatient Unit	Banksia, North Canberra Hospital	6201 6305/ 6264 7212
ACOS (previously SAT & MITT(N))	Assertive Community Outreach Service (Based at Belconnen Health Centre)	Belconnen Community Health Centre, Cnr Cohen and Lathlain St Belconnen	5124 1499
ADS	Alcohol and Drug Service	Building 7, Palmer St, Garran, Canberra Hospital	5124 2591
AMHDS	Adult Mental Health Day Service	20 Guraguma Street, Bruce (corner of Aikman and Ginninderra Drive), University of Canberra Hospital	5124 0049/ 5124 0150
AMHRU	Adult Mental Health Rehabilitation Unit	20 Guraguma Street, Bruce (corner of Aikman and Ginninderra Drive), University of Canberra Hospital	5124 0220
AMHU	Adult Mental Health Unit	Building 25, Canberra Hospital	5124 5856
12B	12B Low Dependency Unit	Building 3 The Canberra Hospital	5124 5856
MHCL	Mental Health Clinical Liaison (previously Consultation Liaison Psychiatry)	Building 28, Level 1 The Canberra Hospital	0403 611 101 Team Leader
AMC/JHS	Alexander Maconochie Centre/Justice Health Services - Custodial Mental Health & ADS team	Alexander Machonochie Centre, 10400 Monaro Highway, Hume	Custodial MH 5124 2412 Custodial Primary Health ADS 5124 2523
BMHT	Belconnen Community Recovery Service (Community Mental Health Team)	Belconnen Community Health Centre, Cnr of Cohen and Lathlain St Belconnen	5124 0858
CAMHS Acute (4 teams):	Child & Adolescent Mental Health Services Acute:	- Lvl 3, Building 8, Canberra Hospital	5124 1095 Team Manager

<ul style="list-style-type: none"> <li>- HLT / AIHTT</li> <li>- ADP</li> <li>- CAU</li> </ul>	<ul style="list-style-type: none"> <li>- Hospital Liaison Team / Adolescent Intensive Home Treatment Team</li> <li>- Adolescent Day Program</li> <li>- CAHMS Adolescent (Inpatient) Unit</li> </ul>	<ul style="list-style-type: none"> <li>- Block A, Lvl 0, Building 11, Centenary Hospital for Women and Children</li> <li>- Level 1, Building 11, Centenary Hospital for Women and Children</li> </ul>	<p>5124 7270 5124 0811</p>
CAMHS Southside / SYMHO / PIMHCS	Child & Adolescent Mental Health Services (South) / Specialist youth Mental Health Outreach Service / Perinatal and Infant Mental Health Consultation Service	Callam Offices Building A, Lvl 2 - Easty St., WODEN (Scheduled to relocate 22/1/24 to 1/21 Bowes Place, Phillip)	5124 3133
CL	Consultation Liaison Psychiatry	Building 28, Canberra Hospital	0457 532 884
CMHT	City Community Recovery Service (Community Mental Health Team)	City Community Health Centre, Level 2, 1 Moore Street Canberra City	5124 1795
DMHU	Dhulwa Mental Health Unit	30 Mugga Lane, Symonston	5124 1851
Gawanggal	Gawanggal (Step-down from DMHU)	Gawanggal, Mary Potter Drive, Bruce (on the Calvary Hospital Campus)	5124 1958
GMHT	Gungahlin Community Recovery Service (Community Mental Health Team)	Gungahlin Community Health Centre, 57 Earnest Cavanagh St, Gungahlin (Cnr of Ernest Cavanagh St and Fussell Lane)	5124 1146
MH Link Team	Mental Health Community Link Team	City Community Health Centre, 1 Moore Street Canberra City	5124 6890
HAART/PACER	Home Access and Acute Response Team	Canberra Hospital	5124 2212
MH-IDS	Mental Health Service for People with Intellectual Disability	Gungahlin Community Health Centre, 57 Earnest Cavanagh St, Gungahlin (Cnr of Ernest Cavanagh St and Fussell Lane)	5124 1144
OPMHCT	Older Persons Mental Health Community Team	20 Guraguma Street, Bruce (corner of Aikman and Ginninderra Drive), University of Canberra Hospital	5124 1980
TMHT	Tuggeranong Community Recovery Service (Community Mental Health Team)	Tuggeranong Health Centre, Cnr Anketell & Pitman St, Greenway	5124 1380
WMHT	Woden Community Recovery Service (Community Mental Health Team)	Phillip Health Centre, cnr Corinna & Keltie St Woden	5124 1269

