

# 4.4.8 Health

### Scope of the system

As one of the permissible uses under the Callan Park Act the health overlay provides many of the key actions and priorities for the 2011 Master Plan, and within the overlay mental health is recognised as being central to the delivery of the 'Wellness Sanctuary' concept. The actions and initiations with the health overlay relate to both physical and mental health and in addition to the place specific proposals there are a number of high level initiatives that cover the whole of Callan Park.

### Existing condition and situation

Since the closure of Rozelle Hospital there have been no state operated public health facilities on Callan Park. A number of organisation that provide health related services such as health staff training and NGO groups in buildings under the site management of NSW Health and SSWAHS. NSW Ambulance also have their regional headquarters on Callan Park and use these buildings for a range of operational activities.

### Mental health concept for Callan Park

### Background

The development of Callan Park to include the reinstatement of mental health services provided an extraordinary opportunity to help address some acknowledged gaps in current mental health services. The challenge was to develop a mental health concept for Callan Park based on established guidelines and policies for mental health care and that complemented existing services while acknowledging the challenges faced by mental health consumers, their families, friends and carers, and promoting a synergy with existing and potential activities on

Callan Park. It was recognised that this would best be achieved by asking various stakeholders, including mental health professionals, NGOs, mental health consumers and their families, friends and carers as well as other members of the community, to voice their opinions and outline their vision for mental health services on Callan Park.

In response to a mental health discussion paper outlining the various opportunities for developing mental health services at Callan Park, the master planning team received in excess of 20 submissions from various stakeholders stating their views on mental health service provision at Callan Park. The submissions identified service gaps in the promotion of recovery and wellness following an acute episode of illness. They endorsed the development of services to facilitate health and wellbeing, social connection and participation in meaningful activity. From these submissions a concept for mental health services was developed and presented for further feedback at a community workshop.

## The Plan

Callan Park is a wellness sanctuary bridging the divide between acute care and home life through critical recovery services for those with mental illness. A sanctuary where vocational training, arts and culture, sport, work, gardening and quiet reflection can support treatment and therapy.

Key features of the mental health concept are:

- A Wellness Centre where peer support and health and lifestyle services are located along an internal street.
- 15 independent low to medium support living units, 44 medium support living units, and 24 high support living units in the Callan Park Lofts.
- □ A Vocational Skills Centre providing training and education in food skills, computing, landscaping, heritage restoration and building, sustainability and many other courses
- □ A restaurant and Bookmakers Cafe, NGOs and community based organisations offering real job opportunities for people with mental illness.
- □ An interactive Museum of the Mind in Bonny View Cottage.

The concept for mental health services at Callan Park comprises of five elements that aim to address the gaps in service provision. These include:

- Vocational and social. This element aims to promote participation in meaningful activity. It includes job-readiness skills training, TAFE training programs, job skills and vocational training; cooperative and commercial enterprises, including consumer run enterprises, which offer both employment and training opportunities; supplementary training programs, including cognitive remediation, cognitive-behavioural therapy, and social skills training. It also offers opportunities for social engagement, relationship building and improving living skills.
- □ **Information and support**. This element aims to provide information and support to consumers and their families, friends and carers as well as the general public. It

includes the provision of electronic and paper-based information on mental illness, webbased family/carer psycho-education and coping skills programs backed up by email and telephone support. It also includes individual advocacy, a mental health museum and memorial space, and peer and consumer worker training.

- Health and lifestyle. This element aims to promote and support physical wellbeing in consumers, which is often neglected. It includes a primary care clinic to assess, treat and monitor physical health problems, dietary assessment and advice/assistance for healthy eating, physical fitness assessment and advice/assistance in training and exercise, smoking cessation programs, drug and alcohol treatment programs and sporting, recreational and creative arts activities.
- Residential. This element aims to address the lack of transitional, supported accommodation that provides an opportunity to address individual consumer early intervention and recovery needs in a supported environment. It provides an opportunity for diagnostic re-evaluation and clinical re-assessment, stabilisation of treatment and monitoring of response, special investigations or therapeutic procedures, initiation of new treatments and intensive rehabilitation accessing on-site services. It could encompass a spectrum of levels of time-limited, short-to-medium stay non-acute accommodation for people accessing on-site services, including no/low support, hostel or serviced apartment style accommodation, medium support HASI-style temporary accommodation for those requiring some supervision, and high support in a more traditional sub-acute hospital-style facility.
- Education, training and research. The aim of this element is to improve interventions for consumers. This would be achieved through education and training sessions for a range of medical, health and mental health professionals. It also includes a research facility to systematically evaluate, through scientific investigation, the effectiveness of innovative treatments and rehabilitation interventions provided on the site.

