

avive Health Matters

Welcome

A message from the co-founders

As 2024 draws to a close and we reflect on an extraordinary year at Avive, we have much to be grateful for.

Our first two ground-breaking hospitals in Brisbane and Mount Eliza are open, staffed by teams dedicated to meeting a vital need. We are welcoming inpatients and day patients seeking a different kind of mental health support – and feedback from those patients suggests Avive is delivering it, in spades.

It has been a huge undertaking building and opening these two facilities, and we acknowledge the many people who have helped us achieve this bold vision. From our financial partners and construction crews to our doctors and specialist staff, it has been a massive team effort. We appreciate your tremendous support and the faith you continue to place in us.

We are extremely proud of what we have achieved together. The tailored clinical care, quality food and exercise therapy, in surroundings that are conducive to recovery, is nothing short of what we would want for ourselves or our loved ones. Central to us providing this care is the strong, supportive culture that has developed within our hospitals.

And there is much more in store in 2025, when we look forward to welcoming more doctors into our fold, expanding our workforces and developing new hospitals around Australia.

Thank you to all those passionate people working alongside us, who are helping to provide places of healing, where patients receive the very best in mental health care as they prepare to graduate back to life.

We wish you all a restful holiday season, with those you love, and look forward to collaborating with you in 2025.

Warmest, Greg, Mark and Matt
Co-Founders, Avive Health 

Take a peek

Avive's hospitals are like nothing you've ever seen before in mental health care.

But don't just take our word for it... have a look yourself.

Simply access our website for virtual tours of our Brisbane and Mornington Peninsula hospitals to appreciate the inspiring design and fit-out of these healing environments, second to none.




Visit avivehealth.com.au/locations/virtual-tours to experience our facilities, virtually. 



Here for you

At Avive we recognise that the holiday season is not magical for all.

It can be a very lonely and challenging time, especially for those battling addiction or struggling with the added pressures and expectations of the holidays. So, we will be keeping our doors wide open over the Christmas/New Year period.

Our caring staff will be available throughout the entire months of December and January to provide support to those in need. 



Avive hospital events to mark World Mental Health Day, also addressing "the elephant in the room".



Goodwill and growth

Avive's commitment to bringing the humanity back to mental health in Australia is proving contagious.

As Australia's newest, integrated private mental health services business, we're expanding our footprint to help patients in need.

We now have a full complement of psychiatrists working in our Brisbane hospital and new doctors joining the Mornington Peninsula team – welcome Dr Sean Jacobs, Dr Craig D'Cunha, and Dr Gary Persley, who has relocated from Avive Clinic Brisbane. As our new business development and GP liaison managers extend their reach, we expect more GPs and community services to discover the distinctive care Avive provides.

In Brisbane, we have welcomed Ben Pocock – our former clinical services manager – into the role of general manager. That opened the way for Kate Dwyer to move into the clinical services manager role. We are thrilled to have Ben and Kate both in these vital leadership positions.

At Mornington Peninsula, Monique Nicolaou has been announced as our new general manager. Monique knows Mount Eliza well – she has lived there for almost 20 years – and has previously held positions as our clinical services manager and business development manager.

To mark International Mental Health Day in October, our Brisbane staff invited GPs to tour our facilities, connect and discuss referral pathways and mental health support for their patients. We also organised a range of special activities for patients and staff, including barbecues, to address the "elephant in the room". At our Mornington Peninsula facility, yoga, pilates, dance and games on the patient deck were very popular in the warm, spring weather.

At Avive we are changing lives; supporting our patients to feel safe to learn, grow and manage their conditions in powerful new ways. 🌱



Our patients say....

I was admitted to Avive for chronic alcohol addiction at my absolute rock bottom, and following several unsuccessful attempts at staying sober over an 8-10 year period. On the whole, Avive is an outstanding new hospital which I would highly recommend to anyone who is committed to turning their life around and living a happy, meaningful life full of love, peace and harmony – away from the curse of addiction.

Avive played an enormous part in finally getting me into that mindset and headspace. 🌱

Avive Health patient



Fostering new relationships

Relationships are at the heart of Avive's mental health care philosophy.

At our Brisbane clinic, new business development and GP liaison manager Catherine Fitzsimmons brings vast clinical expertise to her role. And she has hit the ground running, building partnerships with referrers to spread the word of what Avive has to offer.