## Division of Mental Health, Justice Health, and Alcohol & Drug Services (MHJHADS)

The Division of MHJHADS in the Australian Capital Territory (Canberra) plays a crucial role in providing tertiary and community health services directly and through partnerships with primary health organisations. Services are diverse, ranging from inpatient hospital, community health and custodial settings. Service delivery encompasses holistic continuum of mental health care by way of prevention, assessment, treatment, and rehabilitation options across the lifespan. Collaborating with consumers, family/carers, government, and non-government services ensures that healthcare outcomes and experiences are met.

Nurses working in MHJHADS require specialist knowledge, skills, coupled with professional attitudes and practice behaviours to deliver effective, high quality and safe care that enables and supports the personal recovery of consumers, their family/carers.

The involvement of nursing students in placements within MHJHADS Canberra Health Service (CHS) is of paramount importance. These placements offer invaluable learning opportunities for nursing students to gain hands-on experience in diverse healthcare settings, including general services (such as the Emergency Department), mental health acute, short-stay and rehabilitation inpatient units, community mental health services, and correctional facilities. Exposure to individuals with mental health, alcohol, and drug-related co-morbidities aims to equip nursing students with a comprehensive understanding of holistic consumer care and the care journey.

Opportunities are provided to nursing students to learn from experienced Clinical Nurse Consultants, allied health professionals, and medical staff to understand the role of the nurse in collaborating and working in partnership with the broader multidisciplinary team. Nursing students undertaking their clinical placement with MHJHADS will be provided with workplace experiences which are central to mental health nursing professional and clinical practice knowledge and skills requirements, with an emphasis on compassionate, consumer centred care, which is delivered by the MDT. Nursing clinical placement with MHJHADS will offer students with experiences which aim to contribute to the growth and development of well-rounded and empathetic nursing professionals who are equipped to address the complex healthcare needs of individuals within the Canberra.

## Nursing profession overview

### Principles of Practice

1. Nurses are both personally and professionally accountable for their practice. They must practice in accordance with the legal requirements of the profession, and within the codes and standards set out by Canberra Health Services (CHS) and the Australian Public Services (APS) Sector.
2. Because the therapeutic use of self can initiate development of intense relationships between the nurse and consumers, it is important that nurses have clearly defined boundaries. Nurses must ensure their practice is orientated towards the care and protection of others whilst recognising the need for self-care.
3. Nurses working in MHJHADS must constantly evaluate their interactions with consumers through self-reflection and facilitated clinical supervisory experience. Evaluation of practice assists in the attainment of positive outcomes for consumers, and the development of best practice.

### Standards for Mental Health Nursing Practice

1. The mental health nurse acknowledges diversity in culture, values and belief systems and ensures his/her practice is non-discriminatory and promotes dignity and self-determination.
2. The mental health nurse establishes collaborative partnerships that facilitate and support people with mental health issues to participate in all aspects of their care.
3. The mental health nurse develops a therapeutic relationship that is respectful of the individual's choices, experiences and circumstances. This involves building on strengths, holding hope and enhancing resilience to promote recovery.
4. The mental health nurse collaboratively plans and provides ethically based care consistent with the mental, physical, spiritual, emotional, social and cultural needs of the individual.
5. The mental health nurse values the contributions of other agencies and stakeholders in the collaborative provision of holistic, evidence-based care and in ensuring comprehensive service provision for people with mental health issues.
6. The mental health nurse actively pursues opportunities to reduce stigma and promotes social inclusion and community participation for all people with mental health issues.
7. The mental health nurse demonstrates evidence-based practice and actively promotes practice innovation through lifelong education, research, professional development, clinical supervision and reflective practice.
8. The mental health nurse's practice incorporates and reflects common law requirements, relevant statutes and the nursing professions code of conduct and

ethics. The mental health nurse integrates international, national, local and state policies and guidelines with professional Standards and competencies.

9. The mental health nurse holds specialist qualifications and demonstrates advanced specialist knowledge, skills, and practice, integrating all the Standards competently and modelling leadership in the practice setting.

