

JANUARY 2016

MENTAL HEALTH
AND SUBSTANCE
USE RESEARCH
GROUP EDITION



Connection

UniSA Nurse and Midwife



University of
South Australia

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Welcome from the Research Theme Leader

Welcome to the Mental Health and Substance Use Research Group edition of the School of Nursing and Midwifery's *Connection* newsletter. Established in partnership with government and non-government sectors, the Mental Health and Substance Use Research Group is leading numerous initiatives aimed at improving the lives of people in mental distress. The strategic purpose of the group is to demonstrate through research and practical example how much consumers, clinicians, policy makers and academic faculty can achieve working together in partnership.



Professor Nicholas Procter

The group has done much work to achieve this purpose over the past year. In March 2015 the group hosted the 7th *Shared Learning in Clinical Practice Symposium*, a joint initiative between UniSA and SA Health. The event was titled *Mental Health of Young People: Engagement, Assessment and Working Together*. A total of 106 people attended the symposium, and 95 of these were external to UniSA. Participants included consumers, carers, students and staff from across the three main South Australian Universities, and health professionals from public, private and non-government sectors. The organising committee received robust positive feedback as assessed by evaluation questions posed on participant feedback forms.

In October 2015 the group hosted the *Lived Experience, Evidence and Best Practice* research symposium. Held during *Mental Health Week*, this symposium attracted over 50 attendees including academics, health workers, consumers and carers. Members of the MHSURG, including Prof Nicholas Procter, Dr Monika Ferguson, Dr Amy Baker, Dr Mark Loughhead and Ms Kate Deuter, spoke on the current work of the group in the areas of the model of Shared Learning in Clinical Practice, rural suicide prevention education, engagement with mental health consumers from culturally and linguistically diverse backgrounds, clinical initiatives to advance consumer engagement and participation, and older people's suicide prevention. Ms Julie Murison, a senior mental health clinician and MHSURG member, also spoke powerfully about her own mental health lived experience and what best practice in mental health care meant to her.

Mental Health Week also saw the MHSURG hold a morning tea to raise funds for the *Eating Disorders Association of South Australia*, for which group member Dr Lisa Hodge acts as a Board Member. EDASA is a non-profit organisation that provides advice, support and guidance for people affected by eating disorders in South Australia. The morning tea raised \$62 on behalf of the School of Nursing and Midwifery. In addition, Prof Nicholas Procter and Dr Monika Ferguson donated author funds from their recent chapter contribution to the *Emergency and Trauma Care* (2nd Ed. Elsevier), taking the overall donation to EDASA to \$312. The group is grateful to Loraine House of EDASA for attending and speaking about their work.

Continued over...

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The MHSURG has also formed a partnership with staff from the SA Health Mental Health Directorate specialising in alcohol and drug use and comorbidity. In December 2015, Professor Nicholas Procter worked with Ms Cheryl Green (The Learning Centre, Glenside) and Ms Vita Berghout (Comorbidity Specialist, Eastern Mental Health Services) to deliver a free one-day workshop focussing on methamphetamine use and resulting presentations and responses in mental health settings. This workshop attracted over 100 attendees and received overwhelmingly positive feedback. Learning resources from the Methamphetamine Use: Presentations and Responses workshop can be accessed on the [Mental Health and Substance Use Research Group website](#).

The MHSURG is currently undertaking a number of longer-term projects to address the real-world needs of mental health consumers, carers, professionals and future professionals. This work includes:

