



EQUALLYWELL

Quality of Life - Equality in Life

Eastern Health

**Embedding general practice in
community mental health services
- A qualitative evaluation from
mental health clinicians'
perspectives**

Dr Simone McCallum

Lead GP at Eastern Health Mental Health and Wellbeing program

Regina Cai

Clinical Nurse Consultant at the Hamilton Centre Eastern Health





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CONFERENCE

Equally Well for all - working together

Acknowledgement of Country

We begin today by acknowledging the Traditional Owners of the land on which we meet today, the Wurundjeri people of the Kulin nation and pay our respects to their Elders past and present
We extend that respect to Aboriginal and Torres Strait Islander peoples here today

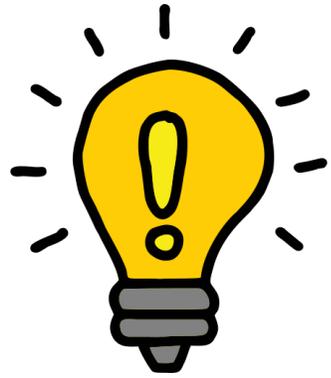
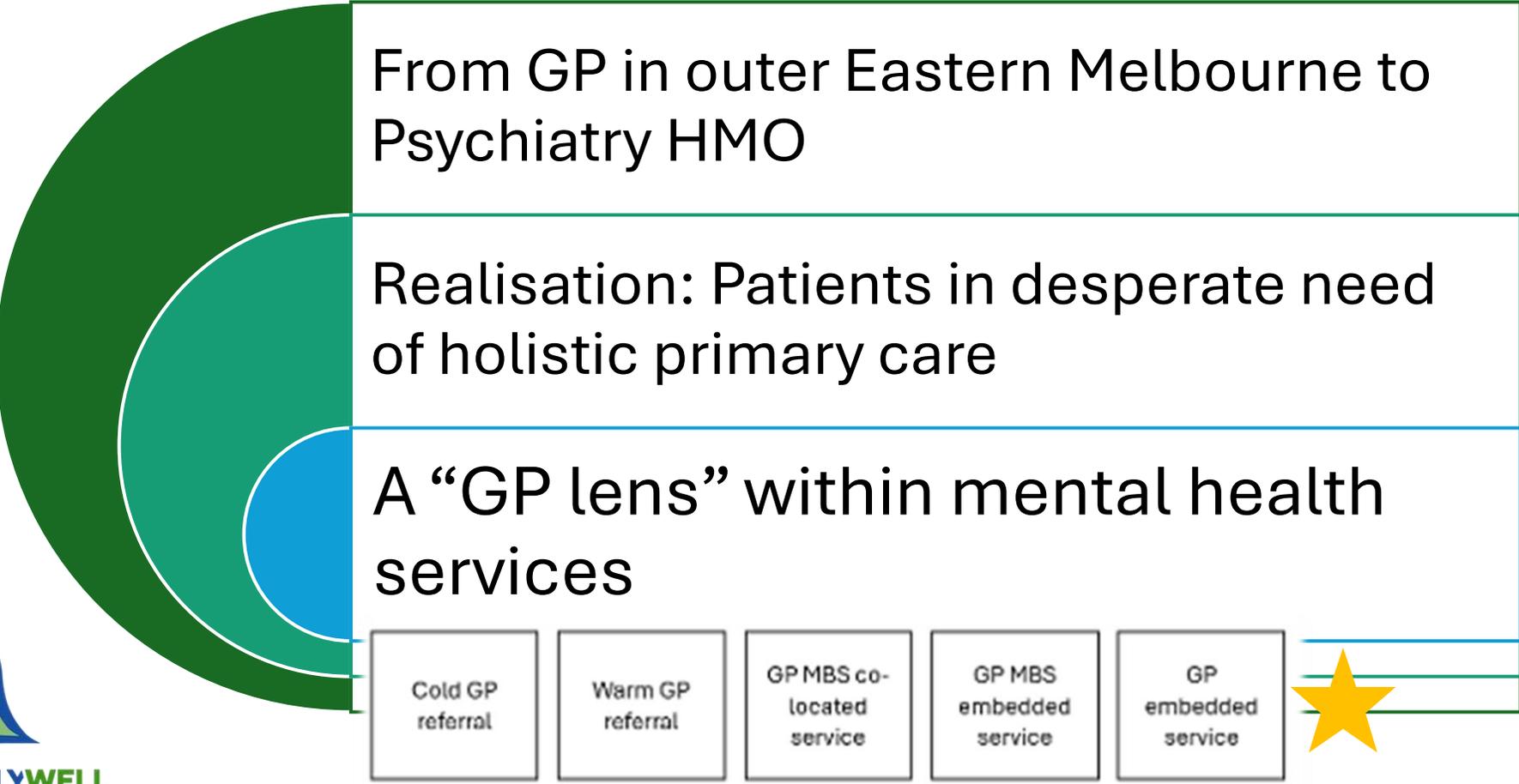


