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# *Partnering Nationally to Build Capacity Locally*

Child Aware Approaches Conference March 31 2014

Lauren Tyrrell (MHPN)

**“Working together. Working better.”**

Supported by The Royal Australian College of General Practitioners, the Australian Psychological Society, the Australian College of Mental Health Nurses and The Royal Australian and New Zealand College of Psychiatrists

# Who are we?



MHPN is a unique federally funded initiative that promotes **collaborative care** and **interdisciplinary practice** in primary mental health

- **mental health focus**
- **a national initiative**
- **targets local practitioners**

MHPN believes that when practitioners from different disciplines and service sectors **network** on a regular basis:

- **clinical pathways are more effective**
- **referrals are better informed**
- **consumers receive a better service**

# What do we do?

**MHPN supports and promotes a collaborative interdisciplinary approach to primary mental health care through three targeted strategies:**

- **Supporting local interdisciplinary practitioner networks across Australia**
  - 450 networks, 40% regional, rural & remote locations
  - 11,000 practitioners in 2012/13.
- **Providing an online interdisciplinary professional development program**
  - 10 webinars, over 10,000 participants and views of recording in 2012/13
- **Fostering communications**
  - Database of over 30,000
  - e-news promotes MHPN opportunities and other Australian mental health news and resources



# How is MHPN promoting child mental health and wellbeing?

- **Partnering nationally** with child focused national initiatives, such as COPMI, Building Capacity, Building Bridges, and Communities for Children with the aim of **building capacity locally**
- **Establishing & supporting networks** with a specific interest focus on the mental health of children and families
- **Introducing** child mental health and wellbeing approaches through the **webinar program**
- **Promoting resources, conferences, and training** with a child mental health focus to our members through our e-news, website, and social media

# Networks

- **Western Sydney COPMI Network (NSW)**

Coordinated by Dr Adrian Falkov, Child & Adolescent Psychiatrist, member of the National COPMI Reference Group and chair of the Western Sydney COPMI Implementation Committee

76 members, including GPs, psychologists, psychiatrists, mental health nurses, social workers, an OT, community service workers, teachers, guidance counsellors

- **Townsville Children & Families Mental Health Network (QLD)**

Coordinated by Karen Loto, project manager for Communities for Children in Townsville West

74 members, including psychologists, mental health nurses, social workers, OTs, a psychiatrist, youth workers, community service workers

- **Cardinia Family Violence Network (VIC)**

Brings together practitioners and services from domestic violence, mental health, drug and alcohol, housing, and the police to discuss how they can work better to support families and children where family violence is occurring

75 members, including psychologists, social workers, mental health nurses, family therapists, police, child protection workers, domestic/family violence workers, AOD clinicians/counsellors, teachers, school nurses, Cardinia Communities for Children

# Webinars



- MHPN have developed two webinars in partnership with COPMI

- **Coping with undiagnosed paternal depression in the family**

Facilitator: Dr Michael Murray (*QLD-based General Practitioner*)

Panellists: Dr Cate Howell (*SA-based Medical Practitioner & Therapist*)

Dr Nick Kowalenko (*NSW-based Psychiatrist*)

Mr John Clark (*TAS-based Consumer / Dad / Anglicare's Family Mental Health Support Service*)

**800 registrations, 275 attendees, 538 downloads of the recording**

- **Supporting families living with maternal bipolar mood disorder**

Facilitator: Dr Mary Emeleus (*QLD-based General Practitioner*)

Panellists: Associate Professor Morton Rawlin (*VIC-based General Practitioner*)

Dr Nick Kowalenko (*NSW-based Psychiatrist*)

Ms Vicki Cowling OAM (*VIC-based Social Worker and Psychologist*)

Ms Rose Cuff (*VIC-based Occupational Therapist*)

**1027 registrations, 471 attendees, 486 downloads of the recording**

# Communications



- Cross-promotion of resources
- The release of **COPMI's Family Focus** clinical intervention program promoted through our e-news
- COPMI invited MHPN member input to inform the development of their **Pathways to Care** resource
- COPMI have promoted **MHPN webinars** with a child mental health focus and **networking opportunities** in their e-news
- Resources build the capacity of our members to better respond to the mental health needs of children and families

**Learn more at**

**[www.mhpn.org.au](http://www.mhpn.org.au)**

**or contact me for more information:**

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