- Ms Xuekun Zhang, PhD candidate with the Shandong University School of Nursing, is undertaking research with Professor Nicholas Procter on suicidal ideation among people diagnosed with stomach cancer.
- Prof Nicholas Procter and Dr Monika Ferguson have been engaged by SA Health to develop a program of work in trauma informed practice for mental health nurses working at James Nash House.
- In November 2015, Prof Nicholas Procter travelled to Sydney to facilitate a workshop for the NSW Secondary Principal's State Assembly on the needs of refugee children and their teachers in NSW schools, as part of a partnership with the Teachers' Health Foundation.
- Prof Nicholas Procter, Ms John Strachan and Dr Andrew Champion (SA Health) are part of a joint UniSA-SA Health team of researchers and clinicians investigating when a mental health consumer's case should be closed in a community mental health setting.
- Dr Mark Loughhead, together with Prof Nicholas Procter, Ms Kirsty Baker and senior SA Health clinicians and policy makers, is leading an initiative to produce podcast episodes featuring consumers, carers, practitioners and policymakers reflecting on their impressions of best practice in mental health. These podcasts will be posted online for the benefit of students, health care workers, consumers and carers alike.
- Prof Nicholas Procter, A/Prof Martin Jones (UDRH) and Dr Monika Ferguson are leading a rural suicide prevention education project measuring attitudes towards suicide of health care workers, educators, social services workers and others who may come into contact with people at risk of suicide and self-harm, both before and after a free training intervention in one of eight regional SA towns. Training sessions have been conducted in eight sites throughout South Australia, including Port Lincoln, Coober Pedy, Whyalla, Renmark, Port Augusta, Mount Gambier, Port Pirie and Peterborough. The research team is currently undertaking follow-up surveys with the training participants.

The Mental Health and Substance Use Research Group is a policy relevant and service delivery focused collaboration that aims to promote best practice in mental health research, education and practice. Deep discussion, deep connectivity and diffusion of the insights are central to its philosophy. Multidisciplinary in composition, the aim of each research project, publication, symposium and learning resource created is to capture and spread new ideas and know-how in mental health practice and challenge traditional ways of thinking.

Warm regards,

Nicholas Procter

Next Symposium: Mount Gambier, SA

Since 2011 members of the Mental Health and Substance Use Research Group, led by Prof Nicholas Procter, have partnered with SA Health colleagues to advance the Shared Learning in Clinical Practice initiative. SLICP is a policy relevant and service delivery focussed collaboration that promotes best practice in mental health and develops professional skills, primarily through holding annual symposia in metro Adelaide and regional SA.

The next Shared Learning in Clinical Practice symposium will be held in Mount Gambier, South Australia. Entitled *Engagement and Working Together: a forum to help guide and inform best practice in mental health*, it will discuss the themes of person-centred care, recovery, community,

collaboration and partnership between government and non-government mental health services. Invited speakers will contribute both local and national perspectives on mental health. The symposium will be interactive, comprising keynote addresses from key SA Health and Mind Australia representatives as well as panel discussions, which will provide the opportunity to hear from a range of service providers, academics and consumers about their perspectives on best practice in mental health in the South East region.

Please look out for upcoming information about the symposium's date and how to register.



Attendees and panellists engage in a Q & A session at the 7th Shared Learning in Clinical Practice Symposium in Adelaide, SA in March 2015

PhD Student Profile: Chris Patterson



Supervisors: Professor Nicholas Procter and Dr Luisa Toffoli

The use of situation awareness by mental health nurses to inform the involuntary admission decision: An ethnographic study

My research is interested in the use of the concept of 'situation awareness' by mental health nurses to inform their decision to admit or not admit someone against their will. My research will explore how specially qualified Registered Nurses identify, use and make meaning of the factors and elements in their environment when making the decision.

The function of admitting a person involuntarily for further mental health assessment is a central component of contemporary mental health legislation and practice. This process is often initiated by the decision of an individual qualified professional, such as a specially qualified Registered Nurse. Involuntary admission provides for the treatment of mental illness and promotion of safety of an individual and/or others, but impacts a person's autonomy, liberty and human rights. The significance of all of these outcomes makes the decision not only an immensely important one, but also a considerably complex and challenging one for the professional.

At the end of my PhD, I hope to have provided novel and original understanding of an existing, significant clinical practice; and, to advance understanding of situation awareness more broadly in nursing by exploring its application in the context of interpersonal engagement and human behaviour.

Head of School Update



**Prof Carol Grech,
Head of School**

Welcome to 2016 and the first edition of *Connection* for the year! I hope that all our readers are feeling refreshed, energised and ready for what will no doubt be another busy year ahead.