## Functioning

To ensure that an individual plan is developed to address each consumer's unique recovery needs a potential entry procedure has been proposed. Specifically, a consumer could be referred to access mental health services on Callan Park from any external source including NGOs, public acute/hospital services, private practitioners (general practitioner, psychiatrist, psychologist) or community mental health teams; self referrals would also be accepted. All referrals would be made to an intake and personal planning unit that assessed the consumer's needs by liaising with the referring agent and listening to the concerns and requests of the consumer. An individualised intervention plan would then be developed and initiated within the framework of the five elements of the service. On return to the community a continuing recovery plan would be developed and discussed with the consumers, their clinicians and support people to ensure continued recovery in the community setting.

## Governance

This requires further consultation. A provisional governance structure is proposed. This would comprise:

- a governing board chaired by a suitable eminent person and with membership to include people with appropriate expertise drawn from among various stakeholders, namely, consumers and carers, health professionals, government and members of the general community. The board would have the capacity to establish a set of standing committees (with membership extending beyond the board itself) to provide it with advice in a number of areas (e.g. a consumer advisory committee, a government liaison committee, a finance committee, a quality evaluation committee, etc).
- a director with a small management team sitting under the governing board and reporting to it. The director would oversee daily operational matters concerning the mental health services across the site. The director would be a member of the governing board.
- unit chiefs who would report to the director, including the intake and personal planning group, to implement the several services located on site.

### Master Plan objectives and targets

The shared vision for Callan Park is of a 'Wellness Sanctuary, bridging the gap between acute care and home life for those with mental illness, and contributing to the mental, physical and social health of the entire community.

### Implementation of the concept

It is proposed that an implementation steering committee be established. It should have a composition similar to that of the governing board. The tasks of this committee would be to:

- develop a more detailed articulation of the mental health services plan for Callan Park with the aim of precisely operationalising and costing the provision of the five elements outlined above. This would include planning and costing both the capital development/ refurbishment on site and the recurrent costs of personnel.
- identify the potential sources of funding for both capital development/refurbishment and recurrent costs, and then secure funding commitments where required from appropriate sources.
- develop a staged implementation plan with clear milestones within a realistic timeframe.
- □ draw up terms of reference for the governing board, identify suitable members of the board, and disband the implementation steering committee when the governing board has been established. The board would then assume responsibility for making the appointments of key personnel and for the establishment of the proposed services on the site.

### Figure 4.10 Health in Callan Park



Bay Run upgraded to provide segregated cycle and pedestrian route - New alignment to run alongside sea wall - new bespoke bridge designed for creek crossing point

B488 NGO mental health service provider such as: support groups, day centers, art and mental health activities and social enterprises

Waterfront Drive sport field upgraded with realigned sports fields - final configuration subject to detailed design study Convalescence Cottages for NGO mental health service provider such as: support groups, day centers, art and mental health activities and social enterprises

Convalescence Cottages. NGO mental health service provides such as: support groups, day centers, art and mental health activities and social enterprises

Rose Cottage. NGO mental health service provider such as: support groups, day centers, art and mental health activities and social enterprises

Foundation House. NGO mental health service provider such as: support groups, day centers, Art and mental health activities and social enterprises

CCEWD, Enrolled Nurses program managed by SSWAHS - Removal of road and parking from courtyard spaces to provide amenity for residents and students

New-build or adaptive reuse of B209 and B210 to provide medium and high support short stay accommodation for mental health service users - Service provided by State Governement or NGO provider.

