

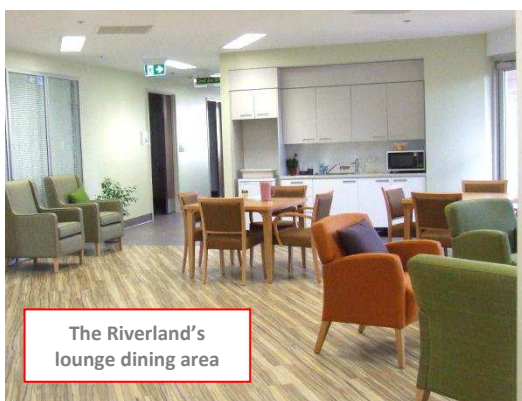
# Integrated Mental Health Inpatient Units

Specialist inpatient services in country South Australia form part of the State Government's strategy to reform mental health. Integrated Mental Health Inpatient Units are now operating in Whyalla, the Riverland and Mount Gambier.

## What is an Integrated Mental Health Inpatient Unit (IMHIU)?

The IMHIUs in Whyalla, the Riverland and the South East provide acute mental health inpatient care. They have been designed to provide a therapeutic environment through open, welcoming and home-like spaces.

By being located in country regions, the specialist IMHIUs promote greater equity of access for country people. The units enable consumers from the local region to stay closer to home and to the support of their family and community whilst receiving care and treatment.



The Riverland's lounge dining area

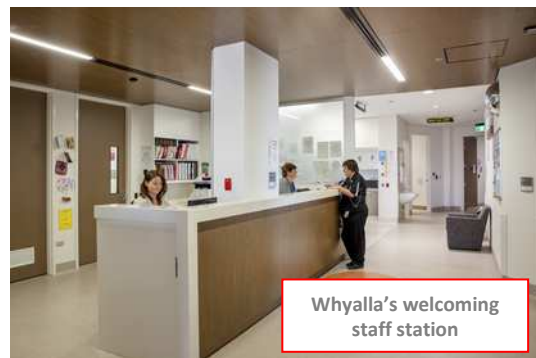
The integration of the six-bed IMHIUs with the existing community based mental health services will support continuity of care and greater flexibility in service provision. For example, a mental health clinician known to a local consumer will be involved in their care plan and will remain involved if an admission to hospital is required.

While most consumers will remain locally for their mental health admission, there are circumstances when it will be more appropriate for people to travel to Adelaide. As an example, Psychiatric Intensive Care Units are only located in Adelaide and may be more appropriate for a consumer's needs at that time. This will be discussed with the consumer and their family as part of the admission assessment consultation process.

## Who works in the IMHIU?

Community and hospital based mental health staff work as an Integrated Team to provide coordinated mental health services across the South East.

The IMHIU staffing profile includes a Psychiatrist, Mental Health Nurses, Occupational Therapist, Social Worker, Psychologist, Administration Officer and Support Workers. An Aboriginal Mental Health Cultural Worker is also available and provides support for Aboriginal consumers, families and communities, while the Peer Support Worker who is also part of the team, brings valuable lived experience to support people in developing strategies for living well. The spiritual and cultural needs of Aboriginal consumers can be supported by arranged visits from Traditional Healers, when requested.



Whyalla's welcoming staff station

## How are people referred?

Referrals to the IMHIU for consumers with an acute mental health condition can be made by any health professional, including General Practitioners (GPs) and Mental Health staff.

Prior to the decision for admission to the specialist mental health unit, the Psychiatrist will review the referred consumer in discussion with the referring health practitioner. Rather than an admission an alternate treatment and care plan may be recommended in some circumstances.

Admission from across the South East may be:

- > Direct from home following a review by a clinician.
- > Following presentation to and assessment in either the local Emergency Department or by a General Practitioner.
- > To support an early discharge from Adelaide and return to the consumer's local community to continue treatment.
- > A transfer from another local country hospital, based on clinical assessment.



For people living with a mental illness, an admission may be required occasionally and the length of stay is usually between one and three weeks.

Local consumers receiving mental health care through their GP can continue to be admitted to country hospitals. GPs may refer for specialist assessment with a Psychiatrist by video-conference.

### What will the unit look like and what if consumers wish to go out?

The IMHIUs have been designed to provide a comfortable, home-like environment. This includes a lounge, dining area, a quiet room and kitchenette. Activities and outdoor areas have been designed to support relaxation, recovery and wellbeing. As an open unit, consumers will be able to move freely around the unit, accessing their personal bedrooms (with en suite) and living areas.

Time with visiting family and friends is important. At times consumers may want to go for a walk, perhaps go to the canteen, or have a coffee with a friend or family member. These activities are encouraged and consumers are asked to discuss and pre-arrange with staff their plans for being away from the unit. Where an Inpatient Treatment Order is in place consumers will require a more formal approval from staff to leave the unit.

As part of general hospital security the IMHIU external doors will be closed at night.

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### Join the conversation Experts by Experience Register

The 'Experts by Experience' state-wide initiative is designed to provide an opportunity for consumers and carers who live with mental illness to provide feedback and input into mental health services. Register your interest at [CHSA@health.sa.gov.au](mailto:CHSA@health.sa.gov.au).

### For more information

- > Visit [www.sahealth.sa.gov.au](http://www.sahealth.sa.gov.au)
- > Email queries or comments to [CHSAMentalHealthExecutiveUnit@health.sa.gov.au](mailto:CHSAMentalHealthExecutiveUnit@health.sa.gov.au)
- > Discuss with your GP

*If you, or someone you know is experiencing mental distress, contact your local Community Mental Health Team during business hours, or the 24/7 Emergency Triage and Liaison Service (ETLS) on 131 465*

Non-English speaking: for information in languages other than English, call the interpreting and Translating Centre and ask them to call The Department of Health. This service is available at no cost to you, contact (08) 8226 1990.

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