

# Sydney South West and North Coast Psychiatry Training Network

## General Information

The Sydney South West North Coast Psychiatry Network covers the inner western suburbs of Sydney, and the south western suburbs which are the fast growing part of Sydney. The network comprises both rural and urban areas, and a culturally rich catchments population. The network offers a range of training and lifestyle experiences across the Network's 11 hospitals.

The major teaching hospitals affiliated with the University of NSW, University of Sydney and University of Western Sydney are Liverpool, Royal Prince Alfred, Bankstown, Concord, and Campbelltown.

The SSW North Coast Psychiatry Training Network offered trainees most number of accredited training experiences in our Network hospitals:

Adult General Inpatient Psychiatry	Bankstown, Campbelltown, Liverpool, Royal Prince Alfred and Concord (integrated inpatient and community)
Perinatal, Child and Adolescent Psychiatry	Bankstown, Campbelltown, Liverpool, and Concord
Consultation Liaison Psychiatry	Bankstown, Campbelltown, Concord, Liverpool and Royal Prince Alfred
Psychiatry of Old Age	Bankstown, Braeside and Concord
Early Psychosis Intervention Program	Liverpool
STARTTS & Trans-cultural Psychiatry (Service for the Treatment and Rehabilitation of Torture and Trauma Survivor)	Liverpool
Addiction Psychiatry	Campbelltown, Concord & Royal Prince Alfred
Community Psychiatry	Liverpool, Bankstown, Campbelltown, Bowral, Camperdown, Canterbury, Croydon, Marrickville and Redfern Community Health Centres
Rehabilitation and Recovery Psychiatry	Concord
Rural Psychiatry	Bowral, Port Macquarie, Coffs Harbour and Kempsey

# Sydney South West and North Coast Psychiatry Training Network

**The NSW Institute of Psychiatry:** trainees are given time off to attend the NSW Institute of Psychiatry (half day a week). Tutorials are held both at Rozelle Hospital and the Institute. During **Rural Rotation**, you will be able to teleconference or video linked into your tutorial group.

**Rostering:** Overtime and After Hours Rostering arrangement across the Network are in accordance with the AMA Safe Working Hours guidelines. Remuneration will follow the Public Hospital (Medical Officers) Award.

The **aim of the network training program**, and of the dedicated and committed Director of Psychiatry Training, is to provide a breadth and depth of training that supports trainees in achieving both the highest possible pass rate in the **RANZCP examinations**, as well as great flexibility in long-term vocational preparation.

## Training Program

The Network training program consists of:

- **Education Sessions, Journal Clubs, Case Presentations** are run weekly at various sites which provide trainees with opportunity to present & discuss their cases, ethical issues, interesting psychiatry journal articles. Guest speakers (includes local experts, as well as bi-national, and occasionally international experts) are invited to come and give talks on variety of topics, ground breaking researches, and new treatments. Trainees are paid to attend these sessions during their work time
- **Exam Preparation** sessions for pre-examination candidates for both written and clinical examinations are run weekly at various sites within network to assist you to prepare for your exams
- **Trial Exams** are organised to give you an opportunity to practice in an exam environment
- **Psychotherapy Supervision** is provided free of charge during working hours by our team of experienced Psychotherapists
- Dedicated **libraries** available at all hospitals, including access to **intranet** and **internet** resources
- **Psychodynamic Psychotherapy Supervision** is provided free of charge during working hours by our team of experienced Psychotherapists and Psychiatrists
- **Psychotherapy Education** which includes Cognitive Behaviour Therapy Supervision, CBT workshops, Basic Counselling Skills courses are available for trainees
- **Resource collection** for exam preparation including **OSCE, OCE, M-OSCE**, past RANCP exam papers, comprehensive collection of review articles, core selection of relevant textbooks and clinical tools for exam preparation. All frequently updated at the College website at <http://www.ranzcp.org/>
- Strong **Academic Links** to the University of New South Wales, University of Sydney and University of Western Sydney
- Opportunities for **further research** with many academic units. A number of our trainees have gone on to do higher degrees

# Sydney South West and North Coast Psychiatry Training Network

## About our Network Hospitals:

### Liverpool Hospital

The Liverpool Hospital has been operating continuously since the end of the eighteenth century. It was originally run as a hospital for soldiers and convicts, probably starting as a tent hospital in the 1790's. The first brick hospital was established in 1813 on a portion of land beside the Georges River. A larger stone hospital building was designed by Francis Greenway, built by convict labour and opened in 1825. This building still stands and is now occupied by the TAFE College next door. The entrance hall there contains pictures of the development of the campus during the early years of this century.



