

Gold Coast Mental Health Symposium 2024



Thursday 30 May 2024
Southport Sharks Club, Southport

Mental Health Hospital In The Home Treatment

Home is Where the Health Is





Jingeri

We acknowledge the Traditional Custodians of the land in which we work, live and grow, the Kombumerri, Wangerriburra, Bullongin, Minjungbal and Birinburra peoples, of the Yugambah Language speaking nation. We also pay our respects to Elders past, present and emerging. We also acknowledge other Aboriginal and Torres Strait Islander people present today.

Acknowledgement of Lived Experience

We acknowledge and value the perspectives of the consumers, carers and families of our service and all people living with mental health challenges and difficulties associated with the use of alcohol and other drugs.

We recognize the impacts of suicide within our community and will continue to strive to create services that compassionately care.

Mental Health- Hospital in the Home (HITH)

Funded through *Better Care Together* and in line with HealthQ32 Reform Strategy 2032 with aims to

- Optimise the delivery of safe, appropriate and timely care using newer evidence-based models of care
- Enhance options for admitted inpatient care outside hospital-built infrastructure
- Relieve the pressure from the current inpatient and community teams



HITH is acute inpatient equivalent care, utilising highly skilled staff, hospital technologies, equipment, medication, and safety and quality standards, to deliver hospital-level care within a person's place of residence or preferred (non-hospital) treatment location.

GCHHS MH-HITH Team



1 Clinical Lead & Consultant Psychiatrist

1 Organisational Lead and NUM

1 Psychiatric Registrar

1 RMO

1 Pharmacist

3 Clinical Nurse

2 Registered Nurse

1 Psychologist

1 Advanced Peer Support Worker

1 Administrative Officer

Goals of the MH HITH Service

To provide clinically appropriate care and treatment in their home environment as an alternative to hospital admission.

Deliver acute treatment within the home setting, allowing greater flexibility to meet consumer and family needs.

Maintain more active family/carer involvement as an integral part of the consumer journey.

Least restrictive approach to consumer care and treatment.

Improve capacity and efficiency of GCMHSS to respond to increasing demands for hospital beds.

Who is the service for?

Acutely unwell consumers , requiring an IPU admission



Suitable and safe accommodation for staff to visit



A responsible relative, carer or support person.



A willingness to engage in MH-HITH

Potential Barriers to MH HITH



If a person does not require an IPU admission, MH HITH is not indicated.



Being too unwell to be safely managed in their home.



Consumers requiring the support of an Inpatient TA.



An active substance use disorder, which contributes to a fluctuating mental state, that is likely to significantly increase risk to self or others.



Not having a care person available to support the consumer 24 hours a day



A high-risk level for suicide, violence, vulnerability or treatment non-adherence.

Operational Processes

Referral Pathways

Inpatient Teams

Consultation Liaison

Continuing Care Community (CCT/MIRT/REACH/TRS)

Acute Care Community

Operational Processes

Referral Form completed and sent via email to HITH

Referrals accepted between 0800-1630, Monday to Friday.

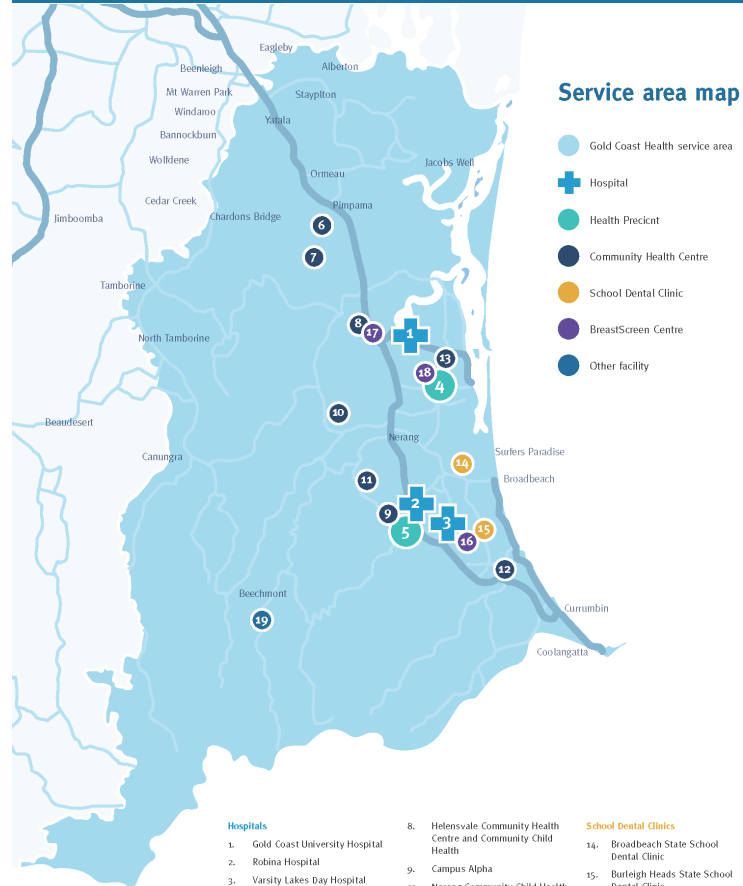
Suitability Assessment completed within 24 hours of receiving referral and outcome discussed with referring team.