New sports pavilion to be built within footprint and envelope of existing buildings - facilities to be provided include changing, amenities, BBQ and seating areas. Temporary canopy and seating to extend parallel to the Balmain Road sports field

Reinstate Balmain Road sport field for active recreation - final configuration to be developed in accordance with needs assessment and detailed design development

Regional skatepark with structures and ramps located within the footprints of existing buildings - minimal structure to be constructed above the existing ground level to reduce visual impact

Callan Park Wellness Centre providing NGO support services, primary health care and research and training facilities

NSW Ambulance to prepare master plan for campus reorganisation as part of expansion into B296. All parking and roads to be removed in accoundance with masterplan

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## Table 4.9 Health actions in Callan Park

No.	Action	Staging	Respons -ibility	Performance target	Method of measurement
8.1	Commission further investigations into the location of the unmarked graves of former patients.	Initiation	PP/HS	Review of records. Consultation with stakeholders. Ground investigations.	Report of locations of unmarked graves.
8.2	Work with the cultural stakeholders on Callan Park to develop a national centre to promotion the linkages between Art, Mental Health and Wellbeing, including an international artist in residency program that focuses on 'outsider art' and artists who explore issues of mental health in their work.	Initiation	HS/ES/ CS	Consultation with cultural stakeholders. National centre established. Programs established.	Organisation of and participation in programs at the centre.
8.3	Work with the local sports groups and peak sporting organisations to develop programs for mental health service users.	Initiation	HS/ES/ CS	Liaison with local sports groups and peak sporting organisations. Sporting programs developed for mental health service users.	Reporting on participation by mental health service users in sporting activities on-site.
8.4	Establish a governance group for the mental health services on Callan Park that coordinates all related activities and has representation from mental health service users, carers and clinical professionals.	Initiation	HS/ES/ CS	Mental health service governance group appointed. Charter for mental health governance group drawn up.	Charter agreed by relevant stakeholders.
8.5	Develop a charter for organisations on Callan Park to adapt that will make a commitment to providing employment and training opportunities for mental health service users within all organisations operating out of Callan Park.	Initiation	HS/ES/ CS	Consultation with all organisations on Callan Park. Charter for commitment to providing employment and training opportunities for mental health service users drawn up.	Charter agreed by relevant stakeholders.
8.6	Work with aboriginal groups to establish how mental health services targeted specifically at Aboriginals can be provided on Callan	Initiation	HS/ES/ CS	Consultation with Aboriginal groups.	Written agreement regarding how mental health services targeted

No.	Action	Staging	Respons	Performance target	Method of
			-ibility		measurement
	Park.				specifically at Aboriginals can be provided on Callan Park.
8.7	Establish a Mental Health and Community Wellness Centre providing NGO support services such as peer support, primary health care, psychiatric evaluations and lifestyle support, and research and training facilities.	Initiation	PP/PA/ HS	Work with NSW Health and/or use EOI process to find suitable mental health service provider. Carry out local contamination investigations. Develop a plan for the recycling of all non- hazardous materials. Use design panel to develop detail design and tender documentation and gain necessary statutory approvals. Ensure refurbishment will meet site wide sustainability objectives. Coordinate design with site wide sign and material strategy. Mental Health and Community Wellness Centre established.	Services provided at Mental Health and Community Wellness Centre. Report to the Trust.
8.8	Develop an independent research and training organisation within the Mental Health and Community Wellness Centre to monitor and evaluate the various treatment programs and facilities provided to the mental health service users.	Initiation	HS/ES/ CS	Independent research and training organisation within the Mental Health and Community Wellness Centre appointed. Programs operating in the Centre.	Report to the Trust monitor and evaluate the various treatment programs and facilities provided to the mental health service users.
8.9	Develop links with TAFE to provide onsite services for mental health consumers.	Initiation	HS/ES/ CS	Consultation with TAFE. TAFE programs for onsite services for mental health consumers.	Agreement with TAFE.
8.10	Develop a framework to provide opportunities for mental health consumer led	Initiation	HS/ES/ CS	Consultation with relevant stakeholders. Framework agreed. Clear understanding of	Documented framework.