Disclosures

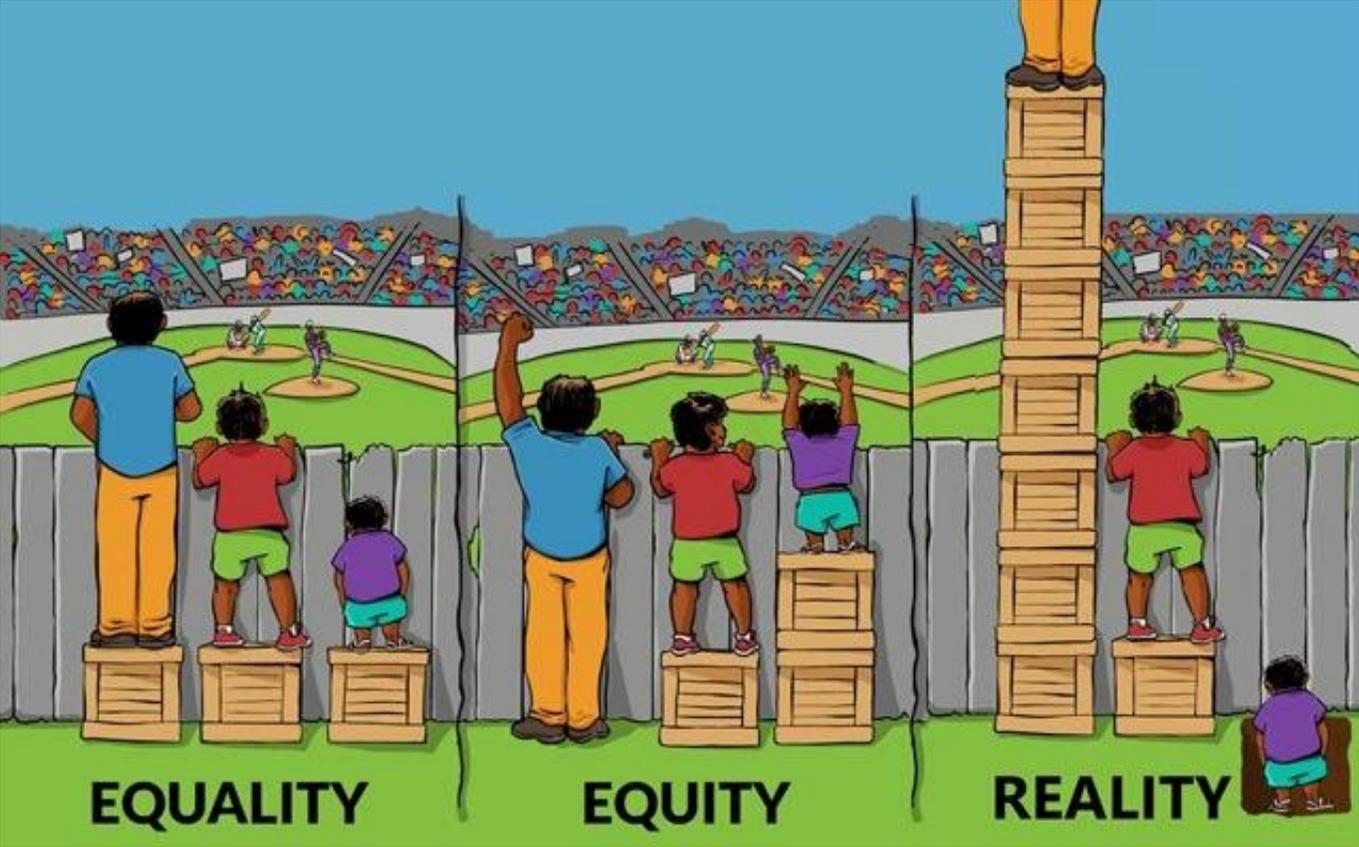
This research received funding from TROPHI – Translating
Research Outcomes into the Primary Health Interface.



