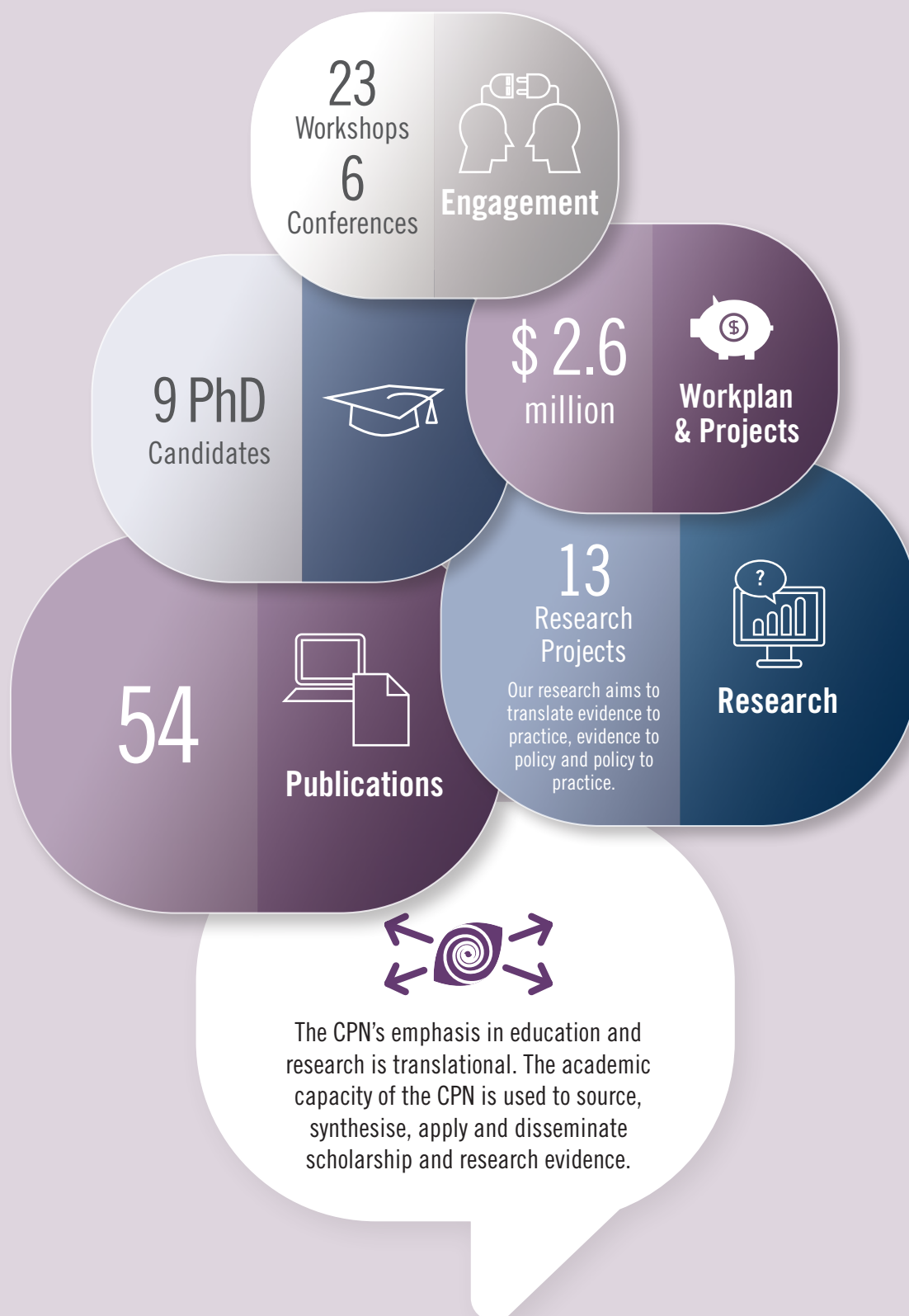




# CPN | REVIEW REPORT | 2017 - 2019



# CPN SNAPSHOT 2017 – 2019



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**Associate Professor  
Bridget Hamilton**  
Director  
Centre for Psychiatric Nursing

## MESSAGE FROM THE DIRECTOR

The Centre for Psychiatric Nursing (CPN) continues to resource mental health nursing practice in Victoria, through our many collaborative mental health nursing events, and through our co-produced education and research, dedicated to advancing mental health care that is valued by consumers.

Our work of enabling supported decision making, use of therapeutic skills, reducing all restrictive practices, and listening to consumer experiences of care continues to grow, both in terms of reputation and reach. This 2017-2019 report charts our progress, as we build scholarly capacity among our nursing and consumer academics and collaborate with mental health services, working closely with nurse leaders and educators in the sector, as well as our interdisciplinary and interfaculty colleagues. In all this our work we are ably supported by the leadership and expertise of the Department of Nursing and the School of Health Sciences.

This report also chronicles some of the many highlights, as we map the extent of engagement, learning innovations and research achievements and outputs. Across graduate students and the consumer and nursing academic team there are individual awards, publication impacts, media mentions and a feature detailing the scholarly outputs and recognition achieved through our solid commitment to co-production. Please enjoy all that follows in this review report.



# ABOUT THE CPN

The CPN was launched within the (then) Postgraduate School of Nursing, at the University of Melbourne in 1999. Since that time, it has been well established as a clinical academic resource in Victoria that enhances the professional and practice standing of mental health nursing (MHN), for the benefit of Victorians and especially consumers of public mental health services. The CPN is uniquely positioned to advance MHN practice and research, as a government supported academic centre that is located in a research-intensive university and actively engaged in the sector.

Unlike research-oriented Centres at the University, the CPN has a primary role of engagement across the sector, in addition to contributing education/training and research. The strategic direction and workplan of the CPN are negotiated and honed annually, together with the sponsoring Office of the Chief Mental Health Nurse. The CPN annually hosts the largest national conference for MHNs and facilitates a calendar of education programs and professional development forums.

Key practice focus' are growing therapeutic practices for nurses, including sensory interventions and preventing trauma especially in acute care settings, facilitating supported decision-making, and establishing clinical supervision across the sector. The CPN is known internationally for its work in evaluating a state-wide pilot and then implementation of Safewards and for resourcing subsequent Safewards adoptions, implementation and evaluations.

The CPN is a small team with establishment/core staffing of 3.8 EFT, including a director (1.0 EFT), nurse academic (0.4 EFT), a lead consumer academic (0.8 EFT), a research assistant (1.0 EFT) and a communications and events officer (0.6 EFT). The team is supplemented with casual staffing, to meet requirements for additional consultancies and grants and with the secondary aim of capacity building.



**Back row:** Roshani Prematunga, Helena Roennfeldt, Hamilton Kennedy, Bridget Hamilton, Indigo Daya, Cath Roper, Teresa Kelly  
**Front row:** Megan Porter, Vrinda Edan, Rory Randall

# Staffing

## A/Prof Bridget Hamilton

**Director (1.0 EFT)**



A/Prof Bridget Hamilton is the Director of the CPN, leading the team of clinical nurse academics and consumer academics. Bridget is a registered mental health nurse with a 30 plus year career working as a clinician, manager, educator and researcher in public sector services. Since completing her PhD in 2008 she has undertaken scholarly leadership roles, including coordinating the mental health postgraduate specialist program and coordinating research higher degrees in the Department of Nursing. She has supervised the completion of nine cross disciplinary PhDs, including several nominated for the Chancellors Award.

Bridget highly values partnering with consumers in everyday work, research and teaching. She currently teaches solutions-focused and narrative interventions for postgraduates; her health services research program spans ethnographic fieldwork in healthcare settings, knowledge transfer for seclusion reduction, evaluations of recovery orientation, narratives of strengths approaches. Bridget is highly regarded for her practical actions in support of consumer perspective, so that she won the VMIAC Ally Award in 2018 for her 'allyship' to the Victorian consumer workforce. She co-leads an interdisciplinary Mental Health and Society program of work at the Melbourne Social Equity Institute.

## Megan Porter

**Programs, Events and Communications Officer (0.6 EFT)**



Megan Porter joined the CPN team in January 2019, coordinating engagement opportunities, events and workshops. Megan communicates and promotes the CPN through social media, website and other digital/non-digital channels. Major projects Megan has worked on are the Victorian Collaborative Mental Health Nursing Conference, 4/5 Forums and ACN Nursing Expo. In 2019 Megan travelled with the CAP team to Wellington, New Zealand to promote CPN at the SUAS Conference.

## Roshani Prematunga

**Research Assistant (1.0 EFT)**



Roshani Prematunga has been a Research Assistant at the CPN since June 2009. She has skills and experience working in New Zealand with the University of Auckland and government research organisations.

As a core part of the research team at the CPN, Roshani has been involved in numerous research projects and her background in Public Health statistics and economic analysis brings valuable research skills to the CPN.

## Teresa Kelly

**Nurse Academic (0.4 EFT)**



Teresa Kelly is a credentialed mental health nurse who holds academic qualifications in Gestalt therapy and Health Information Management and commenced at the CPN in October 2017.

Teresa values the contribution of multiple perspectives to achieving in-depth contextual understandings of complex health problems. Teresa is part of the team at the CPN and is a PhD candidate with the Department of Nursing at The University of Melbourne. Teresa's PhD thesis, *Heartscapes: A new narrative for understanding the complex interplay of mental illness and cardiovascular health*, is nearing completion and translation of the research findings into policy in Victoria is already underway.

Teresa's PhD research project was supported by a 2014 NHMRC/ National Heart Foundation Postgraduate Scholarship.

### Cath Roper

**Senior Consumer Academic (0.8 EFT)**



Cath Roper has held the pioneering role of consumer academic at the CPN since 2000. Using perspectives arising from lived experience of mental health services, Cath develops and co-delivers training across specialist mental health service setting, and co-ordinates, teaches, assesses a core consumer perspective subject in the Postgraduate Diploma in Nursing, Mental Health. Cath has an international profile as a speaker and scholar. Her research interests include the development of consumer perspective as a discipline, and consumer decision-making, human rights and ethics in the context of mental health legislation. Cath has been engaged in policy development, and built up strong, collegial and co-productive relationships. Cath is currently engaged as a consultant throughout the life of the Royal Commission into Victoria's mental health system (2019/2020) to provide consumer perspective advice.

### Indigo Daya

**Consumer Academic (0.6 EFT)**



Indigo Daya is a Consumer Academic at the CPN, and an Honorary Fellow at the Melbourne Social Equity Institute. Indigo has lived experience as a survivor of childhood trauma, madness and coercive mental health services. She is an experienced and highly engaging workforce trainer and policy advisor in the public clinical and not-for profit mental health sector. Her teaching and research interests include Mad Studies, consumer/survivor perspectives in mental health contexts, human rights and reframing 'mental illness' as a meaningful response to trauma. She is undertaking research into perspectives of dangerousness in mental health, with the support of the Melbourne Social Equity Institute.

### Hamilton Kennedy

**Consumer Academic (0.4 EFT)**



Hamilton Kennedy is a Consumer Academic at the CPN. They have a lived experience of madness and psychiatric hospitalisation which informs their work. This work centres on safety and improving the experience of mental health consumers in services. Hamilton leads the consumer component of Safewards evaluation. They are also interested in the development of Mad Studies and narrative therapy.

Hamilton is a writer and speaker with one main goal: to make mental health services better now.

### Rory Randall

**Consumer Academic (0.2 EFT)**



Rory Randall works from a lived experience of mental health public and private service use. They have experience in mental health peer support service provision in youth and adult services in outreach, residential and sub-acute settings. This includes experience in vocationally focused work, individual and group work. They have training and experience in working with the collaborative recovery model, motivational interviewing, narrative therapy and emotional CPR. Rory has recently been involved in co-producing and undertaking qualitative research projects and is keen on developing these skills further.

### 2017 – 2019 CPN Staff

**Wanda Bennetts** Casual Consumer Academic, June 2016 – ongoing

**Haley Peckham** Casual Neuroscientist, Mental Health Nurse and Lecturer, Clinician with lived experience, March 2017 – ongoing

**Daniel Pinto** Consumer Academic, May 2017 – December 2019

**Krystyn Smale** Consumer Academic, June 2016 – December 2019

**Sally Buchanan-Hagen** Consumer Academic, December 2015 – December 2018

**Dr Finbar Hopkins** Mental Health Nursing Lecturer, June 2009 – July 2018

**Kylie Boucher** Mental Health Nursing Lecturer, March 2017 – June 2018

**Louise Irving** Programs, Events and Communications Officer, October 2016 – May 2018

**Robert Trett** Mental Health Nursing Lecturer, July 2016 – April 2018

## Research & Training

Research students contribute substantially to the strategic focus of the CPN by researching aspects of practice that are important to consumers and nurses. At the same time, through research training and higher degree supervision, the CPN is building research and evaluation capacity with nurses and consumer academics.

The projects undertaken by our outstanding PhD candidates contribute to practice innovation. Many of these students and their projects have been celebrated with awards and prizes and their publications shape the next wave of mental health knowledge.

### Vrinda Edan

**PhD Candidate & Consumer Academic CPN, Department of Nursing, Melbourne School of Health Sciences, The University of Melbourne**

**Title:** *What are the experiences of adult consumers in Victorian mental health services who have an advance statement and are admitted to an inpatient unit compulsorily?*



This study firstly explores consumer and supporter experiences of using advanced statements.

