

## Translation Services

MHJHADS is committed to providing services that are culturally sensitive and which are easily accessible by consumers from diverse cultural and linguistic backgrounds. Access to interpreter facilities is available throughout the service with 24 hours notice. If an interpreter is required, or you have specific cultural care requirements, please contact your regional team.

Mental Health Justice Health Alcohol and Drug Services (MHJHADS) is a smoke free environment as implemented on 1 January 2013 in line with the ACT Health Directorate's Smoke Free Workplace Policy.

For more information on the smoke-free environment initiative go to:

<http://www.health.act.gov.au/health-services/mental-health-act/smoke-free-environment>

### Accessibility

If you have difficulty reading a standard printed document and would like an alternative format, please phone 13 22 81.



Interpreter

If English is not your first language and you need the Translating and Interpreting Service (TIS), please call 13 14 50.

For further accessibility information, visit:  
[www.health.act.gov.au/accessibility](http://www.health.act.gov.au/accessibility)

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**ACT**  
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# **MENTAL HEALTH, JUSTICE HEALTH AND ALCOHOL & DRUG SERVICES (MHJHADS)**

**About us**



## About Mental Health, Justice Health and Alcohol & Drug Services (MHJHADS)

Mental Health, Justice Health and Alcohol & Drug Services provide health services directly and through partnerships with community organisations. The services provided range from prevention and treatment to recovery and maintenance and harm minimisation. Consumer and carer participation is encouraged in all aspects of service planning and delivery. The Division works in partnership with consumers, carers and a range of government and non-government service providers to ensure the best possible outcomes for clients.

The Division delivers services at a number of locations, including hospital inpatient and outpatient settings, community health centres, detention centres, other community settings including people's homes.

Our service has adopted a 'no wrong door' philosophy with the aim of ensuring that information is available at all times and to all people. Our partnerships with GPs, service providers, carers, the community and other health care professionals results in a more comprehensive mental health service.

### **Mental Health, Justice Health and Alcohol & Drug Services include the following programs:**

- Adult Acute Mental Health Services
- Adult Community Mental Health Services
- Alcohol & Drug Services
- Child & Adolescent Mental Health Services
- Justice Health Services
- Rehabilitation and Specialty Services.

## Adult Acute Mental Health Services

### Adult Mental Health Unit (AMHU)

**Canberra Hospital – Ph: 6174 5454**

The AMHU is an acute inpatient mental health unit which provides voluntary and involuntary psychiatric care and treatment for people with a mental health illness who require hospitalisation.

### Consultation Liaison Services

**Canberra Hospital – Ph: 6244 3204**

**Calvary Hospital – Ph: 6201 6020**

Consultation Liaison Services provides specialist hospital assessment for people presenting to the Emergency Department or admitted to medical ward at either Canberra or Calvary Hospital. The Consultation Liaison teams provide assessment, psychological education, health promotion and assistance with referrals.

### Mental Health Short Stay unit (MHSSU)

**Canberra Hospital – Ph: 6244 2222**

The Mental Health Short Stay Unit (MHSSU) is a 6 bed inpatient unit adjacent to the Emergency Department (ED). The MHSSU provides opportunity for extended clinical observation, crisis stabilisation, mental health assessment and intervention for people admitted from the ED for up to a 48 hour period.

## Adult Community Mental Health Services

### Adult Community Mental Health Teams

**Belconnen Mental Health Team – Ph: 6205 1110**

**City Mental Health Team – Ph: 6205 1338**

**Tuggeranong Mental Health Team – Ph: 6205 2777**

**Woden Mental Health Team – Ph: 6205 1488**

**Gungahlin Mental Health Team – Ph: 6205 1110**

Are multidisciplinary and provide mental health assessment, treatment, clinical management, crisis management, family support and referral pathways for people with mental health issues. The teams operate during business hours and referrals are received from a range of sources, including individuals, carers, families, GPs or community organisations.

### Adult Step up Step Down (ASUSD) Program

**Ph: 6245 6400**

This Program provides support to both non-residential and residential programs for people with a mental health illness and aims to prevent relapse and assist in the recovery from an acute episode of mental illness. People ‘step up’ from the community into a highly supportive environment to prevent further illness and “step down” from the hospital setting to provide a more graduated return to their home. It is managed in partnership with the Mental illness Fellowship (residential) and Woden Community Services. Referrals are made by a mental health clinical manager.

### CoPMI (Children of Parents with a Mental Illness)

**Ph: 6205 1110**

The CoPMI initiative works in partnership with adult mental health clinicians in supporting families to better manage the affects of mental illness on their family unit. Referrals are made through the mental health clinicians.

