



Where women's  
mental health matters

## HITH Inclusion Criteria

- Bed substitution , alternative to hospitalisation
- Target Groups: 18 and above women/identifying as woman
- Greater Shepparton Area
- Willing and give informed consent to have care, support and treatment at home rather than in hospital.
- Have stable accommodation.
- The home environment must be safe for both the woman and visiting staff (subject to a home visit risk assessment).
- Not require continuous 24-hour observation for physical or mental health monitoring
- Be able to engage in therapeutic interventions.

## Exclusions Criteria

- Women who are behaviourally disturbed or at a significant risk of deterioration of their mental health that cannot be managed in community or private setting.
- Women being treated under the Victorian Mental Health Act (2014) cannot be accepted for inpatient care. However, they can be accepted to HITH service if they are compulsory and can be treated in the community.
- Women who are at high risk of physical health deterioration that cannot be managed in community or private setting

## IPU Inclusion Criteria

- Target Groups: 18 and above women/identifying as woman
- Goulburn Valley Area Mental Health & WS
- Willing and give informed consent to have care, support and treatment at home rather than in hospital.
- Be able to engage in therapeutic interventions.
- Patient needs to be self-caring with ADLs

## What we do

- Comprehensive assessment (including investigations specific to reproductive and sexual health) including Implanon.
- Diagnostic clarification
- Shared Formulation
- Brief Psychological Interventions
  - EMDR, DBT, MBT & ACT
- Psychosocial Interventions
- Medications including ECT

## Points to remember

- Time limited Service
- Not a crisis or case management service
- Patient must be a patient of GVMH&WS
- Referrals received from AR, CM, APATT, IPU, PEHP, CHAMS& EPS
- Wren will transfer care of patient back to referring team
- Referred Patient will sit with referring team until accepted to Wren (after choice meeting)

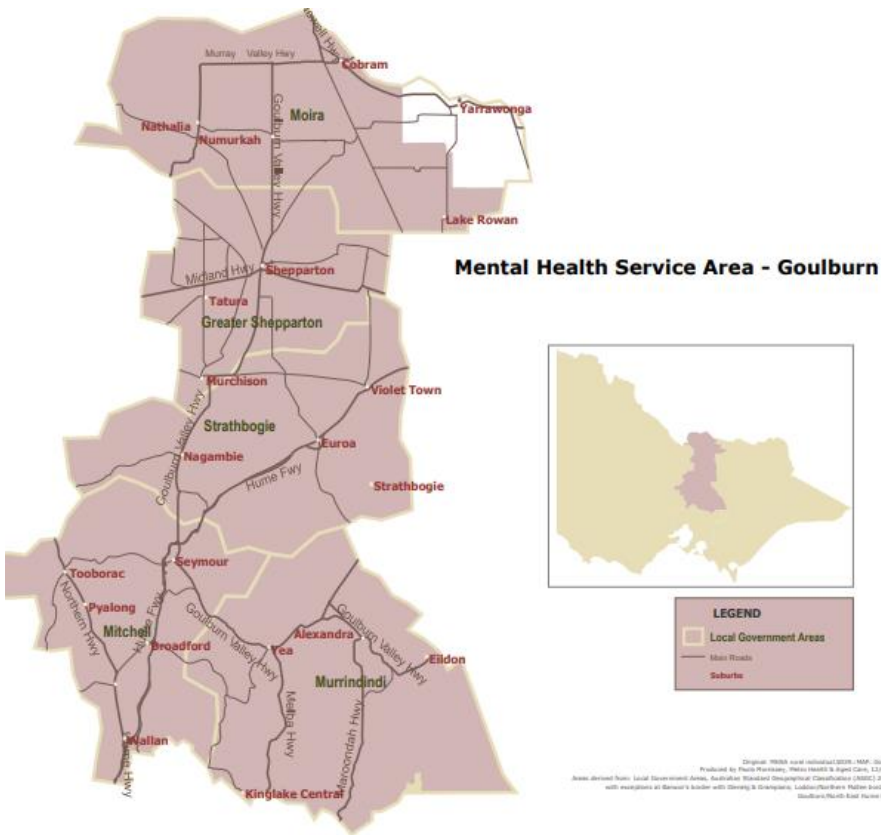
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[www.womensrecovery.org.au](http://www.womensrecovery.org.au)

## HITH Catchment-



## IPU Catchment



**Mental Health Service Area - Goulburn**



Original 1988 map updated 2020. Map produced by Health Planning, Policy Health & Digital Care, 12/01/2024. Areas derived from: Local Government Areas, Australian Standard Geographical Classification (ASGC) 2100 with exceptions of Renwick's border with Shepparton & Shepparton, Goulburn Valley Health Region, Goulburn Valley Health Region.



## **ABOUT WREN - SHEPPARTON SPOKE**

The Women's Recovery Network (Wren), is a unique health service where women's mental health matters.

Wren brings together the first public and private partnership of its kind, to transform mental health care for women.

The Wren team come together with the Consumer and their support networks/Carers to understand their experience and develop gender, violence and trauma-informed treatment, care and support in their recovery.

Wren's environment ensures the Consumers physical and psychological safety, elevates their voice, enhances wellbeing needs, and seeks to provide a sense of belonging and empowerment for the consumer.

Wren is committed to working in innovative ways to support consumers throughout their recovery journey.

For further information you can visit the website : [www.womensrecovery.org.au](http://www.womensrecovery.org.au)

Wren Shepparton has 5 beds with 3 beds which are alternative to hospitalisation and called as Hospital in the Home (HITH) and 2 beds at the inpatient unit (IPU) at Ramsay Health Shepparton.