### Liverpool Mental Health Service

The Liverpool Hospital Mental Health Centre consolidates a number of Area-wide and local mental health services in one modern purpose-built facility. The two-storey purpose-built facility provides inpatient, putpatient and community adult mental health services for the communities of the Liverpool and Fairfield local government areas.

Area-wide mental health services including research and teaching are provided in conjunction with GPs, non-government organisations, related government departments and universities in NSW.

- **Inpatient Care:**

The general acute adult inpatient services are provided in two 20-bed wings with outdoor courtyards. Special-care suites have been provided to care for people with specific needs. A 10-bed high dependency unit has been provided for consumers who present with complex behaviour problems.

- **Community Mental Health Services:**

Provide assessments and refer people to appropriate services. They also provide treatments which help people manage their mental illness while living at home and provide support for people with specific needs recently discharged from hospital. These services employ mental health professionals from Aboriginal and culturally diverse backgrounds.

- **Therapies and Recovery Service**

Provides treatment programs for people with depression, anxiety disorders or gambling problems and those recovering from psychotic illness. The programs also develop skills for everyday living, self-expression, symptom management and employment.

- **Early Psychosis Intervention Program**

Provides treatment for people aged between 14 and 25 who have recently experienced their first episode of mental illness.

- **Consultation/Liaison**

Provides assessment, treatment and education for patients in the general hospital and Emergency Department

- **Consumer and Carer Support**

Provide information and support for consumers and their carers/families

- **Dual Diagnosis – Substance Abuse**

Provides assessment, consultation and training for services that work with people who have mental disorders complicated by substance abuse

- **Infant, Child & Adolescent Service**

Provides mental health promotion linked to Area schools; support for children of parents with mental illness; parenting training and support; and mental health consultation and development in Aboriginal communities

- **Education and Training**

Education programs are provided for a range of health-related disciplines in conjunction with the universities of NSW, Sydney and Western Sydney. Specialist training in Psychiatry is also provided for registrars. As part of the Area Human Resource Development, a comprehensive in-service training program is provided for all staff.

- **Research**

In association with the University of NSW, a research program focused on population mental health, schizophrenia and perinatal/parenting issues is conducted at the Centre.

- **Other Area Projects/Services**

- Suicide Prevention
- Dual Diagnosis/Intellectual Disability
- Older Persons Mental Health
- Clinical Skills Development
- Outcomes Assessment
- Information Management Service Planning
- Facility Development
- Quality & Safety
- Administration

## Bankstown Hospital

**B**ankstown-Lidcombe hospital is a Major Metropolitan Acute General Hospital with 454 beds (including 18 surge beds). It caters for approximately 27,000 inpatient separations per year.

The hospital has 8 operating rooms, 2 endoscopy rooms, 6 birthing rooms and a family centred birthing room. It also offers services such as emergency, intensive care, day surgery and neonatology. There is also short-term residential accommodation for relatives of critically ill patients.

The Bankstown-Lidcombe hospital is a full teaching hospital of the University of NSW, and an associate of the University of Western Sydney, Macarthur. It has close affiliation with the University of Sydney - Cumberland Campus in the training of Allied Health Professionals. Postgraduate training is available in Medicine, Surgery, Psychiatry, Anaesthetics, Obstetrics and Gynaecology, Paediatrics and General Practice.



## Bankstown Mental Health Service

**B**ankstown Mental Health Service is an integrated service comprising a 30 bed inpatient unit, comprehensive community based programs including:

- Ongoing case management
- Anxiety disorders clinic
- Community support and skills program
- Work assessment and retraining unit
- Recreation program
- Early Intervention in Psychosis Program
- Dialectical Behaviour Therapy Program
- Clozapine Clinic
- Consultation- Liaison Service
- Child & Adolescent Unit.

The Mental Health Service is committed to improving the health of residents in the Bankstown Local Government Area.