A secondary teacher and clinical nurse with extensive experience in mental health care, Catherine says establishing networks is crucial to improving the patient journey and outcomes. "It's my job to raise awareness of the hospitals, our psychiatrists and their specialties, and the wonderful programs we offer. I am busy organising presentations and hospital tours for referrers. In collaboration with community organisations, I am also dedicated to offering educational sessions for GPs and services, and work with providers to ensure wrap-around support for our patients."

Fresh from the role of business development manager, Avive Clinic Mornington Peninsula's new general manager Monique Nicolaou has also been active in the community, engaging with referrers and organising site tours, catering to the growing interest in this facility.

"I'm here to help ensure pathways for the best possible outcomes for patients. Healthcare professionals can have clinical conversations with me about everything from admission to discharge and aftercare," says Monique, a psychiatric nurse with 25 years' experience in the public and private sectors. "I love our Mornington Peninsula hospital and I love Avive, so these are easy

conversations to have. One of our many strengths is Avive's streamlined referral process."

Monique was previously Avive Clinic Mornington Peninsula's clinical services manager and has been with us since the hospital's inception. "I was attracted to Avive by the new way of doing things ... the better group therapy programs, the improved IT, improved discharge planning and better patient outcomes. Avive does things differently and that was very attractive to me," she says.

Promoting our Brisbane facility has been a joy for Catherine. "Everyone who tours the hospital says it's absolutely beautiful; that is has been so thoughtfully designed to create a space of wellness," Catherine says. "The team is very patient-centred and all our programs are evidence-based and promote holistic wellness. People feel immediately welcome."

Both hospitals hosted special educational events in November, starting with a GP webinar on 19 November about our specialist programs. Then, on 26 November, our Brisbane psychiatrists presented on depression and anxiety, and addictions.

For more information, contact Catherine at catherinefitzsimmons@avivehealth.com.au or on 0400 293 005 or Monique on moniquenicolaou@avivehealth.com.au.

Alternatively, you can register through our website: avivehealth.com.au/doctors/events



You can visit our two facilities and meet our teams anytime by appointment with Catherine or Monique. Contact them today to learn more. 🌱



Accessing mental health support

Our simplified referral process helps ensure patients get the care they need as soon as possible. All that's required is a referral from a health professional or GP.

Whether a patient has private health insurance, a DVA white or gold card, is covered by WorkCover or self-funded, we encourage GPs and referring agencies to submit referrals, by calling 1800 284 830 (Brisbane) or 1800 284 838 (Mornington Peninsula) or accessing avivehealth.com.au/referrals to refer online.

The Avive intake team can provide advice and a quote for those who are insufficiently insured or not insured.

Under Australia health insurance regulations, if a patient has insufficient coverage, patients may be able to access the mental health waiver and upgrade for immediate full coverage with no waiting period. Our admissions team can discuss this option and if it is suitable.

Newly insured patients are fully covered in two months.

All private insurance policies are different, so patients are encouraged to contact their insurer for clarification. Our intake team can then advise on all costs.

Avive notifies patients promptly to advise of their suitability for admission.

What you can expect at Avive

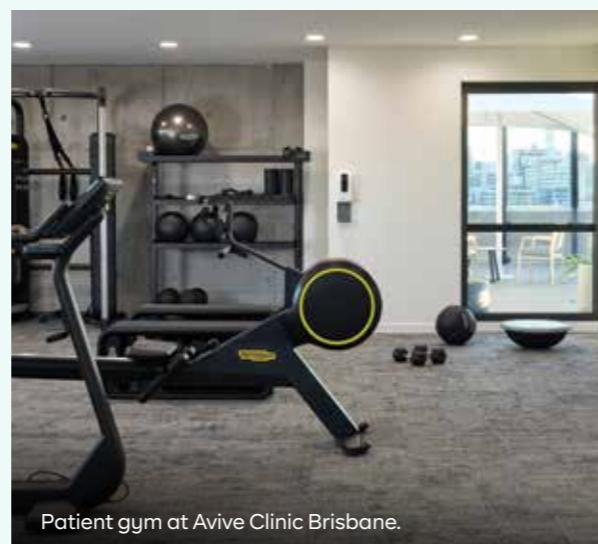
Avive's Brisbane and Mornington Peninsula hospitals provide rapid access to leading psychiatrists and the choice of immersive inpatient and supportive day patient programs as well as outpatient appointments for a variety of mental health conditions. We specialise in general adult psychiatry, anxiety and mood disorders, drug and alcohol use disorders, early life trauma and adult trauma, including that experienced by defence, emergency and first responders.