The UniSA, School of Nursing and Midwifery ended the year on an exceptionally high note with the release of the Australian Research Council's Excellence in Research Australia (ERA) 2015 results. The culmination of the School's continued commitment to excellence in national and international research engagement saw us achieve an outstanding 5 ranking for the four digit Nursing code 1110, signalling that our nursing and midwifery research is 'Well above World Standard' (i.e. the highest score possible).

This result was due to a range of factors including the School's clear strategic research plan, our researchers working in partnership with government and non-government health agencies to identify and collaborate on research that is relevant and end-user focused, the quality of our research that informs practice and teaching – and of course, the hard work of everyone in the School (academic, professional and higher degree students) who contribute to our research outcomes in a variety of ways.

Another way our School positively promotes and engages with industry partners at the local level is through the research symposia series we offer each year. During 2015, the School held a total of four symposia at the City East and City West campuses in Adelaide. Each symposium was hosted by one of the School's five research groups and these events continue to be an excellent forum to not only showcase our research but provide the opportunity for researchers, academics, clinicians, policy makers and higher degree by research students to share their knowledge and discuss and debate the important issues and seek ways we can work together to improve the health system and optimise health outcomes for the communities we serve. In 2015 we were fortunate to have a number of renowned international researchers and visiting scholars speak at these events including Professor Julianne Myer (City University London, UK), Professor Andy Lovell (University of Chester, UK), Professor Mary Chiarella (University of Sydney) and Professor Andrea Marshall (Griffith University). Later in the year we also welcomed to the School Professor Daniel Kelly (University of Cardiff, UK) who spoke to staff on his program of cancer research.

The symposia series for 2016 has almost been finalised and I am pleased to announce that the dates for the following events have been confirmed. As these events are free to all and registrations fill quickly, I recommend that you place a hold on these dates and for further information visit the [School of Nursing and Midwifery's website](#).

- Cancer Care Research Group – Wednesday, 22 June 2016
- Safety and Quality in Health Research Group – Wednesday, 12 October 2016

Three further symposia, to be hosted by the Mothers, Babies and Family Research Group, the Education Research in Nursing, Midwifery and Health Science Research Group and the Mental Health and Substance Use Research Group, are currently being arranged and details will be confirmed in the next *Connection* edition.

I am also delighted to also announce the new School of Nursing and Midwifery Learning Centre complex at the Mount Gambier campus will be officially opened on 19 April 2016. This new teaching facility includes a simulated hospital and health service that will enable students enrolled in the Bachelor of Nursing and Bachelor of Midwifery and who reside in the Mount Gambier campus catchment region to attend their experiential learning workshops in this state-of-the-art local facility. The simulated hospital and health service includes a five bed acute unit, a birthing suite and two patient rooms (one of which has been modelled on the new Royal Adelaide Hospital). We believe that this development will provide excellent opportunities for the School

and our industry partners in the region to engage in a variety of clinical training initiatives and research.

This year marks an important milestone for the University of South Australia's – it's our 25th birthday! In 1991, various colleges and institutes in the State came together to form a university focused on educating professionals, creating and applying knowledge and engaging our communities. The achievements of UniSA over this time have been remarkable, not least of which include being ranked 35 on *Times Higher Education's* list of world's best universities under 50 and number 25 on Quacarelli Symonds list of the world's best universities under 50!

I look forward to celebrating the 25 years of University of South Australia at the many events that will be held over the course of the year. 2016 is certainly shaping up to be even bigger and better than 2015!

Warm regards,

Carol Grech

Mental Health & Substance Use in the Media

Below is a list of recent media segments featuring members of the Mental Health and Substance Use Research Group:

ABC Riverland Mornings with Narelle Graham Program – *Rural Suicide Prevention Education project*
Radio interview: 2 November 2015 featuring Dr Monika Ferguson

Regional ABC Late Afternoons with Annette Marner Program – *Rural Suicide Prevention Education project*
Radio interview: 26 October 2015 featuring Dr Monika Ferguson

Coober Pedy Regional Times – *Free suicide prevention program held at Coober Pedy*
Article: 22 October 2015 featuring the Rural Suicide Prevention Education project team

Regional ABC Country Hour with Caroline Winter Program – *Rural Suicide Prevention Education project*
Radio interview: 9 October 2015 featuring Dr Monika Ferguson

