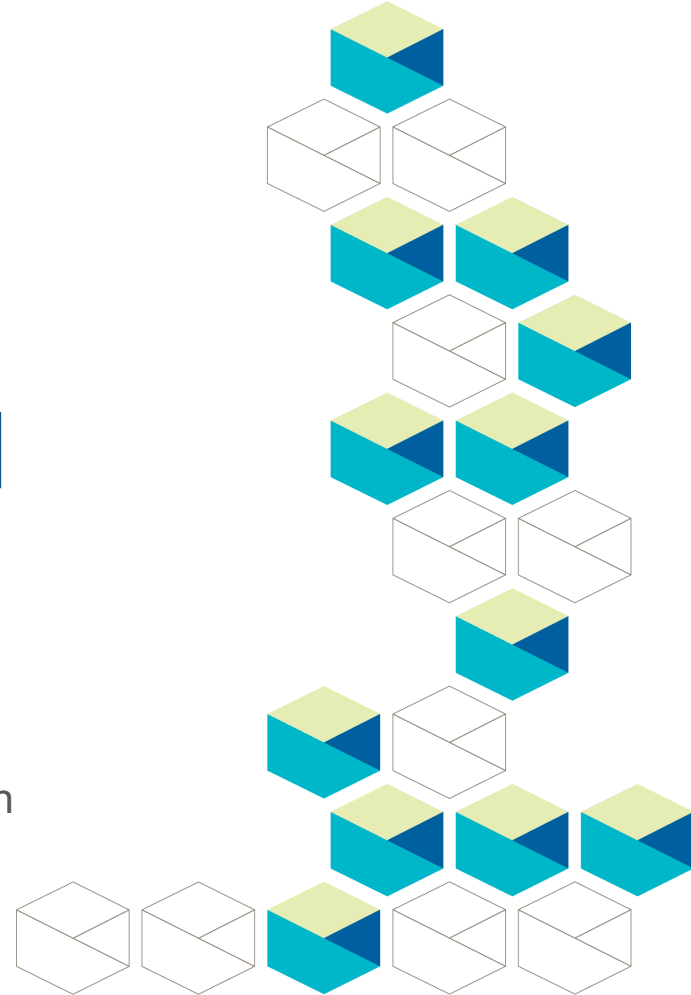




Government of **Western Australia**  
**South Metropolitan Health Service**  
Fiona Stanley Fremantle Hospitals Group

# Perinatal and Women's Health Services at FSH

Dr Felice Watt, Consultant Psychiatrist, FSH and Cockburn  
Health (Women's Mental Health Unit).



South Metropolitan Health Service respectfully acknowledges the past and present traditional owners of this land on which we are meeting, the Noongar people. It is a privilege to be standing on Noongar country.

We also acknowledge that the Aboriginal population in the South Metropolitan Health Service is diverse and includes Aboriginal people from many communities across Australia.

We also acknowledge the contributions of Aboriginal and non-Aboriginal Australians to the health and wellbeing of all people in this country we all live on and share together.



# FSH Perinatal Mental Health Services

- 1. Perinatal Mental Health Liaison Services
- 2. Perinatal alcohol and other drug outpatient (AOD) service
- 3. Mother and Baby Unit.



# Perinatal Mental Health Liaison Service

- Team of senior mental health nurses, psychiatrists, registrars
- Supports Fiona Stanley Hospital (FSH) Women's and Newborn Services to identify mothers at risk of poor perinatal mental health outcomes.
- Assessment and care of referred women who are experiencing mental health difficulties during the pregnancy, or at risk of mental health difficulties.
- Interventions along perinatal pathway can include psychoeducation, psychotherapy, psychotropic medication, development of pregnancy care plans and liaison with FSH multidisciplinary team, community mental health, GPs and other community services including non-government agencies.
- Referring to and working with obstetric clinical psychology.

GPs – recommend referral to Perinatal Mental Health on obstetric referral

- Telephone advice/discussion

- Primary referral for serious mental illness (SMI) remains Childbirth and Mental Illness (CAMI) clinic at KEMH (more extensively resourced).



# Perinatal Liaison Service

Antenatal

Birthing

Up to 6 weeks  
postpartum

Outpatient  
(alongside obstetric  
clinics)

Maternity and  
other units

Telehealth



# Mother and Baby Unit

8 beds

Inpatient treatment of severe  
mental illness

Antenatal/postnatal

2-3 weeks

Voluntary/involuntary

Partners can stay, other children  
can visit.

Baby is a boarder



## Management and Care

Support and sleep restoration

MDT assessment

Psychotropic medication

Psychoeducation

Individual, group therapy,  
mother-infant relationship  
interventions

Psychology, Occupational  
Therapy

Social work; family meetings

Discharge planning

Consultation/ liaison/ referral

Obstetrics/gynaecology

Other medical specialties

Lactation consultants

Child health nurse

Community mental health clinics

GPs

Community agencies

Mother baby nurture

Pregnancy to Parenthood (P2P)

Ngala

Raphael Service

Aboriginal liaison

Child and family services as indicated.