Study two uses scenarios developed by the participants to elicit the views and experiences of mental health staff. The data will be examined utilising a critical feminist approach, Standpoint Theory to establish how advanced statements work to support consumers' decisions.

Vrinda's PhD project is supported by a Melbourne Social Equity Institute PhD scholarship.

Vrinda's PhD project is supported by a Melbourne Social Equity Institute PhD scholarship.

**Principal Supervisor:** **A/Prof Bridget Hamilton**

**Co-Supervisors:** Prof Lisa Brophy and Prof Bernadette McSherry, The University of Melbourne

### Teresa Kelly

**Credentialed Mental Health Nurse, PhD Candidate & Mental Health Nurse Academic CPN, Department of Nursing, Melbourne School of Health Sciences, The University of Melbourne**

**Title:** *Heartscapes: A new narrative for understanding the complex interplay of mental illness and cardiovascular health*



This qualitative research project aimed to understand how living with mental illness influences cardiovascular

health in everyday life. Using a narrative approach generated a new narrative for understanding the complex relationship between mental illness and cardiovascular health. Addressing cardiovascular inequalities calls for radical and transformational action underpinned by human rights principles and co-production methodology.

Teresa's PhD research project was supported by an NHMRC/Heart Foundation Postgraduate Scholarship.

**Principal Supervisor:** **A/Prof Bridget Hamilton**

**Co-Supervisors:** Prof Suresh Sundram, Monash University; and Prof Sharon Lawn, Flinders University

### Rachel Tindall

**PhD Candidate, Department of Nursing, Melbourne School of Health Sciences, The University of Melbourne & Program Manager, Acute Intervention Services, Barwon Health**

**Title:** *Experiences of engagement with early intervention services for first episode psychosis: A longitudinal, qualitative study*



Rachel's PhD seeks to understand the experiences of engaging and disengaging with early intervention services

for first episode psychosis, from the perspectives of the key people involved in the process, using qualitative metasynthesis and longitudinal, qualitative interview methods.

Rachel's PhD project is supported by an Australian Government Research Training Program Scholarship, a HOSPIRA grant and The Windermere Foundation Doctoral Scholarship in Health Program.

**Principal Supervisor:** **A/Prof Bridget Hamilton**

**Co-Supervisors:** A/Prof Kelly Allott and Dr Magenta Simmons, The University of Melbourne



## Helena Roenfeldt

Consumer Academic CPN,  
Department of Nursing, Melbourne  
School of Health Sciences, The  
University of Melbourne

**Title:** *All roads lead to ED: An analysis of the discourses surrounding responses to mental health crises*



Helena's PhD explores underlying discourses that shape service responses to mental health crises and uncover discourses that support more effective emergency mental health care.

Helena's PhD is supported by a Melbourne Social Equity institute PhD Scholarship

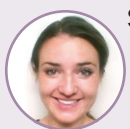
**Principal Supervisor:** A/Prof Bridget Hamilton

**Co-Supervisors:** Dr Nicole Hill, The University of Melbourne, Dr Louise Byrne, RMIT University

## Stephanie Stewart

PhD Candidate, Department of  
Psychological Science, The  
University of Melbourne

**Title:** *Authority, Power, Influence, and Leadership: A qualitative exploration of mental health consumer perspectives*



Stephanie aims to investigate the nature of consumer leadership as understood by and in collaboration with consumer leaders.

**Principal Supervisor:** Dr Scott Griffiths, The University of Melbourne

**Co-Supervisors:** Ms Cath Roper, The University of Melbourne; Dr Brett Scholz, Australian National University

**Advisory Group Members:** Terri Warner, Vrinda Edan, Hamilton Kennedy, Dominic Makuvachuma

## Justine Fletcher

PhD Candidate, School of Population  
and Global Health, The University of  
Melbourne

**Title:** *Safewards in Victoria: Evaluation of outcomes, impacts and process*



Justine's PhD explores the implementation of Safewards in inpatient mental health wards including the perspectives of consumers and staff about the impact of Safewards, changes in rates of seclusion after implementation and analysis of the implementation process.

Justine's PhD project is supported by an APA scholarship and an NHMRC PhD scholarship.

**Principal Supervisor:** A/Prof Lisa Brophy, The University of Melbourne

**Co-Supervisors:** A/Prof Bridget Hamilton, Prof Stuart Kinner, Prof Jane Pirkis, The University of Melbourne

## Claire Hayes

PhD Candidate, Department of  
Psychiatry, The University of  
Melbourne

**Title:** *The exploratory evaluation of an inpatient model of care for adolescents experiencing mental health problems: A prospective longitudinal study*



Claire's PhD explores the therapeutic outcomes and lived experiences of an inpatient admission for young people and their families.

**Principal Supervisor:** Prof Malcolm Hopwood, The University of Melbourne

**Co-Supervisors:** Dr Magenta Simmons, A/Prof Victoria J. Palmer and A/Prof Bridget Hamilton, The University of Melbourne

## Shawana Andrews

PhD Candidate, Department of  
Social Work, Melbourne School of  
Health Sciences, The University  
of Melbourne, Associate Dean  
(Indigenous) in the faculty of MDHS.  
She is a Palawa woman of the  
Trawlwoolway clan, Trowunna

**Title:** *Cloaked in Strength – An exploration of Aboriginal mothers' experiences of family violence and the role of cultural practice as a tool of engagement, resilience and resistance*



Shawana's PhD explores the lived experience of family violence of 15 Aboriginal mothers living in Narm (Melbourne), using possum skin cloak making to frame its engagement with and support of the women.

Shawana's PhD projects is supported by a scholarship with The Safer Families Centre.

**Principal Supervisor:** Prof Cathy Humphreys, The University of Melbourne

**Co-Supervisor:** A/Prof Bridget Hamilton

## Gemma McGibbon

PhD Candidate, Department of Social  
Work, Melbourne School of Health  
Sciences



**Title:** *"I knew it was wrong but I couldn't stop it": Young people talk about the prevention of sexually abusive behaviour*

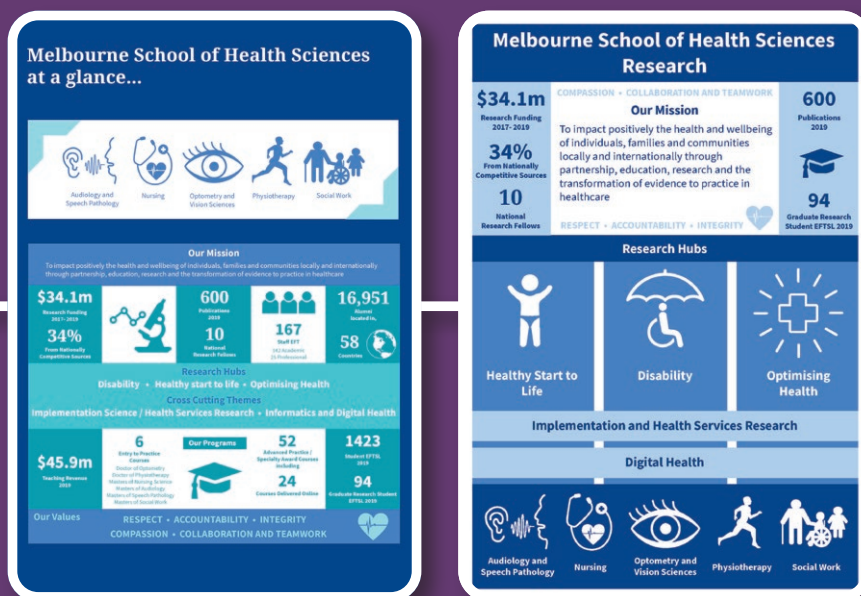
**Principal Supervisor:** Prof Cathy Humphreys, The University of Melbourne

**Co-Supervisor:** A/Prof Bridget Hamilton



# Governance

Since its inception in July 2009, the Melbourne School of Health Sciences (MSHS) has created an inter-professional learning community at the forefront of leadership in health sciences education, clinical research, scholarship, professional practice, workforce training and knowledge exchange.



## Department of Nursing

Our mission is to enhance the health and wellbeing of individuals, families and communities through discovery, education and translation of evidence to nursing practice and healthcare. Our programs of research are aligned with the School of Health Sciences cross-cutting research themes 1) Implementation science and Health services research and 2) Informatics and digital health and research hubs: 1) Healthy start to life; 2) Disability and 3) Optimising health.

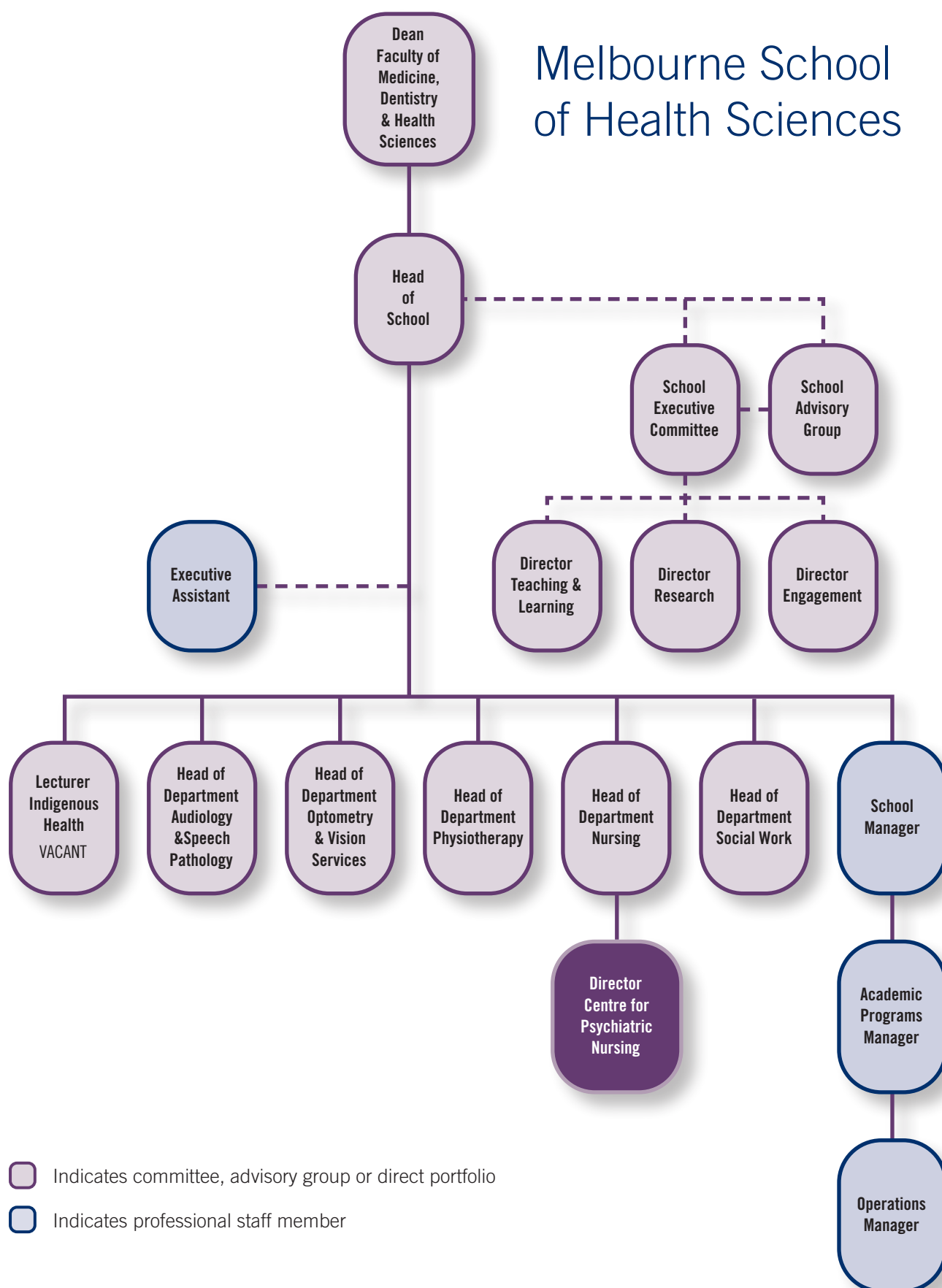
Our world-leading practice-based research is integral to improving patient and family outcomes and making positive contributions to the health of the community. Our nursing research aims at ensuring delivery of high-quality nursing education and improving quality and safety of care in partnership with patients and their families and the interdisciplinary health team. This research is paramount to the future nursing education workforce, to reducing the burden of suffering, disease and disability in our community and to the delivery of high quality, evidence-based health care. Our programs of research focus on the development, implementation

and evaluation of models of care sensitive to nursing interventions and the quality of the nursing workforce.

