

Finalists of the 2009 Mental Health Good Outcomes Awards

GESB Government Organisations Award

Community Options Rehabilitation Program (Graylands Hospital) was set up to help people with serious and persistent mental illness to move from Graylands Hospital into the community through supported accommodation. The programs are individualised, based on the needs of the residents and addresses their own personal goals.

Ellen St Recovery Group Program (Fremantle Mental Health Service) focuses on self-management and provides psychosocial therapies to assist recovery for people in the community presenting with mental health problems. The program consists of groups facilitated by a multi-disciplinary team including nursing, social work, occupational therapy, physiotherapy and clinical psychology.

St John of God Non-government Organisations Award

Body Esteem Program (Women's Healthworks) provides a consumer driven service for women who are wishing to promote their recovery from an eating disorder. It enhances the quality of life and wellbeing of women who suffer from mental health issues surrounding eating disorder.

Partners in Respite (WAAMH) was initiated to increase the capacity of existing mental health services to deliver respite to carers of people with a mental illness. It identifies current gaps in respite services, consider service models that would address these gaps, and to develop partnerships that would create the most efficient service provision. Some of the services are focussed on a "whole of family" approach that is inclusive of both carers and consumers. The project also emphasises on the need for respite which will provide longer term effects.

WA Equal Opportunity Commission Human Rights Award for Consumers

Laura Crook (Special Commendation) is the Vice President of the Bridges Association; an alliance of past Eating Disorder sufferers, parents, carers and health professionals who are passionate about advocating for a holistic and team approach in the recovery process. She initiated a play about Eating Disorders called "Unravelling Her" which was created by several women who struggled with body, eating and self. The play created a pathway through which the complexity of an Eating Disorder could be communicated..



Erin Lipman has actively raised awareness of the issues surrounding eating disorders. She has been able to identify the strengths and weaknesses of services in WA and advocate for gaps in both child and adolescent and adult services. Erin has made herself available to support young people who are struggling with eating issues into adulthood. Her leadership, vision and contribution in the area of mental health play an important role in improving the wellbeing of all sufferers with eating disorders and their families.

John Da Silva Carers Award

Raymond Wells understands the role of carers through his experiences of being the father of a son with mental illness. He is currently researching for a Masters degree into the effects of mental health diagnosis on family members and on the supports that have most benefitted them. Ray is a valued member on the Mental Health Carer Representation Network and is active in other committees. His positive, engaging and gentle communication style and his commitment to improving outcomes for consumer and carers galvanises others to join the cause.

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Freehills Mental Health Employee Award

Breda Ryan (National Seclusion and Restraint ‘Beacon’ Project) is part of the National Seclusion and Restraint ‘Beacon’ project for North Metropolitan Area Health Services, Mental Health. Her dedication to work is displayed by her enthusiasm and energy. She inspires others to perform at a high level due to her own good example in the workplace. Her leadership and dedication during the project has resulted in significant changes in the acute mental health inpatient environment for both staff and clients.

Anna Warne (The Body Esteem Program) has been an integral player in the implementation, adaptation, service delivery and evaluation of the Body Esteem Program with Women’s Healthworks. She is responsible for the development of the assessment process, establishing guidelines for participants entering the peer facilitated program. Anna is a past sufferer of eating disorders and is keen to share her own education and knowledge about the causes, behaviours, treatments and best practice options available in this field.



Edith Cowan University Mental Health Promotion and Mental Illness Prevention Award

Rebecca Walker (Fremantle GP Network headspace) is responsible for engaging and supporting a team of young people to work on the Fremantle headspace service. She ensures all areas of initiatives are youth-focussed and youth-friendly. Rebecca has been involved with mental health awareness strategies such as school presentations and information sessions, youth and community forums during Mental Health Week and university orientation days. Through these events, young people are more aware of support services available and enhancing their learning and empowerment.

Music to Open your Mind (South Metropolitan Area Health Service, Mental Health) was first held in 2007. It is an annual family concert and market day community event. It increases public knowledge of mental health and its surrounding issues and celebrates work done by mental health services. The event promotes music as a way to relax or reduce stress when faced with problems. It raises public awareness that people with mental health problems are also valuable members of the community.

