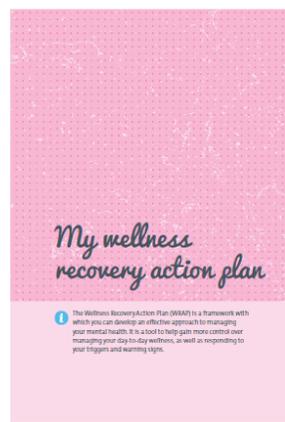
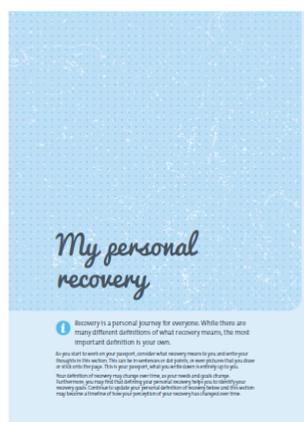


# DEVELOPMENT OF THE MENTAL HEALTH PASSPORT

Authors: [Nardella N<sup>1</sup>](#), [Hooper S<sup>1</sup>](#), [Barnes R<sup>1</sup>](#), [Lau R<sup>2</sup>](#), [Botti M<sup>2</sup>](#), [Hutchinson A<sup>2</sup>](#)

1 Epworth HealthCare, Camberwell

2 Deakin Centre for Quality and Patient Safety Research-Epworth HealthCare Partnership



## Introduction

On August 2013, The National Framework for Recovery-Oriented Mental Health Services was launched in Australia to enhance and provide mental health service delivery. The Framework focuses on the consumer's involvement in their recovery.

Epworth Clinic is dedicated to embedding the principles of recovery-oriented practice into the mental health care by providing consumers with a tool, the Mental Health Passport, to support their recovery journey.

## Aims

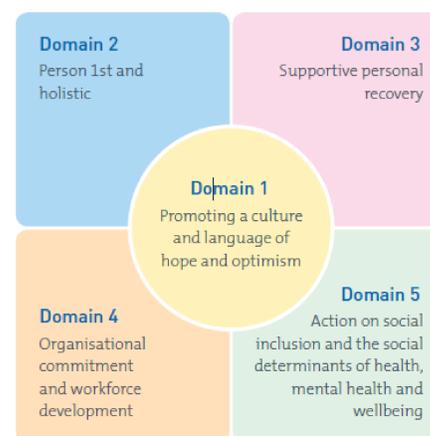
The aim of this study was to engage the consumers in the development and co-design of the Mental Health Passport.

## Methodology

This study used an exploratory descriptive qualitative design. Consumers (patients and family/ friends) were invited to collaborate in the co-design of the Mental Health Passport.

Feedback was collected via focus groups and one-on-one interviews with consumers and their families/carers. These were conducted to obtain their perspectives as well as to introduce them to principles of recovery.

## Recovery-oriented care



## Results

The majority of the consumers agreed on the principles underpinned the Mental Health Passport.

They wanted the Passport to be user-friendly and provided suggestions on the key topic areas to be included, information layout and sequencing. This resulted in the passport containing 20 sections to assist patients to manage their mental health recovery.

Designated spaces were provided to allow consumers to scribe information related to their Admission, Appointments, Treatment, Recovery Goals, Support People, Mood and Sleep, and Recovery Coaching Sessions.

## Conclusions

Co-design of the Passport ensured that the tool included key elements consumers identified as important for their recovery.

A pilot implementation study is currently being undertaken to evaluate the usability of the tool in clinical practice.