MCHART NEWSLETTER

ISSUE 1 - MAY 2023

We are pleased to share with you the first *MChart* project newsletter - we will circulate a newsletter every four months to keep you updated with MChart activities, progress of the project, and how you can be involved.

MCHART LAUNCH

The MChart project – A Local Navigation Tool for Mental Health Care: Demonstration Study in ACT - was officially launched on the 14th December 2022. We wish to thank our partners and invited guests for attending the launch, including Professor Lucy Johnston Deputy Vice-Chancellor Research & Enterprise at the University of Canberra for providing the Acknowledgement of Country and Welcome.

WHAT IS **MCHART ABOUT?**

Navigating mental health care services can be difficult for users of services as well as healthcare professionals. Improving navigation tools is a key priority as identified in the Royal Commission into Victoria's Mental Health System http://rcvmhs.archive.royalcommission.vic.gov.au/.

The aim of the MChart project is to develop, test and implement tools to map mental health services, to make them easier for consumers and healthcare professionals to navigate.

- Phase 1 MChart-P will develop the navigation tool for professionals.
- Phase 2 MChart-C will develop the navigation tool for consumers.

Professor Luis Salvador-Carulla, Co-Deputy Director of the University of Canberra Health Research Institute and Head of the Mental Health Policy Unit is the lead researcher for the MChart project.

Professor Luis Salvador-Carulla

WHY IS MCHART NEEDED?

This collaborative research project brings together industry, academia and government to improve both the understanding and the navigation of Australia's increasingly complex mental health and wellbeing environment.

The MChart project is coordinated by the Digital Health Cooperative Research Centre (DHCRC) and involves the University of Canberra, Swinburne University of Technology, Capital Health Network, Psicost Research Association, and Bupa Foundation. The MChart project aims to create a user-friendly tool to help professionals, planners and consumers navigate the mental health care system.

Almost half of all Australian adults will face mental ill-health during their lives but Australia's complex and disjointed mental healthcare system is preventing individuals from accessing treatment in an efficient and effective manner. Once implemented and tested in the ACT, it is hoped this tool can be scaled up and adopted on a national level.

For the past five years, Professor Luis Salvador-Carulla and his team have been working to map mental health provision in Australia. The team have already completed mapping service provision in one third of the Australian Primary Health Networks which cover 50% of Australia's population. This method has been tested in over 35 countries around the world. Professor Salvador-Carulla's goal is to use this knowledge to produce a navigation tool that best serves consumers and professionals who use the mental healthcare system in Australia.

Source: Unsplash, National Cancer Institute

INTRODUCING THE MCHART PROJECT TEAM

Professor Luis Salvador-Carulla is Co-Deputy Director of the University of Canberra Health Research Institute and Head of the Mental Health Policy Unit, University of Canberra. His main field of interest is decision support tools for the analysis of complex health systems and policy in public health with a special focus on mental health, ageing, disability and intellectual developmental disorders.

Professor Rachel Davey is the Director of the Health Research Institute, University of Canberra and her research interests focus on policy-relevant research in areas related to physical activity for health and wellbeing and on the design, delivery and evaluation of complex public health interventions.

Associate Professor Nasser Bagheri is a spatial epidemiologist at University of Canberra and his research focuses on health care ecosystem and chronic diseases risk assessment, particularly, mental health, cardiovascular disease (CVD), diabetes, dementia, and Multiple Sclerosis.

Professor Amir Aryani is the Head of the Social Data Analytics (SoDA) Lab in the Social Innovation Research Institute, Swinburne University. His research focuses on applying contemporary and emerging co-op data analytics techniques to provide insight into health and social problems.

Dr Mary-Anne Furst is a Research Fellow at the Health Research Institute, University of Canberra. Her interests include mental health service delivery systems, in particular mental health ecosystems research. She is also a Registered Nurse with a background in both mental health and general nursing.

Dr Hossein Tabatabaei Jafari is a Research Fellow at the Health Research Institute, University of Canberra. His interests include research on mental health and neurological diseases, analysis and visualization of mental health and neurological diseases, and service patterns in health care ecosystems.

Dr Cindy Woods is a Research Fellow at the Health Research Institute, University of Canberra. Her research interests include implementation science and evaluation, public health, mental health and wellbeing, Indigenous health, and trauma and resilience.

Dr Jane Koerner is a Project Manager at the Health Research Institute, University of Canberra. Her research focuses on health service evaluation, and she provides high level support for the project.

Mr Jonathan Ward is the Business and Project Manager at Health Research Institute, University of Canberra. He supports the budget and reporting for MCHART.

Ms Nicole O'Connor is the Administration Officer for Health Research Institute, University of Canberra. She provides administration support for the project.

MCHART PROJECT UPDATE

ACTIVITIES	PROGRESS
Project Team Meetings	The MChart project team meets regularly every fortnight.
Reporting	Two quarterly reports have been submitted to Digital Health CRC outlining progress against milestones.
Dissemination Plan	A Dissemination Plan has been developed and circulated among key stakeholders and partner organisations for feedback.
Data Collection	Data collection from health services is currently underway.

CONTACT US

If you would like to discuss any information in this newsletter or would like further information about the MChart project, please contact:
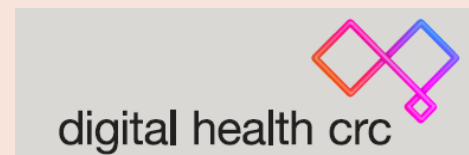
Title	Email	
Project Manager Dr Jane Koerner	Jane.koerner@canberra.edu.au	Jane manages the day to day running of the project
Project Lead Researcher Professor Luis Salvador-Carulla	luis.salvador-carulla@canberra.edu.au	Luis is the project leader
Administration Nicole O'Connor	Nicole.oconnor@canberra.edu.au	Nicole does the day-to-day administration of the project

The Geographer by Johannes Vermeer

Our Partners

This collaborative research involves investigators and partnerships from many universities and health services organisations, including:

Self-care tip ☺ Walking: 'A Superpower'

Walking unlocks the cognitive powers of the brain like nothing else, making us happier, healthier and brainier* so put on some comfy shoes and get strolling.

*https://www.theguardian.com/lifeandstyle/2019/jul/28/its-a-superpower-how-walking-makes-us-healthier-happier-and-brainier