Our hospitals are equipped with features that you will not find anywhere else in Australia.

They feature cutting-edge design, technological features and inviting interiors. From the comfortable ensuite rooms, nutritious menus and captivating artworks to the advanced gym equipment and landscaped outdoor areas, everything at our Avive clinics has been thoughtfully developed with patient needs in mind.

Our hospital in Brisbane, at 16 Bryden Street Windsor, is centrally located and features single rooms with ensuites, group and art therapy spaces, psychiatrists' consulting suites, a dedicated fitness studio and gymnasium, as well as patient retreat areas and a rooftop deck.

Our Mornington Peninsula hospital is a welcome relief from busy Melbourne, blending single ensuite rooms spread across two wings with generously landscaped outdoor areas and similar, well-considered treatment facilities.



Patient gym at Avive Clinic Brisbane.



The power of lived experience

At Avive, truly "holding" patients means affording them the finest clinical care in our hospitals and ongoing community support as they transition back to life.

And few people appreciate the importance of this more than our consultant John Knights.

John is helping us to build connections in the healthcare and recovery communities, drawing on his powerful lived experience and extensive healthcare networks. A former investment banker, who has worked with some of Australia's leading healthcare providers, he is on his own recovery journey from general mental health conditions and substance abuse, which has included inpatient treatment.

While working his way up to senior positions in the high-pressure banking profession, John developed "maladaptive coping mechanisms", which were compounded by a major traumatic event. Now, having turned his life around, he wants to help others do the same.

"I tell patients that my qualification for sitting in my seat is that I sat in theirs 17 years ago," says John. "And I have worked for many years delivering addiction recovery services, both professionally and as a volunteer."

Weekly education sessions that John provides Avive inpatients and day patients in our Mornington Peninsula hospital will soon be replicated in Brisbane. When combined with the outpatient community connections program he delivers, John aims to equip patients with a 'toolkit' for coping with life's challenges.

"Coming out of inpatient care, particularly, people need ongoing clinical support, peer mental health support and community connections," he says. "This toolkit helps to hold them after their discharge. My philosophy, like that of Avive, is encouraging action that brings about positive change.

"My motto for recovery is 'I cannot think my way to good action; I need to act my way to good thinking'. Connection to others is critical in sustainable action and change.

"Because we know that if you can stay connected, you will generally do so much better in recovery and not react to old triggers. If you disconnect, you tend to revert to kind. People need a willingness to change, but also support and accountability mechanisms.

"There's a huge power in connection and fellowship. Bringing in an element of lived experience can create the link that gets through a person's denial and defiance. Identifying with someone generates trust in the process and encourages them to give it a go; it says to them 'I hear you, I understand you and I have been where you have been'. Especially in substance recovery, creating one link with someone who understands the journey can turn that person's life around. Hearing Other People's Experiences equals HOPE.

"Ongoing peer and community support is one of the pillars of successful mental health recovery. It can improve the efficacy of clinical treatment and help people to stay on track.

"Avive's commitment to providing genuine continuity of care sets it apart," says John.

"Avive is delivering on its promise to create hospitals, programs and a level of care that we have no hesitation in recommending to our family and friends."

Meet the team



Meet Avive Clinic Mornington Peninsula food services manager Louise Green, who is responsible for nourishing patients at our Mount Eliza hospital.

Q Why did you choose to work in the mental health sector?

A "I think it's a very important sector. Everybody goes through mental health issues at some stage, and food is just one thing that helps to make people feel better. Everybody likes a nice meal."

Q What inspired you to work at Avive?

A "I was lucky enough to have a walk-through of the Mornington Peninsula hospital during construction. It was a nice, new facility and I thought it was a great opportunity to work in mental health."

Q Tell us a bit about what you do at Avive.

A "I cook, handle the administrative side of things, and do a bit of everything. I helped to create the menus in liaison with the dietician, which was fun, and I get to interact with patients as we do food service in the dining room, which I enjoy. We have an allergen management system in place to manage complex dietary requirements for patients, so if someone is lactose-free or gluten-intolerant we can cater for that by preparing their meals separately."

Q What do you love about your role?

A "I've always been passionate about cooking, and I love interacting with people. I like it when patients stop me for a chat, whether it's to thank me for the food or just to talk. Overall, I love my job; it's very rewarding."