Our programs of research include:

- Cancer and palliative care nursing
- Emergency and critical care nursing
- Infant, child and adolescent health
- Informatics and digital health
- Mental health nursing

# Melbourne School of Health Sciences



• Organisation structure as at September 2020

# CPN Expert Reference Group Membership

## **The University of Melbourne Department of Nursing Governance**

### **A/Prof Marie Gerdtz**

Head of Department of Nursing  
The University of Melbourne (CHAIR)

## **Mental Health Nurse Academics**

### **A/Prof Philip Maude**

Discipline Head of Nursing, RMIT University

### **Prof Kim Foster**

Professor of MH Nursing  
Australian Catholic University  
& NorthWestern Mental Health

## **Mental Health Sector/Services Executives**

### **Peter Kelly**

Director Operations  
NorthWestern Mental Health

### **Tracey Harmer**

Director of Nursing MH  
Monash Health

## **Department of Health and Human Services (DHHS) Sponsors**

### **Anna Love**

Chief Mental Health Nurse  
DHHS

## **Mental Health Nursing Key Stakeholders**

### **Vrinda Edan**

Consumer Academic,  
PhD Candidate

## **CPN Members**

### **A/Prof Bridget Hamilton**

Director CPN

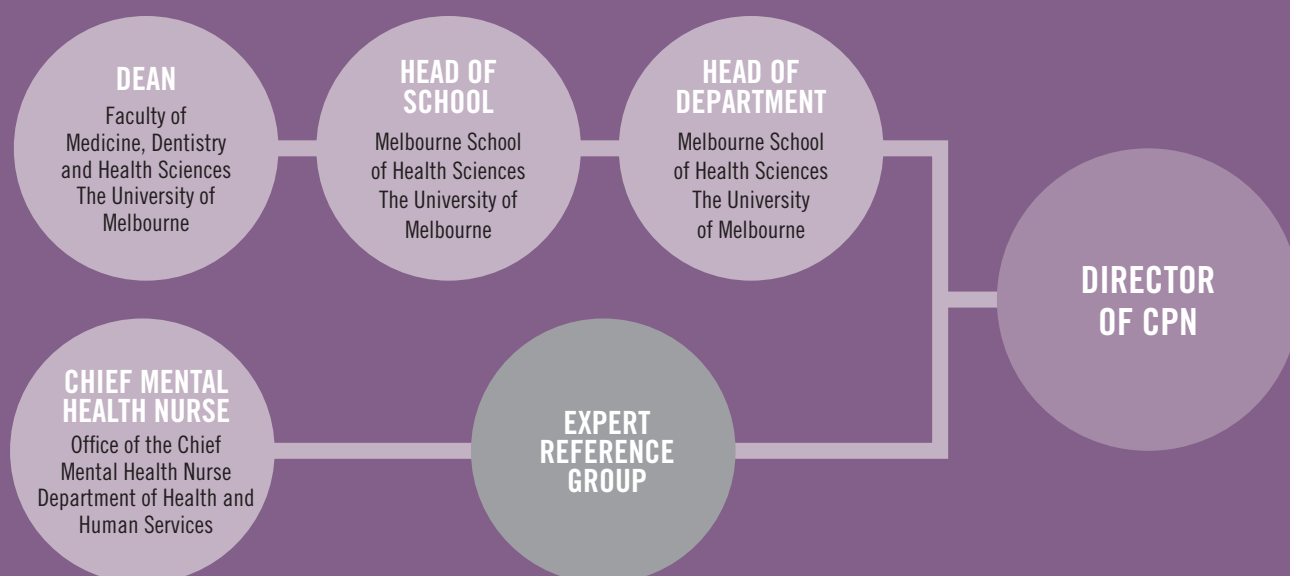
### **Cath Roper**

Senior Consumer Academic  
CPN

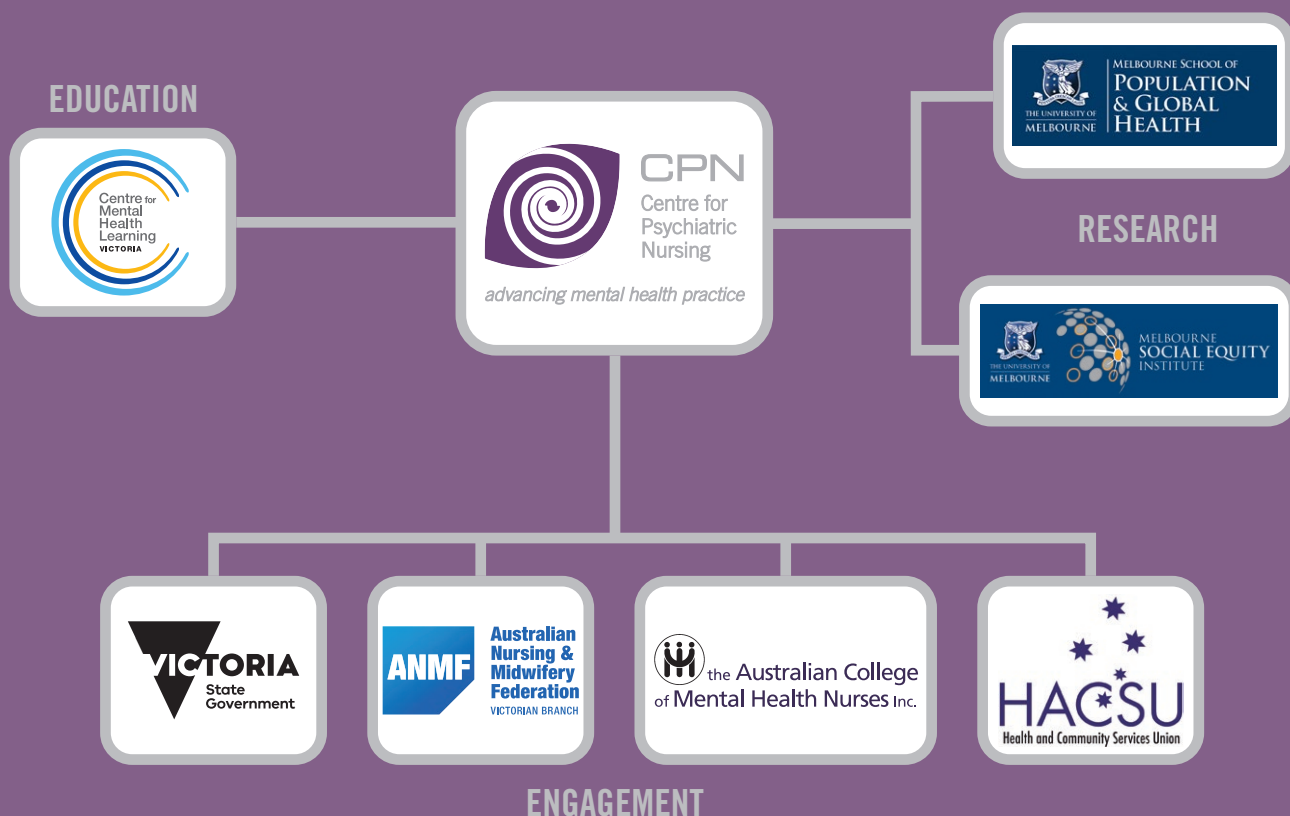
### **Megan Porter**

Communications Officer  
CPN

## CPN Governance



## CPN Collaborations



# CPN Strategic Direction

**Since 2016**  
the stated aim of  
the CPN has been to  
advance mental health  
nursing (MHN) practice in  
Victoria, through research,  
education, training and  
consultation. In addition,  
the work of the CPN  
has been shaped by  
three strategic  
commitments:

1

**The MHN practice priorities of the CPN are those which are most important to the wellbeing of consumers and nurses themselves**

Practice priorities are recognised through the expertise in the CPN team, international evidence, and ongoing consultation

2

**CPN's emphasis in research and education is translational**

ie: translating evidence to practice, evidence to policy and policy to practice. The academic capacity of the CPN is used to source, synthesise and apply scholarship and research evidence

3

**CPN is known for co-productive skills, practices and outcomes**

All professional development, education and research activity of CPN combines nursing and consumer expertise



The work of the CPN is achieved through its strategic partnerships, and the combined expertise of the staff team. To achieve its strategic commitments, the CPN team works in partnerships with MH nurses, leaders and other key stakeholders

CPN partners with MH nurses, consumers, educators, carers, employers in the sector, professional and industrial bodies and other academic groups to achieve enhanced MHN practice

CPN partners with Department of Health and Human Services (DHHS) to support international best practice in MH nursing and related national and state MH policy directions

CPN collaborates with individual colleagues of all disciplines, with universities and with organisations in the mental health sector, and with interested people across the communities of Victoria to enhance MHN practice

# Consumer Academic Program (CAP)

In 2019, the CPN was publicly recognised for the Consumer Academic Program (CAP), achieving (along with Tepou training New Zealand) a Mental Health Service of Australia and New Zealand Award in the category of Education, Training or Workforce Development for the achievement of excellence, innovation and best practice in mental health services.

The overall aims of the Consumer Academic Program (CAP) at the Centre for Psychiatric Nursing are:

Contributing to the development of consumer perspective and consumer leadership in theory, education, research and policy development

Innovation through adopting co-produced methods with nurses, other clinicians and a range of academic disciplines

Improving mental health services by contributing to: education and training of nurses and the wider mental health workforce; a human rights agenda, through supported decision-making and practices that eliminate coercion

Strengthening the consumer workforce in mental health

The CAP is unique in the Victorian landscape as a critical mass of consumer perspective thought leaders with a diverse range of expertise including research, education and training, management, governance and service delivery. With the guidance and expertise of a senior consumer academic, the CAP has been successful in attracting small grants, consultancies, and

scholarships to support consumer academic development and roles beyond the CPN business and attracting part-time team members and research training studentships. Members of the CAP are sought after by large multidisciplinary research teams as experts in the field locally, nationally and internationally.



CAP members bring rich experiential and scholarly perspectives to CPN initiatives as well as the drive to make practical differences in mental health service delivery and workforce capability. As an example, CPN features co-produced training for the clinical workforce on Supported Decision Making (SDM), Co-production and making each connection with consumers matter (Every Moment Counts). The CAP showcases the discipline of consumer perspective through partnerships internal to the University such as the Social Equity Institute as well as with DHHS and VMIAC, for example in the development of the Consumer Perspective Supervision Framework. The CAP has monthly discipline meetings and supervision as well as mentorship and career development support from the CPN Director.

**CAP Team:** Rory Randall, Hamilton Kennedy, Cath Roper, Vrinda Edan, Indigo Daya and Helena Roenfeldt.

# ENGAGEMENT

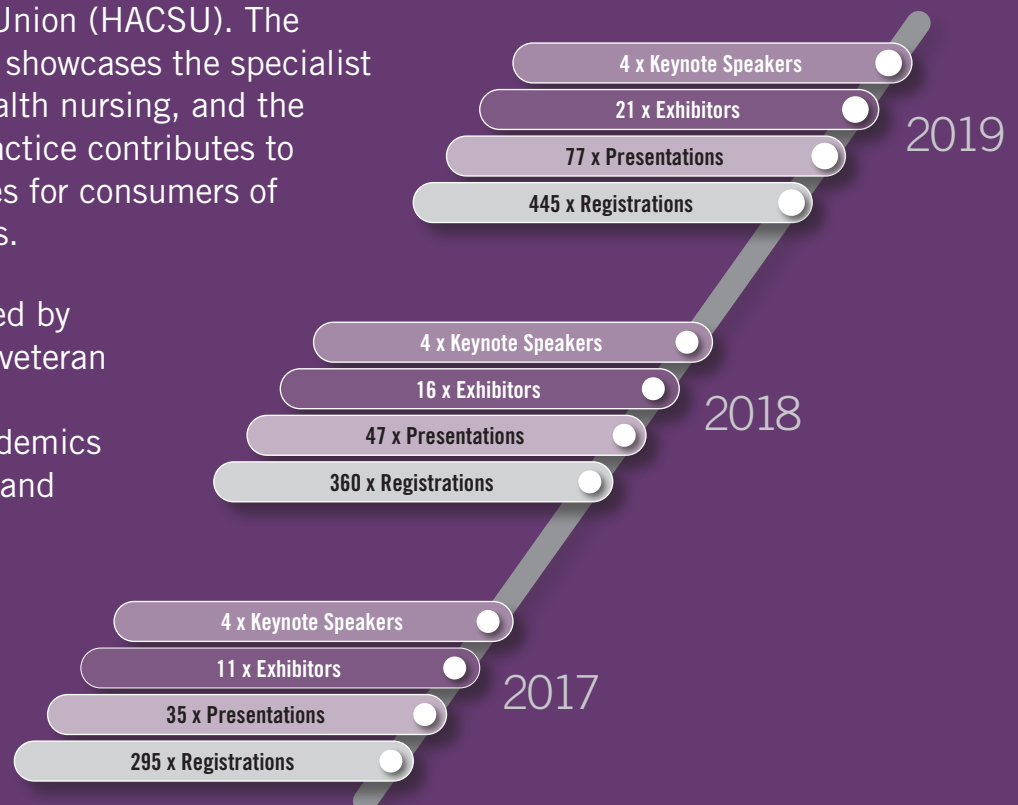
The CPN is foremost an engagement Centre, contributing leadership and support to the discipline of mental health nursing in Victoria. Since its inception the CPN has built academic capacity amongst mental health nurses and also with the emerging discipline of consumer academics, as key collaborators.

