



Early Career Research Award Application Cover Sheet

Entry Title:

Understanding community-based residential mental health rehabilitation services in Australia

**Name of
Applicant:**

Stephen Parker

Organisation:

Metro South Addiction and Mental Health Service (Queensland)

1.Additional Information (max 400 words)

Stephen completed a PhD at the University of Queensland in 2020 examining 'who receives what, from whom and to what effect at clinically operated, community-based residential mental health rehabilitation'. The associated body of work demonstrates innovation through examining the impact of the lived experience workforce on the consumer and staff experience in the rehabilitation context, and the focus on individualised change statistics in the statistical assessment of outcomes. Best practice is demonstrated through his contribution to establishing an evidence base for contemporary residential rehabilitation services in the Australian context. This work has encouraged service-level change to address gaps in service provision. The excellence of his contributions is supported by the award of the ASEAN Federation for Psychiatry and Mental Health Young Psychiatrists Fellowship (2016) and competitive grant funding record.

Since commencing his PhD studies in 2014, Stephen has contributed to 42 peer-reviewed publications in the fields of mental health and medical education. Sixteen of these publications have focussed on mental health rehabilitation services, twelve of these being empirical research. This research has encompassed a broad range of quantitative and qualitative methodologies and has worked to consider a broad range of stakeholder perspectives. This work has involved interdisciplinary collaboration, including with lived experience researchers. Based on this body of work, Stephen is currently ranked as the number one expert in 'psychiatric rehabilitation' in Australia on [expertscape.com](https://www.expertscape.com) (at 09/04/2021).

His active dissemination of research findings has already translated into changes in practice and informed policy. For example, driving local initiatives to address staff deficits in the management of co-morbid substance use issues and an increased focus on this in state-wide benchmarking activities. Additionally, his contributions to establishing an evidence-base for residential mental health rehabilitation service, and in particular the investigation of the impact of non-clinical staffing configurations, is already informing policy decisions.

Based on his collaborative research efforts, expert consultation is increasingly being sought from Stephen in Australia. For example; he was consulted by the Western

Australian Office of Psychiatrist in support of the preparation of the 'Building rehabilitation and recovery services for people with severe enduring mental illness and complex needs' report; by Queensland Health in the development of an evaluation framework for the new Adolescent Extended Treatment Centre; and as a board member of the NGO Mantle Housing Ltd that is working to develop permanent housing options for people affected by mental illness.

[393/400 words]

2. Focus

The research considers the *innovative* 'integrated staffing model' whereby people with a lived experience are employed as the majority component of a traditionally clinically-oriented rehabilitation team. This work has demonstrated consumers' have positive expectations and experiences of this staffing approach. Ongoing research will provide quantitative evidence about the impact on the outcomes of care. This new knowledge will enable future policy in this space to be guided by contextually relevant evidence.

Innovation is further evidenced through the statistical methods that have been applied. Quantitative outcomes research has been guided by a focus on individualised change calculations rather than group-based comparisons, which permits an understanding of how often meaningful change occurs. Additionally, the research has employed exploratory statistical analyses to identify meaningful subgroups of people admitted to these services. This reflects an important step forward, moving beyond group-level descriptions to enable a more nuanced approach to support planning.

The longitudinal mixed-methods approach considering multiple stakeholder perspectives reflects *best practice* for understanding and improving complex health services. This work is already helping services work towards achieving *best practice*. The *excellence* of Stephen's research contribution is supported by the award of the ASEAN Young Psychiatrists Fellowship and competitive grant funding record.

[198/200 words]

3. Potential Impact

Impact achieved:

Local context	<ul style="list-style-type: none">▪ Improved availability of drug and alcohol supports for people admitted to Community Care Units (CCUs).▪ Reduced focus on 'rehabilitation readiness' which has been replaced by emphasis on enhancing motivation for people admitted to a CCU.
State-level (Queensland)	<ul style="list-style-type: none">▪ Increased focus on co-morbid drug and alcohol issues affecting people receiving support in Queensland CCUs and state-wide benchmarking activities.▪ Reporting to the MHAODB about state-wide service CCU outcomes to inform policy.
National level	<ul style="list-style-type: none">▪ Informing policy decisions about the staffing, approach, and evaluation of future residential rehabilitation services in Western Australia.

