Health Leader’s Award entry

The Health Leader’s Awards honour the outstanding individuals and teams at the forefront of health improvement, in the priority areas identified by the Premier of Victoria, Minister for Health, Minister for Mental Health and the Department of Health Secretary.

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<tr>
<th>Organisation</th>
<th>Orygen Youth Health</th>
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<tr>
<td>Entry contact person</td>
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<tr>
<td>CEO endorsed</td>
<td>Y</td>
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### Which Health Leader’s Award are you entering?

<table>
<thead>
<tr>
<th>Award</th>
<th>Tick one Award</th>
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<tr>
<td>▪ Premier of Victoria: Advancing healthcare – putting patients first</td>
<td>✓</td>
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<tr>
<td>▪ Minister for Health: Achieving a highly capable and engaged workforce</td>
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<tr>
<td>▪ Minister for Mental Health: Delivering innovative alcohol and drug or mental healthcare</td>
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<td>▪ Department of Health Secretary: Delivering joined-up healthcare</td>
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**Nominee name**  
Orygen Youth Health – Helping Young People Early (HYPE) Program

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<tr>
<th>Has this initiative previously been commended or won a Victorian Public Healthcare Award (Y/N)</th>
<th>N</th>
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<tr>
<td>The subject of this entry has not been entered into another Awards category</td>
<td>N</td>
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**About the Nominee**

Helping Young People Early (HYPE) was established in 1999 as a program of Orygen Youth Health (OYH), the government-funded youth mental health service for Western Melbourne. The first early intervention service for borderline personality disorder (BPD) internationally, HYPE is a leader in the development of evidence-based practice, research and training in BPD in youth locally, nationally and internationally through three integrated programs:
1. A frontline clinical program in the Victorian mental health system
2. Research
3. Teaching, training and advocacy.

HYPE partners include NorthWestern Mental Health, Orygen Youth Health, The University of Melbourne (Centre for Youth Mental Health) and headspace Western Melbourne and headspace National.

Methods and Implementation

BPD is a severe mental disorder characterised by instability in relationships, moods, behaviour and sense of self. It is associated with devastating effects across a broad range of individual and community outcomes, including a suicide rate of 10%. BPD occurs in approximately 3% of youth (5000 youth in Orygen’s catchment) and is common among child protection and youth justice clients. Despite this, little has been done to address BPD during its earliest stages, when there is maximum potential benefit to be gained. In fact, patients are commonly rejected from clinical services as “too difficult”.

Through 1999-2002, consultations were held with clinicians at Orygen and elsewhere, along with youth justice, child protection, and drug and alcohol workers. HYPE was also guided by a reference group comprising representatives from Spectrum (state-wide personality disorder service), Maroondah Child and Adolescent Area Mental Health Services and the Departments of Psychology at The University of Melbourne and Victoria University. Expert international collaboration was obtained from Drs Anthony Ryle and Ian Kerr (Guys and St Thomas’ Hospital, London) and expert advice was obtained from Orygen’s consumer and carer participation programs.

From this, HYPE developed an integrated, team-based treatment model, which aims to deliver optimal effective treatment as early as possible in BPD. Key elements of the model are:

1. Broad inclusion criteria
2. Rigorous assessment of personality and other psychopathology
3. Assertive, ‘psychologically informed’ case management integrated with the delivery of time-limited individual psychotherapy
4. Active engagement of families and carers, including psychoeducation
5. General psychiatric care by the same team, with specific assessment and treatment of co-occurring psychiatric syndromes
6. Capacity for ‘outreach’ care in the community, with flexible timing and location of interventions
7. A clear model of brief and goal-directed crisis team and inpatient care
8. Individual and group supervision of staff
9. A quality assurance program.

From the outset, HYPE sought to integrate its clinical work with research, training and advocacy. This model aims to:

1. Engage the community to address clinically relevant problems
2. Rigorously evaluate clinical care
3. Expand the scientific knowledge base regarding BPD
4. Translate evidence back into practice
5. Build capacity among clinicians
6. Advocate for individuals with BPD, families and carers.
Results and Outcomes

Local clinical services implementing evidence-based care

HYPE has become a core clinical program of OYH, providing a unique early intervention service to western metropolitan Melbourne that has treated over 800 young people in the past decade. HYPE is also an internationally recognised centre of clinical excellence and training. The most rigorous evaluations of HYPE have been a National Health and Medical Research Council (NHMRC)/VicHealth-funded randomised controlled trial (RCT; Chanen et al 2008) and a quasi-experimental comparison with 'treatment as usual' (Chanen et al 2009). The findings demonstrate that specialised early intervention for BPD is more effective than treatment as usual in a general adolescent mental health service. A second NHMRC-funded RCT is currently underway across OYH and headspace.