## Mother and baby unit



Referral



Google - FSH Mother and Baby Unit (MBU) Referral



Call – FSH – MBU/Clinical Nurse Specialist (CNS)

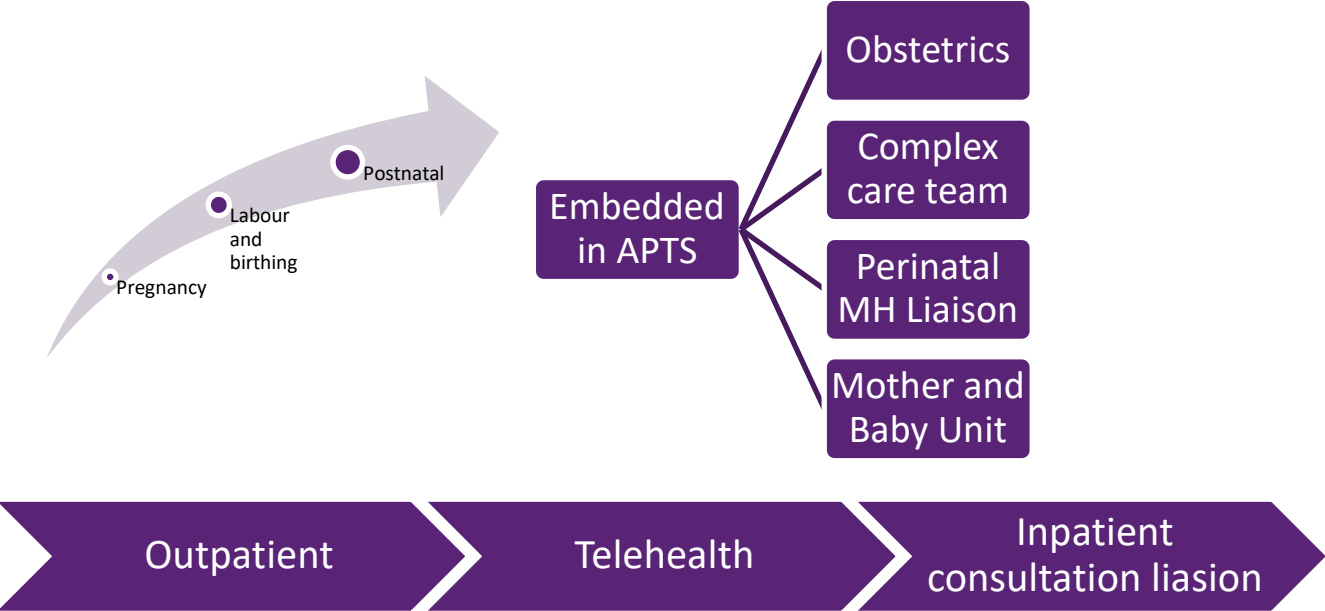


Call – FSH – MBU/Psychiatrist





# Perinatal AOD outpatient service; embedded in PMH Services and FSH Alcohol and other drug Treatment and Prevention service



# FSH Cockburn Health

- On the 25 March 2024, the State Premier entered into a three-year agreement to lease the building previously operated by Bethesda Clinic. This is a significant boost to public mental health services in the southern suburbs, and wider metro area.
- The now named FSH Cockburn Health is a stand-alone 75-bed inpatient facility which opened its doors on fifth August 2024
- The service is for voluntary patients and is not an Authorised hospital. This provides both an opportunity for innovation but also has its challenges.
- FSH Cockburn Health will provide an inpatient service for:

Women's Mental Health.  
Alcohol and Other Drug (AOD) Behavioural and withdrawal management  
Eating Disorders



# FSH Cockburn Health

## Phased opening

- Women's bed over several months.
- Currently 15 beds open, will increase to 25 in mid-September.
- Growing to 75 beds by the end of the year...

eating disorder beds alcohol and other drug behavioural and withdrawal management beds will open.

- Later, outpatient services.
- Currently not taking referrals directly from GPs or community (Emergency Departments, mental health units)
- Will progress to state-wide, and community referrals

## Referrals:

- [FSH Cockburn Health](#) – intranet with models of care, referral form and mutual expectations
- [Fiona Stanley Fremantle Hospitals Group - Coming to Cockburn Health](#) – internet – aimed at patients and families, minimal info at this stage

[FSHCH.MHWMHTriage@health.wa.gov.au](mailto:FSHCH.MHWMHTriage@health.wa.gov.au)

## Criteria:

- Women (team acknowledges diversity in gender identification and sexual preferences)
- Mental health issues requiring inpatient care
- Voluntary patients that do not need a secure setting; physically stable
- Age 18-65
- Can engage in program



# Women's Mental Health – Kogolup ward

## Model of care

Our team believes in viewing the woman as a whole person and our programs and treatments consider women's physical, emotional, social, and spiritual wellbeing. We understand the relationship between our patients' mental health, physical and reproductive health and stage of life. We aim to be responsive to the diversity of women's needs, experiences and backgrounds including culture, ethnicity, sexuality, and disability.

## Multidisciplinary team

Psychiatrists, senior medical professionals, psychiatry registrars, vocationally registered general practitioners

Nurses

Social workers

Psychologists

Occupational therapists

Peer workers

Dieticians

Pharmacists

Aboriginal Health Liaison Officer

Pastoral Care