## Events

### Victorian Collaborative Mental Health Nursing Conference (The Collab)

Commencing in 2000, the annual 'Collab' is jointly hosted by collaborative partners Australian Nursing and Midwifery Federation (ANMF), the Australian College of Mental Health Nurses (ACMHN) and the Health and Community Services Union (HACSU). The Collab celebrates and showcases the specialist practice of mental health nursing, and the ways in which this practice contributes to better health outcomes for consumers of mental health services.

Abstracts are presented by early, mid-career and veteran mental health nurses, nursing students, academics and researchers alike and is the largest national conference for MHNs.





*“ The conference is refreshing and inspiring and allows us to get together and share experiences ”*

– 2019 Collab Conference attendee



The Victorian State Government have sponsored 300 Nursing Students and over 60 Graduate Nurses to attend the Collab from 2017-2019.



In 2019 attendees came from across 55 organisations

The Collab saw a record attendance for the 20<sup>th</sup> annual event with the milestone theme of **‘2000-2019 Celebrating 20 years of Commitment to Mental Health Nursing Practice’**.

Each year a prize is awarded to a first-time presenter.





*Through a calendar of events, media and consultancies, CPN achieves both breadth and depth of impact across the public mental health sector.*



### Service User Academia Symposium (SUAS)

Run annually since 2011, the SUAS is a two-day service user discipline event that the CPN has co-hosted since 2016 with the University of Otago, and other New Zealand and Australian Universities. The SUAS aims to explore the challenges and opportunities of creating and maintaining service user leadership and co-production in mental health and addiction scholarship, research, education, programs and policy.

In November 2018, the CPN hosted the SUAS in Melbourne, receiving a record number of abstract submissions and attendances.

The Consumer Academic Program's involvement in SUAS includes giving presentations, sharing our academic work, networking with local, national and international consumer academics and advancing consumer perspective.



### VMIAC Conference

VMIAC is a consumer led organisation which holds a bi-annual conference for people with a lived experience of mental health or emotional challenges.

CPN have been an ongoing sponsor and supporter of the VMIAC conference since 2016.



## TheMHS Conference

The Mental Health Services (TheMHS) Conference is Australasia's leading and most diverse mental health conference.

In 2019, the Consumer Academic Program (CAP) won an award in The Education, Training or Workforce Development stream. It was given in recognition of the achievement of excellence, innovation and best practice in mental health services. It was one of eight awards made in the service and program categories.



## Australian College of Nursing (ACN) Expo

In 2014, the CPN was approached by DHHS to run a double booth promoting mental health in nursing in Victoria. Since then, CPN have continued to annually run the ACN Expo booth to promote the Public Mental Health Graduate Nurse Programs, offer tips for applying and how to prepare for interviews.



## International Mental Health Nursing Conference

The International Mental Health Nursing Conference is a leading mental health nursing event hosted annually by the Australian College of Mental Health Nurses. The CPN are regular presenters and attendees. In 2018, the CPN won two key awards. **Teresa Kelly**, PhD candidate, was awarded the *2018 Research Award*, and **Justine Fletcher**, PhD candidate, was awarded the *2018 Stan Alchan Award*.

# The RPN 4/5 Educators' Forum

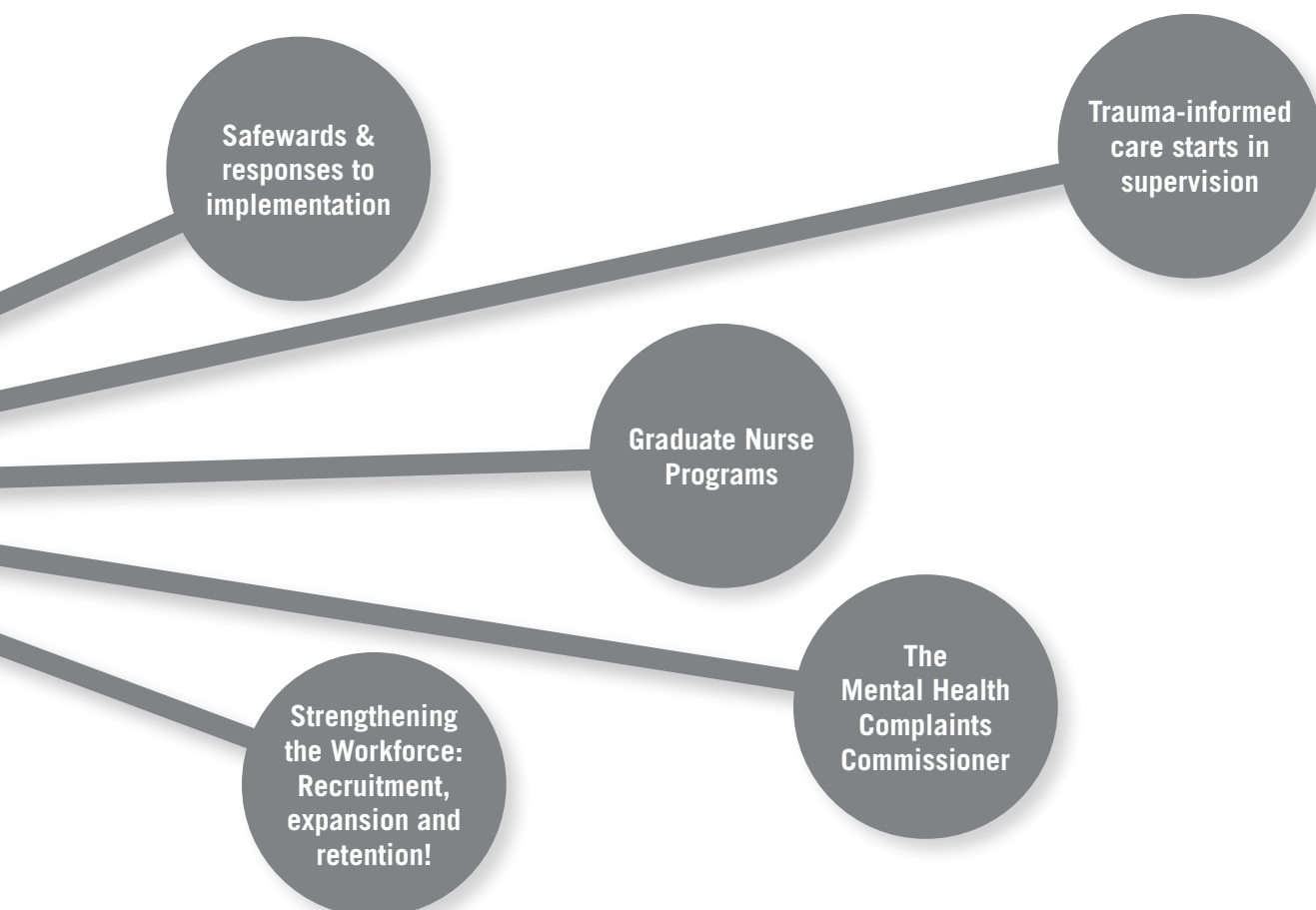
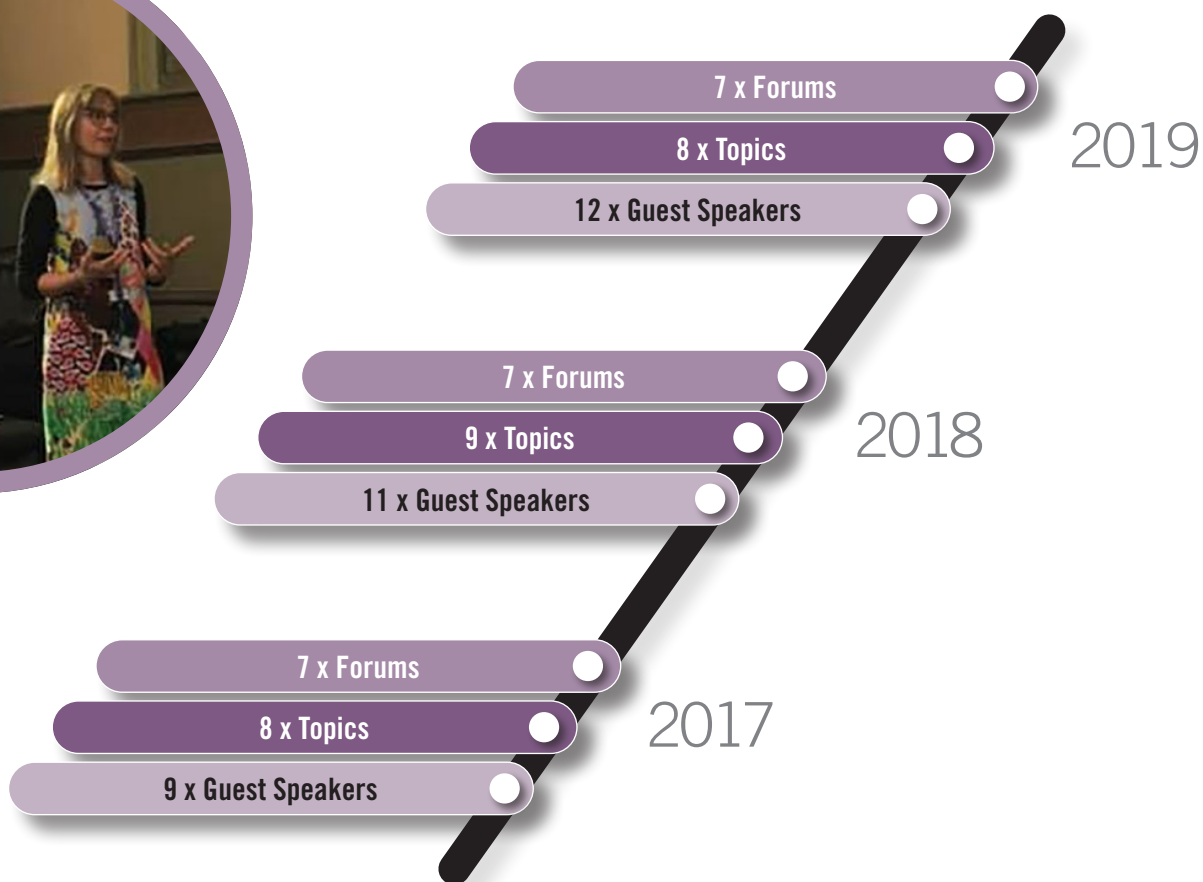
## The aim of the 4/5 Forums is to facilitate:

- links and relationships between educators from the 18 Area Mental Health Services (AMHs) across Victoria
- the sharing of resources and ideas such as student placements, graduate nurse programs, clinical supervision, and existing workforce development
- opportunities for clinical educators to provide input and feedback on DHHS mental health workforce strategies and guideline development
- discussion and dissemination of information about policy implementation challenges and approaches

All mental health nursing educators in Victorian AMHs are invited to attend these Forums

A snapshot of topics covered in 2017-2019







# Consultancies

**CPN contributes expert advice and synthesis of evidence to support policy development**

## Clinical Supervision

Through 2017 to 2019, the CPN provided expertise into the initiative of the state government to establish Clinical Supervision (CS) for mental health nurses. Beginning with a literature review and recommendations lead by **James Houghton** at CPN, the team contributed to the Framework for CS for MHN, which was launched by the Chief MHN in 2018. The CPN advised on the five-year implementation project and its evaluation, beginning in 2019.

## Co-Production

The CPN is known as having expertise in co-production initiatives in the context of mental health services, and for the past three years has been approached to consult and train in a variety of contexts.

In 2019, the CPN was approached by Albury Wodonga Mental Health to provide consultancy on co-production to staff and executive management.

During 2017 – 2019, **Cath Roper** was approached as the senior consumer academic by the DHHS workforce division to partner with government and the Australian Centre for Social Innovation (TACSI) in their co-production capability building activity with the mental health sector.

The SCA has provided numerous consultations and training to services and government on organisational readiness and tools for co-production, as well as consulting on consumer leadership in co-production initiatives and providing training to Victorian government departments interested in co-production.

## Equally Well

In 2018, **Teresa Kelly**, CPN PhD candidate knowledgeable on the complexities that underpin cardiovascular disease and mortality inequalities among people with mental illness, was invited to provide specialist consultation to the DHHS Expert Reference Group charged with developing a policy framework for improving the physical health of mental health consumers in Victoria. Consultation happened through presentations, conversations, and informal knowledge sharing. Victoria's policy framework *Equally well* in Victoria: Physical health framework for specialist mental health services was launched in 2019. A summary of Teresa's contribution to Victoria's framework document is offered in her forward to the publication – *A Case for Change*.

## Innovative ways to share consumer expertise

In 2018, members of the CAP put forward a novel strategy for working with government on a project of mutual interest. Rather than putting forward a consumer academic nominee for the clinical supervision implementation committee and with their approval, we invited members of the DHHS to be part of a dialogic process where consumer leadership and expertise was recognised. This novel approach to working with government where consumer leadership and expertise is placed at the centre, has application across other contexts.

## Safewards Community of Practice

There are currently twenty research groups involved in research related to Safewards. **A/Prof Bridget Hamilton** delivered a keynote at the European Congress on Violence in Clinical Psychiatry (EVIPRG) conference in 2018, where she was nominated co-chair of an International Safewards Leads Community of Practice. This group is enabling co-authorship, sharing of data and collaborative grant writing.