Embedding GP in community MH services: A qualitative evaluation from MH clinicians' perspectives



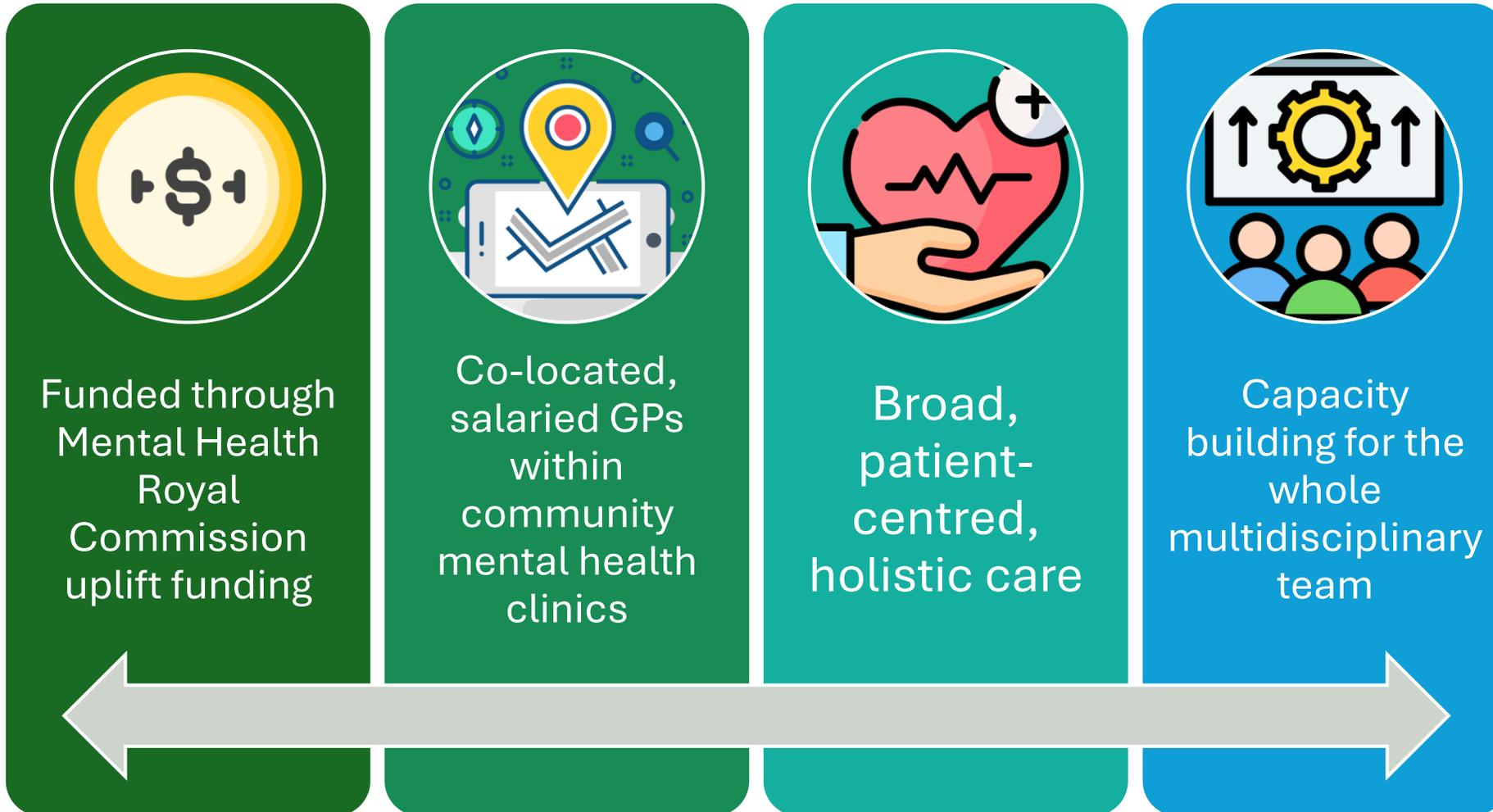
Embedding GP in community MH services: A qualitative evaluation from MH clinicians' perspectives