## Campbelltown Hospital (Macarthur Health Service)

Macarthur Mental Health Service provides a comprehensive integrated range of services to residents of the local government areas of Campbelltown, Camden, Wollondilly and Wingecarribee. In Campbelltown, Adult Community services are based at 6 Browne Street Campbelltown, Infant Child and Adolescent Services are available at Cordeaux St and Specialist Mental Health Services for Older People are available via ACAT at Camden. All inpatient services are at the Campbelltown Hospital campus, with a total of 66 beds: Waratah House Adult In-Patient Unit, Gna Ka Lun Adolescent In-Patient Unit, Subacute Youth Mental Health Unit and the Psychiatric Emergency Care Centre (PECC).



### Community Mental Health – Browne Street comprises:

- Community Mental Health Emergency Team: a 16 x 7 Triage and Assessment Service, providing intensive follow up in the community of acutely unwell or at risk consumers
- Care Coordination team – providing Case Management services
- Community Based Rehabilitation, with strong links to NGO's providing disability support
- Youth Mental Health Service (incorporating early psychosis)
- Broad ranging psychological services

### Specialist Clinics:

- Cognitive Behavioural Therapies and other psychological treatments for specific anxiety and eating disorders
- Dialectic Behaviour Therapy for personality disorders

### Cordeaux St, comprising:

- Assessment and treatment services for children and adolescents
- Perinatal service to infants and their mothers

### Tahmoor and Bowral:

- Community mental health services are also provided at Tahmoor and Bowral

### In-Patient Services: all units are gazetted under the Mental Health Act

**Adult:** Waratah House is a 30 bed acute in-patient service for the Macarthur Mental Health Service.

**Youth:** Subacute Unit is a 20 bed facility catering to consumers between 18 and 25 years

**Gna Ka Lun:** is a tertiary level 10 bed unit, for children between 12 and 17 years

**PECC:** The Psychiatric Emergency Care Centre is a 6 bed short stay unit attached to the Emergency Department



# Royal Prince Alfred Hospital

Royal Prince Alfred Hospital is one of the nation's most respected hospitals, with a distinguished history serving the health needs of local, State-wide and international communities.

Formed in 1882, the hospital is one of Australia's major referral centres and the prime teaching facility of the University of Sydney.

RPA's comprehensive range of services includes cardiology, cardiothoracic, emergency and intensive care, gastrointestinal, head and neck care and respiratory medicine. Renal, liver and kidney transplant, cancer, obstetrics and neonatal, vascular and neurology expertise, diagnostic imaging and interventional radiology are also offered.

Services are delivered from the main Missenden Road campus and facilities including the King George V Hospital and RPA Institute of Rheumatology & Orthopaedics in Camperdown, Thomas Walker and Dame Edith Walker hospitals at Concord West and various community settings.

Completion of the design phase for the King George V building confirmed it will house services including community and population health, social work and executive support offices when Women's and Children's Health moves across the road to the new clinical services building at RPA.

The high-rating Channel Nine RPA series provides a fly-on-the-wall look at life in the innovative hospital, receiving its second consecutive Logie Award nomination this year. Millions of weekly viewers tuned in to watch the sixth series.

## Mental Health Service is located at Missenden Unit

The Missenden Psychiatric Unit is a 40 bed psychiatric inpatient facility attached to Royal Prince Alfred Hospital. The Unit services the Eastern sector of the Sydney South West Area Mental Health Service including the suburbs of Camperdown and Redfern

### The Unit is divided into 2 sections:

- 30 bed open unit, and;
- 10 bed observation unit

Four beds are allocated for eating disorder clients and the Unit offers a specialised eating disorder program. The Unit also has facility to accommodate a mother and baby

### Programs on the Unit consist of multidisciplinary group work such as:

- Psycho-education sessions
- Leisure groups
- Discussion groups
- Task based groups



## Concord Hospital

**C**oncord Hospital is a teaching hospital of the University of Sydney. The hospital has a long tradition of providing care to the Veteran community and today provides health care to the inner west of Sydney.



The hospital has a long established reputation of excellence in the provision of healthcare services with 24 consecutive years of accreditation by the Australian Council on Health Care Standards, which recognizes quality in health care. Concord is the first teaching hospital to receive back to back 5year Accreditation Awards, as well as three consecutive 3 year Accreditation Awards from the Post Graduate Medical Council of NSW for the exemplary training of postgraduate doctors.

Concord offers a comprehensive range of specialty and sub-specialty services, many of which are recognised nationally and internationally as centres of excellence. These include Burns, Colorectal Surgery, Laparoscopic Surgery, Molecular Biology and Genetic Laboratory, Aged and Extended Care and Gastroenterology.

