



WORKING TOGETHER WITH TRUST AND RESPECT

Community Health Matters

BANYULE
Community Health

Life Skills Café



You may have noticed a significant change at the West Heidelberg site in recent times. The new Life Skills Café has been established in the waiting area, creating a very different dynamic in this space, which includes two free internet access computers.

Life Skills are a Registered Training Organisation proving support to people living in the community with an intellectual disability. Life Skills create real life opportunities with innovative programs that deliver self managing lifeskills in a unique environment which enables people to grow. "Opening the café at BCH was a great opportunity for our participants to receive training and a work placement," said Tania Campbell, Food Services Business Manager at Life Skills. "The feedback has been very positive and we are developing a regular client base"

For many years the local community has asked for a café in the area. Jim Pasinis, BCH CEO was happy to see the waiting room transformed for a program with a strong community purpose. "It's great to see the Lifeskills participants and our community work together. The building is a community asset and BCH are happy to support the initiative."

LifeSkills provide a range of vegetarian and non vegetarian dishes with a healthy edge. The food is prepared at the La Trobe University LifeSkills café where the program is primarily located. Should you be interested in finding out more about the services at Lifeskills ask at the café or call Tania on 0403 661 817.

Autumn 2010

Community Health Matters



From the CEO

Welcome to the new year!

The recent announcements by the Prime Minister in relation to the transfer of responsibility for health from the states to the Commonwealth has signalled that change is imminent however, what that change will be will only be known until more information is made available. What this will mean for Banyule Community Health only time will tell. Nonetheless, all I can say at this point is that it will be "business as usual" for Banyule Community Health and that whilst there maybe significant changes in the manner that we are funded, the services and programs that you have been receiving will not change. Moreover, there is that possibility that it may improve once the emphasis of reform moves from hospitals to the primary healthcare area.

In this edition we are highlighting some of our new initiatives being developed at Banyule Community Health.

The Worker Health Checks is a new initiative conducting screening health checks in the workplace attempting to inform people earlier of their health issues. The system is working well to deliver health messages to a group in the community who don't often access health services. The outcomes have benefits at all levels; employer, the individual and the health system.

Building our capacity to respond to dual diagnosis (coexisting drug & alcohol issue and mental health issue) is one of the most challenging areas in health. For too long clients have been pushed around the system. Simon Kroes who has the key responsibility for addressing this complex area presents the 'no wrong door approach' to receiving support. I am confident in our capacity to better respond to this group, either internally or through our strong networks and partnerships.

Finally, I wish to invite you all to pop in and have a coffee at the new LifeSkills café at our West Heidelberg site.

Cheers,

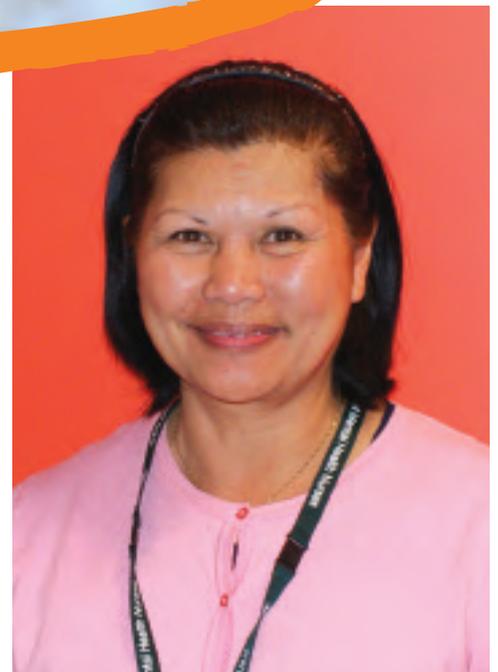
Jim Pasinis

Chief Executive Officer

Multidisciplinary, community based care an advantage

Banyule Community Health offers the services of a full-time Mental Health Nurse providing care for people with a severe mental health disorder during a period of significant disability.

Mental health nurses provide a holistic service, which encompasses both mental and physical care. They work collaboratively with other health professionals and as such have a good understanding of the role other health professionals play ensuring clients receive the most appropriate care. Mental health nurses provide services that enhance continuity of care and can be tailored to each client's needs. To access this service, clients require a Doctor's referral. Referrals are available from GPs at BCH.



