Community Based Intermediate Mental Health Care Country SA

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What is Intermediate Care

Consumer orientated sub acute level of mental health care that aims to;
support transition of consumers from acute care to a range of sub acute health service options
intervene early and prevent unnecessary admission and readmission to hospital
facilitate early discharge from hospital.
 improve continuity of care and seamless transition
foster consumer independence and integration

KEY FEATURES:
Integrated multi agency working together to;
maximise independence
avoid inappropriate admission
avoid prolonged hospital stay
targeted to consumer’s immediate needs
South Australian Context

- Kangaroo Island
- Pt Augusta
- Pt Lincoln
- Whyalla
- Mt Gambier
- Metropolitan
- Hills Mallee
- Riverland
- Wakefield
- Northern & Far West
Methodology

• formative and summative components
• mixed methods
• document review
• interviews 34 key informants and 11 carers
• 121 consumer surveys response
# Data collection methods

<table>
<thead>
<tr>
<th>Target Group</th>
<th>METHOD</th>
<th>Participation</th>
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</thead>
<tbody>
<tr>
<td>Consumers</td>
<td>Survey</td>
<td>16 (13.2%)</td>
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<tr>
<td>NGO and private sector partners</td>
<td>Interviews</td>
<td>11</td>
</tr>
<tr>
<td>CHSA / ICS staff</td>
<td>Interviews</td>
<td>23</td>
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<tr>
<td>Carers</td>
<td>Focus Groups</td>
<td>0</td>
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<tr>
<td>Carers</td>
<td>Interviews</td>
<td>11</td>
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What we learnt
### Four services = 3 local models

<table>
<thead>
<tr>
<th>Abbreviation</th>
<th>Location</th>
<th>Features</th>
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<tbody>
<tr>
<td>PAWICS</td>
<td>Port Augusta / Whyalla</td>
<td>Service Agreement with UCWPA Nurse Practitioner Candidate Staff recruitment delays</td>
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<tr>
<td>SEICS</td>
<td>Mount Gambier</td>
<td>Service Agreement with LWB Integration with CMT in stage II</td>
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<tr>
<td>LEPICS</td>
<td>Port Lincoln</td>
<td>Integrated ICS &amp; CMT Utilise existing NGO service packages</td>
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<tr>
<td>KIICS</td>
<td>Kingscote</td>
<td>Integrated ICS &amp; CMT</td>
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What’s Working

• consumer & carers staying closer to home
• increase local mental health staffing ➔ flexible services, extended hours, consistency for consumers
• stronger relationships with GPs and NGOs
• working towards integration of the levels of care across one team
What’s not working

• Funding confusion
• Staff recruitment
• Confusion about scope of service and referral systems
• Service agreements with NGO’s
• Engagement and access for Aboriginal people
• Data collection
Opportunities

• integration of levels of care
• interdisciplinary teams
• simplified referral pathways
• provision of training to NGO’s, consumers, carers and general hospital staff
• regional recruitment and retention strategies
• extended hours of service to support GPs and hospital staff
Key Informant

• “in my view, the consumer shouldn’t see any difference that they’re in intermediate care or they’re in the (community mental health) team or they’re in hospital – it should be seem-less to them that the services that are required for their level of need that day should be wrapped around them.” (ID 31)
Integrated Collaborative Model of Care

Legend:
- DCS – Distance Consulting & Liaison Service
- IPRSS – Individual Psychosocial Rehabilitation Support Service
- R&R – Rural and remote
Summary

Positive Momentum

‘In summary there is very little broken – not much to fix at all – fantastic and 20 years working alongside mental health and drug and alcohol, wow, I never have believed it could be so good as it is now.’ (ID 23)

Call for Clarity

‘Integration can take a number of forms. It can mean that you might have a physically separate team that – where it sits in the team or it sits in the same building or whether it sits in a different building but you have consistent referral pathways, consistent forms/.templates, you all document on an electronic record or what ever. There are many ways of having an integrated and seamless service’

(ID 20)
Recommendation

A strong commitment to rural mental health services is demonstrated by a commitment to recurrent funding so we can continue on a journey towards a bright future!