Q Do you have any hobbies or interests outside of work?

A "I'm a bit obsessed with caravanning, which my husband is not, but he has to tow the van. I also love to crochet. My husband has a huge family, and his cousins have children, so I crochet everyone big blankets." 🧶



Exercise physiologist Isobel Hall is right at home at our Mornington Peninsula clinic.

Q Why did you choose to work in the mental health sector?

A "Within the fitness industry there is a huge divide between the mental and the physical. This is bridged really well at Avive with the holistic approach of having the gym, the dietician and the mental health care. We are focusing on treating mental health in different ways."

Q What inspired you to work at Avive?

A "Avive's vision stands for what I want to bring to patients. Working in commercial gyms, there is no care pathway for any of the people you are working with. Here, there is this continued care, where every day you are seeing patients getting positive benefits. It's really rewarding helping people in this way – it's focused on the person and I think that is what really attracted me to Avive."

Q Tell us a bit about what you do at Avive.

A "A typical day is running all the patients through their personal programs and helping them try new things. Sometimes they are stepping into the gym for the first time, so I help to get them into a space where they feel comfortable. It's about creating exercise to treat the individual's needs."

Q What do you love about your role?

A "I love when patients have been engaging for a while and say that this is the first time they have engaged consistently in exercise and feel more confident in themselves and want to continue it when they leave. Then I know I have done my job."

Q Do you have any hobbies or interests outside of work?

A "I do love going to the gym myself, and weightlifting, but I am also passionate about teaching. That's why I love Avive's embodied emotion and movement program, because we get to teach patients to overcome exercise myths and barriers to exercise." 🧘



One of the first people our Avive Brisbane patients have contact with is Regina Millado, admissions manager.

Q Why did you choose to work in the mental health sector?

A "I started my nursing career as a renal/dialysis nurse and found it quite repetitive. When I came to Australia from the Philippines, I joined The Melbourne Clinic out of curiosity and fell in love with mental health. It's unique and rewarding. I love the challenges of the field. No day is quite the same and every day I learn something new about how the brain works and how people behave. It's fascinating."

Q What inspired you to work at Avive?

A "Aside from it being close to where I live, I was interested in joining the Avive team because it is different and takes a holistic approach."

Q Tell us a bit about what you do at Avive.

A "I manage inpatient referrals and inquiries. I do a phone assessment with the patient to check their suitability, make sure they are funded for admission and look for an admitting doctor. I liaise with other hospitals and medical practitioners to get additional information that is beneficial for treatment planning, and I also do safety planning with the patient."

Q What do you love about your role?

A "Being the first point of contact for clients, assisting them to get the help they need and making even a little change in their lives. I love the challenge of assessing the patient over the phone and not being time limited. I like talking to people, listening to their stories and learning from their experiences."

Q Do you have any hobbies or interests outside of work?

A "I love spending quality time with my family. We do long walks on the weekends, explore different suburbs and try different restaurants. Listening to music also helps switch my brain off at the end of the day." 🎧



Meet Avive Clinic Brisbane quality and risk facilitator, Paula Taufu.

Q Why did you choose to work in the mental health sector?

A "I am passionate about working in mental health nursing because it allows me to make a meaningful impact in the lives of individuals facing life challenges. This field offers a unique opportunity to foster resilience, support recovery and promote holistic wellbeing. I find great fulfillment in helping consumers navigate their mental health journeys and reaching the stage of recovery."

Q What inspired you to work at Avive?

A "Avive is open to innovative solutions through the integration of technology into healthcare practices. This approach can help optimise resource utilisation and enhance both the efficiency and quality of patient care. I believe that if we successfully implement these innovations, Avive will become an even more desirable place to work, ultimately improving satisfaction among all stakeholders."

Q Tell us a bit about what you do at Avive.

A "My role involves developing and refining processes, procedures and systems. I identify areas for improvement, implement best practices and monitor compliance with regulatory requirements."

Q What do you love about your role?

A "Integrating technology into healthcare is a significant step forward for private mental health. I believe that creating synergies between technology, processes, systems and our workforce will give Avive a competitive advantage and position us as a leader in this sector. I love my role because it helps contribute to achieving this synergy."

Q Do you have any hobbies or interests outside of work?