## Serious Adverse Events Reporting project

Consumers and families are being supported by the Office of the Chief Psychiatrist (OCP) to communicate concerns more directly to services, around their experience of adverse events. The CPN team in collaboration with the Centre for Mental Health are contracted to generate a consumer, family and clinician initiated, user-friendly reporting tool. This project involves review of literature and recommendations to the OCP.

## Workforce capability project

In 2017 the CPN were engaged by the DHHS Workforce Committee to consult on key consumer priorities for MH workforce capability. The resultant model supports workforce development that gives priority to human rights and citizenship.

# Committees

**Bridget Hamilton** Chair, International Safewards Leads Community of Practice

**Bridget Hamilton** Scientific Member, Human Research Ethics Committee Melbourne Health

**Bridget Hamilton** Member, European Violence in Psychiatry Research Group (EVIPRG)

**Bridget Hamilton** Member, Victorian Mental Health Nurse Practitioner Collaborative

**Bridget Hamilton** Member of the Centre for Mental Health Learning (CMHL) Governance Leadership Committee

**Bridget Hamilton** Member of INSIGHT Subcommittee of Safer Care Victoria (SVC)

**Bridget Hamilton** and **Cath Roper** Members, the Stewardship group for the Centre for Mental Health Learning (CMHL)

**Cath Roper** Member, Mental Health Complaints Commission Sexual Safety in Inpatient Environments Committee

**Cath Roper** Appointed member, Queensland Government Sentinel Events Review Committee

**Cath Roper** Co-Chair, Royal Australian and New Zealand College of Psychiatry Supported Decision-Making Project Subcommittee

**Cath Roper** Appointed member, Ministerial Mental Health Workforce Reference Group Committee

**Cath Roper** Ambassador, Innovative Grants Program, Department of Health and Human Services DHHS

**Cath Roper** Member, Open Minds Project Control Group Committee

**Wanda Bennetts** Member, Steering Committee Royal Commission

**Hamilton Kennedy** Member, Lived Experience Workforce Advisory Group CMHL

**Hamilton Kennedy** Member, Lived Experience Workforce Strategies Stewardship

**Kylie Boucher** Member, The Psych Action Training Group (PAT)

**Cath Roper** Member, Open Minds Project Control Group Committee

**Indigo Daya** Member, Member VMIAC Committee of Management

**Rory Randall** Member, Open Minds Project Control Group Committee

**Rory Randall** Member, Member VMIAC Committee of Management

**Vrinda Edan** Chairperson, Member VMIAC Committee of Management

**Vrinda Edan** Member, of the DHHS Lived Experience Leadership Expert Advisory Group

**Vrinda Edan** Member, of the Speaking From Experience Group (VLA)

**Vrinda Edan** Member, Consumer Workforce co production group (DHHS)

**Teresa Kelly** Member, Office of the Chief Mental Health Nurse Clinical Supervision Standards Committee

# Social Media

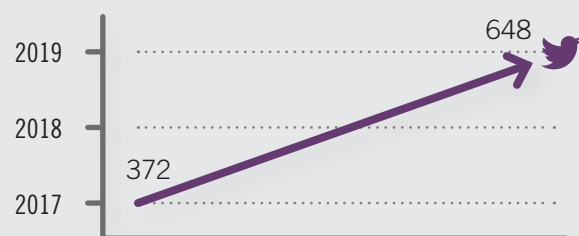
## Twitter

Launched in **2017**

**1761 tweets** from 2017 – 2019

Average growth is **10 followers** per month.

**twitter.com/CPNunimelb**



**Centre for Psych Nsg** @CPNunimelb · Sep 17, 2018

Don't miss Keynote Speaker Guilaine Kinouani's "Injustice: the root cause of psychological distress?" at the SUAS! Check out @KGuilaine's TedxTalk that has already touched over 7,500 people. [youtube.com/watch?v=MokBLP...](https://youtube.com/watch?v=MokBLP...) @ServUsersIA

Epistemic homelessness | Guilaine Kinouani | TEDxUC...  
Epistemic homelessness: 'Feeling like a stranger in a familiar land with no anchor and no support' In this ...  
@youtube.com

2 9 20

**Centre for Psych Nsg** @CPNunimelb · Jun 4, 2019

Throughout the last 20 years, the human rights perspective has increasingly developed into a paradigm against which to appraise & evaluate mental health care. This article explores Finnish Open Dialogue to see whether it holds up:

Open Dialogue as a Human Rights-Aligned Approach  
Throughout the last 20 years, the human rights perspective has increasingly developed into a ...  
@frontiersin.org

**Centre for Psych Nsg** @CPNunimelb · Feb 5, 2018

Our team member, Cath Roper has contributed to a wonderful new resource on Co-production. We will share a link as soon as it is up online.



**Centre for Psych Nsg** @CPNunimelb · Oct 31, 2019

Don't be fooled... @VMIAC is a serious conference! 🎤🎤🎤🎤🎤  
@croper2104 @RoryRandall16 #battyisbeautiful #vmiac #mentalhealth 🧠



**Centre for Psych Nsg** @CPNunimelb · Feb 27, 2018

Just learning about @Safewards or could do with a refresher? There are some great videos about the model and interventions here:  
[www2.health.vic.gov.au/mental-health/...](http://www2.health.vic.gov.au/mental-health/)

DO YOU REALLY NEED TO SAY NO?  
CAN YOU JUSTIFY SAYING "NO"?  
IS THIS SOMETHING THAT WITH A BIT OF EFFORT OR WORK OR CHECKING, YOU COULD SAY "YES" OR AT LEAST A PARTIAL "YES" TO?

Of our 809 followers, we know:



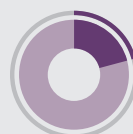
68%  
are women



99%  
are English  
speaking



55%  
are from  
Australia



22%  
are from  
the United  
Kingdom

## Facebook

Launched in **2019**

**187 followers**

**105 posts in 2019**

Average reach for 2019 was **77**

**facebook.com/CPNunimelb**



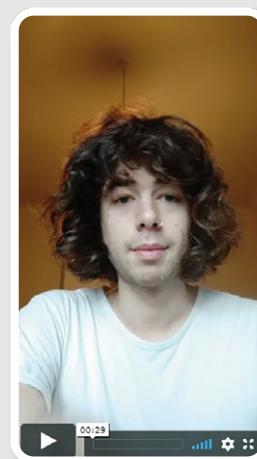
## International Safewards Day

The inaugural International Safewards Day was held in July 2019.

Safewards is an internationally recognised mental health model that aims to make mental health facilities safer for everyone. The model highlights for staff, how they can reduce conflicts and the need for restrictive interventions by recognising triggers which can put patients and staff at risk.

The CPN has led on the largest research program related to Safewards since the initial trial. CPN Director, **A/Prof Bridget Hamilton**, co-chairs the Safewards International Community of Practice.

The CPN acknowledged the day by sharing videos of Bridget and Consumer Academic, **Hamilton Kennedy** talking about the importance of Safewards.



# Media / Coverage

## Involuntary treatment, Australian law & real lives: A public conversation

**DATE: November 2017**

**PLATFORM: ABC Radio National**

**PROGRAM: Life Matters FORMAT: Interview**

The Centre for Psychiatric Nursing's **Cath Roper** and Director of The University of Melbourne's Social Equity Institute Prof. Bernadette McSherry discussed Australian law, policy and practice around involuntary treatment for mental illness, and the lived experience of receiving treatment without consent.

Cath Roper spoke to the issue from the perspective of her own experiences of involuntary admission and treatment, and makes the case that, *"as a society, we have to take some responsibility ... for thinking: what message [does] that send a person seeking help, when that help is delivered with violence?"*.

She also highlights the tendency for involuntarily treatment to be framed as 'necessary', and calls for debate on what 'necessary' means when *"we don't have good alternatives ... [which] would mean that we could look to something else and actually have some choices"*.



## Supported Decision-Making: no one size fits all – Cath Roper

**DATE: 2019**

**PLATFORM: Online / Streaming**

**PROGRAM: One in 5 FORMAT: Podcast episode**

*One in Five* is a University of Melbourne podcast exploring some of the most complex issues facing people with disability today. In the *"no one size fits all"* episode, legal experts and mental health advocates discuss informed decision making, human rights and ethics in the context of mental health legislation.

Indigo's *December Letters Project* went viral and dozens of volunteers created and attended similar events across the country and produced over 900 cards that were distributed throughout Australia.



## Letters Project – Indigo Daya

**DATE:** December 2019

**PLATFORM:** ABC TV **PROGRAM:** ABC News

**FORMAT:** News item

CPN's Consumer Academic and advocate, **Indigo Daya** put a call out for volunteers to come together and write letters of love, hope and solidarity for the people who will spend Christmas in Psychiatric units across Victoria.

Initially a small group of 19 (most of whom were also people with lived experience in mental health) came together in early December and spent an

afternoon writing over 200 cards that were to be distributed to ten mental health units in Victoria.

Indigo was featured on ABC News and from there, Indigo's December Letters Project went viral and dozens of volunteers created and attended similar events across the country and produced over 900 cards that were distributed throughout Australia.





# CO-PRODUCTION AT THE CPN



CPN Director, A/Prof Bridget Hamilton was the Inaugural winner of the 2018 VMIAC Consumer Awards 'Ally' category in October 2018.

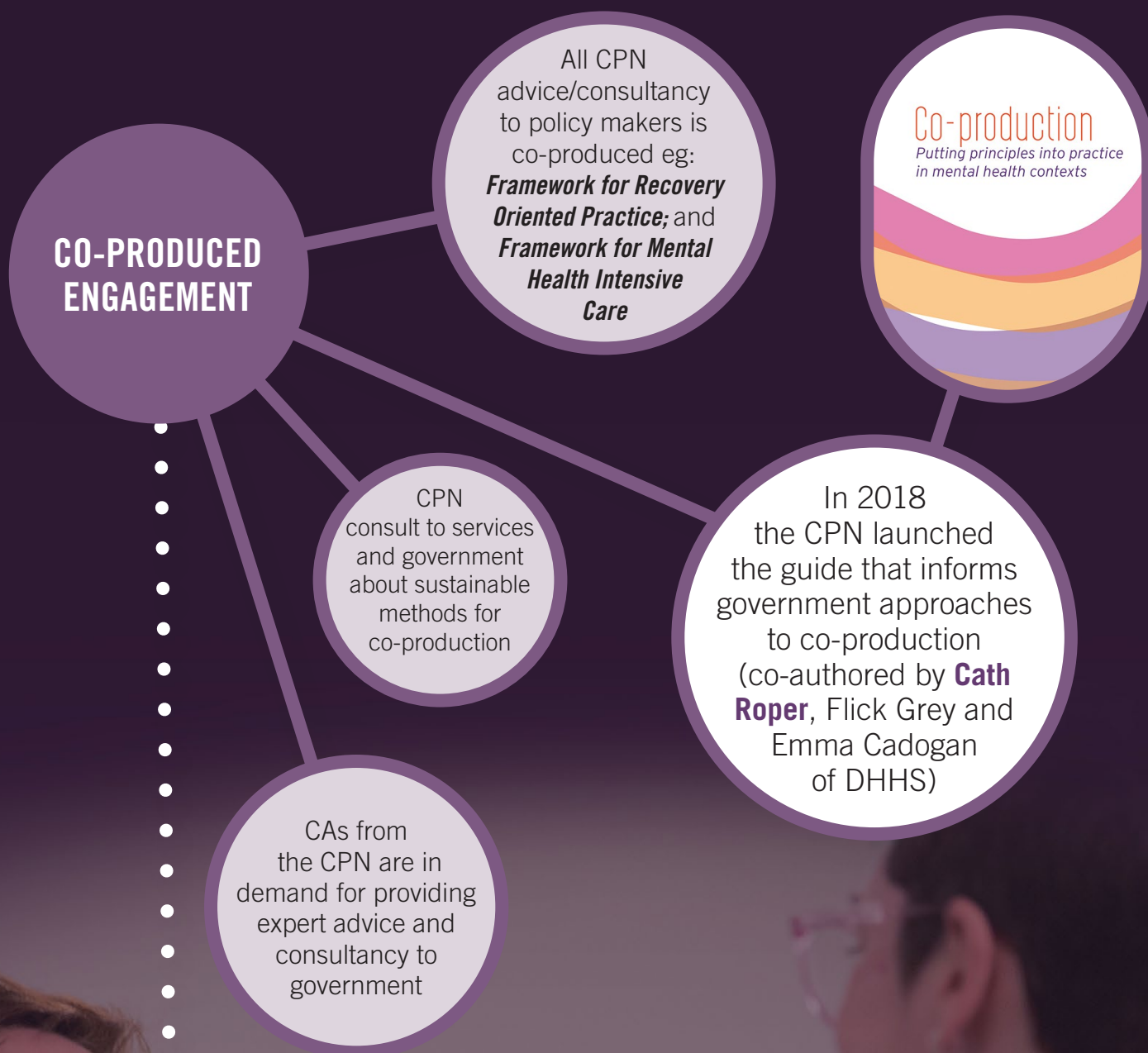
The award was launched to honour work of allies who *"don't do it for us, they do it with us and they make sure we're out in front, they stand by us"*.

