

The Power of Innovation

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NSW Health
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Implementing the Tidal Model: A Transformational Journey of Clinical Leadership in an Adolescent Mental Health Unit Excellence in the Provision of Mental Health Services

Introduction

The Tidal Model is a holistic, recovery focused philosophy of care embracing the lived experience and personal journey of mental health for young people and their families.

The Tidal Model was implemented over a three year period transforming adolescent mental health nursing practice, improving recruitment and retention, significantly decreasing episodes and duration of seclusion and improving the quality of care for young people and their families.

Aim

To improve mental health care for young people and their families by implementing a recovery focused nursing model of care in an acute adolescent mental health unit.

Method

Planning July 2007 – June 2008
Tidal Model selected by identifying core nursing values supported by a comprehensive literature review.

Implementation July 2008 – June 2009

Interpersonal skills for adolescent mental health nursing education program delivered. Tidal Model Commitments integrated throughout the program underpinning nursing values.

Consolidation July 2009 – June 2010

Fortnightly clinical reasoning sessions alternating with journal club.

Sustaining July 2010 – Ongoing

Ongoing nursing professional development. Clinical supervision.

Results

- A significant reduction in episodes and duration of seclusion
- Reduced average length of stay from 24.6 days to 19.5 days
- Improved quality of care for young people and their families
- High level of satisfaction with service expressed by young people and their families including involvement in assessment, treatment and care planning
- Increased recruitment and retention of qualified nursing staff
- 76.5% of nurses hold a post graduate qualification in mental health nursing compared to 27% pre implementation

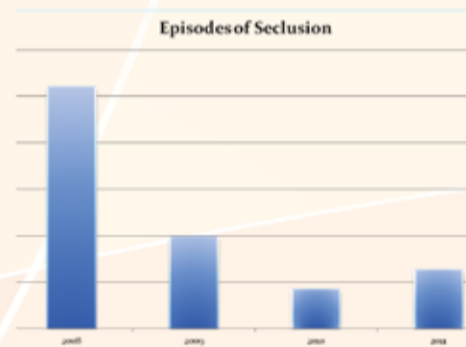
Conclusion

The implementation of the Tidal Model provided a positive nursing framework and an opportunity to develop and maintain a therapeutic milieu.

By reclaiming mental health nursing roles and focusing care on recovery principles, nurses, young people and their families shared the journey of improved mental health care.



A lighthouse has the ability to illuminate the path to a safe journey



Episodes of seclusion and the duration were significantly reduced



This ship wreck signifies the challenges and complexities faced by the young people and nurses in an acute adolescent mental health setting

Nursing Quotes

"We come together to share what we know and bring their voice so they are heard"

"It's kept me focused on what it is I do as a mental health nurse"



Reclaiming stories and recovering lives

Ten Commitments

1. Value the voice
2. Respect the language
3. Develop genuine curiosity
4. Become the apprentice
5. Use the available toolkit
6. Craft the step beyond
7. Give the gift of time
8. Reveal personal wisdom
9. Know change is constant
10. Be transparent

(Barker, & Buchanan-Barker, 2005)

Quotes from Young People

"I feel like I have been given a lifeline so that I don't feel like I am drowning"

"It has given me hope so I can move forward"

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