Josephine Tan - BCH Mental Health Nurse

BCH client benefits –

- better access to care
- community based mental health nurse
- care provided by one professional
- access to other agencies and service providers
- additional assistance with medication monitoring and management

If you feel you require the services of a mental health nurse, please contact your doctor or BCH reception on 9450 2000 to book a doctors appointment.



Health for Life Tip –

Maintaining Good Mental Health – reduces the risk of mental health conditions

There are a few things we can do to maintain good mental health:

- Surround yourself with supportive people
- Maintain good physical health - exercise daily and eat a balanced diet including fresh fruits and vegetables
- Get active and involved in your community. Try new things!

If you have a mental health condition, seek assistance.

Working towards a healthier you!



Therese, Rose, Fran, Caroline, Carol - BCH Workers Health Check Team

Did you know that you may be eligible for a free Workers Health check to learn more about your current health and wellbeing?

WorkHealth is making voluntary health checks available to workers in Victoria, free of charge to workers. The health checks are convenient, easy and confidential. They look at factors that impact on an individual's health such as diet, exercise, tobacco and alcohol consumption.

Trained health nurses visit your workplace to conduct the 15 min health check. You receive

immediate feedback and practical advice based on the results. They also provide and encourage, positive ways to reduce risk factors and maintain good health

Participants have their waist circumference, blood cholesterol, blood pressure and blood glucose measured and answer questions about 6 major health areas - workplace activities, healthy eating, physical activity, alcohol consumption, tobacco use and wellbeing.

By participating in health checks, you get to

learn more about the state of your health, particularly your risk of heart disease and type 2 diabetes. Individuals found at high risk of developing type 2 diabetes and cardiovascular disease as a result of their health check, are able to access a range of lifestyle based intervention programs to assist in reducing their level of risk.

If you are interested in having a voluntary Workers Health check, please contact your employer direct.



Increasing Dual Diagnosis Capacity

Are you aware of dual diagnosis? A person with dual diagnosis is someone who has a mental health condition and an alcohol and/or other drug issue. For example a person with depression that also has issues with alcohol use.

The lack of professional knowledge about dual diagnosis can be frustrating for those affected and their families. As a result, often the client is bounced around the system.

BCH has been building dual diagnosis capacity for some time now. Key activities include;

- Employment of a mental health nurse
- Co location of Primary Mental Health Team from the Austin on a sessional basis
- Co location of Youth Early Psychosis Team from the Austin on a sessional basis
- General practice pharmacotherapy program
- Needle and syringe program

- AOD counseling team trained in use of validated and reliable mental health screening
- Creation of a AOD counsellor position with a dual diagnosis portfolio
- Co location of a psychiatric registrar from the Austin
- Improved Services Measure officer
- Participation in the North East Region Dual Diagnosis forum
- Development of a Mental Health Services Directory with Banyule Nillumbik Primary Care Alliance
- Development of a local resource for carers of people with a dual diagnosis

Like more information or to speak to someone about dual diagnosis? Please contact BCH reception on 9450 2000 to book a doctors appointment.



Improving Services To People With Mental Health Issues



Boyce Felstead

Did you know that in comparison with the general population, people with severe mental illness have much higher rates of physical health problems, including conditions such as heart disease, diabetes and cancer? As well, alcohol and drug-related problems are common, as are unemployment and homelessness. With young people, mental health issues are often associated with poor school performance. Also, current estimates suggest that about 40% of people with severe mental health problems don't receive care.

The State Government has identified the formation of partnerships so that a wide range of services (physical and mental health, housing and employment support, education, family support and activity-based programs) are provided in a more integrated, accessible and coordinated fashion.

To support this partnership and integration of services, BCH and Austin Health's mental health services have commenced a "Service Integration Project". The intention of this project is to provide easier access to the most effective treatments for people with mental health issues who use either or both services.

Boyce Felstead has been appointed to commence work around defining projects to assist clients to access a comprehensive range of mental and physical health services. He is keen to talk with people in the community who have had experience with mental health services so that their views can be included in planning service developments.

Please feel welcome to stop by Monday - Wednesday to talk with Boyce in person, or alternatively call 9450 2682.



BANYULE
Community Health

Banyule Community Health
21 Alamein Road 25 Grimshaw Street
West Heidelberg Greensborough
Tel: 9450 2000 Tel: 9433 5111
Web: www.bchs.org.au

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