No.	Action	Staging	Respons -ibility	Performance target	Method of measurement
	social enterprises on Callan Park under the remit of a for-profit health use.			opportunities for mental health consumer led social enterprises on Callan Park under the remit of a for-profit health use.	
8.11	Upgrade Waterfront Drive sport field with realigned sports fields. Final configuration subject to detailed design study.	Short term	PP/PA/ CS	Realignment of Waterfront Drive sports field complete.	Increased use of Waterfront Drive sport field for sport.
8.12	Refurbish the southern portion of B504 to provide amenities and changing facilities.	Short term	PP/PA/ CS	Work with Leichhardt Council and sports groups to develop design brief. Carry out local contamination investigations. Develop a plan for the recycling of all non- hazardous materials. Use design panel to develop detail design and tender documentation and gain necessary statutory approvals. Ensure refurbishment will meet site wide sustainability objectives. Amenities and changing facilities provided.	Positive feedback from amenities users.
8.13	Reinstate Glover Street sport field to provide for active sports. Final arrangement of sports fields and uses determined by needs assessment and detailed design investigations.	Short term	PP/PA/ CS	Leichhardt Council and sports groups to develop design brief. Carry out local contamination investigations. Develop a plan for the recycling of all non- hazardous materials. Use design panel to develop detail design and tender documentation and gain necessary statutory	Bookings for use of Glover Street sport field. Positive feedback from sporting groups.

No.	Action	Staging	Respons -ibility	Performance target	Method of
			-iointy	approvals. Ensure refurbishment will meet site wide sustainability objectives. Active sports played on Glover Street sport field.	measurement
8.14	Adaptively reuse B506 and B507 to provide low and medium support short stay accommodation for mental health consumers.	Short term	PP/PA/ HS	Work with NSW Health and/or use EOI process to find suitable mental health service provider. Carry out local contamination investigations. Develop a plan for the recycling of all non- hazardous materials. Use design panel to develop detail design and tender documentation. Gain necessary statutory approvals. Ensure refurbishment will meet site wide sustainability objectives. Low and medium support short stay accommodation for mental health consumers provided.	Positive feedback from mental health consumers and service provider.
8.15	Refurbish the Bootmakers Workshop to create the Bootmakers Cafe. Cafe to provide work opportunities for mental health services users and serve food produced on the Callan Park Farm.	Short term	PP/PA/ HS/ES	Carry out local contamination investigations. Develop a plan for the recycling of all non- hazardous materials. Use design panel to develop detail design and tender documentation and gain necessary statutory approvals. Ensure refurbishment will meet site wide sustainability objectives.	Successful operation of café shown by reports to the Trust.

No.	Action	Staging	Respons -ibility	Performance target	Method of measurement
				Refurbishment complete. Café established. Work with NSW Health and/or use EOI process to find suitable mental health service provider. Provide training and work opportunities for mental health consumers. Use of seasonal produce grown on Callan Park. Establish links to TAFE outreach program. Financial sustainability.	
8.16	Adaptively reuse B201 to provide education services for mental health service users and Menshed. Services linked to TAFE and NGO groups	Short term	PP/PA/ HS/CS	Work with TAFE organisation and/or use EOI process to find education service providers. Carry out local contamination investigations. Develop a plan for the recycling of all non- hazardous materials. Materials. Use design panel to develop detail design and tender documentation and gain necessary statutory approvals. Ensure refurbishment will meet site wide sustainability objectives. Education services for mental health service users and Menshed are provided.	Positive feedback from mental health service users, TAFE and NGO groups.
8.17	Prepare master plan for campus reorganization as part of expansion into B296. All parking and roads to be	Short term	NSWA	Work with NSW Health to develop a campus Master Plan to meet the objectives of the site	Stakeholder support for master plan for campus

