

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

Please phone the **clinical area one-two weeks** ahead of your placement to ask about commencement details including time and venue.

	Acronyms	Names	Locations	Phone contact
1	Acacia	Adult Acute Mental Health	Acacia, North Canberra Hospital	ph 6201 6305
2	ACOS (previously SAT & MITT(N))	Assertive Community Outreach Service (Based at Belconnen Health Centre)	Belconnen Community Health Centre, Cnr Cohen and Lathlain St Belconnen	ph 5124 1499
3	ADS	Alcohol and Drug Service	Building 7, Palmer St, Garran, Canberra Hospital	ph 6174 7966
4	AMHDS	Adult Mental Health Day Service	20 Guraguma Street, Bruce (corner of Aikman and Ginninderra Drive), University of Canberra Hospital	ph 5124 0049/ 0150
5	AMHRU	Adult Mental Health Rehabilitation Unit	20 Guraguma Street, Bruce (corner of Aikman and Ginninderra Drive), University of Canberra Hospital	ph 5124 0220
6	AMHU	Adult Mental Health Unit	Building 25, Canberra Hospital	ph 5124 5414
7	AMC/JHS	Alexander Maconochie Centre/Justice Health Services - Custodial Mental Health & Custodial Primary Health ADS team	Alexander Machonochie Centre, 10400 Monaro Highway, Hume	Custodial MH ph 5124 2785 Custodial Primary Health ADS ph 5124 2073
8	BMHU	Belconnen Mental Health Team (Community Mental Health Team)	Belconnen Community Health Centre, Cnr of Cohen and Lathlain St Belconnen	ph 5124 9541
9	CAHMS Acute	Child & Adolescent Mental Health Services Acute	Building 8, Canberra Hospital	Ph 5124 1095
10	CAMHS (S) & SYMHO	Child & Adolescent Mental Health Services (South)	Callam Offices - Easty St., WODEN	ph 6205 2090
11	CL	Consultation Liaison Psychiatry	Building 15, Canberra Hospital	ph 0457 532 884
12	CMHU	City Mental Health Unit (Community Mental Health Team)	City Community Health Centre, Level 2, 1 Moore Street Canberra City	ph 5124 1980
13	DMHU	Dhulwa Mental Health Unit	30 Mugga Lane, Symonston	Ph 5124 1851
14	Gawanggal	Gawanggal (Step-down from DMHU)	Gawanggal, Mary Potter Drive, Bruce (on the Calvary Hospital Campus)	ph 5124 1851
15	GMHU	Gungahlin Mental Health Team (Community Mental Health Team)	Gungahlin Community Health Centre, 57 Earnest Cavanagh St, Gungahlin (Cnr of Ernest Cavanagh St and Fussell Lane)	ph 5124 1146

16	GRACE	Geriatric Rapid Acute Care Evaluation Services	North Canberra Hospital	Ph 6201 6305
17	HAART/PACER	Home Access and Acute Response Team	Private Canberra Hospital location	ph 5124 3204
18	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)	ph 6207 8210
19	OPMHIU	Older Persons Mental Health Inpatient Unit	Keaney Building, North Canberra Hospital	ph 6201 6305
20	OPMHCT	Older Persons Mental Health Community Team	20 Guraguma Street, Bruce (corner of Aikman and Ginninderra Drive), University of Canberra Hospital	ph 5124 1980
21	TMHU	Tuggeranong Mental Health Unit (Community Mental Health Team)	Tuggeranong Health Centre, Cnr Anketell & Pitman St, Greenway	ph 5124 1300
22	WMHU	Woden Mental Health Team (Community Mental Health Team)	Phillip Health Centre, cnr Corinna & Keltie St Woden	ph 5124 1269

## DIVISION OF MENTAL HEALTH, JUSTICE HEALTH AND ALCOHOL & DRUG SERVICES

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Many people admitted to general hospital wards experience mental health and /or alcohol and drug co-morbidities. These conditions can also be associated with people who are subject to the ACT Corrections and Juvenile Justice System.

