

# Lavender Mother and Baby Mental Health Unit

Information for health professionals



# Our team

The unit is led by a consultant psychiatrist who is supported by a multidisciplinary team of mental health nurses, occupational therapist, social worker, clinical psychologist, dietitian, physiotherapist, psychiatric registrars and infant mental health liaison.

Additionally, the service is supported by Gold Coast Health's Community Child Health Service and Paediatrics regarding the baby's health, wellbeing and development.

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## Alternative support services

### **1300 MH CALL (Mental Health Access Line)**

t: 1300 642 255

### **Perinatal Anxiety and Depression Association (PANDA)**

t: 1300 726 306

w: [www.panda.org.au](http://www.panda.org.au)

### **Beyondblue**

t: 1300 224 636

w: [www.beyondblue.org.au](http://www.beyondblue.org.au)

### **Women's Health Queensland**

t: 1800 017 676

w: [www.womhealth.org.au](http://www.womhealth.org.au)

### **Centre of Perinatal Excellence**

t: (03) 9376 6321

w: [www.cope.org.au](http://www.cope.org.au)

### **Further support can be sought via:**

Emergency Department of your local hospital

Your General Practitioner (GP)

Your Child Health Centre

# About us

The Lavender Mother and Baby Mental Health Unit is a statewide four-bed acute inpatient unit located at the Gold Coast University Hospital.

The Unit admits women with a significant mental health problem that cannot be safely managed by community mental health services, and their babies who are not walking and are under 12 months old. The Unit admits both voluntary consumers and those under the Mental Health Act 2016.

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## Eligibility criteria

Women are eligible to be admitted with:

- postpartum psychosis, relapse of schizophrenia or bipolar disorder in the postpartum;
- severe anxiety and/or depressive disorder;
- complex mental health problems which may include a history of trauma, personality disorder and substance misuse that is impacting significantly on their parenting.

### Exclusion criteria

- Women with substance abuse issues at risk of withdrawal will be expected to complete detoxification prior to treatment.
- Women will not be able to be admitted for the sole purpose of assessing parenting capacity.



# Inpatient treatment program

As well as treatment of maternal mental illness, there is a significant focus on mother-infant attachment and the broader family setting. The Unit's team includes a consultant psychiatrist, psychiatry registrars, specialist mental health nurses, clinical psychologist, social worker, occupational therapist, physiotherapist, dietitian and infant mental health liaison.

Treatments include individual, group, couple, mother-infant psychosocial interventions as well as medications and ECT where appropriate. The average length of stay is around three weeks, however this is variable and depends on each individual.

Follow-up agencies are expected to be involved in discharge planning and clinical reviews with the patient's consent to help with post-discharge management. A medical clearance of mother and infant from infectious disease is required.

**This is a non-smoking hospital and smoking is not permitted anywhere on the hospital grounds. Nicotine replacement therapy is available. No illicit drugs or alcohol are allowed on hospital grounds.**

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## Service capacity

Lavender Mother Baby Mental Health Unit can admit four mothers and their babies. It is likely that at times demand will outweigh capacity.

Admission will be prioritised by:

- a) Acuity (women must be appropriate to be managed in an open ward setting)
- b) Babies under six weeks old
- c) Breastfeeding status
- d) Availability of alternate community management.

The referring service provides ongoing management and engagement of community supports until admission occurs. If admission is not deemed appropriate, recommendations regarding management and community referrals will be provided.

# Referrals

Referrals can be made by:

- mental health services
- private psychiatrist
- private mental health clinics
- general practitioner (GP)
- obstetrician
- paediatrician

## Referral process

1. Assess woman based upon eligibility criteria.  
If unsure regarding suitability for referral, please telephone Unit Intake on **07 5687 7064** between 8:00 am – 4:00 pm, Monday to Friday (excluding public holidays).
2. Complete referral form and fax to **07 5687 7814** or email (**GCUH\_Lavender@health.qld.gov.au**).



To download the referral form visit [www.goldcoast.health.qld.gov.au/our-services/lavender-mother-and-baby-unit](http://www.goldcoast.health.qld.gov.au/our-services/lavender-mother-and-baby-unit) and look under Related Documents.

3. Referrals will be discussed and the referrer will be notified of the outcome within two working days. If the referral is deemed suitable, a further assessment may occur which either will be face-to-face or via video/ phone-conferencing with the patient (and referrer).
4. The baby will require a pre-admission health screen to ensure that the baby is well and free of infectious diseases. There is no capacity to admit ill infants.
5. For appropriate prioritisation of the referral, please provide at least weekly updates via phone or email.
6. When a bed becomes available, the referrer and patient will be contacted.
7. All admissions are planned and will occur Monday to Friday, 8 am to 4 pm. The referrer to arrange transport of the patient and the baby.
8. The referrer holds the responsibility, management and governance of the woman and baby's care until they are physically admitted to the Unit.

## Other important information



### Interpreter services

Gold Coast Health provides interpreter services for patients attending the hospital who are from non-English speaking backgrounds. If you require the assistance of an interpreter, please indicate this on your registration form and advise the hospital prior to any medical appointments.



**Interpreter services are provided free-of-charge to all patients who require the service, including non-Medicare patients.**



**For further information, please contact:**

**Lavender Mother Baby Unit Intake  
Mental Health and Specialist Services**

Gold Coast University Hospital  
1 Hospital Blvd, Southport QLD 4215

t: +61 7 5687 7064

f: +61 7 5687 7814

e: [GCUH\\_Lavender@health.qld.gov.au](mailto:GCUH_Lavender@health.qld.gov.au)

w: [www.goldcoast.health.qld.gov.au/  
our-services/lavender-mother-and-  
baby-unit](http://www.goldcoast.health.qld.gov.au/our-services/lavender-mother-and-baby-unit)