No.	Action	Staging	Respons -ibility	Performance target	Method of measurement
	removed in accordance with Master Plan.			<ul> <li>wide Master Plan.</li> <li>Carry out local contamination investigations.</li> <li>Develop a plan for the recycling of all non- hazardous materials.</li> <li>Use design panel to develop detail design and tender documentation and gain necessary statutory approvals.</li> <li>Ensure refurbishment will meet site wide sustainability objectives.</li> <li>Coordinate design with site wide sign and materials strategy.</li> <li>Parking and roads removed near B296.</li> </ul>	reorganisation.
8.18	Restore hard-surface sports court to provide for tennis, basketball and netball	Short term	PP/PA/ CS	Work with Leichhardt Council and sports groups to develop design brief. Carry out local contamination investigations. Develop a plan for the recycling of all non- hazardous materials. Hard-surface sports court restored. Increased use of the court.	Positive feedback from users. Court bookings.
8.19	Adaptively reuse B215 through B219 to provide low and medium support short stay accommodation for mental health services users.	Short term	PP/PA/ HS	Work with NSW Health and/or use EOI process to find suitable mental health service provider Carry out local contamination investigations Develop a plan for the recycling of all non- hazardous materials.	Positive feedback from mental health consumers and service provider.

No.	Action	Staging	Respons -ibility	Performance target	Method of measurement
				Use design panel to develop detail design and tender documentation and gain necessary statutory approvals. Ensure refurbishment will meet site wide sustainability objectives. Low and medium support short stay accommodation for mental health services users provided.	
8.20	Upgrade Bay Run to provide segregated cycle and pedestrian route. New alignment to run alongside sea wall. New bespoke bridge designed for creek crossing point.	Short term	PP/PA/ CS	Work with Leichhardt Council and sports groups to develop design brief. Carry out local contamination investigations. Develop a plan for the recycling of all non- hazardous materials. Use design panel to develop detail design and tender documentation and gain necessary statutory approvals. Coordinate design with site wide sign and materials strategy. The Bay Run is a segregated cycle and pedestrian route on a new alignment with a new bridge to cross creek.	Observations of use of the Bay Run.
8.21	Adaptively reuse Rose Cottage by an NGO mental health service provider such as: support groups, day centres, art and mental health activities and social enterprises.	Short term	PP/PA/ HS	Work with NSW Health and/or use EOI process to find suitable mental health service provider. Carry out local contamination investigations.	Positive feedback from mental health consumers and service provider.

No.	Action	Staging	Respons -ibility	Performance target	Method of measurement
				Develop a plan for the recycling of all non- hazardous materials. Use design panel to develop detail design and tender documentation and gain necessary statutory approvals. Ensure refurbishment will meet site wide sustainability objectives.	
8.22	Construct a regional skatepark with structures and ramps located within the footprints of existing buildings. Minimal structure to be constructed above the existing ground level to reduce visual impact.	Short term	PP/PA/ CS	Work with Leichhardt Council, skaters, sports groups and community groups to develop design brief for skatepark. Carry out local contamination investigations. Develop a plan for the recycling of all non- hazardous materials. Use design panel to develop detail design and tender documentation and gain necessary statutory approvals Coordinate design with site wide sign and material strategy. Construct skate park set below the existing ground level and constructed within the footprints and envelopes of the existing buildings.	Building waste disposal report. Skate park constructed. Use of skate park through observations. Positive feedback from skate park users and other site users.
8.23	Reinstate Balmain Road sport field for active recreation. Final configuration to be developed in accordance with needs assessment and detailed design	Short term	PP/PA/ CS	Work with Leichhardt Council and sports groups to develop design brief. Carry out local contamination investigations.	Bookings for use of Balmain Road sport field.

No.	Action	Staging	Respons -ibility	Performance target	Method of measurement
	development.			Develop a plan for the recycling of all non- hazardous materials. Use design panel to develop detail design and tender documentation and gain necessary statutory approvals. Ensure refurbishment will meet site wide sustainability objectives. Use of Balmain Road sport field for active recreation.	
8.24	Build new sports pavilion within footprint and envelope of existing buildings adjacent to Balmain Road sports field. Facilities to be provided include changing, amenities, barbecue and seating areas. Temporary canopy and seating to extend parallel to the Balmain Road sports field.	Medium term	PP/PA/ HS	Work with Leichhardt Council and sports groups and community groups to develop design brief. Carry out local contamination investigations. Develop a plan for the recycling of all non- hazardous materials. Use design panel to develop detail design and tender documentation and gain necessary statutory approvals. Coordinate design with site wide sign and material strategy. New sports pavilion built.	Bookings of sports pavilion.
8.25	Adaptively reuse Convalescence Cottages for NGO mental health service provider such as: support groups, day centres, art and mental health activities and social enterprises.	Medium term	PP/HS	Use EOI process to find suitable NGO tenant. Carry out local contamination investigations. Develop a plan for the recycling of all non- hazardous materials. Use design panel to	Tenancy agreement.