The Division of Mental Health, Justice Health and Alcohol & Drug Services (MHJHADS) provide health services directly and through partnerships with community organisations across the Australian Capital Territory (Canberra). The services provided range from prevention and treatment to Recovery and rehabilitation. The Division works in partnership with consumers, carers and a range of government and non-government service providers to ensure the best possible outcomes for consumers and clients. Consumer and carer participation is encouraged in all aspects of service planning and delivery.

It is important that nurses working in all areas of health, but especially within this Division, are equipped with the knowledge and skills needed to provide effective care and treatment to people who access these services. Services are delivered from a number of locations and in varied environments, ranging from hospital inpatient and outpatient settings, community health centres, detention centres, other community settings and the consumer's own home.

While on placement within the Division, undergraduate nurses are supported by the various units Clinical Nurse Consultants (CNC) as well as experienced nursing, allied health and medical staff. Irrespective of a university appointed clinical facilitator, each undergraduate nurse is allocated a local preceptor who provides feedback on knowledge expectations and practice performance and is available for guidance and support. Undergraduate students are encouraged to take advantage of regular in-services covering a wide range of topics including psychotropic medication, Recovery principles and case review available within all clinical areas.

Placements in the Division can occur in a number of clinical settings, including: Mental Health Inpatient Services, Child and Adolescent Mental Health Services, Adult Community Teams, Justice Health (primary health placement) and Alcohol and Drug Services. Please phone the clinical area one-two weeks ahead of your placement to ask about commencing details including time and venue.

Uniform: not required. Clean neat casual and conservative clothing. Closed footwear aligned with Occupational Health and Safety Standards must be worn.

Shift times: BMHU, CMHU, GMHU, WMHU, TMHU, OPMHCT 0830-1700hrs daily

Hours: all other areas are a combination of am and pm shifts.

### ▲ Mental Health Inpatient Services

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

**The Adult Mental Health Unit (AMHU)** is a purpose-built mental health unit which opened in early 2012. 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 provides undergraduate nurses with the opportunity to provide nursing care to consumers who present with moderate to severe mental health conditions, including acute psychosis, schizophrenia, bipolar affective disorder, depression, anxiety, and personality disorders. AMHU is a very busy unit that is both challenging, and at times, confronting. AMHU is staffed by a multidisciplinary team who work with consumers utilising a Recovery framework, where the goal is to assist consumers in their journey of Recovery.

### **The 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, TCH. MHSSU is a low-dependency acute mental health unit for consumers requiring extended mental health assessment (up to 48hrs) or treatment initiation for their mental illness or disorder. Attendance at the MHSSU does not always result in admission to AMHU, and the consumer may be discharged back to the community and / or home.

**Adult Mental Health Rehabilitation Unit (AMHRU)** is a 20 bed, open, mental health rehabilitation facility that is located on the grounds of University of Canberra Hospital. The facility provides individualised inpatient care for those people experiencing unremitting, moderate to severe symptoms of mental illness, who will benefit from psychosocial rehabilitation. Similar to AMHU, AMHRU provides care to consumers who are either voluntary or involuntary, with all consumers' treatment and care aligned with Recovery practice and principles. BHRC utilises evidence-based interventions within a rehabilitation context that is aimed toward assisting people to achieve improved mental health and independent living skills to enable integration back into the community. While on placement with AMHRU you may be placed for a day at AMHDS.

**Acacia** is a 20 bed inpatient adult mental health unit located at North Canberra Hospital, 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 intervention for people with a mental

illness. Acacia is a therapeutic environment where consumers can receive treatment and also increase their engagement with other community mental health services to enhance ongoing treatment upon discharge.

Placement at Acacia provides undergraduate nurses with the opportunity to provide nursing care to consumers who present with moderate mental health conditions, including psychosis, bipolar affective disorder, depression, anxiety, and personality disorders. Acacia is a busy unit that is both challenging, and at times, confronting. Acacia is staffed by a multidisciplinary team who work with consumers utilising a Recovery framework, where the goal is to assist consumers in their journey of Recovery.