(Picture source: <https://belonging.berkeley.edu/equity-imagery-context-targeted-universalism>)



The embedded GP service in community MH services





Research as essential for sustainability



TROPHI research grant and external evaluation



Collaborative partnerships with
EH MHWB program, TROPHI, EH Research department,
colleague Regina, guided by EW framework



Embedding GP in community MH services: A qualitative evaluation from MH clinicians' perspectives

*“I still remember the **powerless** and **helpless** feeling when my clients told me about physical concerns. I could only say, ‘go see your GP’—even when I knew how hard that actually was. That moment stayed with me and led to this study.”*

Design

- Descriptive qualitative methodology

Data collection

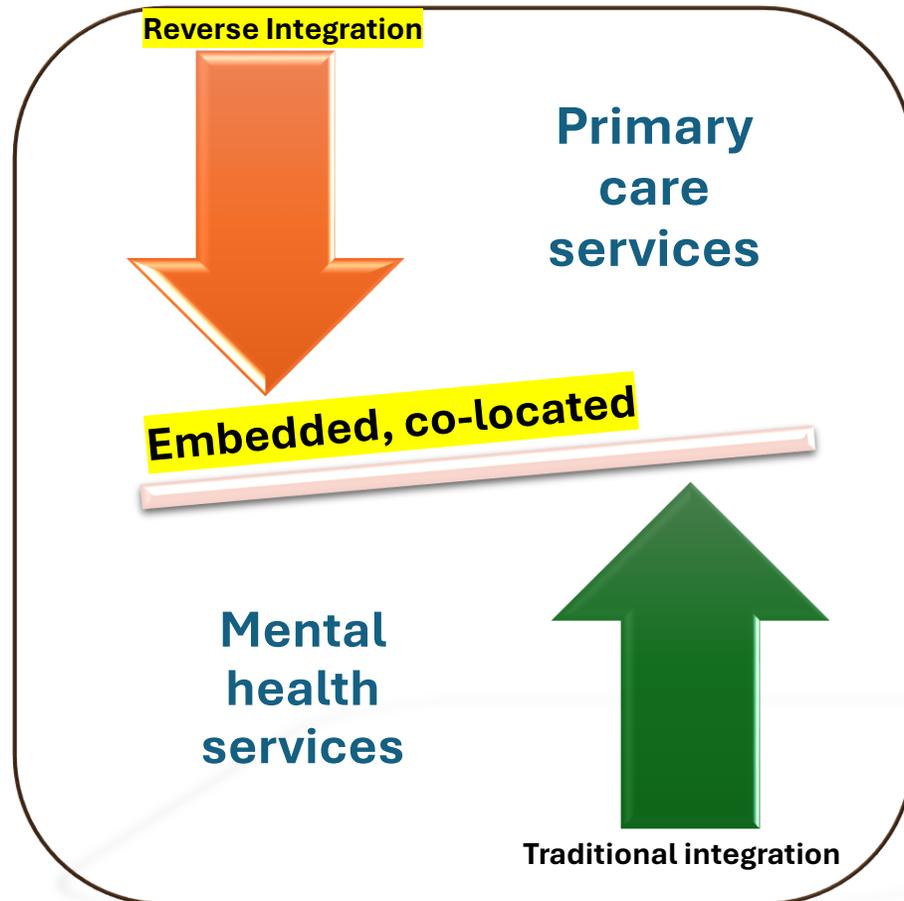
- Semi-structured individual interviews

Analysis

- Thematic analysis using NVIVO 15



Reverse Integration Model

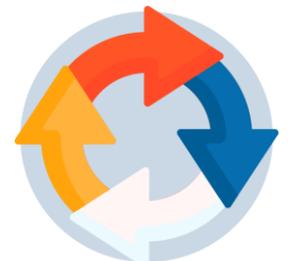


International papers (USA/UK)