Consultation services

HYPE provides consultation to all OYH programs, including triage, crisis, inpatient and community teams. The HYPE ‘Acute-Liaison’ position was developed in 2010 to facilitate the management of youth with BPD features accessing acute care, including those unable to access HYPE’s direct care program. Agencies that have received regular support include Youth Justice, vocational services, drug and alcohol services, university/TAFE counselling services and networks of youth counsellors.

Research

Research has been a key plank in HYPE’s local, national and international contribution. HYPE has attracted competitive grant funding from NHMRC and VicHealth, published the first ever RCT of early intervention for BPD, and has produced 47 scholarly publications (42 peer reviewed) since 2003. Major collaborators include:

- School of Psychological Sciences, The University of Melbourne
- School of Psychology, Australian Catholic University
- Department of Psychology, University of Wollongong
- Melbourne Neuropsychiatry
- Section Disorders of Personality Development, Department of Child and Adolescent Psychiatry and Centre of Psychosocial Medicine, The University of Heidelberg (Germany)
- Department of Developmental Psychology, Utrecht University (Netherlands).

Training

HYPE’s comprehensive training program in early intervention for BPD (including a curriculum-based 2-year course, training videos and psychoeducational material) and Cognitive Analytic Therapy has trained more than 3000 mental health and allied clinicians locally, nationally and internationally. Major training projects include:

- Youth Crisis Response funding from Victorian Department of Health to engage with Eastern Child and Youth Mental Health Services in development of services. (More than 50 multidisciplinary staff attended training days, 10 clinicians received 12-month intensive training in 2011/12, further training is scheduled for 2012/13).
- Barwon Area Mental Health Services and Barwon headspace (32 multidisciplinary staff attended training days, 12 clinicians received 12-month intensive training in 2008/9).
- Project Air: service development and training in intervention for personality disorders in five area mental health services in Southern Sydney/Illawarra Coast and NSW Justice Health. (More than 240 multidisciplinary staff attended in 2011/12).
- Project Air extension: training of all NSW CAMHS clinicians in the principles of early intervention for personality disorders. (More than 185 metropolitan staff in 2012; rural CAMHS staff scheduled for 2013).
• The Centre for Adolescent Psychiatry, Reinier van Arkel groep, the Netherlands. Full HYPE model training 2012-14 to facilitate an application to become the Netherlands' national centre for treatment of personality disorders in youth and conduct a randomised controlled trial of the HYPE model.

• St Joseph’s Healthcare and McMaster University Mood Disorders Program, Hamilton, Ontario, Canada. (55 staff attended a training day, 15 attended intensive training over another 4 days).

• headspace (National Youth Mental Health initiative) contract for national training of service providers in assessment and management of ‘difficult’ young people. (More than 80 staff from five Victorian headspace sites and 15 e-clinicians).

Outstanding Leadership within the Priority Area

Individuals with BPD and their families are among the most disabled and most neglected of mental health patients. HYPE has led the call to action locally, nationally and internationally for developing prevention and early intervention services for BPD. This has been achieved through clinical example, research and publications in scholarly journals, invited keynote plenary lectures and presentations, training, lobbying and advocacy.

Significantly, in 2009, the UK National Institute of Clinical Health Excellence guideline ‘Treatment and Management of Borderline Personality Disorder’ endorsed the HYPE program’s work. The section on BPD in young people cites six original HYPE publications in support of its recommendation that BPD should be diagnosed and treated in young people. This is now national policy in the UK and a dramatic shift from previous practice.

The HYPE clinical program is now an internationally recognised centre of excellence and training. Currently, HYPE has a German post-doctoral psychiatry trainee and a Canadian psychiatrist on a 12-month sabbatical.

Without the expert leadership of Andrew Chanen and Louise McCutcheon, the HYPE model would not have progressed to its current status as a world-leading model.

The HYPE program’s work has been recognised with:

• 2010 Gold Award for best specialist mental health service at Australian and New Zealand Mental Health Service Achievement Awards
• 2011 Melbourne Health Award for Outstanding Achievement by Individual or Team.

HYPE Director, A/Prof. Andrew Chanen, is President of the International Society for the Study of Personality Disorders and a member of:

• The development group for the NHMRC Australian clinical practice guidelines for BPD
• The Federal Minister for Health’s Expert Reference Group on BPD
• The Advisory group to the World Health Organisation’s Working Group for the Revision of Personality Disorder Diagnosis in the International Classification of Diseases (ICD 11).

HYPE leader, Dr Louise McCutcheon, is involved in the Federal government’s National Mental Health Service Planning Framework as a member of the Primary Care, Community & Non-Hospital expert working group.

Andrew and Louise’s leadership has delivered innovative integration of evidence-based clinical services, research and education in a field that has often been shunned by mental health services as too challenging. The development of a pioneering model of care, production of quality research and dissemination of evidence into clinical practice is an outstanding achievement.
References

**HYPE publications 2003-2012**


CHANEN, A. M. in press (accepted 06/08/12). Crisis interventions for people with borderline personality disorder. Evidence Based Mental Health.