### **The New Concord Centre for Mental Health**

The Concord Centre for Mental Health is a new state of the art mental health complex recently opened on the campus of the Concord Repatriation General Hospital, a large tertiary referral general hospital.

The facility is picturesquely situated by the banks of the Parramatta River, next to the spacious park like surrounds of the Sir Thomas Walker estate.

Concord Centre for Mental Health has 174 beds catering for patients with a wide spectrum of psychiatric disorders & operates on a phase of illness model with specialist units catering for the needs of people at different levels of recovery.

These include Intensive Psychiatric Care & High Dependency beds, an Early Intervention Program for young people with their first episode of psychosis, longer term treatment facilities for people with residual disabilities & a rehabilitation unit for people with chronic mental illness to enable them to develop skills to move into community living.

There is also a thirty bed acute Psycho geriatric Unit catering for the mental health needs of people over the age of 65 & training is available in Addiction Psychiatry in conjunction with the Addiction Medicine Department of Concord Hospital..

It is envisaged an Acute Adolescent Unit catering for 14 young people will be opening later this year.

There is a purpose built ECT suite, a high quality occupational therapy unit & a spectrum of recreational facilities including a swimming pool & kiosk.

All registrar positions have been accredited for training by the RANZCP & top priority is given to ensure high quality training & supervision.

There is an active education program including examination workshops for registrars approaching College examinations.

There is also a chair of Psychiatry of the University of Sydney's Department of Psychological Medicine.



## Rivendell – Child and Adolescent Unit (Old Thomas Walker Hospital)

Rivendell, originally called Thomas Walker hospital was opened in 1896. It is a 20 bed facility that consists of:

- A Child and Adolescent Mental Health Service; and
- A Department of Education School

It provides mental health services for children and adolescents residing in Central Sydney Health Area and rural New South Wales. Out-of-area referrals may be accepted with the active involvement of local mental health services or private mental health professionals.



Rivendell works in conjunction with the local Community Health Centres and the Community Mobile Adolescent Team. Our inpatient services include comprehensive assessments, second opinions, shared care and outpatient therapy. This care is determined on an individual basis and may incorporate cognitive behavioural therapy, psychotherapy, family therapy or pharmacotherapy.

We provide inpatient care on either a residential or day patient basis for those individuals who need more intensive treatment. These young people attend the Rivendell School for Specific Purposes during their admission. The inpatient programs focus on early psychosis, depression, anxiety, school refusal and oppositional defiant behaviour.

Rivendell provides community outreach programs during the school holiday periods for young people with special needs, e.g. Indo-Chinese and Latin-American refugees, refugees who have been subjected to severe torture, trauma and other young migrant groups.

### Department of Education School

Rivendell School provides specialised education programs in a safe, nurturing and secure environment. They also provide consultative service to schools seeking assistance in relation to the management of students

## Bowral Hospital

In the last decade, Bowral has become the commercial centre of the Southern Highlands, and as such, hosts many boutique stores, restaurants, and cafes. Although people tend to visit the Southern Highlands to get away from big city living, almost anything you could want can be found in Bowral. From art galleries to weekend markets, every weekend is filled with fun things to see and do.

With the Southern Highlands having very distinct seasons, many tourists find the best time to visit Bowral would be during either autumn or spring. During autumn, the trees explode with bright reds and oranges, and the air has a crispness that can only be experienced at a higher altitude. Spring on the other hand finds the area bloom with vibrant springtime annuals such as the popular tulip, and many of the local gardens become open to the Public, including one of the most esteemed gardens in the world, the famous Milton Park.



During Spring Bowral's annual Tulip Time event becomes one of the Highland's biggest annual attractions, bringing in many thousands of visitors every year. Held every September to October, Tulip Time in Bowral has become one of Australia's leading floral festivals, and Corbett Gardens, found smack bang in the middle of Bowral, Corbett Gardens displays a huge array of Tulips, as well as other bright and vibrant springtime bulbs, shrubs and trees.

Bowral – Wingecarribee Community Mental Health Service provides assessment, treatment, counseling, support groups, rehab programs, podiatry and dental clinics. It has Adolescent & Adult MH Team, Hospital Consultation MH Liaison, Aboriginal MH, MH Welfare Services, and Boarding Houses MH Liaison.