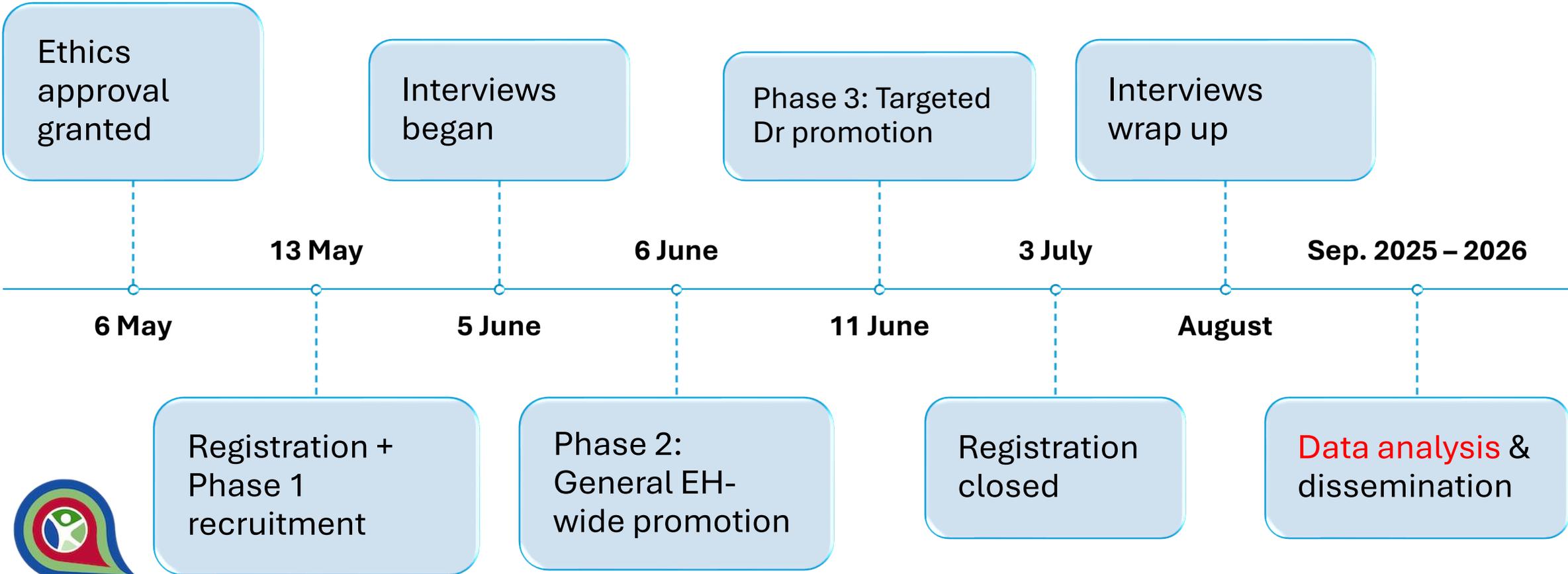
- Zatlhoff et al., (2021)
- Druss et al. (2020)
- Annamalai et al. (2018)
- Maragakis et al. (2016)
- Sieck et al. (2014)

Benefits:

- Fewer ED visits
- Higher primary-care use
- Better care continuity
- Trusted & familiar staff supporting physical health care needs