(Reference: ACMHN Standards of Practice for Mental Health Nursing in Australia 2013)

## Adult Inpatient Mental Health Services

Undergraduate students have the opportunity to gain experience with our mental health inpatient units:

### Adult Mental Health Unit (AMHU)

The AMHU is a 40-bed mental health unit. The unit is divided into Low Dependency and High Dependency areas and, as a Gazetted Mental Health Facility, admits both voluntary and involuntary consumers. Placement at AMHU offers nurses on clinical placement with the opportunity to experience and contribute to nursing care of consumers who have a lived experience of moderate to severe mental ill-health or mental disorder(s).

### 12B Low Dependency Unit

Ward 12B is a 10-bedded low dependency unit located in Building 3 of the Canberra Hospital, providing a therapeutic environment and MDT interventions for people with lower acuity mental health presentations.

### Adult Mental Health Short Stay Unit (MHSSU)

The Mental Health Short Stay Unit (MHSSU) is a six-bed unit co-located in the Emergency Department, Canberra Hospital. MHSSU is a low-dependency acute mental health unit for consumers requiring extended mental health assessment (up to 48hrs) or treatment initiation. People may be briefly admitted to MHSSU for higher-level of support of an acute crisis prior to returning to the community.

### Adult Mental Health Rehabilitation Unit (AMHRU)

Adult Mental Health Rehabilitation Unit (AMHRU) is a 20 bed, open, mental health rehabilitation unit that is located on the grounds of University of Canberra Hospital (UCH), Bruce. The facility provides individualised inpatient care for those people experiencing non-acute ongoing moderate to severe symptoms of mental ill-health. Consumers admitted to AMHRU benefit from psychosocial rehabilitation and/or who require longer following an acute episode of care to facilitate adequate discharge planning and transfer of care to the community setting. AMHRU provides care to consumers who are either voluntary or

involuntary under the Mental Health Act 2015; care and treatment is aligned to recovery-oriented principles and care. While on placement with AMHRU, students may spend a day at the Adult Mental Health Day Service (AMHDS). The AMHDS offers a range of therapeutic programs within a community environment to support personal recovery.

The AMHDS offer a MDT approach to the biopsychosocial assessment and treatment of people with moderate to severe mental illness in a supportive and Recovery oriented environment. The primary goal of the service is to optimise symptom relief, build capacity for self-management and resilience, and develop skills and resources for living in the community. The AMHDS complement existing services and enhance available options for intensive treatment, therapy and rehabilitation available through community mental health teams, inpatient units, and the adult mental health rehabilitation unit.

## Acacia

Acacia is a 20-bed inpatient adult mental health unit located at the North Canberra Hospital, Bruce with a high proportion of voluntary consumers. Acacia provides a range of sub-acute and limited acute care services including short to medium term intensive therapeutic interventions for people experiencing mental ill-health. Acacia is a therapeutic environment where consumers can receive treatment and increase their engagement with other government and non-government community mental health services to support their recovery journey in the community.

Acacia offers student nurses with the opportunity to experience and contribute to care for those who are experiencing with mental health conditions such as psychosis, mood disorders, anxiety, and personality disorders. Acacia provides a multidisciplinary team approach to support consumers in their recovery journey.

## Banksia

Banksia is a 16-bed inpatient unit specifically for older persons with mental health conditions. Banksia is also located at the North Canberra Hospital, Bruce. The Banksia unit provides specialist mental health assessment and treatment services by the MDT of medical and non-medical clinical staff. The unit is designed to promote optimal quality of care and treatment for older people aged over 65.

On clinical placement, student nurses will be provided an opportunity to be exposed to a wide range of presenting physical and mental health care concerns; and may the opportunity to work alongside both experienced mental health and aged care nurses.

## Older Persons Mental Health Community Team (OPCMHT)

The OPCMHT provides specialist mental health assessment and treatment services by the MDT which is made up of medical and non-medical clinical staff. Individuals receiving

treatment and care from the OPCMHT are usually aged 65 and have a lived experience of mental ill-health. The OPMHCT works in collaboration with the Older Persons General Practitioner (pivotal service provider).

## Child and Adolescent Mental Health Services (CAMHS)

CAMHS has 13 different teams across 3 different streams (Community Teams, Acute Services and Specialist Teams). Undergraduate students can undertake a placement within the CAMHS Acute Teams or the Specialist Youth Mental Health Outreach (SYMHO) Team.

### CAMHS Acute: Hospital Liaison Team (HLT) and the Adolescent Intensive Home Treatment Team (AIHTT)

The CAMHS Hospital Liaison Team is a multidisciplinary specialist service based at the Canberra Hospital that provides mental health services to children and young people aged 5 to 18 years with identified mental health needs who present to the Emergency Department or who have been discharged from the Paediatric Ward, Paediatric Emergency Department, Adult Mental health Unit or Mental Health Short Stay Unit.