**The Older Person Mental Health Inpatient Unit (OPMHIU)** is a 15 bed ward also located at North Canberra Hospital. The OPMHIU provides specialist mental health assessment and treatment services by multi-disciplinary teams 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 with psychiatric disorders and/or mental health conditions.

Undergraduate nurses on placement at OPMHIU will be exposed to a wide range of presenting problems and have the opportunity to work alongside both experienced mental health and aged care nurses.

**The Older Person Mental Health Community Team (OPMHCT)** is a community based mental health team whose role is to provide specialist mental health assessment and treatment services by multi-disciplinary teams of medical and non-medical clinical staff. Treatment approaches are based on best available clinical evidence. Persons are usually aged 65 and over with mental illness who may be experiencing psychiatric, emotional or behavioural disturbance. Referrals to the team will be determined clinically with some flexibility in relation to age and complexity. Support, psychoeducation and assistance is provided to Carers and families as well as the Aged Care sector. The OPMHCT works in partnership with the older persons General Practitioner as the pivotal service provider.

### **Gawanggal (Previously ECU - Extended Care Unit)**

Gawanggal is located within the Brian Hennessy Rehabilitation Centre, Mary Potter Drive, Bruce (on the Calvary Hospital campus).

Gawanggal is a step-down facility providing education and services that supports people to effectively transition from more secure mental health settings back into the community.

The unit operates 24 hrs per day and provides medium term, residential care for people with complex and long-lasting mental health issues. Treatment and care is provided in a safe but homely environment with access to occupational, vocational and recreational facilities.

### **The Adult Mental Health Day Service (AMHDS)**

The Adult Mental Health Day Service offers a range of therapeutic programs within a community environment to support consumer recovery.

The AMHDS offer a multidisciplinary 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.

As a student on placement with the AMHDS, you will assist the nurse-led pharmacotherapy clinics by conducting mental and physical health assessments, support senior nursing staff with medication treatment clinics, and engage in therapy interventions based on Recovery principles for people with moderate to severe mental illness or dysfunction.

### ▲ Child and Adolescent Mental Health Services (CAMHS & SYMHO)

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The CAMHS Model of Care provides a service delivery framework to support a contemporary integrated developmentally appropriate Mental Health Service for 0 -25 year olds. With the exception of the SYMHO team, these placements are not used for undergraduate students. Specific services included within the CAMHS umbrella are:

**STEPS:** A residential facility that is an alternative to hospital for young people (aged 14 -18 years) for up to a period of 12 weeks who are experiencing moderate to severe mental health issues;

**Specialist Youth Mental Health Outreach (SYMHO):** This service provides care for people and their families experiencing a severe initial episode of mental illness including psychosis. The unit operates 7 days per week and referrals are made after assessment by Mental Health Community Team clinicians.

**The Cottage Adolescent Day Program:** A therapeutic group program for young people between the ages of 12 and 17 in the ACT who are experiencing moderate to severe mental health issues. Referrals to the Cottage Adolescent Day Program are made by Clinical Managers in the mental health community teams.

**CAMHS Community Teams:** The CAMHS Community Teams provide assessment and treatment for children and young people under 18 years of age who are experiencing moderate to severe mental health difficulties.

### ▲ Adult Community Teams

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**Adult Community Mental Health Teams** are located at Belconnen, City, Gungahlin, Tuggeranong and Woden.

Multidisciplinary adult community mental health teams provide mental health assessment, treatment, clinical management, crisis management, family support and referral pathways for people with mental health issues. The adult community mental health teams operate Monday to Friday during business hours and referrals are received from a range of sources including individuals, their families, GP's or community organisations.

**The Assertive Community Outreach Service (ACOS)** is a specialist mental health service that provides a team based, Recovery focused service to people who experience severe and enduring symptoms of psychosis and present with complex mental health needs. ACOS operates as an interdisciplinary team and provides extended hours of care from 8:30am to 9:00pm, seven days per week.

