

Perinatal Mental Healthcare

In-patient Unit

Information for health professionals

The heart to heal, the strength to grow.

Our spirit is strong, it thrives as we embrace those who we must always care for.

Our journey has been long and we will continue to flourish as we open our hearts to those who walk with us. **Always.**

The artwork concept and narrative was developed by David Williams. David is a proud Wakka Wakka artist at Gilimbaa.

In the spirit of reconciliation, Mater acknowledges the Traditional Custodians of Country throughout Australia and their connection to land, sea and community.

We pay our respects to their Elders—past, present and emerging.



The Service

Catherine's House for Mothers, Babies and Families is Queensland's first integrated perinatal mental healthcare service, featuring a dedicated In-patient Unit with 10 rooms.

There are eight rooms for public patients and two for private patients where parents can stay with their babies while receiving treatment and care.

The In-patient Unit delivers specialist support for parents experiencing severe depression, anxiety and other mental health challenges in the first year of their baby's arrival.

Co-designed by parents with lived experience and a team of perinatal health professionals, the In-patient Unit offers parents and families a safe space for healing, recovery and connection while improving their mental health and relationship with their baby.

Eligibility criteria

Catherine's House In-patient Unit is available to eligible Queensland parents who meet the following criteria:

- mental healthcare needs that cannot be adequately met by community care;
- a diagnosis of:
 - severe depression;
 - severe anxiety;
 - schizophrenia;
 - psychosis including postpartum psychosis;
 - bipolar affective disorder; or
 - complex mental health problems which may include a history of trauma, personality disorder and (past but not current) substance misuse in remission that is impacting significantly on parenting;
- being the primary carers of a baby/ babies under the age of 12 months;
- willing to focus on parenting confidence or attachment relationship in the context of mental health symptoms.

Exclusion criteria

Parents ineligible to access Catherine's House services include those with:

- substance abuse issues with a risk of withdrawal. Complete detoxification is required before eligibility can be granted; and
- a sole purpose to assess their parenting capacity.

Please note it is required that referrals must include medical clearance for parents and infants from infectious disease.

Mater is a non-smoking environment. Smoking is not permitted anywhere on the hospital grounds at Mater South Brisbane. Nicotine replacement therapy is available for patients. No illicit drugs or alcohol are allowed on hospital grounds.



In-patient treatment programs

Treatments and care delivered at Catherine's House for Mothers, Babies and Families are evidence-based and delivered by an experienced multidisciplinary team specialising in perinatal and infant mental health including:

- consultant psychiatrists
- psychiatry registrars
- peer support workers
- mental health nurses
- child health nurses
- psychologists
- social workers
- occupational therapists
- physiotherapists
- dietitians
- pharmacists.

Holistic treatment programs include psychosocial interventions for parents and babies such as:

- sensory modulation
- infant massage
- parent-baby exercises
- healthy coping strategies
- couple communication
- functional assessments
- understanding infant cues.

Medication and neurostimulation is also provided where appropriate.

Catherine's House clinicians not only focus on parental mental wellness, but also on the parent-infant attachment and the broader family setting.

The average length of stay at Catherine's House is three weeks with follow-up agencies involved in discharge planning and clinical reviews to support ongoing management.

Service capacity

Catherine's House for Mothers, Babies and Families has 10 in-patient rooms (eight public and two private).

Admissions will be prioritised by:

- acuity (parents must be appropriate to be managed in an open ward setting);
- babies under six weeks old;
- breastfeeding status; and
- availability of alternative community management.

Please note that the referring service provides ongoing management and engagement of community supports for parents until admission to Catherine's House In-patient Unit. If admission is not deemed appropriate, recommendations regarding management and community referrals will be provided.



Referrals

Parents can be referred to Catherine's House In-patient Unit by:

- Mental health clinicians;
- General Practitioners;
- Psychiatrists; and
- Obstetricians.

It is expected that medical officers will have actively escalated the level of local mental health support and intervention for the parent before referring to Catherine's House.

Catherine's House provides a spectrum of care that promotes wellness, parental mental health and child development

Referral process

- 1 Assess parent based on eligibility criteria. Queries regarding suitability for referral can be made to 07 3163 2299 from 8am – 4pm, Monday to Friday (excluding public holidays).
- 2 For referrals phone 07 3163 2299 or email CatherinesHouse.Reception@mater.org.au
- 3 Referrers will be notified of the patient's suitability within two working days. If the referral is deemed suitable, a further assessment may occur face-to-face or via video/phone-conferencing with the patient and referrer.
- 4 All babies require a pre-admission health screen to ensure they are well and free of infectious diseases. There is no capacity to admit unwell infants.
- 5 For appropriate prioritisation of the referral, please provide at least weekly updates via phone or email.
- 6 When a bed becomes available, the referrer and patient will be contacted.
- 7 All admissions are planned and will occur Monday to Friday between 8am – 4pm. The referrer to arrange transport of the patient and the baby.
- 8 The referrer holds the responsibility, management and governance of the parent and baby's care until they are physically admitted to Catherine's House.



Additional information

If your patient requires the assistance of an interpreter, please indicate this on the referral form and advise Catherine's House of the need for interpreter services prior to any assessments to admission.

Interpreter services for people from non-English speaking backgrounds are provided free-of-charge, including for non-Medicare patients.

For further information, please contact:

Catherine's House

Raymond Terrace, South Brisbane QLD 4101

t: 07 3163 2299

e: CatherinesHouse.Reception@mater.org.au

Alternative Support Services

1300 MH CALL (Mental Health Access Line)

t: 1300 642 255

Perinatal Anxiety and Depression Association (PANDA)

t: 1300 726 306 | panda.org.au

Beyondblue

t: 1300 224 636 | beyondblue.org.au

Women's Health Queensland

t: 1800 017 676 | womhealth.org.au

Centre of Perinatal Excellence

t: 1300 740 398 | cope.org.au

Catherine's House is located at Mater's South Brisbane Campus

← To South Bank and South Bank train station



Buildings

- 1 Mater Private Hospital Brisbane
- 2 Mater Private Clinic
- 3 Mater Hospital Brisbane
- 4 Mater Private Hospital Annerley Road Campus
- 5 Mater Medical Centre
- 6 Salmon Building
- 7 Queensland Children's Hospital
- 8 Mater Mothers' Private Brisbane
- 9 Whitty Building
- 10 Potter Building
- 10a Potter Annex
- 11 Aubigny Place
- 12 **Catherine's House**
- 13 Duncombe Building

Key

- P** Parking
- Drop off zone
- ◆ Adult Emergency
- Private Emergency
- ▨ Security booth
- ▬ Main entrance

Catherine's House

 Raymond Terrace, South Brisbane QLD 4101
 07 3163 2299