The Adolescent Intensive Home Treatment Team (AIHTT) is a multidisciplinary team comprising social workers, occupational therapists and registered nurses that provides young people with intensive short-term (2 to 4 weeks) outreach and telephone mental health follow up and support post hospital presentation or discharge. The team also facilitates referral to community-based services for ongoing support.

On a student placement, you will shadow a Registered Nurse as they assess consumers who have presented to the Canberra Hospital Emergency Department with a mental health issue or who have been referred to the CAMHS Acute Team from an inpatient ward. You will develop your mental state assessment skills, learn to build rapid rapport, and engage young people who are require Mental Health support.

The Child and Adolescent (CAU) unit is a 6-bedded low dependency inpatient mental health unit located at the Canberra Hospital. This inpatient service provides care for young people up to the age of 18 who require higher support to that which is can be offered within the community setting.

### Specialist Youth Mental Health Outreach Service (SYMHO)

The SYMHO team is an ACT wide specialised and intensive multidisciplinary team-based service which provides assessment and treatment to young people aged 14-25 who are experiencing psychosis and for young people aged 14 to 18 who are at ultra-high risk of developing psychosis. The team comprises registered nurses, social workers, occupational therapists and psychiatrists.

SYMHO will provide care that extends beyond the routine pharmacological, psychological, and other psychosocial interventions typically delivered in CAMHS community teams. The complexity of the presentations and the importance to get the young person's treatment as soon as possible requires a more flexible assertive approach.

On a student placement will assist SYMHO staff with Mental Health and Physical Health Assessments, assist with depot medication administration within the medication clinic or accompany SYMHO staff on an outreach visit to see the young person in their home or community setting.

## Adult Community Teams

### Community Recovery Services (CRS)

CRSs are located at Belconnen, City, Gungahlin, Tuggeranong and Woden Health Centres.

CRS are a MDT providing case management to people aged 18+ years old who present with complex and high-risk mental health conditions. Clinical staff are responsible for a caseload of clients with support from an allocated psychiatrist and the MDT, delivering face to face care and treatment to people over a sustained period to enable the person to improve in social and other areas of functioning, require less hospital admissions and engage more actively in treatment. The participation of the people who use the service, including families and carers, is encouraged in all aspects of a person's care and staff work in partnership with GP's and a range of government and non-government service providers to ensure the best possible outcomes for clients.

### Access Mental Health Team

Access Mental Health Team provides two distinct services:

- **Access Triage** provides a 24/7 telephone advice and referral service that manages all referrals into mental health services including crisis support.
- **Access Comprehensive** is a community based mental health assessment service for non-urgent referrals. Access Comprehensive can provide care up to 3 months and will either discharge to the care of a GP or other support or transition of care to other MHJHADS teams CRS model. Access also provides general advice to the community.

### Home Assessment and Acute Response Team (HAART)

Referral to HAART is via Access Mental Health Team. HAART provides three distinct services:

- **Rapid Response (RR)** responds to all referrals from Access that meet a triage scale rating of A – D and provide mental health assessment and treatment for people experiencing an acute mental health crisis.



- **Intensive Home Treatment (IHT)** facilitates early discharge from inpatient units (step-down) or provides an alternative to inpatient admissions (step-up) for people in the community. It includes up to twice daily home visits that may include medication supervision, psychosocial support, brief therapeutic interventions, regular reviews of mental state and risk, psychoeducation, carer and family support, and medical reviews. Referrals to IHT can be made from inpatient units or CRS teams.
- **Police, Ambulance, and Clinician Early Response (PACER)** responds to police welfare checks where it is identified that a mental health response is required. Referrals to PACER can only be made via police and members of the community cannot specifically request PACER attend.

### Additional information:

**Uniforms:** You are required to wear your university or education provider uniform and closed footwear aligned with Occupational Health and Safety Standards must be worn.

**Inpatient units:** All other areas are a combination of morning and afternoon shifts typically starting at 0730 and 1300hrs. You will not be expected to work night shifts.

**Community Mental Health:** Clinicians work from 0830-1700hrs daily.

## Custodial Primary Health

Justice Health Service (JHS) is a service within the Division of MHJHADS. JHS operates from the ACT Court Cells, AMC, and the Bimberi Youth Justice Centre. The Hume Health Centre (HHC) is the community health centre that operates within the AMC. The AMC provides a custodial environment to both males and females over the age of 18.