Accepted to HITH – admitted immediately (no planned admissions over the weekend).

Typical Day

- Referrals & liaison with referring team
- Suitability assessments
- Home visits
- Treatment & Discharge planning
- Training: Supervision & Teaching junior medical colleagues and staff.
- Medical Leadership: Clinical governance.
- Operational Leadership: NUM.

Catchment Area



Service area map

- Gold Coast Health service area
- Hospital
- Health Precinct
- Community Health Centre
- School Dental Clinic
- BreastScreen Centre
- Other facility

- | | | |
|---|--|---|
| <p>Hospitals</p> <ol style="list-style-type: none"> 1. Gold Coast University Hospital 2. Robina Hospital 3. Varsity Lakes Day Hospital <p>Health Precincts</p> <ol style="list-style-type: none"> 4. Southport Health Precinct 5. Robina Health Precinct <p>Community Health Centres</p> <ol style="list-style-type: none"> 6. Coomera Springs Community Child Health 7. Upper Coomera Community Child Health | <ol style="list-style-type: none"> 8. Helensvale Community Health Centre and Community Child Health 9. Campus Alpha 10. Nerang Community Child Health 11. Robina Community Child Health 12. Palm Beach Community Health Centre and Community Child Health 13. Labrador Community Child Health Centre | <p>School Dental Clinics</p> <ol style="list-style-type: none"> 14. Broadbeach State School Dental Clinic 15. Burleigh Heads State School Dental Clinic <p>BreastScreen Clinics</p> <ol style="list-style-type: none"> 16. West Burleigh BreastScreen 17. Helensvale BreastScreen 18. Southport BreastScreen <p>Other facilities</p> <ol style="list-style-type: none"> 19. Numinbah Correctional Centre |
|---|--|---|

Clinical Profile of the Patients

Average age: 53 years

Gender:

- Males: 65 (49%)
- Females: 68 (51%)

Diagnostic clusters:

- Severe Mental Health Disorder: 115 (86%)
- Common Mental Health Disorder: 18 (14%)

Clinical Profile of the Patients

Average Length of Stay: 14 days

Readmission rates (Within 28 Days): <4%

Absent without approval: <1%

Risk Assessments completed: 91%

Follow-up by acute and continuing care community teams: 100%

Care Plans completed: 100%

Complaints & Complements

- 99.25% Complements

- 0.75% Complaint

Compliment form



The staff here would like to hear from you if you have been happy with the services you have received.

Log your feedback online at www.goldcoast.health.qld.gov.au, click on 'Get involved'

Date: 7 / 8 / 2023

Service / department: ~~Ward~~

Tell us about your experience: I think this service is great due to our circumstances with having a new born my husband didn't get to miss out on too much. Having the daily visits helped myself and my husband and its great to put a plan in place for his recovery. The support from the team have been great. I only wish we had this service a few years back when my husband had his last episode. I can see this service helping a lot more families.

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- The HITH team have been amazing. We cannot rate this experience high enough. This program has been incredibly valuable to myself and my family without it, I would never have recovered to the extent that I am now. Being able to spend time recovering in my own home with my family has really benefited my health and wellbeing. Having full access to everything the hospital provides in my home is incredible. **Such an awesome program that has to continue and expand. This could really make a massive impact on society and transform mental health.** As a carer the HITH team have provided the best transition from hospital to the home, and I am sure in the future it will support our family at home without the need to go to hospital.
 - The service was very good. Certainly, out of hospital early helpful to have home visits. **Different staff is good this service should be bigger and be offered at every hospital.**
 - Excellent, **best service I have ever experienced in 30 years of bipolar disorder.** A much-needed service.

Early Learnings

- Clinical Learnings

- Operational Learnings

Clinical Learnings:

Suitability Assessments & Mutual agreements.

Service co-ordination & Integration

Medication dispensation issues

HITH is the least restrictive practice that is aligned with recovery-oriented practice.

Operational Learnings:

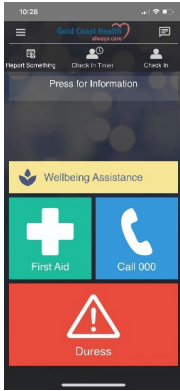
Staff upskilling

Need for MDT

Upscaling: Gradual increase of bed numbers

Partnership with referrers & discharge services (QH & Non-QH)

Innovations



Use of SafeZone Mobile Application

Video Consultations

Use of blended care delivery models:

Face-to-Face, &
Telehealth



Research initiatives:

Setting up of MH HITH
Health Economic Evaluation of MH HITH
Potential presentation at The 16th HITH
Society Annual Scientific Meeting, Sydney.

Way Forward



Additional Better Care Together investment to scale up MH-HITH which will enable:

8 beds to 16 beds

More equitable reach across GCHHS catchment area



Recruit & Retain staff



Research & Quality Improvement



THANK YOU

GCMHHITH@health.qld.gov.au