No.	Action	Staging	Respons -ibility	Performance target	Method of measurement
				develop detail design and tender documentation and gain necessary statutory approvals. Ensure refurbishment will meet site wide sustainability objectives.	
8.26	Establish Sustain restaurant in B497 providing training and employment opportunities for mental health service users on Callan Park.	Medium term	PP/PA/ HS/ES/ VE	Financial sustainability. Training and work opportunities for mental health consumers. Use of seasonal produce grown on Callan Park. Establish links to TAFE outreach program.	Ongoing jobs and training opportunities for mental health consumers.
8.27	Adaptively reuse B298 to provide family visitor accommodation for mental health service users.	Medium term	PP/PA/ HS	Use EOI process to find suitable NGO tenant. Carry out local contamination investigations. Develop a plan for the recycling of all non- hazardous materials. Use design panel to develop detail design and tender documentation and gain necessary statutory approvals. Ensure refurbishment will meet site wide sustainability objectives. Family visitor accommodation for mental health service users provided.	Positive feedback from mental health consumers, families, and service provider.
8.28	Adaptively reuse Foundation House for NGO mental health service provider such as: support groups, day centres, art and mental health activities and social enterprises	Medium term	PP/PA/ HS	Work with NSW Health and/or use EOI process to find suitable mental health service provider. Carry out local contamination investigations.	Tenancy agreement.

No.	Action	Staging	Respons -ibility	Performance target	Method of measurement
				Develop a plan for the recycling of all non- hazardous materials. materials. Use design panel to develop detail design and tender documentation and gain necessary statutory approvals. Ensure refurbishment will meet site wide sustainability objectives.	
8.29	Adaptively reuse the Performance Centre (B704) in Cultural Cluster to provide shared space for indoor exercise classes such as Pilates, yoga and aerobics.	Long term	PP/PA/ CS	Use EOI process to find suitable NGO tenant. Carry out local contamination investigations. Develop a plan for the recycling of all non- hazardous materials. Use design panel to develop detail design and tender documentation and gain necessary statutory approvals. Ensure refurbishment will meet site wide sustainability objectives.	Tenancy agreement
8.30	Adaptively reuse B488 by an NGO mental health service provider such as: support groups, day centres, art and mental health activities and social enterprises	Long term	PP/PA/ HS	Work with NSW Health and/or use EOI process to find suitable mental health service provider. Carry out local contamination investigations. Develop a plan for the recycling of all non- hazardous materials. Materials. Use design panel to develop detail design and tender documentation and gain necessary statutory	Services in operation.

No.	Action	Staging	Respons -ibility	Performance target	Method of measurement
				approvals. Ensure refurbishment will meet site wide sustainability objectives.	
8.31	Continue CCEWD, Enrolled Nurses program managed by SSWAHS. Remove road and parking from courtyard spaces to provide amenity for residents and students.	Long term	PP/PA/ HS	Develop site master plan to meet objective of a car-free courtyard space. Use design panel to develop detail design and tender documentation and gain necessary statutory approvals. Road and parking removed from courtyard spaces.	Positive feedback from residents and students.
8.32	New-build or adaptively reuse B209 and B210 to provide medium and high support short stay accommodation for mental health service users. Service provided by State Government or NGO provider.	Long term	PP/PA/ HS	Work with NSW Health and/or use EOI process to find suitable mental health service provider. Carry out local contamination investigations. Develop a plan for the recycling of all non- hazardous materials. Use design panel to develop detail design and tender documentation and gain necessary statutory approvals. Ensure refurbishment will meet site wide sustainability objectives. Coordinate design with site wide sign and material strategy. Medium and high support short stay accommodation for mental health service users provided.	Building reports. Positive feedback from mental health service users and the service provider.
8.33	Provide ongoing storage and changing for sports	Ongoing	PP/PA/	Access to Waterfront Drive sports pavilion for	Positive feedback from sports