**The Mental Health Service for People with Intellectual Disability** is a joint initiative with Disability ACT and is a specialist, cross-agency, consult liaison service providing comprehensive clinical assessment and psychiatric treatment to people with an intellectual disability and a mental illness.

**Consultation Psychiatry Liaison Services** provide specialist hospital assessment for people admitted to clinical wards at both The Canberra Hospital and North Canberra Hospital. The liaison role also provides psycho education, health promotion and assistance with referrals.

**The Home Assessment and Acute Response Team (HAART)** offer a free service to all residents of the ACT who are experiencing an acute exacerbation of a mental illness and/or severe psychological or emotional distress. HAART provides home based mental health crisis assessment, short term treatment and support, and referral pathways for ongoing hospital and community care.

### ▲ Justice Health

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Undergraduate nurses have the opportunity to gain primary health care experience at the Hume Health Centre (HHC), located within AMC.

People brought in custody or detention have a high prevalence of communicable diseases, mental health issues, and increased health risks related to drug and other dependencies, and they have a lower health status compared to the health of the general population. The Alexander Maconochie Centre (AMC) is the first Australian adult custodial facility to be designed, built and operated under Human Rights legislation, and the planning, delivery and standard of care is intended to be comparable to that provided in the general community.

The HHC provides a range of health services to people in custody including nursing care, general practitioner services, dental, ophthalmology and pharmaceutical services, as well as specialist medical services. Allocation to this placement is made on the proviso that all students attend mandatory ACT Correction Services security training pre-placement. Please refer to point 5 below for further details. Training requirements extend to Dhulwa Mental Health Unit (DMHU) placements.

### ▲ Alcohol and Drug Services

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Undergraduate nurses have the opportunity to gain experience within the Alcohol & Drug Service (ADS), which provides opportunities to work with vulnerable consumers to make a difference in their lives. When consumers of these services are provided specialised nursing care, they are able to stabilise their lives and improve their health outcomes.

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

**Medical support** provided within the withdrawal unit or for Canberra Hospital inpatients; **Opioid Treatment Services**: an out-patient service available everyday where consumers receive medication and education to manage opioid addiction; **Withdrawal Services** consist of a 10 bed inpatient facility for voluntary consumers wishing to withdraw from alcohol and other drugs; and a **Consultation and Liaison Service** being a multidisciplinary service for people admitted to Canberra Hospital with alcohol and drug problems.

Undergraduate nurses are encouraged to consider working in these non-mainstream areas where they are well supported and mentored by experienced staff. Working within the Alcohol and Drug field is a nursing specialty that is always interesting and challenging.

#### Limitations:

1. The MHJHADS Division provides multiple services across multiple campuses and health settings, most of which are multidisciplinary based teams. Undergraduate nursing placement availability of the clinical areas identified above is determined by the MHJHADS Nursing Programs Coordinator. Clinical areas are not always available for the time period requested due to operational requirements of post graduate staff and allied health Masters students, staff movements and staff leave requirements. A fair and equitable undergraduate student allocation system also exists so that MHJHADS can accommodate as many students as possible.
2. The SYMHO CAMHS placement will provide exposure to a range of CAMHS services identified above, in line with operational need at the time.
3. No night duty opportunities currently exist within the Division.
4. Make-up clinical time is not always available in the clinical area where the original placement was undertaken.
5. ACT Corrective Services operates AMC. Prior to the commencement of this primary health care placement, all students attending AMC are required to attend the mandatory one day security training. Responsibility for training arrangements rests with each university. Training dates are limited, and bookings can be made via [JACSACTCSTraining&DevelopmentUnit@act.gov.au](mailto:JACSACTCSTraining&DevelopmentUnit@act.gov.au) Lack of mandatory training attendance will not result in automatic reallocation of alternate placement.

Please see further information at the end of this document regarding student processes for placements.

6. Please note, the following services/teams are not available for undergraduate Nursing placements. However, under special circumstances observational opportunities may be negotiated with the MHJHADS Nursing Programs Coordinator.