A "I enjoy spending time with my family, staying active through exercise, and playing social touch footy with friends." 🏈



Swimming back to the surface

A traumatic injury took Dr Megan Deutscher to the depths of despair. Now, the lived experience of Avive Health's national program manager is providing a lifeline to others.

It was 2007 and Megan was kneeboarding on the Murray River in Victoria when she collided with a stationary houseboat at about 60 kilometres per hour, smashing her face and almost amputating one leg.

"It was hanging on by a thread and it took seven hours in surgery to put my leg back together," Megan recalls. "I was bedridden for six weeks, in a wheelchair for three months, on crutches for a year and had to learn to walk again."

The injuries were so complex that the mother of two (then 3 years and 18 months old) would be in an out of hospital for the next 17 years, battling chronic pain and enduring nine knee and five facial surgeries.

Significant nerve damage to her leg meant it didn't receive signals from her brain and it was a struggle for Megan to learn to walk again. But her resolve, like her family support, was strong.

"I felt dead inside. I was broken," Megan says. "But I had to decide if I wanted to be a part of my children's lives, or not. Somehow, I had to learn to live again. So, I gritted my teeth and began researching what I needed to do to recover."

A degree in psychology-psychophysiology and a PhD in psychology provided important clues, but Megan decided she also needed to become a personal trainer, to teach herself how to regain her physical and mental fitness. Sport and movement had been a massive part of her life before the

accident, so Megan read everything she could find on the mind-body connection.

"It was critical to me becoming mobile again," she says. "I would stand there and literally tell myself 'heel to toe' to try to walk across a room."

Psychologically, Megan says she "went in and out". "I had a lot of anger and then self-doubt. My self-confidence was shattered and I became depressed. I couldn't believe it had happened to me. While I knew the psychological strategies theoretically, it was quite difficult to put them into action and I really should have sought help."

Still, with a lot of hard work and every physical improvement, Megan's outlook changed. The sheer act of moving supported her mental wellbeing and, gradually, her health improved.

"Ironically, it was movement – the one thing I couldn't do – that ultimately saved me. Movement is life. It helps you to re-connect to yourself, calms your senses and rewires your overthinking brain. It brings inner peace and self-confidence.

"It lifted my spirits and reminded me of all the things I could still do. It released tension and eased my anger. Even today, it's my meditation and my sanctuary."

As national program manager for Avive, Megan channels all her hard-won knowledge and professional experience into evidence-based treatment plans for our patients.

"In collaboration with Avive co-founder Dr Matt McDornan, I have written our anxiety and mood disorder program, the dual diagnosis program and the embodied emotion and movement program, which encourages people to move as a way to support their mental health," she says. "I have basically turned the most horrendous part of my life and all the things I have been through into Avive's programs. There is real heart and feeling in my programs, because I have experienced it all. It's how I learned to walk again, embrace life and to live with my limitations."

There is a universality to our experience, according to Megan. "Things happen and it shapes us, whether it's physical injury, childhood or adult trauma, illness, loss or relationship problems. No matter what happens, you can overcome it if you learn the right skills from

a professional in a supportive environment. Trauma doesn't have to define you, and you can find meaning in life. But unless we change, nothing will change."

Now Megan educates Avive therapists about the programs and helps patients to discover the power of exercise. "I have worked in lots of psychology fields, in prisons, community centres and running a personal training studio, and the most I could help people was through exercise. I have benefitted from it myself. I know what it's like not to move – I never thought I would walk or work again – but I have lived a full and rewarding life despite my injuries and pain.

"Avive's programs break the theory into simple, practical steps. I love watching our patients grow and find peace within themselves; to watch them shift from the darkness into the light is exceptionally rewarding." 🌀



Programs tailored to your needs

Avive's inpatient programs provide the flexibility and clinical care needed to begin your journey to wellness today.

Our embodied emotion and movement (EEM) program, co-authored by Megan, promotes a better understanding of the connection between your mind and body, using psycho-education and exercise.

Weekly EEM discussion group sessions complement a patient's daily exercise program, which is developed after a full health assessment. This individual program is supported and supervised by Avive exercise physiologists in our state-of-the-art gyms, equipped with the very latest in Technogym equipment – from hand weights to AI-powered weight machines.

"Every patient, whatever their challenges, can enjoy the benefits of movement in a safe and user-friendly way," says Mornington Peninsula exercise physiologist Isobel Hall. "Patients are guided to explore the mind-body connection and how to use exercise as a tool. Many have struggled with an on/off relationship with exercise, and it's our goal to help them sustain exercise long-term to enhance their recovery."