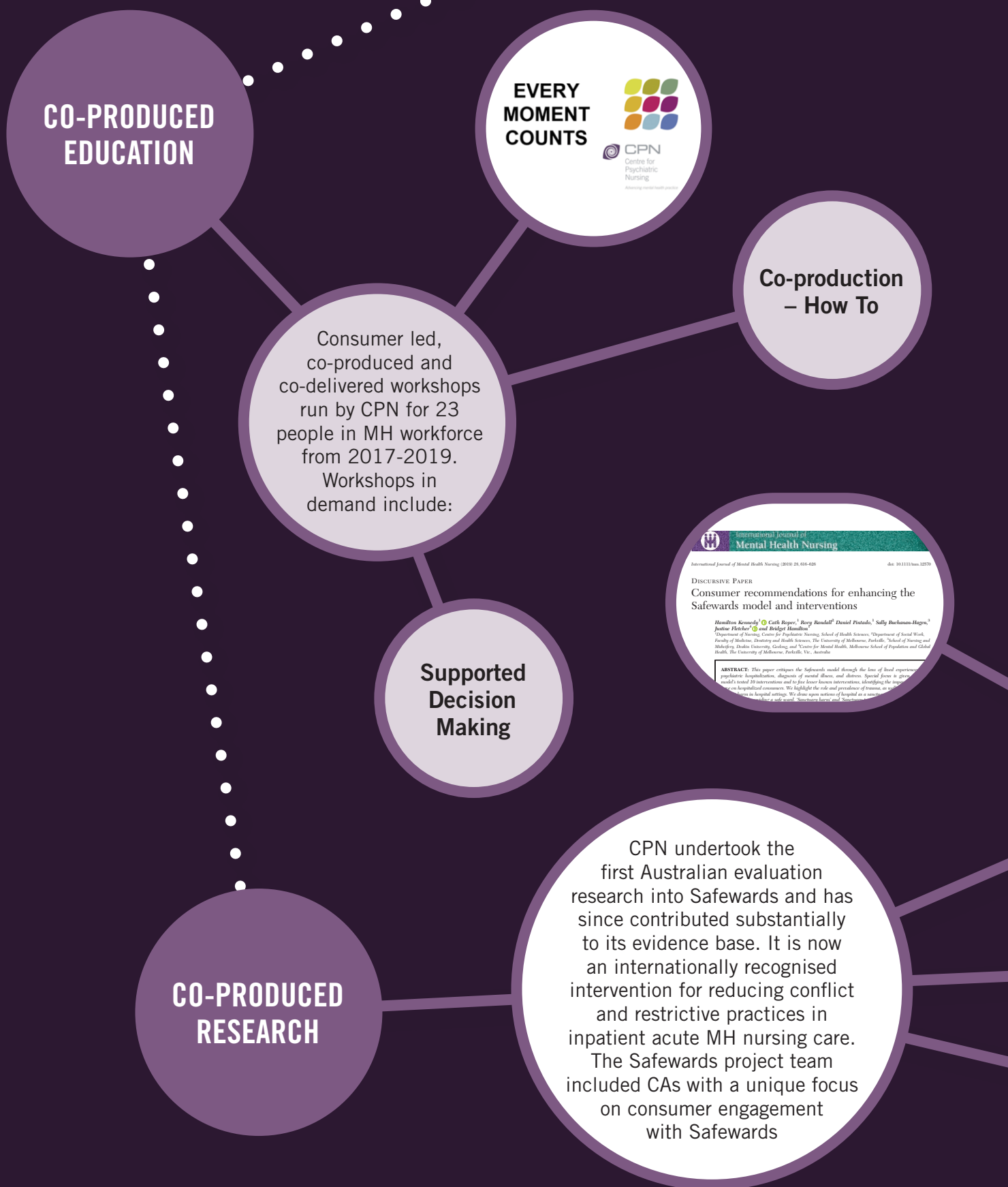
Co-production at the CPN means planning, designing and teaching, delivering and evaluating service responses together with people that have experience of the service.

Co-production at the CPN is possible because of the development work done in building a consumer academic program. The CAP, led by **Cath Roper**, employs a critical mass of Consumer Academics (CAs), in both casual and contract positions. Some CAs are novices in academic settings, but all bring expertise derived from consumer lived experience, through a range of diverse and relevant practice roles.

**Co-production** *"raises the bar for working with consumers, shifting from seeking involvement or participation after an agenda has already been set, to seeking consumer leadership from the outset" so that consumers are engaged right from the initial thinking and priority setting processes.*

**(Roper, Grey & Cadogan, 2018, p2)**









The CAP received a Mental Health Service of Australia and New Zealand Award in the category of Education, Training or Workforce Development, at The Mental Health Services (TheMHS) 2019. Daniel Pintado, Vrinda Edan and Cath Roper with The Hon Greg Hunt MP Federal Minister for Health

**24 of 50  
CPN publications  
are co-authored**

Co-produced  
paper ***'Uses and abuses  
of recovery: implementing  
recovery-oriented  
practices in MH systems'***  
is our highest impact  
CPN publication in  
World Psychiatry,  
cited **554 times**

Two consumer  
academics  
are undertaking PhD  
research, consumer  
and clinician  
academic  
co-supervisors

# EDUCATION AND TRAINING



2017

CPN held 12 one & two-day workshops for 202 attendees across 10 locations on five different topics



2018

CPN held 10 one & two-day workshops for 231 attendees across nine locations on five different topics



2019

CPN held two one-day workshops for 200 people and a 10 day program of Psychotherapeutic Essentials for 287 participants

## The Essentials of Supported Decision Making in Practice

The Essentials of Supported Decision Making (SDM) in Practice is designed to help mental health workers better understand SDM by examining its underlying principles, and by investigating the ways in which it differs from shared decision-making. It also provides participants with practical opportunities to further develop their SDM skills for everyday practice.

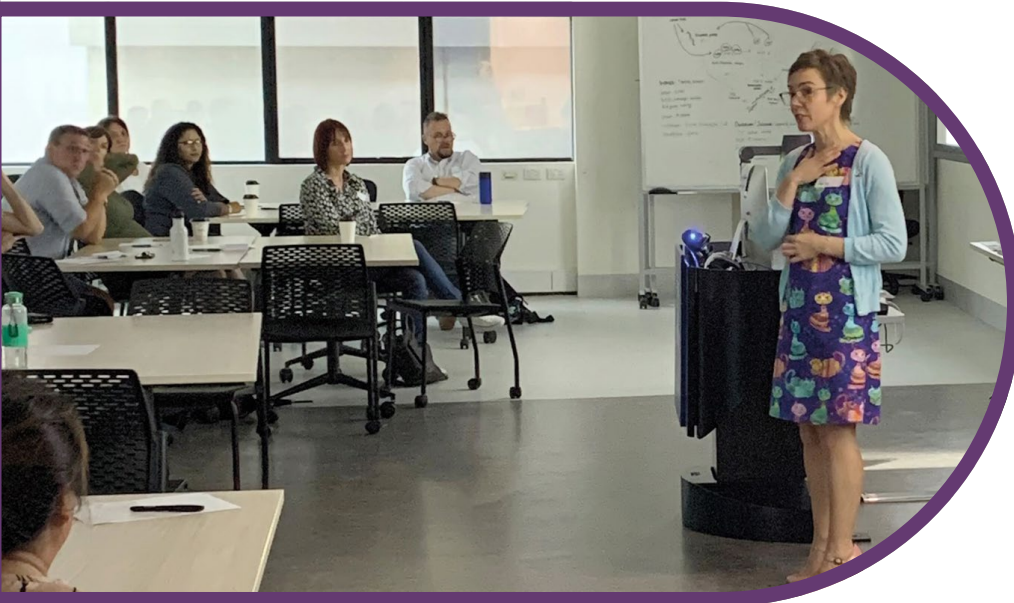
## Co-Production: How to

Co-production is a service delivery model in which service users have an equal, active and direct role in making decisions about how these services are funded, planned and delivered. The framework seeks to deliver more responsive and better-quality services by prioritising the expertise of mental health consumers. The workshop looks at what co-production is and introduces participants to tools and questions to support working this way. Participants learn to apply the co-production and reflect on developing project plans in their own context

## Every Moment Counts

Every Moment Counts shows practical ways to connect with consumers in acute settings, while managing demands of a busy working environment. The workshop draws upon several approaches to facilitate meaningful connections, how to identify barriers to connections from the viewpoint of both consumers and mental health workers, how to apply the principles of connection and ways in which compassionate-centred nursing enables connection.





## Action Learning Sets

Action Learning Sets (ALS) is a collaborative, group-based method for resolving complex issues. The workshop supports critical thinking about nursing practice at both organisational and individual levels.

## Working with people with a trauma history: How understanding neuroplasticity can help

Delivered by **Dr Haley Peckham**, working with people with a trauma history: how understanding neuroplasticity can help discuss how human experiences – both positive and negative – impact upon the brain's plasticity and body's regulatory systems.

The workshop provides a better understanding of how the brain's neuro-plastic properties can improve the way we understand mental health and illness.

## Group Work Facilitation

Group Work Facilitation is an introduction to the theory and practice of group work, including an overview of the kinds of groups typically run for consumers in contemporary mental health settings.

**2017**

202 participants in one day workshops across the state, rated the learning experience as excellent

The most popular was ***Every Moment Counts***

**2018**

186 participants in one day workshops and longer programs

**2018**

Most popular were ***Neuroplasticity and Trauma***, and ***Psychotherapeutic Essentials***

CPN in-reached to deliver all programs in local services

## Attachment Theory & Affect Regulation: How experience shapes brains, emotions and relationships

Delivered by Dr **Haley Peckham**, Neuroplasticity shows us that our subjective experience shapes our brains in ways that help us adapt to our early environment. This course weaves Bowlby's Attachment Theory and patterns of attachment, together with Schore's Affect Regulation Theory showing how biological mechanisms of neuroplasticity are foundational to these complementary theories. Many consumers have

a background of complex trauma and disrupted attachment and struggle to regulate their emotions as a result, often turning to addictions or other compulsive self-harming behaviours. This course helps practitioners understand the origins of these difficulties, and how to work compassionately with them, offering both psychoeducation and new experiences of emotional regulation.



### Rai Waddingham

#### **Rethinking 'empowerment' and 'recovery' (overcoming disempowerment and oppression)**

In February 2019, the CPN were thrilled to host Rai Waddingham as she presented her thought-provoking session *Rethinking empowerment and recovery (overcoming disempowerment and oppression)* to the Mental Health nursing, academic and research community.

Rai who has spent a good portion of her life in and out of psychiatric hospitals, now sees herself as a survivor. She is a freelance trainer,

writer and an active member of a variety of UK based committees.

The session explored the critical perspectives on the concepts of recovery and empowerment in mental health, ways in which these concepts play out in modern mental health services and oppression and disempowerment within mental health services.

Taking inspiration from other civil rights movements, she discussed ways we can work together to recognise and overcome these issues.



# CPN contributes expert advice and synthesis of evidence to support policy development

We enable innovation, evidence uptake and understanding amongst practicing MH nurses and other workforces, educators, students, consumers and families, policy makers and service leaders.





# RESEARCH

Subsequent to the review in 2011, the CPN has steadily built its research presence in Victoria, centred on translation/evidence to practice and program evaluation studies. The CPN makes a distinctive contribution to MH research locally and internationally with methods suited to clinician and consumer codesign.





## Key Projects 2017 – 2019

### Reducing and Eliminating seclusion and restraint

B. McSherry (PI), J. Clinton, C. Harvey, S. Kinner, **B. Hamilton**, L. Brophy, **C. Roper**, P. Gooding, K. Wilson, A. Kaempf, D. Al-Naweb. & J. Fletcher. National Mental Health Commission

An interdisciplinary mixed methods study with the Social Equity Institute at the University of Melbourne on attitudes towards seclusion and restraint.

This material contributed to the Mental Health Commission's position paper and widely distributed declaration on seclusion and restraint, which has been signed by dozens of services and professionals, and the research overall has likely contributed to falling national rates of seclusion and restraint in recent years.

### Evaluating Safewards Victoria

**B. Hamilton** (PI), S. Elsom, **J. Fletcher**, **C. Roper**, N. Sands, B. McKenna, **S. Buchanan Hagen**, L. Brophy, **H. Kennedy**, **R. Prematunga**

The CPN has been engaged in the State-wide implementation and evaluation of the Safewards model, including introducing additional consumer perspective components. Safewards is the culmination of a 20-year program of research in the UK led by Prof Len Bowers, of the Institute of Psychiatry, Kings College London. The aim of Safewards is to reduce conflict events that can occur in mental health wards within public sector mental health services. CAP members were employed to lead consumer perspective elements of the Safewards evaluation. The lead consumer researcher on this project published a paper in collaboration with other CAP members and researchers, critiquing the Safewards interventions, offering expansions and emphasising the impact of service-acquired trauma on consumers, as well as the necessity for hospitals to operate as sanctuaries.

The significance of this contribution is far-reaching, addressing a knowledge gap in this internationally renowned model and offering global exposure to academic audiences on an increasingly vital topic – consumer safety – with the prospect of influencing mental health policy locally, nationally, and internationally.

### Honing interdisciplinary leadership

**Phase 4 Evaluation of the Victorian Mental Health Interdisciplinary Leadership Program. B. Hamilton** (PI). S. Kapp. 2017. Victorian DHHS.