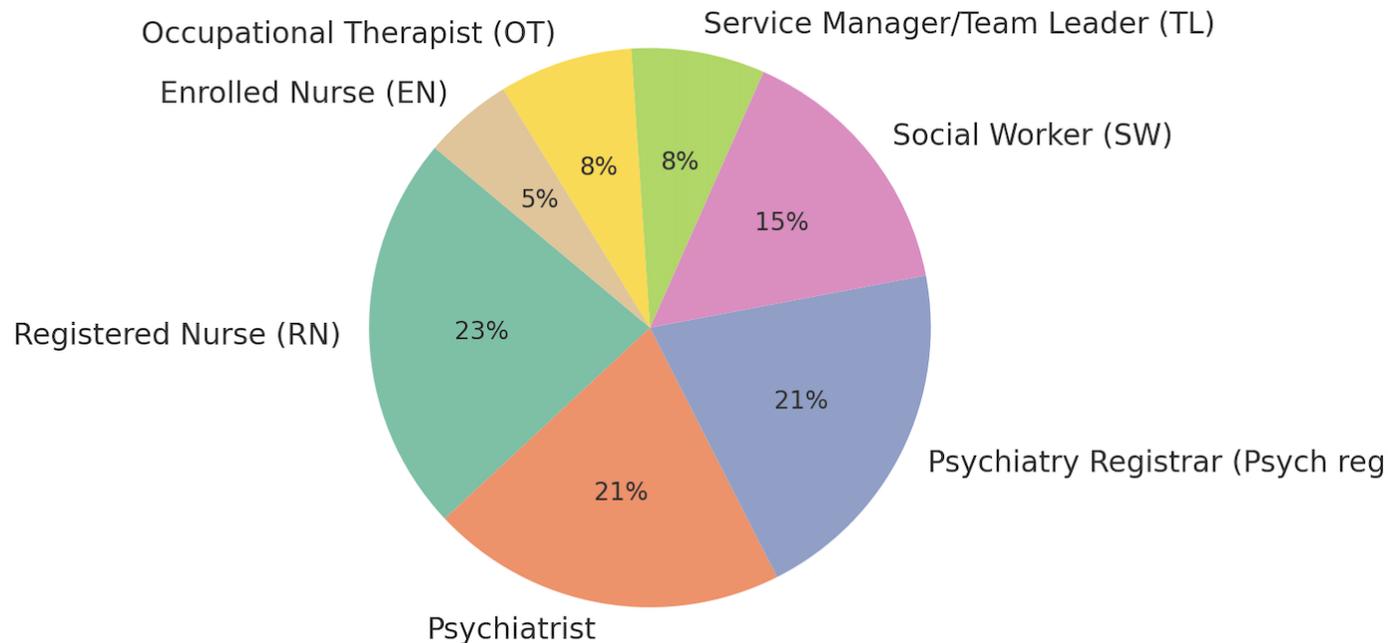
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Total 36 online sign ups are from teams

Professions of sign ups
(May have overlaps due to multiple roles)



Version 1.3 Date 1/5/2025

PARTICIPATE IN OUR STUDY

Evaluating the embedded GP services in local mental health clinics

People living with mental illness are more likely to experience poorer physical health than the general population.

Almost **80%** of premature deaths of people with mental illness are due to preventable physical health conditions.

SHARE YOUR VALUABLE INSIGHTS

Nurses

OTs SWs

Doctors

Team leaders

REGISTER YOUR INTEREST TODAY

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Primary researcher: Dr Simone McCallum

Associate researchers: Dr Judy Hope, Dr Stanley Innes, Dr John Wong, Dr Shabarish Kamalanathan

@EH HREC approved study

Embedding GP in community MH services: A qualitative evaluation from MH clinicians' perspectives

Why Co-Design Matters:

Involving lived experience, carers, and clinicians ensures the evaluation is grounded in real-world perspectives, builds trust, and strengthens the relevance and impact of findings.

Initial Co-Design consultation

- Collaboration with lived experience workers and Carer peer support worker
- Co-identified research priorities and ethical considerations



Informal client feedback

- Conducted informal surveys with clients to test early ideas
- Ensured client voice shapes the direction before formal evaluation



Collaborated scoping phase

- Decided to begin with low-risk clinicians' perspectives to establish process safety
- Future plan: integrate client perspectives directly in next evaluation study



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Any questions?

Eastern Health 





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Thank you!

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