Designed by psychologists, psychiatrists and exercise physiologists, Avive's embodied emotion and movement program includes topics such as the impact of trauma and chronic stress on mental and physical wellbeing, overcoming barriers to exercise, and how poor mental health disrupts the body's natural sensations.

Those struggling with anxiety and mood disorders, or seeking to overcome drug and alcohol addiction in conjunction with mental health disorders will also find programs tailored to their individual needs. And Avive's complementary art therapy – accessible via a day program – uses art to interpret, express and resolve emotions and thoughts in a safe group environment.

Each program includes thorough discharge and aftercare planning, to help maintain the positive benefits gained while with us.

If this sounds like something that might benefit you or someone you love, visit avivehealth.com.au/programs



Outdoor retreat area at Avive Clinic Mornington Peninsula.



Lighting the way

An innovative partnership with lighting experts Versalux is bringing the very latest in technology and research to Avive's hospitals and patients.

Our facilities are among the first to install Versalux's MelaGen® light scheduling system, which is programmed to replicate the natural day/night circadian cycle.

MelaGen® is informed by the world's largest study on light exposure and its impact on mental health, conducted by Monash University psychologists and the Turner Institute for Brain and Mental Health. This research showed that increased exposure to light at night increased a person's risk for psychiatric disorders such as anxiety and bipolar, as well as PTSD severity and self-harm. The risk of depression grew by 30 per cent.

On the flip side, researchers also discovered that increasing your exposure to daytime light can help reduce psychosis risk and risk of depression by 20 per cent.

It all comes down to blue light – that part of the visible light spectrum that the eye can see, which usually comes from the sun but also laptop screens and LED lighting. Blue light is so powerful that it can change our natural circadian rhythms (the 24-hour body clock tied to the cycle of day and night), promote or deter both illness and mental health, and impact our lifespan.

The design and fit-out of Avive hospitals echoes these findings. Our buildings are orientated and built in such a way as to maximise bright light during the day and strictly control night light.

That's because blue light is great during the day to keep us alert, boost our cognition and mood, and improve our subsequent night's sleep. Reducing blue light and light levels during the evening will help to increase calmness and promote better sleep because too much blue light at night can suppress melatonin (a hormone that influences our circadian rhythms) and delay sleep, with all its accompanying benefits.

The installation of dynamic MelaGen® lighting throughout Avive's hospitals – to regulate what types of light is delivered, when and where – is a non-pharmacological way of supporting good mental health. It reinforces the importance of sleep and promotes behaviour conducive to a positive mood and wellbeing, helping to avoid poor decision-making and concentration, impulsivity, frustration and irritability associated with sleep deprivation.

Versalux national product manager healthcare Vince Macri says the Australian-designed technology ensures that patients receive the appropriate wavelengths of light at the right time.

"In addition to the mental health benefits, emerging science is showing that the non-visual effects of light have a profound impact on longevity, Type 2 diabetes and our propensity for thinking positively," he says. "Preliminary research is showing that negative thoughts and the propensity for specific types of fear are mitigated by the appropriate use of blue light. And the great thing is that unique technology adopted by Avive to control MelaGen® is both intuitive and maintenance free."

Avive Health co-founder and Co-CEO Mark Sweeney says such careful lighting considerations aim to improve the patient experience and outcomes.

"Avive has taken a research-backed approach, to create environments that support health and wellbeing rather than simply treat illness," he says. "Our hospitals recognise the connection between a person's health and their physical surroundings. We aim to actively support recovery along every step of a patient's hospital treatment journey."

"Buildings that have been designed to foster the health of our patients create a strong foundation for the clinical care that follows" according to Mark.

"We have moved away from a parthenogenic approach – of clinical surfaces that prevent sickness – to a salutogenic approach that seeks to promote health," he says. "We hope patients feel comfortable from the moment they walk in the door, that the colours and finishes we have chosen are welcoming and supportive." 🌱

Doctor profile

Dr Sean Jacobs
MBChB, FRANZCP



Q Tell us about you.

A "I am a consultant psychiatrist at Avive Clinic Mornington Peninsula. I also work in the public sector with Peninsula Health, specifically in the acute mental health ward at Frankston Hospital. My areas of expertise include general adult psychiatry, alcohol and other drug-related disorders, and I have further interests in psychotherapy and the mental health of older adults. With experience in both public and private sectors, I am dedicated to delivering comprehensive and compassionate care to my patients."