Building on an earlier training program evaluation, the CPN was commissioned by DHHS to conduct further evaluation research on the innovative government sponsored Mental Health leadership program and community of practice. This project shaped the policy direction for interdisciplinarity among the upcoming leaders in the sector.

### Evidence for service design

**Designing mental health facilities that prevent the use of seclusion and restraint: an evidence check rapid review for the Sax Institute** ([www.saxinstitute.org.au](http://www.saxinstitute.org.au)) for the NSW Ministry of Health, 2019. Brophy, L., Harvey, C., **Hamilton, B.**, **Roper, C.**, **Fletcher, J.**, Martel, A., Minshall, C., & Oosterme, S. (2019).

The CPN team collaborated with MH co-researchers across the University in a research project awarded by tender, to inform National government policy regarding better design of mental health services:

## Conceptual development for Co-production

**Daya, I., Hamilton, B., Roper C.** (2019). **Authentic engagement: A conceptual model for welcoming diverse and challenging consumer and survivor views in mental health research, policy and practice**

With the support of a MSEI Fellowship, Indigo Daya led the development of a theoretical model for more equitable inclusion of consumers in mental health research, policy and practice.

**Understanding the Role of Allies in Systemic Consumer empowerment** (2018/2019). Scholz, B., Juntanamalaga P., **Roper, C.**, & Happell, B

This study investigated how allies might support opportunities for consumers to lead in the mental health sector and avoid the pitfalls of paternalism [and see publications list].

**Investigating non-consumer researcher perspectives on collaborating with consumers in mental health research** (2018/2020), Scholz, B., Gordon, S., Bocking, J., **Roper, C.**, Liggins, J., Ellis, P., Platania Phung, C. and Happell, B.

This study is a collaboration between Synergy research unit at the University of Canberra, the CPN, University of Melbourne, the University of Otago, and the University of Auckland that seeks to understand other academics' experiences of working with consumer researchers and what would support better uptake of consumer perspective in research.

**Alternatives to Coercion in Mental Health Settings: A Literature Review Commissioned by the United Nations Office at Geneva to inform the report of the United Nations Special Rapporteur on the Rights of Persons with Disabilities** Gooding, P., McSherry, B., **Roper, C.**, Grey, F., (2018)

The report has been promoted by the Disability Advocacy Resource Unit (Australia), the Disability and Human Rights Observatory (Portugal), the Sante Mentale ('mental health') Journal (France), Asylum Magazine (UK), the International Disability Alliance (IDA; IDA is the global umbrella organisation for disabled peoples organisations), the Mental Health in Higher Education Hub website (UK), and the VMIAC. Given this added dissemination, the report is likely to have wide reach and high impact, translating knowledge into practice. The Parliamentary Assembly of the Council of Europe passed a resolution, titled: Ending coercion in mental health: the need for a human rights-based approach and the Assembly relied on a report of the Committee on Social Affairs, Health and Sustainable Development, rapporteur: Ms Reina de Bruijn-Wezeman (see Doc. 14895), which referred to this work.

**Voices of Individuals: Collectively exploring self-determination project** Disability storyteller, **Roper, C** and respondent, Dr Piers Gooding.

(2015-2017) This ground-breaking, two-year European Research Council funded initiative, [at: <https://ercvoices.com>] led by the University of Ireland, Galway centred on law reform in legal capacity to consent in the context of the lives of people with disabilities and involved public workshopping and presenting of stories about legal capacity from 16 pairs of storytellers (with disabilities) and respondents. A book of the work was published and launched in 2018: *Global Perspectives On Legal Capacity Reform: Our Voices, Our Stories*, Routledge

With Ireland's capacity legislative framework under review, this work had a high policy impact.

## Consumer-led Research

The increasing number of consumer perspective higher degree students being supervised at the CPN is testament to the growing reputation of the CPN and the CAP's well-developed consumer perspective.

CAP members engage in largely translational research with strong links to workforce development, aligned with government policy and reform priorities, designed for consumers, nurses and the broader workforce. Our work is innovative, and we work in partnership with other organisations to achieve our aims:

**Generating knowledge through conversation: analysing expert perspectives of consumer workers, clinicians and academics in mental health**

**Roper, C** Principal researcher, (2017 – ongoing)

This innovative project focuses on knowledge development in the context of transdisciplinary conversations placing consumer perspective at the centre.

**Is zero-tolerance to violence a zero-sum game?**

**A consumer-led research project** **Daya, I, Hamilton, B.**

(2019 – ongoing) This consumer led research project aims to explore differing perceptions of dangerousness held by consumers and nurses. The research advisory group includes 2 two members: of the CAP and external collaborators from consumer lived experience, nursing, law and sociology.

Capacity for more open dialogues about perceptions of dangerousness is a hoped for aim of the research. This research will contribute to the growing literature and theory about consumer perspectives and support the application of this theory to ongoing work.

**Leading the Change** Sellick, K., Ainsworth, S., **Edan, V., Smale, K., Randall, R.**, Johnson, B., Alvarez-Vasquez, S., **Roper, C.**, Switserloot J., Cadogan, E

(2018 – ongoing) This research investigates consumers' experiences of working in consumer designated roles in mental health services.

Two members of the CAP share the project management role and another member is part of the research team.

The research aims to increase understandings of workplace safety experiences of the consumer workforce and to develop recommendations for organisational and systemic change.

# Publications

## 2019

**Fletcher, J.**, Brophy, L., Killaspy, H., Ennals, P., **Hamilton, B.**, Collister, L. & Harvey, C. (2019). Prevention and Recovery Care Services in Australia: Describing the Role and Function of Sub-Acute Recovery-Based Residential Mental Health Services in Victoria. *Frontiers in Psychiatry*, 10, 735. doi: 10.3389/fpsy.2019.00735

**Tindall, R.**, Allott, K., Simmons, M., Roberts, W. & **Hamilton, B.** (2019). The missing voice of engagement: an exploratory study from the perspectives of case-managers at an early intervention service for first-episode psychosis. *BMC Psychiatry*, 19(1), 312. doi: 10.1186/s12888-019-2315-0

**Daya, I.**, **Hamilton, B.** & **Roper, C.** (2019). Authentic engagement: A conceptual model for welcoming diverse and challenging consumer and survivor views in mental health research, policy, and practice. *International Journal of Mental Health Nursing*. doi: 10.1111/inm.12653

Hayes, C., Simmons, M., Palmer, V., **Hamilton, B.**, Simons, C. & Hopwood, M. (2019). A profile of adolescents admitted to a private inpatient unit and mental health outcomes. *Australasian Psychiatry*, 1039856219875068. doi: 10.1177/1039856219875068

Hayes, C., Simmons, M., Palmer, V., **Hamilton, B.**, Simons, C. & Hopwood, M. (2019). The unheard voice of the clinician: Perspectives on the key features of an adolescent inpatient model of care. *Journal of Child and Adolescent Psychiatric Nursing*. doi: 10.1111/jcap.12242

**Fletcher, J.**, **Hamilton, B.**, Kinner, S. & Brophy, L. (2019). Safewards Impact in Inpatient Mental Health Units in Victoria, Australia: Staff Perspectives. *Frontiers in Psychiatry*, 10, 462. doi: 10.3389/fpsy.2019.00462

**Fletcher, J.**, **Buchanan-Hagen, S.**, Brophy, L., Kinner, S. & **Hamilton, B.** (2019). Consumer Perspectives of Safewards Impact in Acute Inpatient Mental Health Wards in Victoria, Australia. *Frontiers in Psychiatry*, 10, 461. doi: 10.3389/fpsy.2019.00461

Kao, C., **Hamilton, B.**, Lin, Y. & Hu, W. (2019). Ward-Based Nurses' Knowledge and Attitudes Toward Clinical Trials: A Survey Study in Taiwan. *Journal of Nursing Scholarship*, 51(4), 489. doi: 10.1111/jnu.12484

Harvey, C., Brophy, L., Tibble, H., Killaspy, H., Spittal, M., **Hamilton, B.** & Fletcher, J. (2019). Prevention and Recovery Care Services in Australia: Developing a State-Wide Typology of a Subacute Residential Mental Health Service Model. *Frontiers in Psychiatry*, 10, 383. doi: 10.3389/fpsy.2019.00383

Hayes, C., Palmer, V., Simmons, M., **Hamilton, B.**, Simons, C. & Hopwood, M. (2019). Protocol for a prospective, longitudinal mixed-methods case study: supporting a Model of Care for Healthier Adolescents (The MoCHA study). *BMJ Open*, 9(2), e025098. doi: 10.1136/bmjopen-2018-025098

Hayes, C., Palmer, V., **Hamilton, B.**, Simons, C., & Hopwood, M. (2019). What nonpharmacological therapeutic interventions are provided to adolescents admitted to general mental health inpatient units? A descriptive review. *International Journal of Mental Health Nursing*, 28(3), 671-686. doi:10.1111/inm.12575

**Kennedy, H.**, **Roper, C.**, **Randall, R.**, **Pintado, D.**, **Buchanan-Hagen, S.** & **Fletcher, J.** (2019). Consumer recommendations for enhancing the Safewards model and interventions. *International Journal of Mental Health Nursing*, 28(2), 616. doi: 10.1111/inm.12570

**Fletcher, J.**, **Hamilton, B.**, Kinner, S., Sutherland, G., King, K., Tellez, J. & Brophy, L. (2019). Working towards least restrictive environments in acute mental health wards in the context of locked door policy and practice. *International Journal of Mental Health Nursing*, 28(2), 538. doi: 10.1111/inm.12559

Brophy, L. & **Roper, C.**, & Grant, K. (2019). Risk factors for involuntary psychiatric hospitalisation. *The Lancet. Psychiatry*. 6. 974-975. 10.1016/S2215-0366(19)30442-0.



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- Scholz, B., Platania-Phung, C., Gordon, S., Ellis, P., **Roper, C.** & Bocking, J. (2019). Very useful, but do carefully: Mental health researcher views on establishing a Mental Health Expert Consumer Researcher Group. *Journal of Psychiatric and Mental Health Nursing*, 26(9-10), 358. doi: 10.1111/jpm.12547
- Scholz, B., Gordon, S., Bocking, J., Liggins, J., Ellis, P., **Roper, C.** & Happell, B. (2019). 'There's just no flexibility': How space and time impact mental health consumer research. *International Journal of Mental Health Nursing*, 28(4), 899. doi: 10.1111/inm.12589
- Juntanamalaga, P., Scholz, B., **Roper, C.** & Happell, B. (2019). 'They can't empower us': The role of allies in the consumer movement. *International Journal of Mental Health Nursing*, 28(4), 857. doi: 10.1111/inm.12585
- Scholz, B., **Roper, C.**, Juntanamalaga, P. & Happell, B. (2019). Understanding the Role of Allies in Systemic Consumer Empowerment: A Literature Review. *Issues in Mental Health Nursing*, 40(4), 354. doi: 10.1080/01612840.2018.1553004
- Happell, B., Gordon, S., Bocking, J., Ellis, P., **Roper, C.**, Liggins, J. & Platania-Phung, C. (2019). "Chipping away": non-consumer researcher perspectives on barriers to collaborating with consumers in mental health research. *Journal of Mental Health*, 28(1), 49. doi: 10.1080/09638237.2018.1466051
- Roper, C.**, (2019), Ethical peril, violence and "dirty hands" – ethical consequences of mental health laws, Special issue, Disordering Social Inclusion, Ethics, Critiques, Collaborations, Futurities, *Journal of Ethics in Mental Health*
- Gerdtz, M., Kapp, S., Michael, E., **Prematunga, R.**, Virtue, E. & Knott, J. (2019). An evaluation of the use of management care plans for people who frequently attend the emergency department. *Australasian Emergency Care*, 22(4), 229. doi: 10.1016/j.auec.2019.08.001
- Hamilton, B., Kelly, T., Prematunga, R. & Peckham, H.** (2019). Interdisciplinary networking among emerging leaders to achieve change: mixed methods evaluation of a Victorian initiative. *International Journal of Mental Health Nursing*, 28, 21.
- Kapp, S., Gerdtz, M., Gefen, A., **Prematunga, R.** & Santamaria, N. (2019). An observational study of the maintenance of the 30 degrees side-lying lateral tilt position among aged care residents at risk of developing pressure injuries when using the standard care pillow and a purpose-designed positioning device. *International Wound Journal*, 16(5), 1080. doi: 10.1111/iwj.13142
- Edan, V.**, Brophy, L., Weller, P., Fossey, E and Meadows, G (2019) 'The experience of the use of Community Treatment Orders following recovery-oriented practice training', *International Journal of Law and Psychiatry*, vol. 64, pp. 178-183.
- Meadows, G., Brophy, L., Shawyer, F., Enticott, JC., Fossey, E., Thornton, CD., Weller, PJ., Wilson-Evered, E., **Edan, V.**, Slade, M. (2019). REFOCUS-PULSAR recovery-oriented practice training in specialist mental health care: a stepped-wedge cluster randomised controlled trial. *The Lancet Psychiatry*, 6(2), 103-114.

