



Southern Intermediate Care Centre (SICC) CONSULTATION BRIEF

LELAN¹ (the SA [Lived Experience Leadership & Advocacy Network](https://www.lelan.org.au)) has been engaged by the Office of the Chief Psychiatrist (OCP) in collaboration with Southern Adelaide Local Health Network (SALHN), to lead a targeted consultation process to hear the perspectives, interests and priorities of different people on the potential future mental health use of the Southern Intermediate Care Centre (SICC) building.

The consultation process will help explore how the former SICC may be best utilised to meet the mental health needs and expectations of the community living in the southern metropolitan area.

People are invited to contribute via an online survey, by attending a focus group (face-to-face and online options available) or through arranging an online 1:1 or group interview with the LELAN team.

Registration for all options can be made by clicking [here](#).

It is important that we hear from people who have had contact with the previous SICC, those who have a connection to mental health services in the South as service users, carers or service providers, and others who would like to contribute to exploring how it could be used in the future. This includes people who have:

- Stayed at the SICC (consumers).
- Cared for someone who has stayed at the SICC (carers, family, kin and other supporters of choice).
- Worked there in various roles, including allied health, clinical and lived experience (peer) workforces.
- Referred people to the SICC, supported people who have used the SICC and/or interacted with it in other ways.
- Insights and experiences relevant to this work that we need to hear, including how a 'sub-acute' residential mental health service could be used.

***Please note:** LELAN's role in this consultation is to hear from people, gather information and present what has been heard. Final decisions about the future use of the SICC lie with the SALHN Board and the Department of Health. This consultation seeks to identify the best mental health use for the building, but the decision-makers also need to consider non-mental health uses including the continuation of the current DHS arrangements of it being used as an NDIS transition service.

¹ LELAN is the independent peak body in South Australia *by, for and with* people with lived experience of mental distress, social issues or injustice. Our purpose is to amplify the voice, influence and leadership of people with lived experience to drive systemic change. LELAN has led philanthropic, state and federally funded projects as well as completed commissioned pieces of work. LELAN's systemic advocacy targets the mental health and social sectors in South Australia, whilst our thought leadership and expertise on lived experience expertise and leadership is borderless. You can read more at www.lelan.org.au.



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Background

The 16-bed Southern Intermediate Care Centre (SICC) opened in March 2011. It was one of three Adelaide metropolitan centres developed as part of the State government's response to the Social Inclusion Board's 'Stepping Up' report. The other two centres were located at Queenstown (Western ICC) and Glenside campus (Eastern ICC).

The ICC model of care was developed to support three streams of people requiring sub-acute care:

- Those stepping up from community mental health care.
- Those no longer requiring acute care but needing intensive support for longer.
- As an alternate pathway to acute care for people who attended an emergency department.

The model was built around a 10-day stay, with intake for the above streams at roughly a third each.

The Western ICC is still in operation. In 2016, the Eastern ICC at Glenside Health Services was closed, with the building remodelled to make way for the Jamie Larcombe Centre for Veterans Mental Health.

Services at the SICC were suspended on 7 February 2022, and staff were reallocated to essential community and inpatient services (the Western ICC was also closed for three weeks before being progressively reopened). The SICC has remained closed with staff re-deployed to other areas of the mental health service, and there have been differences of opinion about this closure and future options for how the SICC could be used.

Other ideas have also come up. SA does not have a youth mental health residential unit. There may be opportunities for specific therapy-based programs, and lived experience-led residential units are being developed in Victoria in response to recommendations from the Victorian Royal Commission.

The SICC building is currently being used by DHS as a temporary NDIS Transition to Home non-psychosocial step-down service. This is a non-ongoing arrangement and a definitive decision about the future use of the building is yet to be made and is why this consultation is being completed to explore its future potential mental health use.



Potential Future Mental Health Uses of the Southern Intermediate Care Centre (SICC):

The following options are canvassed – in no particular order or priority. All options are for consideration.

- **A refreshed intermediate care model.** The mental health landscape has changed since the SICC was opened. The model of care would need to be reviewed, the staffing model adjusted, and the building updated to reflect changes. This may result in a more contemporary sub-acute model designed to meet population needs.
- **Lived experience-led residential centre** is a recommendation from the Victorian Royal Commission. It should be designed and delivered by people with lived experience. Similar services in New Zealand, Canada and the United Kingdom have been shown to be highly effective for residents.
- **A modified SICC with a specific recovery and/or therapy focus.** Many of the people admitted to SICC have experienced trauma and/or need support managing distress. A group and individual therapy focus could be provided on a program build on therapeutic principles. This may also include:
 - **Multi-use alternative.** Subject to modelling the building could be used for two purposes, separating it into two 8-bed units. For example, it is conceivable that an 8-bed youth unit and 8-bed lived experienced-led unit could co-exist, which would pave the way for uses that may not otherwise be able to occupy all 16 beds.
 - **‘Dual diagnosis’ unit.** Therapy and care for people who experienced mental health issues and a co-existing drug and alcohol problem.
- **Youth sub-acute service.** This is part of the Mental Health Services Plan 2020- 2025. South Australia currently has no facilities specifically for the youth population, noting that the location of the SICC at Noarlunga limits viability as a possible state-wide service. A [similar service](#) operates in Victoria which provides up to 4 weeks care to 16- to 25 -year-olds at risk of hospitalisation and to those transitioning out of hospital inpatient units.

What We Are Exploring

The consultation will explore the potential future mental health use of the Southern Intermediate Care Centre (SICC) outlined above, including which are preferred and why.

For people who have had direct contact with the SICC, we will ask about their experiences - what worked, what didn't work and why. Together, we will examine strengths and gaps and explore what would make the experiences even better for people accessing the SICC. We'll explore what people want to see MORE of, and what people want to see LESS of, and look at suggestions for the SICC and/or other service improvements to best meet the needs of people experiencing mental health issues and crisis in the southern Adelaide metropolitan area.



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How to be involved in the Consultation

Online Survey: To contribute by completing the online survey, please click [here](#).

Focus Groups: Four initial focus groups are available, depending on the perspectives that people may bring. If you would like to contribute by attending a focus group, please register to attend [here](#).

- [SICC Focus Group: lived experience \(F2F\)](#) for Consumers, Carers, Community and the lived experience (peer) workforce focus, 10.30am-12.30pm on Tuesday Sept 19th 2023.
- [SICC Focus Group: Former SICC Staff \(F2F\)](#), 1.30pm-3.30pm on Tuesday Sept 19th 2023
- [SICC Focus Group: Broader Mental Health Staff \(both Government and non-Government\) \(F2F\)](#), 10.00am-12.00pm on Wednesday Sept 20th 2023
- [Online SICC Focus Group](#) for a mixed group of participants with a broad focus, 1.00pm-3.00pm on Friday Sept 22nd 2023

There will also be a [final face-to-face SICC focus group](#) that all previous participants are invited to attend, to be held 12-3pm on Thursday October 12th 2023.

Online Interviews: If you would like to contribute but are unable to attend a focus group, you can book in a 30-minute online conversation [here](#).

If you have lived experience and are not participating as part of a paid/work role [you will be eligible for reimbursement](#) for your time. For further information, please email Christine Small from OCP at christine.small-pearce@sa.gov.au.

Enquiries

For any enquiries about the SICC consultation process, please reach out to LELAN at info@lelan.org.au. For all other enquiries, including reimbursements, please contact Christine Small from the OCP at christine.small-pearce@sa.gov.au.