## **Crisis Assessment and Treatment Team (CATT)**

**Available 24hrs/7 days**

**Ph: 1800 629 354 (free call except from mobiles)**

**Ph: 6205 1065**

This team provides a 24 hour, 7 day a week service for the assessment and short term management for people with mental health issues presenting in acute distress or with an acute exacerbation of a longer-term mental health problem.

## **Mental Health Triage**

**Available 24hrs/7 days**

**Ph: 1800 629 354 (free call except from mobiles)**

**Ph: 6205 1065**

Provides information, intake and referral services for people requiring mental health assistance.

## **Mobile Intensive Treatment Team**

**Ph: 6205 1110**

Is a specialist mental health service that provides a team based, recovery focused service to those people with a first presentation psychosis and with complex mental health needs. Referrals are made through mental health clinicians.

## **ALCOHOL AND DRUG SERVICES**

### **Alcohol and Drug Services**

**One phone call is all it takes – Ph: 6207 9977**

#### **Consultation Liaison Services**

Provides services to people admitted to Canberra Hospital with alcohol and other drug issues. This service also provides a Co-morbidity Service, IMPACT Program (Integrated Multi-agencies for Parents and Children Together), PEP (Pregnancy Enhancement Program), health promotion and harm minimization education, withdrawal management and through and after-care for pregnant clients at the Alexander Maconochie Centre.

## **Counseling and Treatment Services**

This is a free counseling service for individuals and their families. Opening hours are Monday to Friday 08.30am – 5.00pm (excluding public holidays). This service also offers group programs.

## **Medical Team/Opioid Treatment Services**

A team of dedicated doctors, nurses and counsellors who are experts in the field of alcohol and drug medicine. Referrals are accepted from GP's and other health professionals. This service provides ongoing care for people with complex needs who are prescribed Opiate Replacement Therapy, require a medicated withdrawal and offer referral for other medical services as appropriate. They also provide medical advice, nursing and counselling support for people with complex needs.

## **Needle and Syringe program**

ADS offers a secondary outlet from the Moore St office. This aims to reduce the risk of transmission of the HIV virus and other blood borne diseases for injecting drug users by providing sterile injecting equipment and education.

## **Aboriginal and Torres Islander Liaison Officer (ALO)**

The ALO works to support Indigenous clients across Alcohol and Drug Services. The role provides case management and support and assists clients with referral and advocacy, accessing other alcohol and drug services, mental health and Indigenous services.

## **Police and Court Drug Diversion Services**

This program is aimed at diverting people arrested and/or charged with drug or alcohol related offences out of the judicial system into the health system. Referral can only be made by ACT Policing or the ACT Courts.

## **Withdrawal Unit**

This is an inpatient unit staffed by a multi-disciplinary team that provides a medically supervised withdrawal from alcohol and other drugs. The unit provides educational groups relating to alcohol and other drug use, liaison with self-help groups and follow up with other specialist services in addition to counselling.

## Child and Adolescent Mental Health Services – CAMHS

### Childhood Early Intervention Team

**Ph: 0466 498 343**

The Childhood Early Intervention team provides child focused interventions through group work with both parents and children to children with emerging mental illness or mental disorder. Additional services include Secondary Consultation based on priority areas and Education Sessions by request.

### Community Teams

**CAMHS Northside – Ph: 6205 1050**

**CAMHS Southside – Ph: 6205 1469**

The CAMHS Community Teams provide assessment and treatment for children and young people under 18 years of age who are experiencing moderate to severe mental health difficulties.

### Eating Disorders Program

**Ph: 6205 1519**

A specialist, community-based, multi-disciplinary team providing comprehensive assessment and treatment programs to people with a primary diagnosis of an Eating Disorder.

### Early Intervention Team

**Ph: 6205 1469**

This service provides care for people and their families experiencing a severe initial episode of mental illness including psychosis. The unit operates 7 days per week and referrals are made after assessment by Mental Health Community Team clinicians.

### Perinatal Mental Health Consultation Service (PMHCS)

**Ph: 6205 1469**

PMHCS is a multidisciplinary team who provide specialist opinion, treatment planning and intervention to pregnant and postnatal women (up to 12 months postnatal) who present with significant mental health issues. Please note PMHCS is not a mental health crisis service and does not provide clinical management, referral to alternate services may be provided if deemed appropriate.

## **STEPS**

**Ph: 6205 1050**

A residential facility that is an alternative to hospital for young people (aged 14–18 years) for up to a period of 12 weeks who are experiencing moderate to severe mental health issues.