Curtin University of Technology Mental Health Research and Education Award

Action Research Beacon Project, Dorrington Ward (Graylands Hospital, North Metropolitan Area Health Service, Mental Health). Seclusion and restraint reduction leading to improved outcomes for consumers and staff is a major focus for health services world wide. In collaboration with clinicians, consumers and carers, the staff at Dorrington Ward in Graylands Hospital developed a Patient Safety Plan. It is designed to assist the consumer and the treating team to apply consumer-preferred calming strategies during admission.

Clinical Applications Unit (North Metropolitan Area Health Service, Mental Health) aims to translate mental health research findings into care coordination packages, leading to improved outcomes for patients and a more streamlined workload for clinicians. Its current projects include optimising outcomes for deliberate self-harm and providing appropriate services for people with a serious mental illness diagnosed with cancer. The Unit ensures these projects are consumer-centric and sustainable within existing services.



Maitri Aboriginal and CALD Mental Health Award

Fred Yasso is the Aboriginal Liaison Officer in Alma Street Centre, Fremantle Hospital and Health Service. He has a key role in developing clinicians' skills in working with the Aboriginal community, and a strong advocacy role for Aboriginal clients and their families. He provides a unique and effective service to clients. Fred initiated the idea for an Indigenous mental health conference and with several other clinicians developed, arranged and ran the inaugural "Our Mob, Our Mind, Our Spirit" conference. His boundless enthusiasm for his work has led to enormous gains for this service.

Su Chan (*Special Commendation*) is a Clinical Psychologist in the Great Southern Mental Health Service with a background in working with CALD clients in the NGO programs for settlement of refugee survivors. Su has applied the recommended "within culture" framework for working with Aboriginal clients to improve the situation in the area. She initiated dialogues with Aboriginal elders to discuss mental health and mental health services. Su's tactful and sensitive way of approaching the community has proven very effective.

Sonshine FM Media Achievement Award

Chris Hingston - "Footy club's suicide initiative" The article tells the story of a footy club in Broome initiated "Alive and Kicking Goals" project as a way to tackle sensitive issue of suicide and men's wellbeing. This project has given the football players and the community a new focus and sense of purpose, as well as the skills to talk about suicide prevention and depression. The article promotes positive community initiatives to tackle problems like youth suicide rather than just reporting statistics to illustrate the problem.

Dr Mark Rooney Award for Improved Outcomes in Child and Adolescent Mental Health

Acute Community Intervention Team (Princess Margaret Hospital) was established in 2008 to help children who require acute intervention at the Princess Margaret Hospital Emergency Department, and prevent unnecessary admissions to inpatient units. The team's role is to care for the children in the community until the crises had passed, stabilisation was achieved and care passed successfully to appropriate agencies. The team works intensively both with the family and the community agency to ensure smooth transitions.

Dr Caroline Goossens (Stirling St Childhood Adolescent Mental Health Service) is a Consultant Psychiatrist at the Stirling St Child and Adolescent Mental Health Service has dedicated her practice to improving mental health outcomes for infants and their families. She advocates that the most significant gains can be made to improve the mental health, developmental trajectory and resilience of infants and families. Dr Goossens work adds a valuable resource to families for children between the ages of 0 and 5.



Hollywood Hospital Leanne Wood Award for Excellence

Judith Balfe (Romily House) has built up Romily House over many years to become a pivotal component of the supported accommodation sector for people with mental illness. She has created a home for people at the Romily House and the residents have experienced warmth and caring beyond her call of duty. Judith has made an enduring change to the lives of many people. Her passionate advocacy has provided a voice for vulnerable people and others who want to provide the best possible care for people with a mental illness.

Moira Munro (Perth Clinic) is a Registered Mental Health Nurse and has worked in the field of mental health for many years and has demonstrated enormous commitment to enhancing services and improving community attitudes about mental health. She champions psychiatry and the exemplary care of people experiencing mental health problems. Her contributions to mental health span direct patient care, promotion of quality and safety in health care, collaboration with consumers and carers, education and training.