*Aboriginal Liaison Officer*  
*Adult Step up Step Down (ASUSD) Program*  
*CAMHS STEPS program*  
*Dhulwa Secure Mental Health Unit*  
*Dual Diagnosis Worker*  
*Eating Disorders Unit*  
*Forensic Mental Health Services*  
*Mental Health Access Team*  
*Mental Health Short Stay Unit*  
*Perinatal Mental Health Consultation Liaison Team*  
*Winnunga Aboriginal Health Centre*

## Justice Health Service

Additional Guidelines for students on placement at the Alexander Maconachie Centre.

### **General Introduction**

Justice Health Service (JHS) is a service within the Division of MHJHADS. JHS operates from the ACT Court Cells, Alexander Maconachie Centre (AMC), and the Bimberi Youth Justice Centre. The Hume Health Centre is the community health centre that operates at the AMC.

AMC accommodates detainees with a range of security classifications, varying backgrounds and health status. These include sentenced and remanded people who have offended under Territory and Commonwealth laws.

The clients of AMC are males and females (including those who could be pregnant), transgender people, Aboriginal and/or Torres Strait Islander peoples, people from a culturally and linguistically diverse background, and people with long term, acute, and/or multiple physical and/or mental health conditions and disabilities.

Clients in the custodial setting receive health services, prevention, education and health promotion initiatives that are equivalent to those offered to the broader population, recognising the constraints of the correctional setting in which they are located, and consistent with the ACT Government's commitment to Human Rights.

### **Safety Requirements**

Prior to commencing placement the student will:

- Ensure that they have attended security awareness training delivered by ACT Corrective Services. Please liaise with your university regarding this training.
- Ensure that an Iris scan has been performed on location at AMC, for access reasons.
- Be aware that electronic devices (including mobile phones and pagers, USBs, I pads, laptops and DVDs) are not permitted into the AMC.
- Be aware that all purchases made in the AMC must be via a debit card, not cash.

During the placement the student will:

- Ensure that they have a current student identification badge and name on their person at all times.
- Obtain and wear a Duress Alarm at all times whilst in the workplace. The student will ensure they understand how and when to operate the alarm. Please bring a belt to attach your duress to.
- Be provided with and use a clear bag as issued by Correctional Services.



## **First Day of Placement**

The student will:

- Arrive at 0830hrs on the agreed date and present at the AMC reception area. A staff member, most likely the CDN will meet you. In the event of an early arrival, please request the Corrections Officer to ring Health and advise of your arrival.
- Personal belongings can be stored in the lockers provided at reception. Other items like e.g lunches and water bottles can be brought through to the centre.
- Backpacks and handbags are not allowed unless they are see-through.
- Lunches can be purchased from the staff cafeteria. Cash money is not accepted, but debit cards are.
- Tea and coffee facilities are provided. There also is a fridge in the staff room where lunches can be kept.

## **Professional Behaviour**

The student will:

- Observe the ACT Health Directorate Code of Conduct. Please review this on the ACT Health website.
- Treat all clients, colleagues, and members of the Correctional Services with dignity, courtesy and respect.
- Relate to all clients in a non judgmental and compassionate manner, regardless of the reasons why they are in custody.
- Not provide any goods, substances or messages to clients or Correctional Services staff unless authorised.
- Dress in an appropriate manner e.g. Uniform.
- Be aware that it is a breach of confidentiality to discuss clients and information outside of the confines of the AMC, and that NMBA registration may be compromised if this occurs.
- Be aware of the support in place whilst on placement e.g. CDN and CNC.

## **Supervision and Support**

The AMC CDN/CNC will provide the students with:

- The allocation of a preceptor to work alongside during their placement.
- Assistance to identify learning goals for the placement.
- Facilitate meetings with the University preceptor.
- A daily debriefing from CDN or a senior staff member.
- Encourage students to attend in-services that may be occurring at the AMC.

- The CDN will liaise with University's preceptor to update on the students' progress.

### **Key Contact Details**

- Refer to contact numbers in table above