## **Specialist Youth Mental Health Outreach Team**

**Ph: 6205 1469**

This team provides assertive outreach and intensive mental health treatment and care for young people aged 14-25 in the ACT who are at high risk of developing, or are currently experiencing early onset psychosis, and highly vulnerable young people aged 14 - 18 years old experiencing severe anxiety and/or depression with multiple barriers to accessing office based treatment.

## **The Cottage Adolescent Day Program**

**Ph: 6205 1128**

A therapeutic group program for young people between the ages of 12 and 17 in the ACT who are experiencing moderate to severe mental health issues. Referrals to the Cottage Adolescent Day Program are made by Clinical Managers in the mental health community teams.

## **JUSTICE HEALTH SERVICES**

### **Justice Health Services**

#### **Dhulwa Mental Health Unit (Dhulwa)**

**Ph: 6207 9700**

Dhulwa is a purpose built facility providing inpatient services and operating 24 hours a day, seven days a week. Dhulwa supports a person's treatment, care and recovery by responding to the needs of people with moderate to severe mental illness who are or are likely to become involved with the criminal justice system and for those civilian people who cannot be treated in a less restrictive environment.

## **Forensic Mental Health Service**

**Ph: 6205 1551**

Is a specialist service based in the court, custodial, youth detention and community settings. The Forensic Mental Health Service provides assessment and intervention for people with a mental illness who have or are at risk of criminal offending. Forensic Services includes Forensic Community Outreach Service, Court Assessment and Liaison Service and mental health services at the Alexander Maconochie Centre (AMC) and the Bimberi Youth Justice Centre (BYJC).

## **Primary Health Service**

**Ph: 6207 2843 (business hours only)**

The Primary Health Service provides general health management including assessment, treatment and referral services to detainees and young people located at AMC, BYJC and Dhulwa.

## **REHABILITATION AND SPECIALTY SERVICES**

### **Rehabilitation and Specialty Services**

#### **Aboriginal Liaison Officer Ph: 6296 8915**

Provides consultation and liaison services to all mental health teams, Aboriginal youth services and adult medical services and other stakeholders as required.

#### **Aboriginal Mental Health Nurse**

**Ph: 6284 6222**

A mental health nurse located at Winnunga Nimmityjah Aboriginal Health Service who provides mental health assessment, treatment and support to people who are not receiving care from mainstream mental health services.

## **Brian Hennessy Rehabilitation Centre (BHRC)**

**Ph: 6205 1222 or 6251 6133 for enquiries**

A 30 bed residential rehabilitation facility that provides recovery focused care for people with moderate to severe mental illness using psychosocial interventions aimed toward people achieving independent living skills, improved mental health and integration back into the community.

## **Dual Diagnosis Service**

**Ph: 6205 1488**

The Dual Diagnosis nurse provides a consultation and liaison services to MHJHADS staff in relation to people who have mental health and alcohol and drug issues.

## **Mental Health Neuropsychology**

**Ph: 6205 1488**

A service that provides specialised neuropsychological assessment and consultation for people currently registered with MHJHADS. Referral from within mental health services required.

## **Mental Health Service for People with Intellectual Disability (MHS-ID)**

**Ph: 6207 8210**

A specialist consult liaison service providing comprehensive clinical assessment and psychiatric treatment to people with a known or suspected intellectual disability and a mental illness/ mental disorder.

## **Older Persons Mental Health Service (OPMHS)**

**Ph: 6205 1957**

This multi-disciplinary team provides specialist mental health assessment and treatment services to people aged 65 and over and with issues of ageing including complex co-morbidities of mental and physical health conditions.

## **Adult Mental Health Day Service (AMHDS)**

**Ph: 6207 9977**

The AMHDS deliver evidence based and recovery focused interventions including individual and group psychotherapy for people who have experienced a mental illness and are living in the community. The programs enhance people's quality of life and improve their capacity to live in the community. Referral from within mental health services required.

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## **Feedback**

Mental Health, Justice Health and Alcohol and Drug Services encourage and support consumer and carer participation and feedback. If you wish to provide comments your first point of contact should be the team leader or manager. This will allow you to confidentially discuss the matter, and in the case of a complaint seek a resolution at this point. If your complaint is not resolved to your satisfaction at this point, the Team Leader or manager will provide you with the Consumer Listening and Learning Feedback Form. The form should then be sent to the Consumer Engagement and Feedback Team.

If assistance is required to complete the form and ensuring the relevant information is provided, please contact the Consumer Engagement Feedback Team.

**Ph: 6244 2740**

**Fax: 6244 4619**

**Hours: 8.30am to 5.00pm Monday to Friday**

**Mail: Consumer Engagement Feedback Team  
GPO Box 825 Canberra ACT 2601**

**Email: [HealthFeedback@act.gov.au](mailto:HealthFeedback@act.gov.au)**