Anticipated wider community impact:

This body of work will contribute to best practice and improved outcomes for mental health consumers. Evidence about contemporary consumer outcomes in the Australian context will support evidence-informed policy. Comparative outcomes between the integrated and clinical staffing approach will fill the gap between current mental health policy and the evidence base about the staffing of mental health services. Furthermore, involving a large number of lived experience workers and clinicians as co-researchers is hoped to enhance the research capacity and culture within mental health services to further encourage best practice.

[192/200 words]

4. Consumer's Contribution

Consumers have been involved as collaborators and co-researchers in multiple components of the research. For example, qualitative papers exploring consumers perspectives, as well as staff perspectives on the integrated staffing model, have consistently included people with a lived experience of mental health issues as co-authors (Mr Clayton Fletcher, Mr Dominic Hanley, Mr Matthew Pommeranz, Mr William McKinlay, and Ms Isabella Swinson). The contribution of these lived experience researchers has been invaluable in verifying and contextualising the findings, as well as identifying actionable changes at the service level to enhance service delivery in the future. Additionally, consumers within the mental health services have been consulted to assist the research team in understanding and refine qualitative analyses of both consumer and staff perspectives on Community Care Units. These sessions have been well attended, and the enthusiasm and interest of consumers in research relevant to them has been invigorating for the research team.

Since the award of my PhD, I have become an advisor on an arts-based mental health research PhD project that where the candidate's lived experience informs and motivates the work. Additionally, I have collaborated on NHMRC and SPA grant applications where lived-experience researchers have key collaborators.

[196/200 words]

Brief Curriculum Vitae, including response to eligibility rules

Response to eligibility rules

- PhD awarded within 5-years of the closing date of the award (09/04/2020)
- While I hold adjunct academic titles above the level of 'Lecturer' these do not infer employment within the relevant institutions. The acceptability of this has been confirmed by the awards committee.
- I am available to attend and present at the annual TheMHS Conference.

Qualifications

Year	Award	Institution
2020	PhD ^a	University of Queensland
2014	Adv. Training Cert. - Adult Psychiatry	RANZCP
2014	Adv. Training Cert. - Psychotherapy	RANZCP
2013	FRANZCP	RANZCP
2006	MBBS	University of Queensland
2002	BSc (Hon 1 – Psychology) ^b	University of Queensland
2001	BBus (Man)	University of Queensland

^a Conferred 09/04/2020, thesis title: [Who receives what, from whom, and to what effect at clinically operated, community-based residential mental health rehabilitation for Severe and Persistent Mental Illness in Australia?](#)

^b Thesis title: The effects of attention and stimulus onset asynchrony on the relationship between prepulse inhibition of the startle-eyeblick and prepulse-rating inhibition

Career highlights and summary

1. Addressing the profound gap between evidence and policy for residential rehabilitation in Australia. To date this project has resulted in 12 peer-reviewed research articles. Based on this work consultation has been sought from health departments in WA in planning future service development.
2. Invited contributions to statewide mental health service model development and evaluation frameworks based on my methodological and content expertise.
3. Redevelopment of the RANZCP [Supervisor Accreditation program](#) for Queensland to a blended learning format following instructional design principals. This approach has provided a model which has informed the approach to supervisor training in other jurisdictions.
4. Working as Director on the board of Mantle Housing Ltd during the period the organization obtained establishment (\$4,000,000) and recurrent funding through partnership with Wesley Mission Queensland to create a permanent residence for people affected by psychosocial disability (the first of its type in Queensland). This community-based facility opened in 2015 and was built following principles of co-design.

Current appointments	
10/2020–	Associate Professor (adjunct), Health - Griffith University, Nathan, QLD
09/2020–	Research Psychiatrist, The Prince Charles Hospital, Chermside, QLD
05/2018–	Director of Training (Psychiatry), MSAMHS, Woolloongabba, QLD
05/2014–	Director, Mantle Housing Ltd
2013–	Senior Lecturer (adjunct), School of Medicine, University of Queensland

Past appointments (since medical registration 12/2006)	
07/2013-05/2018	Staff Specialist – Psychiatry, MSAMHS
02/2013-07/2013	Psychiatrist, Darling Downs HHS, Toowoomba, QLD
02/2012-02/2013	Chief Psychiatry Registrar, MSAMHS
07/2009-02/2012	Registrar, MSAMHS
01/2009-01/2010	CYMHS/Casual Registrar, Mater Health Services, South Brisbane, QLD
01/2008-01/2009	Registrar, Princess Alexandra Hospital, Woolloongabba, QLD
01/2007-01/2008	Intern, Princess Alexandra Hospital, Woolloongabba