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- Kao, C., Aranda, S., Krishnasamy, M. & **Hamilton, B.** (2018). Identifying essential information to support patient decision-making regarding participation in cancer clinical trials: A Delphi study. *European Journal of Cancer Care*, 27(6), e12954. doi: 10.1111/ecc.12954
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# CPN PRESENTERS

## Invited Speakers & Keynotes

### 2019

**Keynote: Bridget Hamilton**, *Identity, ethics and experiences as an ally*. 2019 Service User Academia Symposium, Wellington, New Zealand

**Keynote: Haley Peckham**, *Surviving at the cost of suffering: The mixed blessings of our evolved neuroplastic brains*, International Symposium for The Royal College of Psychiatrists London, UK

**Keynote: Indigo Daya**, *Human rights and citizenship in community mental health*. 2019 TheMHS Summer Forum, Sydney, Australia

**Keynote: C Maylea, Indigo Daya**, *Physical health: A human rights issue*. 2019 National Equally Well Symposium, Melbourne, Australia

**Keynote: Indigo Daya**, *A Clarion call: Stop hurting us, start helping us*. 2019 Reawaken Conference, Adelaide, Australia

**Keynote: Indigo Daya**, *Family involvement: Over-rated or underdone?* 2019 Bouverie Mini Conference, Melbourne, Australia

**Panelist: Cath Roper, Bridget Hamilton**, Jane Pirkus, Nicola Lautenschlager, *Dialogue Session for the Mental Health PhD Program*, The Melbourne School of Psychological Sciences 2019, University of Melbourne

**Panelist: Vrinda Edan**, *Brain Control: The Impact of Science and Technology on our Mental Health, Law and Privacy*. The Australian Research Council Centre of Excellence for Integrative Brain Function, Australia

### 2018

**Keynote: Indigo Daya**, *Is trauma informed practice really possible?* 2018 TheMHS Summer Forum, Sydney, Australia

**Keynote: Indigo Daya**, *The Mad Agent Emerges: Reflections on human rights after two years on the inside of government*. 2018 World Hearing Voices Congress, The Netherlands, EU

**Invited Speaker: Cath Roper and Wanda Bennetts**, *2018 Consumer perspective supervision – supporting change ‘from the inside’*, The Australian Clinical Supervision Association, Melbourne, Australia

**Invited Speaker: Cath Roper**, *Are We Ready for the Future? Beyond dystopia and Utopia, Creating Communities in Which We all have a Sense of Belonging*, 2018 Primary Mental Health Care Conference,

**Panelist: Cath Roper**, J Skinner, P Bailey, M Bambling *Whose Business is Clinical Supervision?* The Australian Clinical Supervision Association, Melbourne 2018



## 2017

**Keynote: Bridget Hamilton**, *Primum non nocere: attending to consumer perspectives on aggression in psychiatry*, 10th European Congress on Violence in Clinical Psychiatry, Dublin, Ireland

**Keynote: Wanda Bennetts**, *To be or not to be a representative – that is the question*, 2017 Service User Academia Symposium, Wellington, New Zealand

**Opening Address: Bridget Hamilton**, 2017 Victorian Collaborative Mental Health Nursing Conference, Melbourne, Australia

**Keynote: Haley Peckham** *The ‘talking cure’ is biological*, 2017 Victorian Collaborative Mental Health Nursing Conference, Melbourne, Australia

**Panelist: Cath Roper**, Lisa Brophy, N Haslam, K Annear, *Neurohype: Do all the answers to improving mental health lie within the brain?* 2017, The University of Melbourne

**Panelist: Cath Roper**, S Finlay, K Williams, *Neurohype: Consumers, communities and co-design: putting people at the head and heart of our research, advocacy and practice*, 2017 Health Justice Conference, Melbourne, Australia

**Panelist: Cath Roper**, P Beresford, L Costa, *I’m from Venus and I’m only here for the cats*, Mad Studies panel 2017 9th International Disability Summer School, Galway, Ireland

**Panelist:** S Callaghan, P Weller, C Ryan, R Kokanovic, Lisa Brophy, **Cath Roper**, *CRPD, Capacity and Coercion in Mental Health in Australasia: Doing the Paradigm Shift in Australian Mental Health Law and Practice*, 2017 XXXVth International Congress on Law and Mental Health, Charles University Prague, Czech Republic Doing Supported Decision making ‘On the Ground’

**Panelist:** A Arstein-Kerslake, B McSherry, M Gomez, **Cath Roper**, *Capacity and Competency: the right to liberty* 2017 XXXVth International Congress on Law and Mental Health, Charles University, Prague, Czech Republic

**Panelist:** A Arstein-Kerslake, B McSherry, M Gomez, **Cath Roper**, *Capacity and Competency: the right to liberty* 2017 XXXVth International Congress on Law and Mental Health, Charles University, Prague, Czech Republic



# Conference Papers & Speakers

## 2019

**Indigo Daya, Vrinda Edan**, Lorna Downes, Rachel Lovelock, *The Complexity of Lived Experience: Exploring Consumer/Carer Differences, Alliances and Tensions*,

Lisa Brophy, John Farhall, **Vrinda Edan**, *Community Residential Facilities in Australia: Recovery-Focussed Practices and Symptomatic and Recovery Orientated Outcomes for Service Users*. 2019 TheMHS Conference, Brisbane, Australia

**Teresa Kelly**, *Heartscapes: A new narrative for understanding the complexities that underpin cardiovascular vulnerability*. 2019 National Equally well symposium, Melbourne, Australia

**Indigo Daya**, *Welcoming diverse and challenging consumer/survivor views and voices*, 2019 Victorian Collaborative Mental Health Nursing Conference, Melbourne, Australia

**Teresa Kelly**, *Heartscapes: A new narrative for understanding the complex interplay of mental illness and cardiovascular health*, 2019 Victorian Collaborative Mental Health Nursing Conference, Melbourne, Australia

**Bridget Hamilton** and **Hamilton Kennedy**, *Sensory strategies in high dependency areas? Absolutely!* 2019 Victorian Collaborative Mental Health Nursing Conference, Melbourne, Australia

**Daniel Pintado**, *E-Poster: Consumer Academic Program* 2019 TheMHS Conference, Brisbane, Australia

**Cath Roper** and **Vrinda Edan**, *Strengthening the foundations for consumer work – the consumer perspective supervision framework*. 2019 Service User Academia Symposium, Wellington, New Zealand

**Helena Roennfeldt** and **Rory Randall**, *It is not all magic unicorn dust: getting real about the challenges and knock backs of academia*. 2019 Service User Academia Symposium, Wellington, New Zealand

**Hamilton Kennedy** and **Cath Roper**, *What does Consumer Perspective mean to us?* 2019 Service User Academia Symposium, Wellington, New Zealand

**Vrinda Edan**, *...to set another goal of dream a new dream*. 2019 Service User Academia Symposium, Wellington, New Zealand

**Vrinda Edan** and **Rory Randall**, *Leading the change; a project by and for consumer workers*. 2019 Service User Academia Symposium, Wellington, New Zealand

Catherine Minshall & **Helena Roennfeldt**, *Developing a model for peer support in emergency departments* 2019 Service User Academia Symposium, Wellington, New Zealand

**Helena Roennfeldt** and Cherie McGregor, *Skin in the game; Retaining our authenticity and lived experience leadership in the face of rising pressure towards professionalism*, 2019 Service User Academia Symposium, Wellington, New Zealand

**Cath Roper, Vrinda Edan**, Deb Carlon, *Workshop, What do we need on a consumer perspective supervision database?* 2019 VMIAC Conference, Melbourne, Australia

**Rory Randall** and **Hamilton Kennedy**, *Strengthening communities and building alternatives to calling the Police in mental health crises* 2019 VMIAC Conference, Melbourne, Australia

**Rory Randall**, Kath Sellick, *Leading the change – Preliminary Findings*, 2019 VMIAC Conference, Melbourne, Australia

**Indigo Daya**, *Exploring our collective vision (and language) for the future*, 2019 VMIAC Conference, Melbourne, Australia

**Indigo Daya**, *A conceptual model for welcoming diverse and challenging consumer perspectives*. 2019 VMIAC Conference, Melbourne, Australia

**Bridget Hamilton**, *Evaluation of the Victorian Mental Health Interdisciplinary Leadership Network*. 2019 International Mental Health Nursing Conference, Sydney, Australia

## 2018

**Kylie Boucher**, *What do mental health nurses early graduate programs across Victoria look like?* 2018 Victorian Collaborative Mental Health Nursing Conference, Melbourne Australia

**Haley Peckham**, *What happened to you versus what's wrong with you: How a neuroplastic narrative underpins trauma informed care*, 2018 Victorian Collaborative Mental Health Nursing Conference, Melbourne Australia

**Cath Roper**, Krystyn Smale, **Hamilton Kennedy**, **Daniel Pintado**, **Vrinda Edan** & **Wanda Bennetts**, *Consumer Academic Program at the University of Melbourne* 2018 Service User Academia Symposium, Melbourne Australia

Shifra Waks, **Cath Roper**, **Vrinda Edan** & Stephanie Stewart, *Navigating dual consumer/researcher identities: an autoethnographic approach*, 2018 Service User Academia Symposium, Melbourne Australia

**Helena Roennfeldt** and Louise Byrne, *How 'lived experience' in the context of lived experience mental health roles is defined – what experience counts and how much is enough?* 2018 Service User Academia Symposium, Melbourne Australia

Louise Byrne and **Helena Roennfeldt**, *Factors that support effective employment of peer roles within multidisciplinary mental health service delivery*, 2018 Service User Academia Symposium, Melbourne Australia

J Anderson, **Indigo Daya**, *Promoting consumer rights*, 2018 TheMHS Conference, Adelaide, Australia

**Indigo Daya**, *I know why the caged bird sings: Untangling Human Rights in Mental Health*. 2018 TheMHS Conference Adelaide, Australia

**Vrinda Edan**, Lorna Downes, **Indigo Daya**, *The Complexity of Lived Experience* 2018 TheMHS Conference Adelaide, Australia

T Rosen, D Gleaves, R McKay, N Procter and **Indigo Daya**, *Teaching trauma* (Symposium). 2018 Aged & Community Services Australia (ACSA) Conference, Sydney, Australia

**Finbar Hopkins**, *An Experiential Workshop on Reflective Practice*. 2018 44th International Mental Health Nursing Conference, Cairns, Australia

**Finbar Hopkins**, *Evaluating action learning sets with postgraduate mental health nurses* 2018 44th International Mental Health Nursing Conference, Cairns, Australia

**Teresa Kelly**, *Every heart matters: A call for a radical wholehearted approach to addressing cardiovascular inequalities*. 2018 44th International Mental Health Nursing Conference, Cairns, Australia

**Justine Fletcher**, *The impact of Safewards training and subsequent implementation into practice in Victoria*. 2018 44th International Mental Health Nursing Conference, Cairns, Australia

**Justine Fletcher**, *Key stakeholder views: Least restrictive environments in the context of the Queensland locked door policy*. 2018 44th International Mental Health Nursing Conference, Cairns, Australia

**Finbar Hopkins**, *Evaluating action learning sets with postgraduate mental health nurse*

## 2017

Rachel Gwyther, **Indigo Daya** and Lisa Spong, *State-wide implementation of Safewards: How we're doing it in Victoria*, 2017 Victorian Collaborative Mental Health Nursing Conference, Melbourne, Australia

**Indigo Daya** *The word is mightier than locked doors: Using consumer perspectives to change cultures of violence through the Safewards nursing model*, 2017 Victorian Collaborative Mental Health Nursing Conference, Melbourne, Australia

Rachel Gwyther, **Indigo Daya** and Lisa Spong, *Consumers and nurses walking the talk: How collaboration has enriched the Victorian Safewards implementation* 2017 Victorian Collaborative Mental Health Nursing Conference, Melbourne, Australia

**Kylie Boucher**, Session Facilitator *Nursing Students Unite* 2017 Victorian Collaborative Mental Health Nursing Conference, Melbourne, Australia

**Rachel Tindall**, *Client and caregiver perspectives of engagement at entry to a first-episode psychosis service: Preliminary results of a longitudinal qualitative study* 2017 Victorian Collaborative Mental Health Nursing Conference, Melbourne, Australia

**Robert Trett**, *Psychotherapy Essentials in Mental Health Nursing: what are they and how might they benefit service users* 2017 Victorian Collaborative Mental Health Nursing Conference, Melbourne, Australia

**Sally Buchanan-Hagen**, *Teaching mental health to nursing students as a consumer who is a registered nurse: a reflection on the challenges and tensions that arise when you have 'a foot in both camps'* 2017 Service User Academia Symposium, Wellington, New Zealand

**Daniel Pintado** *Saying versus Doing: Bridging the gap between Values, Policy and Practice for Consumer Consultants in Mental Health?* 2017 Service User Academia Symposium, Wellington, New Zealand

Lorna Downes, **Vrinda Edan**, Emma Cadogan, *Consumer and Carer Workforce Development Team – a statewide approach to supporting lived experience workforce development* 2017 TheMHS Conference, Sydney, Australia

**Vrinda Edan**, Ellie Fossey, Lisa Brophy, Michelle Kehoe, *PULSAR: Researching recovery orientated practice in primary and secondary care* 2017 TheMHS Conference, Sydney, Australia

**Finbar Hopkins**, *Maternal representations and midwifery ethics* 2017 Australian Association for Infant Mental Health Conference, Melbourne, Australia





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