Port Lincoln Times – *Rural suicide rate higher*
Article: 6 October 2015 featuring the Rural Suicide Prevention Education project team

Mental Health Magazine – *Immigrant and Refugee Communities and System Reform*
Article: 29 September 2015
> [Read the article co-authored by Professor Nicholas Procter](#)

Southern Cross News Port Lincoln – *Rural Suicide Prevention Education project*
Television news story: 29 September 2015 featuring Dr Monika Ferguson

Whyalla News – *Education to reduce suicide*
Article: 24 September 2015
> [Read the news article featuring Dr Monika Ferguson and Dr Martin Jones](#)

Southern Cross News Whyalla – *Rural Suicide Prevention Education project*
Television news story: 23 September 2015 featuring Dr Monika Ferguson and Dr Martin Jones

The Conversation – *Manus Island hunger strikes are a call to Australia's conscience*
Article: 19 January 2015
> [Read the article co-authored by Professor Nicholas Procter](#)

Teen Suicide Risk Assessment Interview
Published 26 November 2014

A learning resource arising from an ongoing collaboration between the University of South Australia's Mental Health and Substance Use Research Group, SA Health, and [MOSH Australia](#).
> [Watch the Teen Suicide Risk Assessment Interview](#) [YouTube: 31,400 views]

Recent Journal Papers and Book Chapters

Baker, A and Procter, NG (2015) 'You just lose the people you know': Relationship loss and mental illness, *Archives of Psychiatric Nursing*, 29(2): 96-101

Baker, A, Procter, NG and Ferguson, M. (2015) Engaging with CALD communities to reduce the impact of depression and anxiety: A review of current evidence, *Health and Social Care in the Community*, (early view DOI: 10.1111/hsc.12241)

Cairney, I., Galletly C., De Crespigny C., Lieu D., Moss J., and Procter, NG (2015) Stopping the Run-around? A study of services for people with comorbid mental health and substance use disorders in northern Adelaide, *Australasian Psychiatry*, Vol 23, pp.233-235.

Deuter, K., Procter, NG (2015) Attempted Suicide in Older People: A Review of the Evidence, *Suicidologi*, 20(3), pp.4-13.

Ferguson M, Owen Traynor A & Procter NG (2016) 'Mental health during childhood', in M Steen & M Thomas (eds.), *Mental health across the lifespan: A handbook*, Routledge.

Furber G, Segal L, Leach M, Turnbull C, Procter NG, Diamond, M, Miller S, McGorry P. (2015) Preventing mental illness: closing the evidence-practice gap through workforce and service planning, *BMC Health Services Research*, 15:283.

Galletly C, Groenkjaer M, Lieu D, Moss J, Cairney, I, Procter, NG, Posselt M, Sharmial H, Jebaraj F, Schultz T, Banders A, King R, Lee D, and De Crespigny C. (2015) Service provider barriers to treatment and care for people with mental health and alcohol and other drug comorbidity in a metropolitan region of South Australia, *Advances in Dual Diagnosis*, Vol. 8, No.3, pp.120-128.

Jayasekara R, and Procter NG (2015) Cognitive behavioural therapy for older adults with depression: A systematic protocol and review. Accepted in Conference Proceedings for the 3rd Annual Worldwide Nursing Conference (WNC), June 29 – 30

Jayasekara R, Procter NG, Harrison J; Skelton K; Hampel S, Draper R, Deuter K (2015) Cognitive behavioural therapy for older adults with depression: A review, *Journal of Mental Health*, 24(3): 168-171.

Kenny, M and Procter NG (2015) The fast track refugee assessment process and mental health of vulnerable asylum seekers, *Psychiatry, Psychology and Law* (available on early view) DOI: 10.1080/13218719.2015.1032951

Lees, D, Procter, NG and Fassett, D, Handley, C. (2015) A model of qualitative inquiry for mental health service-user participation in suicide-related research, *Nurse Researcher* (in press)

Posselt, M, Procter, NG, Galletly, C and de Crespigny, C. (2015) Aetiology of Coexisting Mental Health and Alcohol and other Drug Disorders: Perspectives of Refugees and Service Providers, *Australian Psychologist*, Vol 50, pp. 130–140

Posselt, M, Procter, NG, Galletly, C and de Crespigny, C. (2015) Merging perspectives: obstacles to recovery for youth from refugee backgrounds with comorbidity, *Australasian Psychiatry*, Vol. 23, pp.293-299.