Q What is your patient philosophy?

A "I believe effective mental health care begins with collaboration and understanding. My approach focuses on working closely with patients and their support networks to obtain a unique, individual perspective of each patient, aiming to prioritise long-term recovery and wellness. At Avive, we aim to create a safe and inclusive environment where patients feel supported, enabling them to receive expert multidisciplinary care, and hopefully achieve sustainable recovery. I believe in holistic care where lifestyle improvements, along with multi-disciplinary care including psychotherapy are equally important to biological treatments. By tailoring care to each patient's unique needs, I aim to empower each person to take ownership of their journey, fostering engagement and meaningful progress."

Q What inspired you to work with Avive?

A "The acute inpatient public mental health system often focuses mainly on biological stabilisation and crisis management, frequently resulting in discharge before patients have received holistic care to support their path toward optimal recovery. At Avive, the focus is refreshingly different. With longer inpatient stays and a comprehensive multi-disciplinary team approach, treatment is holistic and

provides patients sufficient opportunity for the cognitive, emotional, and physical recovery necessary for sustainable healing. I am inspired by Avive's mission to redefine mental health care by prioritising outcomes, and integrating innovative technology to enhance patient experiences and recovery."

Q What do you bring to Avive?

A "I am deeply committed to treating a person holistically, ensuring that every patient feels prioritised and understood in a safe and supportive environment. My experience in the acute public inpatient environment has given me a unique perspective on the importance of access to comprehensive, longer-term care. At Avive, I prioritise compassionate and multi-disciplinary inpatient care which promotes personal recovery in addition to functional and clinical recovery. I also take pride in referring privately-insured patients in the public system to Avive, knowing they will benefit from a well-rounded, recovery-focused program tailored to their needs."

Q What early feedback have you received from patients about their Avive Mornington Peninsula experience?

A "Patients often describe Avive's environment as serene and restorative, more like a retreat than a hospital. This atmosphere fosters a sense of peace and wellbeing essential for recovery. Many have highlighted the compassion and warmth of the staff, emphasising how this supportive culture enhances their healing journey. The facility's design, with private bedrooms, a gym, and spacious group rooms balances areas for personal reflection with communal spaces for connection. Our thoughtfully-created environment empowers patients, and supports a holistic approach to recovery, making Avive a place where healing feels achievable and purposeful." 🌱



Doctor profile

Dr Joanna Ng
BSc, MBBS, FRANZCP

Q Tell us about you.

A "I am a consultant psychiatrist working at Avive Clinic Brisbane. I specialise in general adult psychiatry, consultation liaison, women's mental health, young adult and old-age psychiatry. I have worked in public and private, general hospital and mental health settings."

Q What is your patient philosophy?

A "We can't underestimate the power of a therapeutic relationship and a therapeutic space. The therapeutic relationship and rapport that develops is key to recovery. Some of my most complex patients tend to be as much connected to a space as they are to me as their practitioner, and Avive has created a trusted space."

Q What inspired you to work with Avive?

A "The team at Avive are trying to reconceptualise mental health care, and I like the fact that the company is Australian owned. It can be hard to deliver good care when resources and time are

constrained. The key approach in healthcare is on patient outcomes and a corporate team, found in Avive, is equally striving for this as you can see that resources are truly being diverted to patient care. The size and set-up of Avive and focus on delivering trauma-informed care has been a big drawcard for me."

Q What do you bring to Avive?

A "The motivation to deliver thoughtful inpatient care in a space that feels safe for both staff and patients."

Q What early feedback have you received from patients about their Avive Brisbane experience?

A "There is an ambiance about Avive Brisbane that prioritises recovery for even my most anxious patients, helping them to feel safe and supported. The staff numbers, layout and resource management wholly contribute to a space for people to think when they are most distressed. It is a calm environment in which to work and think about my patients." 🧠

Our patients say....

My stay at Avive provided me with support, understanding and the knowledge to understand my anxiety, along with the tools to manage my symptoms in every day life. The facilities are amazing and the staff are genuinely invested in supporting you along your journey to become mentally healthy. 🧠

Avive Health patient

Careers

We're expanding our Avive Health team. Access current and upcoming opportunities by scanning the QR code above or visit avivehealth.com.au/careers/