## Coffs Harbour Based Hospital

Located 558 km's northeast of Sydney and most famous for the giant man-made Big Banana at the northern end of town; Coffs Harbour is one of the largest regional cities in NSW. Golden beaches, lush green rainforests, world-class quality accommodation and a multitude of fantastic attractions make this the ideal setting for the perfect holiday.

Coffs Harbour is a contemporary city that doubles as a major coastal resort town. It is bordered on one side by the beautiful white beaches of the holiday coast and on the other by the banana plantations, which cascade down the hills from the hinterland. Coffs Harbour is one of the most major tourist destinations in the state outside of Sydney.



The area's many beaches make for perfect holidaying territory with surfing, fishing, patrolled safe swimming, sand-side picnics and barbecues. The town is ideal for families, which frequent the city during the holiday periods eager to enjoy the glorious subtropical laziness that lingers over it.

However laid back and resort-like Coffs Harbour comes across, it still is able to offer all the necessary amenities of a typical city. The town centre is great for city-standard shopping and is home to many recreational clubs and nightspots.

Mental Health Service in Coffs Harbour incorporates all Community Mental Health Services including the Child & Adolescent Mental Health Service team, Aboriginal Mental Health Workers and Specialist Mental Health Services for Older People.

Coffs Harbour has a 30 bed inpatient psychiatric unit and will have a 20 bed psychiatric rehabilitation unit by mid 2008. The hospital was built in 2001. There are five registrar positions (three training), one of which is filled by registrars on rural rotation terms. We have active grand rounds, journal club and CBT training. Supervision is guaranteed.

While CH terms are busy regional/rural terms, the after hours roster is about 1:6 and consisting of up to 4 hours on Saturday and Sunday only. There are no call backs.

## Port Macquarie Based Hospital

Greater Port Macquarie is located midway between Sydney and Brisbane on the North Coast of NSW. It is only 260 km north of Newcastle, 420 km from Sydney and 510 km from Brisbane. Port Macquarie is situated on the Hastings River and surrounded by several beaches, along its coast. The many beaches around Port Macquarie include Flynn's Beach, Lighthouse Beach, Nobby's Beach, Oxley Beach, Rocky Beach, Shelly Beach and Town Beach.

The major attraction in Port Macquarie is the vast range of water sports that it offers. You can hire boats and windsurfers to explore the area and see the beautiful landscape. Windsurfing is popular around Port Macquarie at Big Bay, Regatta Grounds, Pilot Beach and Trial Bay. You can hire Barbecue Pontoon Boats allowing you to explore the waters or do day fishing. It has been appointed the prestigious Fourth City of the Arts and there is a wide range of accommodation, shops, clubs and pubs as well as several award winning restaurants.



Port Macquarie Base Hospital, located on the Mid North Coast of New South Wales, provides 24 hour Emergency Services, Critical Care, Obstetrics/Gynaecology, Medicine, General and Vascular Surgery, Orthopaedic Surgery,

ENT, Ophthalmology, Gastroenterology, Paediatric Care and Mental Health Inpatients (voluntary) and a Mental Health Community Service.

Mental Health Service includes Community Mental Health, Child and Adolescent Mental Health and Mental Health Inpatient Units with 12 Bed Ward **newly re-furbished** in 2007

## **NETWORK GOVERNANCE COMMITTEE (NGC)**

The Training program is over sighted by the Network Governance Committee (NGC)

*The purpose of the Network Governance Committee is to ensure safe, high quality training for Basic and Advanced Psychiatry Trainees through good governance and management of the network and its training program*

### **Functions:**

- Network Training Program
- Network Policies, Procedures and Resources
- Quality Assurance and Accreditation
- Recruitment and Workforce
- Liaison with the State Directors of Subspecialty Advanced Psychiatry Training
- Appeals
- Monitoring and Reporting on NGC Activities

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## USEFUL LINKS

The Royal Australian and New Zealand College of Psychiatrists: [www.ranzcp.org](http://www.ranzcp.org)

The Australian and New Zealand Association of Psychiatrists in Training: [www.anzapt.org.au](http://www.anzapt.org.au)

The NSW Institute of Psychiatry: [www.nswiop.nsw.edu.au](http://www.nswiop.nsw.edu.au)

The NSW Medical Board: [www.nswmb.org.au](http://www.nswmb.org.au)

The Health Education & Training Institute (HETI): <http://www.heti.nsw.gov.au/>