

Wairarapa DHB



Developing a model for Rural Mental Health Services



Wairarapa DHB

Wairarapa District Health Board

Te Poari Hauora a-rohe o Wairarapa

Introduction

- Serves the Wairarapa locality from Eketahuna to Palliser Bay
- Services consist of an Adult and Child & Adolescent team
- Adult Mental Health team comprises;
 - Medical 2.6 FTE
 - Clinical 13 FTE
 - Crisis Respite & Recovery Centre - 7.5 FTE



Client Demographics

- Population 40,000
- Local Iwi Ngati Kahungunu & Rangitane
- Total Clients - 219 20% Maori.
(CAMHS 76)



The Way We Were

Challenges In the Past

- Inpatient Psychiatric Unit
- Community Mental Health Team
- Access Co-ordination
- Crisis Assessment & Treatment Team



The Way We Were

Challenges In the Past.....cont.

- Leadership – high turn over
- Staffing – difficulties with recruitment & retention
- Dedicated Maori MH positions – ongoing difficulties recruiting
- Low staff morale
- Psychiatrists – high turnover of locums
- Poor alignment between CATT & CMHT

What We Did

Stage 1:

- Disestablished the inpatient unit
- Inpatient resources redirected to community team
- Crisis Respite & Recovery Centre established



What We Did ...cont.

Stage 2:

- Review of Adult MH team;
 - function
 - structure
 - systems
 - FTE's



Implementation of Review

- Disestablished CATT. FTE's moved into adult community team
- After hours covered by on call clinicians
- New process's implemented
- Clinical pathway reviewed and aligned to new structure and process's



The Way We Are

- Leadership - clinical and management working together
- Successful recruitment to clinical FTE's
- High level of staff retention
- Re-engagement with RN1 programme & nursing degree programme
- Collaborative agreements with neighbouring DHBs for inpatient treatment



Links

- Close liaison with Emergency Department and local police
- Mental Health Line contracted to triage for 24/7 service
- Counselling service via PHO
- Strong relationships with local NGO's

Future Directions

- Focus on recruitment of Maori MH professionals
- Develop PHO Liaison & Elderly mentally ill positions
- Develop Crisis Respite & Recovery Service to increase community options
- Use outcomes data for service improvement



Thank You



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- Prepared by Andrew Curtis-Cody, Clinical Nurse Manager. Assisted by Helen Mitchell-Shand, quality assurance consultant





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