Research Fellowships, Awards, and Grants

Fellowships		
Year	Grant information	Project
2021	Medical Grant [GA-0537] Janssen Cilag \$9988.65	Exploring the STORI-30 as an alternative outcome measure for people affected by Severe and Persistent Mental Illness [Applicant]
	Equipment Grant [EQ2021-02] TPCH Foundation \$5,239	Digital output and recording capacity and Remote treat handle for Electro-Convulsive Therapy (ECT) [Applicant]
	Travel Grant RANZCP Foundation \$1000	Linked to 2019 Foundation Grant [Applicant]
2020	Innovation Grant Suicide Prevention Research Fund \$99,260	A Virtual Reality (VR) Tool to Cultivate Future, Thinking & Positive Ideation in Place of Suicidal Thoughts [Co-investigator]
2019	Funding allocation MHAODB-Qld \$81,157.34	Funding allocation: Statewide CCU Evaluation [PI]
	Travel Grant RANZCP Foundation \$1000	Linked to 2014 New Investigator Grant [Applicant]
2018	Foundation Grant RANZCP Foundation \$10,000	What happens to consumers after residential rehabilitation care: Listening to their stories and thoughts about what helps and hinders recovery? [PI]
2014	New Investigator Grant RANZCP Foundation \$6000	Evaluating residential mental health rehabilitation outcomes across three

		community care units: Qualitative evaluation of the consumer journey [PI]
Total		\$213,645

Fellowships	
Year	Fellowship
2016	ASEAN Federation for Psychiatry & Mental Health - Young Psychiatrists Fellowship

Other awards	
Year	Award
2018	RANZCP Queensland award for Excellence in Supervision
2007	Dean's Commendation for High Achievement – University of Queensland
2003	University Medal (Psychology) – University of Queensland
2001	Dean's Commendation for High Achievement – University of Queensland
2000	Dean's Commendation for High Achievement – University of Queensland
1999	Dean's Commendation for High Achievement – University of Queensland

Recent research publications and activity (2015+)

- 43 peer reviewed academic publications (see <https://orcid.org/0000-0002-6022-3981>):
 - 20 as first author, 11 as senior author; 15 empirical studies and 3 systematic reviews.
 - Exemplars include:
 - Parker S, Arnautovska U, Siskind D, et al. [Community-care unit model of residential mental health rehabilitation services in Queensland, Australia: predicting outcomes of consumers 1-year post discharge](#). *Epidemiology and Psychiatric Sciences* 2020; 29: e109.
 - Arnautovska U, ... Parker, S. [Predictors of unplanned discharge from community-based residential mental health rehabilitation for people affected by severe and persistent mental illness](#). *Journal of Mental Health* 2020: 1-9. 2020/04/21.
 - Parker S, Dark F, Newman E. et al. [Consumers' understanding and expectations of a community-based recovery-oriented mental health rehabilitation unit: a pragmatic grounded theory analysis](#). *Epidemiology and Psychiatric Sciences* 2019; 28: 408-417.
 - Parker S, Hopkins G, Siskind D, et al. [A systematic review of service models and evidence relating to the clinically operated community-based residential mental health rehabilitation for adults with severe and persisting mental illness in Australia](#). *BMC Psychiatry* 2019; 19: 55.
- Supervision responsibilities including co-supervision of a PhD candidate (Mrs Kerrie Mackie, Queensland College of Art, Griffith University) and RANZCP Scholarly Projects (3 completed, 7 in progress).
- Disruption in productivity in 2016 relating to care responsibility for terminally ill partner and subsequent adjustment to single parenting, including deferral of PhD studies.

Impact of research

- Ranked on [Expertscape.com](https://www.expertscape.com) as the number one expert in Australia in Rehabilitation Psychiatry, being in the top 0.82% of 3,281 published authors in 'psychiatric rehabilitation' between 2010-2021 [as at 09/04/2021].
- Dissemination and impact of research is supported by an H-index of 10 and i10-index of 12 based on work since 2016 as calculated by [Google Scholar](https://scholar.google.com/).
- Relevance of work to policy decision making is evidenced by the contribution of \$81,157.34 by the Mental Health Alcohol and Other Drugs Branch to support completion, and consultation by health departments in other jurisdictions in planning new mental health service developments and evaluation.
- Research has already had a translational impact within mental health services including contributing to the dissemination and uptake of psychosocial interventions and focusing of statewide benchmarking activities in Queensland.