Nurses on clinical placement can gain primary health care experience at the Hume Health Centre (HHC), located within the Alexander Maconochie Centre (AMC). Physical health care is delivered by CHS staff in the Hume Health Centre (HHC) which provides a range of on-site health services to people in custody including nursing care, general practitioner services, drug and alcohol treatment, population health, dental, optometry, and pharmaceutical services, as well as access to specialist medical services from CHS. Health screening, aboriginal health assessments, health promotion, legislated health services, and emergency medical responses are also coordinated by the HHC.

## Forensic Mental Health Services

### Custodial Mental Health

The Custodial Mental Health (CMH) team provides mental health care to individuals in custody across ACT's two correctional centres - Alexander Maconochie Centre and Bimberi Youth Justice Centre. The CMH team delivers mental health assessment, treatment, and care

similar to the way in which individuals receive mental health services within the public community mental health setting. Services provided include mental health induction screening of new detainees, crisis assessment and safety management of detainees at risk of suicide and self-harm, brief crisis interventions, psychiatry and clinical management services to people experiencing moderate to severe mental illness in custody. Clinical placements will offer nurses with a supported workplace learning opportunities through supervised engagement in clinical assessments and interventions, attendance at MDT and nursing meetings, and ability to participate in professional development sessions offered at the centres.

## Forensic Mental Health Inpatient Services

The Forensic Mental Health Inpatient Services is made up of two units, the Dhulwa Mental Health Unit (DMHU) in Symonston and the Gawanggal Mental Health Unit (GMHU) in Bruce.

Dhulwa is a 25-bed medium-secure forensic mental health inpatient facility for people with complex mental illness or people with mental illness who have or are likely to encounter the criminal justice system and are unable to be cared for in a less restrictive environment. Dhulwa is regulated and subject to the provisions of the Mental Health (Secure Facilities) Act 2016 and governed by the Division of MHJHADS. Dhulwa provides contemporary inpatient mental health services including acute care, rehabilitation programs, and forensic specialist services led by a MDT. The clinical team works with consumers, their families and carers, General Practitioners, broader MHJHADS clinical services, CHS, ACT Corrections, and other non-government agencies to support an individual's personal recovery journey.

Gawanggal provides low-secure forensic inpatient care for consumers who have completed their care at Dhulwa, requiring supported transition to return to the community. Gawanggal is a 10-bed specialist mental health facility governed through MHJHADS. Gawanggal provides rehabilitation programs that focus on increasing skills for independent or supported community living, developing social connections, and community reintegration, led by a specialist mental health MDT. Treatment and care is provided in a safe, less restrictive environment with access to occupational and recreational facilities.

## Community Forensic Mental Health Services

The Community Forensic Mental Health Services include the Mental Health Court Assessment and Liaison Service (MHCALS) and the Forensic Intervention and Consultation Service (FoCIS). MHCALS provides daily screening of people in custody for immediate need for care and treatment, conducting mental health assessments for the court on a person's mental health status to assist the court in their decision making, and providing expert opinion on medicolegal issues. FoCIS provides specialist assessment, consultation, and liaison to other

mental health services on the management of mental health clients who have engaged in, or may be at risk of engaging in, problem behaviours or offending.

## Alcohol and Drug Services (ADS)

Student nurses can gain clinical experience in Alcohol & Drug Service (ADS); which provides a range of treatment for people with alcohol, tobacco and other drug issues.

The ADS provides a range of services for people with alcohol and other drug issues including:

- **Medical support** provided within the Withdrawal Unit, outpatient services and for Canberra Hospital inpatients
- **Opioid Treatment Services:** an out-patient service available everyday where people receive pharmacotherapies and education to manage opioid dependence
- **Withdrawal Services** consist of a 10-bed inpatient facility for voluntary people wishing to withdraw from alcohol and other drugs, and a
- **Consultation and Liaison Service** which provides assessment, support and referral for people admitted to Canberra Hospital with alcohol and drug problems.

### Acknowledgement of Country



Canberra Health Services acknowledges the Ngunnawal people as traditional custodians of the ACT and recognises any other people or families with connection to the lands of the ACT and region. We acknowledge and respect their continuing culture and contribution to the life of this region.



Accessibility

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Call 131 450

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