Procter, N.G., Backhouse, J., Cother, I., Ferguson, M., Fielder, A., Jackson, A., Reilly, J-A. (2015). Engaging consumers in the Australian emergency mental health context: A qualitative perspective from clinicians working in the community. *Health and Social Care in the Community*, 23, 428-436.

Procter NG, Baker A, Baker K & Ferguson M (2016) 'Mental health within society and societies', in M Steen & M Thomas (eds.), *Mental health across the lifespan: A handbook*, Routledge.

Procter N and Ferguson M. (2015) Are there warning signs for suicide? *Australian Nursing and Midwifery Journal*, Vol 23, No 5, p. 31

Procter, N., Ferguson, M., Backhouse, J., Cother, I., Jackson, A., Murison, J., & Reilly, J-A. (2015). Face-to-face, person-to-person: Skills and attributes deployed by rural mental health clinicians when engaging with consumers. *Australian Journal of Rural Health*, 23, 352-358.

MHSURG 2015 Photo Gallery



Dr Conrad Newman facilitated a panel session at March's Shared Learning in Clinical Practice Symposium, which focussed on the mental health care of young people



Attendees of the 7th Shared Learning in Clinical Practice Symposium engaged in a question and answer session with panellists



PhD candidate Kate Deuter spoke with clients of our NGO partner Minimisation of Suicide Harm (MOSH) at MOSH House, Thebarton



Panellists at the 7th Shared Learning in Clinical Practice Symposium discuss different views and perspectives in the mental health care of young people



Attendees of the 7th Shared Learning in Clinical Practice Symposium had a chance to network over lunch at the event, which was attended by around 100 people



Professor Nicholas Procter and Dr Lisa Hodge presented a donation to Loraine House of the Eating Disorders Association of South Australia at a morning tea in October

Current Research and Project Funding

Mental Health and Substance Use Research Group members are currently involved in the following research grants and projects:

2016 **Prof Nicholas Procter**. Refugee and Asylum Seeker Mental Health Awareness and Engagement in Professional Practice. Commonwealth Government of Australia, \$80,000.

2016 **Prof Nicholas Procter**. Expert Consultation: Teachers working with students of refugee and asylum seeker background. Teacher's Health Foundation, Sydney, Australia, \$6,500.

2015-16 **Prof Nicholas Procter** and **Dr Monika Ferguson**. Trauma-Informed Practice in Forensic Mental Health. SA Health, Office of the Chief Psychiatrist, Government of South Australia, \$100,000.

2015-16 **Professor Nicholas Procter** and **A/Professor Martin Jones**, **Dr Monika Ferguson**, Ms Lee Martinez, Ms Kathryn Cronin, **Ms Lynne James**, and A/Prof Jim Dollman. Distress Management, Mental Deterioration and Suicide Risk: A Rural and Regional Intervention and Workforce Development Initiative. University of South Australia University Department of Rural Health, 2015-16, \$120,000.

2015-16 **Prof Nicholas Procter**, Dr Jonathan Crichton, **Dr Andrew Champion**, **Mr John Strachan**, Professor Libby Roughhead. When should a client's case be closed in a community mental health setting? University of South Australia Research Themes Investment Scheme, \$31,423

2015 Prof Libby Roughhead, **Prof Nicholas Procter**, Dr Kerrie Westaway, Dr Janet Sluggett, Assoc Professor Chris Alderman. Review of Medication Safety in Mental Health. Australian Commission on Safety and Quality in Health Care, \$138,000.

2012-16 Prof Leonie Segal, Prof Patrick McGorry, Dr Matthew Leach, **Prof Nicholas Procter**. Implementing a needs-based evidence-driven primary health care workforce planning model to describe the multidisciplinary primary health care team necessary to deliver best practice in community mental health care and prevention. NHMRC Partnership Project Grant (NHMRC-ID No 1055351), \$368,532 + Partner \$224,983



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