

Frameworks for Health (FFH) is a multidisciplinary team dedicated to translating psychosocial health research into everyday clinical practice through program development, research and implementation across mental health and physical health domains.

About us

FFH is positioned within the Health Service Demand and Mental Health Directorate at St. Vincent's. Our aim is to deliver person-centred integrated programs that enable health services, families and communities to work together using holistic models of care. As a research unit, we have developed partnerships across community and tertiary health services throughout Australia and internationally.

Our approach has a focus on long-term outcomes, underpinned by three key areas: prevention, early intervention and chronic disease management. In order to successfully translate our work into practice, each area is addressed by our team from a research perspective, as well as implementation from clinical and organisational change perspectives.

This approach has been applied to key research areas such as health promotion for vulnerable parents with young children, early intervention programs such as relapse prevention in bipolar disorder, and supporting carers of people with a mental illness.

More recently in partnership with other departments our work in chronic disease has extended to improving health and wellbeing in people having to deal with significant physical illness such as renal failure or cardiac disease. These research programs are conducted in partnership with HARP, the Physiotherapy Department and the St. Vincent's Nursing Research Centre.

In addition, FFH has established a training and development team to provide commercial development of its work. These include training workshops and more recently training to organisations in implementing sustainable change with evidence-based interventions from an organisational perspective.

Projects in progress or completed

Pilot Studies

- Evaluating the impact of a psychological intervention (Dialysis Optimal Health Program) on anxiety, depression and quality of life for people who are commencing dialysis.
- Improving depression and anxiety screening of patients with heart disease.

- Does an integrated approach to vascular rehabilitation improve exercise capacity and risk factor profiles?
- An investigation into the impact of activities and occupations on the health and wellbeing of people with ongoing health conditions.
- Development of a 12-month prospective profile of patients initiating dialysis.

Open Trial

- Implementation and evaluation of an intervention to improve health and wellbeing of vulnerable mothers with children aged 0-3.

Randomised Control Trial (RCT)

- Evaluating CONSTA compared to CONSTA and Collaborative Therapy in a naturalistic setting.

Implementation

- Managing Mental Health and Substance Use, Stage II: implementation and evaluation in services throughout Victoria.
- Evaluation of an effective relapse prevention program for Bipolar Disorder in community settings.
- The delivery of Collaborative Therapy through health and community networks in Victoria.
- Implementation and evaluation of the Optimal Health Model in Central North Mental Health Services in South Australia.
- Implementation and evaluation of 'working together' in a non-government organisation (SNAP) in Gippsland, Victoria.

- Design and evaluation of a standardised approach to ‘self management’ across the HARP teams at St. Vincent’s.
- Development and implementation of Managing Mental Health and Substance Use in Bendigo (The Living Well Project).

Research applications in the clinical setting

Our work in this area has resulted in improved access to psychosocial programs for consumers through clinician training, capacity-building partnerships, public health projects and service delivery. Examples of this include:

- Clinician training in South Australia, Victoria and Queensland in relation to psychosocial programs as part of group or case-management models of care.
- Funding to undertake evaluation and training of clinicians in private practice to ensure that we can replicate results of the Randomised Control Trial for Bipolar Disorder as part of routine service delivery for people in the community. This includes working with family and children’s services to implement and evaluate the program.
- Training program for dual diagnosis workshops that have been undertaken with services throughout Victoria and will be commencing in South Australia in 2009.

Research outcomes in relation to patient care

Service delivery controlled trial (OHP)

Frameworks for Health (FFH) has completed a controlled trial across four Adult Mental Health Services in the Australian Capital Territory and found that the combination of case management with a consumer-focused empowerment program (Optimal Health Program) lessened symptom severity and reduced hospital admissions and length of stay. Survival analyses indicated that the treatment group was less likely to be admitted to hospital compared to the control group, both for first-ever ($p=0.01$) and any ($p<0.001$) admissions. Furthermore, on average, treatment clients spent 1.3% of their time in hospital whereas control clients spent 3.8% of their time in hospital ($p = 0.006$).

Bipolar Disorder

FFH has completed the evaluation of a randomised control trial of a group-based program for people with Bipolar Disorder (MAPS). Results showed a reduced rate of relapse in the treatment group for pooled relapses of any type (hazard ratio 0.44; $p = 0.04$), depressive episodes (hazard ratio 0.28; $p = 0.02$) and manic/mixed episodes (hazard ratio 0.15; $p = 0.08$).

Health Promoting Parenting

FFH has completed the evaluation of a pilot program for mothers with a mental illness who have children aged 0-5. We found that mothers entering the group-based intervention were significantly more stressed on the parenting stress index scales at baseline compared to norms for the US population, stress for parents with a mental illness being in the 95th percentile or above. Quality of life measures (WHO-QOL BREF) were all significantly lower for mothers with a mental illness than the Australian norms.

The parenting stress sense of competency and parenting stress index and WHO-QOL BREF scales all improved over the six month follow-up. The Global Assessment of Functioning improved significantly from baseline to six months.