### **Wren team**

**Consultant Psychiatrist (0.5 FTE)**- The role of the Consultant Psychiatrist is to assess, diagnose and provide treatment to women with acute mental health illness and trauma. This includes a thorough psychiatric assessment, treatment plan development, assessing need for medications and other non-pharmacological treatments and evaluation of the treatment response.

**Nurse Practitioner (1FTE)** -The role of the Nurse Practitioner (NP) is to assess and manage the treatment plan developed by the psychiatrists, including medication. The NP will provide biopsychosocial assessment, which incorporates the biological, psychological and social domains of health to provide treatment, care, and support.

**Consumer Peer Support Worker (1FTE)**- Consumer Peer Support Worker (PSW) work alongside consumers from a lived or living experience perspective, to empower decision making, advocacy and support from a mutual understanding.

**Carer Peer Support Worker (1FTE)**- Carer Peer Support Workers bring their lived or living experience in caring for someone with a mental illness. Part of their role is to support carers & families accessing the service by identifying the needs of the carer promote and encourage self-care, and to provide emotional support when needed.

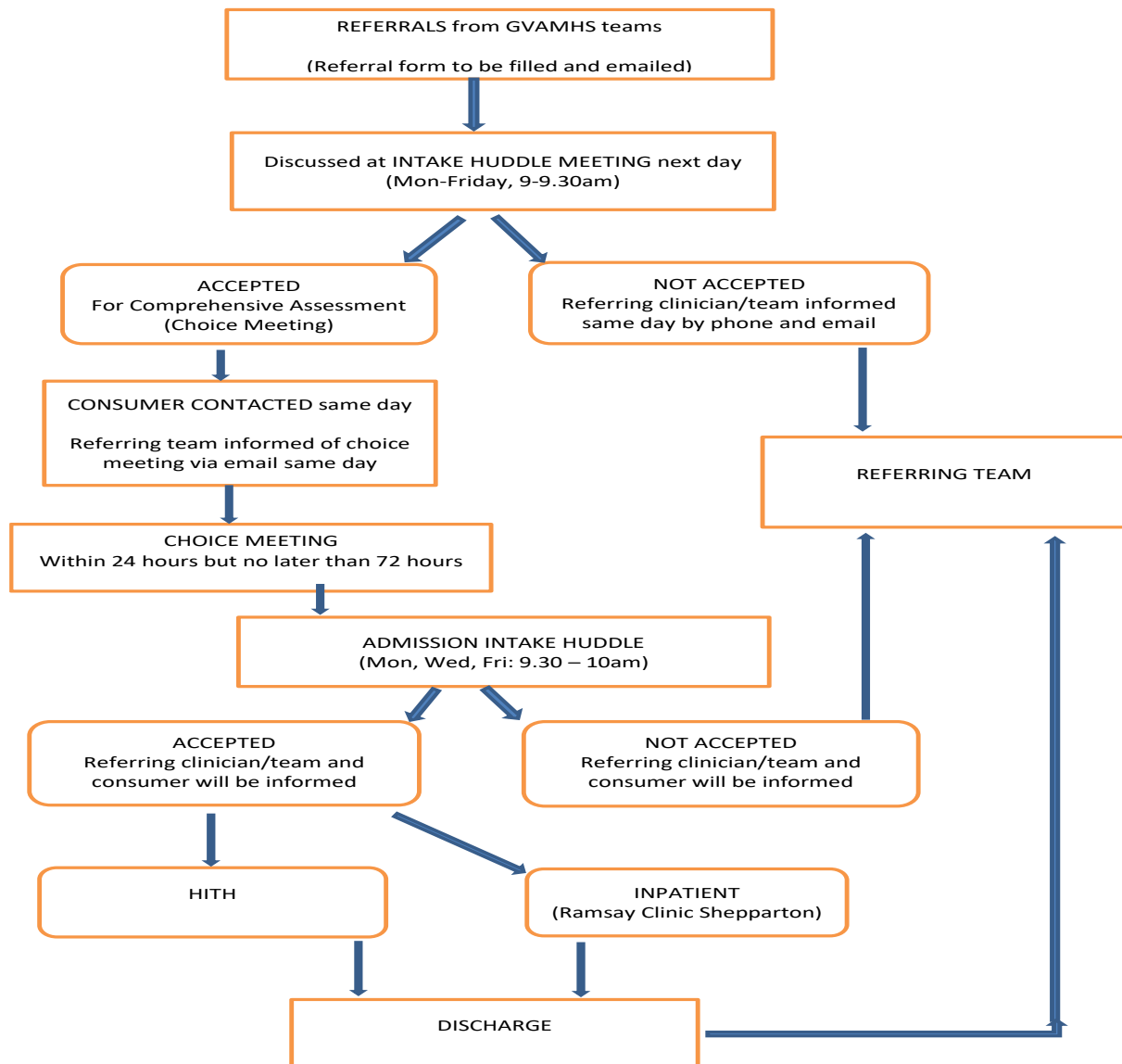
**Admin (0.5 FTE)**- Provides admin support to the team, ordering, intake, discharge, KPIs/Documentation for Shepparton Spoke.



At times Wren will have a Graduate Social Worker and Psychiatry Registrar Rotation for six months each.

**Psychiatry Registrar (0.5FTE)**- Role of registrar is to provide clinical support in mental health assessment, diagnosis and developing management plan for consumers and working with a multidisciplinary approach in supporting the program.

**Graduate Social Worker (1FTE)**- The role of a Graduate Social Worker (SW) is to continue to build on the skills and knowledge developed throughout university. A Grad SW is provided with additional supervision, opportunities to attend trainings and time to observe others within the team to develop confidence in their new role.



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