Collaborations and community engagement

- Research output has involved collaborations with over fifty co-authors across a broad range of professional disciplines and settings, including working with:
 - interdisciplinary health research involving nursing, social work, psychology, and exercise physiology health clinician-researchers
 - academic researchers across a range of Australian institutions, and
 - collaborations with lived experience researchers.
- My post-doctoral work includes active collaborations with arts-based academics exploring the interface between environmental factors as well as virtual reality experiences and well-being.
- I have been a Director on the board of Mantle Housing Ltd since 2014, a not for profit organisation working to create opportunities to provide permanent accommodation for people affected by mental illness. This is a grassroots organisation that emerged from a committed group of aging parents concerned for the welfare of their adult children.

Professional involvement

- Extensive and active involvement in supporting the RANZCP including elected roles in binational (Faculty of Adult Psychiatry Committee) and state-based committees (Queensland Branch Committee, Faculty of Psychotherapy Sub-committee (Queensland), and representative roles other binational and state-based committees and sub-committees. Additionally, I have made invited contributions to the publicly available RANZCP educational podcast series ([PsychMatters](https://www.psychmatters.com.au/)).
- Vice President of the [World Association of Psychosocial Rehabilitation-Australia](https://www.warpsraustralia.com/) since 2020.
- Recurrent lecturing responsibilities with the University of Queensland Medical School, the Formal Education Course of the RANZCP Queensland Branch Training Committee, and the RANZCP Faculty of Psychotherapies (Queensland) – Core Program.

Referees^

Dear TheMHS Awards Committee

Re: Support for Stephen Parker's TheMHS Early Career Research Award application

I am writing to express my support for Stephen Parker's application for the TheMHS Early Career Research Award. Stephen has made a substantial contribution to mental health services research as an early career researcher since the commencement of PhD studies in 2014. Much of his research has focused on establishing an evidence base for community-based residential mental health rehabilitation practice in Australia. To date, this body of work has included nine peer-reviewed research articles already where he has been the lead or senior author. This research has already started to impact mental health practice and policy in the Australian context.

Important contributions of the research he has been involved in include:

- Contributing to a clearer understanding of who accesses community-based residential rehabilitation services in Australia. This work is of direct relevance to policy makers and service planners, as well as redesigning programs to better support consumers.
- Exploring the impact of novel approaches to rehabilitation services that align with contemporary policy frameworks, specifically the substantial integration of lived experiences workers within rehabilitation teams.
- Establishing an emerging evidence base for positive changes following engagement with contemporary residential mental health rehabilitation services in Australia. A finding with direct relevance to guiding how to translate the recommendations of recent mental health related commissions and inquiries into action.
- Exploring the importance of peer-led recovery and emphasising frameworks for mental health services that support peer led practice, using the peer workforces prospectively collected experience.

Importantly, he has demonstrated an inter-disciplinary and collaborative approach to research, supporting people who have a lived experience of mental illness to have a strong voice and develop leadership within the psychiatric research field. His work to date has involved a large number of collaborators, and I am aware of his commitment to enhancing mental health services through fostering a culture that supports research and evaluation to define and encourage best practices.

Yours faithfully



Professor Richard Newton
Clinical Director
Peninsula Health Mental Health Services

Acknowledgements

MSAMHS

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Kim Soo (AI)
Judith Molloy (AI)
Dr Gemma McKeon
A/Prof Shuichi Suetani
Dr Urska Arnautovska (Snr RA)
Dr Ellie Newman (RA)
Maddison Wheeler (RA)
4x Team Leaders
145 Consumers
>36 CCU clinical staff
>30 Peer Support workers
+ Others

UQ/QCMHR

Prof Harvey Whiteford
Prof Dan Siskind
Prof Meredith Harris
Dr Carla Meurk
A/Prof Tom Meehan

QMHBU

Dr Terry Stedman
Donna Jones

University of the Sunshine Coast

Prof Dan Hermens



In submitting this application, I acknowledge the collaborative nature of the research that I have been involved with and led. In particular, I acknowledge the people with a lived experience of being supported in these services who have contributed to this work as participants and co-researchers.