The team

Monica Gilbert, Head of Department; Claire Ahern, Masters Student; Catherine Bunton, Senior Research Clinician; Dr James Chamberlain, Statistician; Julia Costello, Masters Student; Kathleen Crowley, Senior Research Nurse; Carolynne Holdsworth, Senior Research Clinician (Phd Student); Jenny Lloyd, Masters Student; Brendan Pawsey, Senior Research Clinician (Masters Student); Chris Raab, Masters Student

Collaborations

- Central North East Area Health Service
- Department of Education and Early Childhood Development
- Gippsland TAFE
- Mercy Mental Health Service
- Nexus
- Parenting Research Victoria
- School of Nursing and Social Work
- SNAP (non-government organisation working with people with a mental illness)
- Swinburne University, Consultation Liaison Psychiatry
- University of Melbourne
- Victorian Dual Diagnosis Education and Training Unit
- Wollongong University

Grants

Castle D, Berk M, Murray G, Gilbert M, Schweitzer I, Chamberlain J, Pawsey B, Holdsworth C, Bunton C

Implementation and evaluation of an effective relapse prevention intervention for Bipolar Disorder in community settings. MBF Foundation, (2008-2010), \$190,000

Gilbert M, Castle D, Chamberlain J

Randomised control trial of a Consta compared to Consta and Collaborative Therapy in a naturalistic setting. Janssen Cilag, (2008-2010), \$392,455

Langham R, Gilbert M, Salzberg M, Liew D, Castle D, Chamberlain J, Sharrock J

Development of a 12-month prospective profile of patients initiating dialysis. St. Vincent's Research Endowment Fund, (2008-2009), \$15,000

Langham R, Gilbert M, Salzberg M, Liew D, Castle D, Chamberlain J

Evaluating the impact of a psychosocial intervention (Optimal Health Program) on anxiety, depression and quality of life for people with chronic kidney disease who are commencing dialysis. A Pilot Study. beyondblue, (2008-2010), \$131,000

Martin A, Anbiah R, Firth J, Wilson A, Liew D, Westcott M, Gilbert M, Pawsey B, Patsamanis H, Brock K

Does an integrated approach to vascular rehabilitation, inclusive of risk factor review, a structured exercise program and psychological support in lifestyle modification, improve exercise capacity and risk factor profiles? A pilot study. St. Vincent's Research Endowment Fund, (2008-2009), \$20,115

Worrall-Carter L, Page K, Bunker S, Davidson P, MacIsaac A, Salzberg M, Hamilton B, Leigh-Edward K, Cummins R, Gilbert M, Thompson D

Improving depression and anxiety screening of patients with heart disease: implementing a multidisciplinary clinical pathway. beyondblue, (2008-2010), \$78,365

Worrall-Carter L, Page K, Bunker S, Davidson P, MacIsaac A, Salzberg M, Hamilton B, Leigh-Edward K, Cummins R, Gilbert M, Thompson D

Improving depression and anxiety screening of patients with heart disease: implementing a multidisciplinary clinical pathway. St. Vincent's Research Endowment Fund, (2008-2009), \$15,000

Selected presentations

Bunton C, Gilbert M

- 'Using evidence to create sustainable change within health services: what matters?', 13th NSW Rural Mental Health Conference, Hunter Valley, NSW, 2008

Bunton C, Holdsworth C

- Invited speaker, 'Collaborative Therapy: a systematic approach to service delivery and therapeutic programs', Mental Illness Fellowship All Staff Forum, Victoria, 2008

Chamberlain J

- ‘A simulation study of a longitudinal two arm clinical trial design: type I error rate and power for normal and non-normal responses’, Australian Statistical Conference, Melbourne, 2008

Gilbert M, Wyman K, Chamberlain J, Castle D

- ‘Anxiety, psychosis and substance use: prevalence, correlates and recognition in an outpatient mental health setting’, International Anxiety Disorders Symposium, Cape Town, South Africa, 2008

Holdsworth C

- Invited speaker, ‘Working together to make recovery a reality’, Psychosocial Rehabilitation and Recovery Association of WA launch, Perth, Western Australia, 2008

Holdsworth C, Couley A

- ‘Working together towards recovery: implementing a staged recovery process at SNAP’, 13th NSW Rural Mental Health Conference, Hunter Valley, NSW, 2008

Pawsey B, Hynan C

- ‘Integrated treatment for dual diagnosis: the Collaborative Therapy Managing Mental Health and Substance Use Project’, 13th NSW Rural Mental Health Conference, Hunter Valley, NSW, 2008

Publications

Gilbert M, Staley C, Lydall-Smith S, Castle D 2008, ‘Collaboration as a tool to optimise and rationalise healthcare resource allocation’, *Disease Management and Health Outcomes*, 16, 6, 381-390

Gleeson J, Wade D, Castle D, Gilbert M, Gee D, Crisp K, Pearce T, Alvarez-Jimenez M, Newman B, Cotton S, McGorry P 2008, ‘The Episode II trial of cognitive and family therapy for relapse prevention in early psychosis: rationale and sample characteristics’, *Journal of Mental Health*, 17, 19-32

Lauder S, Berk M, Castle D, Dodd S, Chester A, Gilbert M, Piterman L, Klein B, Austin D, Murray G, Holdsworth C, Chamberlain J, Berk L 2008, ‘www.moodswings the highs and lows of an online intervention for bipolar disorder: preliminary findings. Australasian Society Psychiatric Research, Newcastle 2-5 December 2008’, *Australian and New Zealand Journal of Psychiatry*, 42, Suppl 3, A83-4

Pawsey B 2008, ‘Mental health and substance use comorbidity: the Frameworks For Health approach’, *Synergy*, Edition 2

Wyman K, Clarke S, McKenzie P, Gilbert M 2008, ‘The impact of participation in a support group for carers of a person with schizophrenia: a qualitative study’, *International Journal of Psychosocial Rehabilitation*, 12, 2, 97-109