



# avive Health Matters

## Welcome


### A message from the co-founders

As the business prepares to open its first two private mental health hospitals, it's wonderful to see our vision to create a new era in mental health care come to life; one that is shared by our expanding team across all locations.

We're pleased to welcome our newest team members and are humbled by the interest in Avive Health that continues throughout recruitment for nursing, allied health, administrative and other roles at our Brisbane and Mornington Peninsula facilities to open this year.

Our suite of evidence-based, trauma-informed programs for inpatients and day patients is truly progressed. We look forward to soon launching programs that are suited to each patient's individual needs and psychological readiness, to elevate patient outcomes, experience and care.

As an integrated private mental health provider, it's wonderful to have connected with other organisations and causes committed to raising awareness and support for the treatment and prevention of mental health issues impacting Australians.

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



## A new era in mental health care

Avive Health is about to revolutionise mental health care across Australia at a time of unprecedented need.

The upcoming launch of our first two private hospitals in Brisbane and on the Mornington Peninsula will boost the number of private mental health beds by 123 in Queensland and Victoria. Complemented by specialist outpatient support, our suite of clinician-led services will address immediate demand while advancing Australians' health and wellbeing in the longer term.

Avive Health's dedication to holistic, personalised care goes beyond delivering trauma-informed programs. We are building a unique culture of care from the ground up – thanks to

expert staff and best-in-class facilities, along with a comprehensive range of programs tailored to each patient's specific needs and psychological readiness, supported by the latest technology.

Our benchmarks for patient support, outcomes and innovation are driving us forward to elevate mental health care further, nationally.

As Australia's newest integrated mental health care provider, we are poised to make a meaningful impact on people's lives while delivering a new era in mental health care. 



Artist impression of Avive Clinic Mornington Peninsula outdoor landscaping.

## 2 private mental health facilities and 123 beds opening this year

### Avive Clinic Mornington Peninsula

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

'Avive Clinic Mornington Peninsula' is one of our first private mental health hospitals to be developed under our a uniquely different business model, where doctors and senior health clinicians are critical to the development of facilities, treatment and care.

Opening this year, it will feature 60 single bedrooms, group therapy rooms, psychiatrists' specialist suites, a dedicated fitness studio and landscaped heated outdoor areas along with the latest technology to promote efficiency and experience for patients, staff and clinicians.

Formalised lifestyle interventions for sleep, nutrition and exercise will also be a key part of treatment.

Avive Clinic Mornington Peninsula will deliver trauma-informed programs for the people living with depression, anxiety, mood disorders and dual diagnosis, within a trauma-informed culture and facility that ensures both clinical and non-clinical staff can positively impact each patient's recovery journey.

With a regional population approaching 200,000 people and only 91 mental private and public health beds combined, we are looking forward to developing this project of regional significance while working with private providers, public providers and the local community to deliver much-needed mental health services to the region and beyond.

### Avive Clinic Brisbane

Avive Clinic Brisbane is our first Queensland-based hospital, also set to open this year.

Occupying a prime site at 16 Bryden Street, Windsor and neighbouring one of the city's major health hubs, home to the Royal Brisbane and Women's Hospital, Karuna Hospice Services and Herston Quarter health precinct, Avive Clinic Brisbane will feature:

- 63 single bedrooms;
- seven group rooms;
- ten consulting suites;
- a dedicated fitness studio, and
- an rTMS suite to aid in the treatment of medication-resistant depression

Avive Health is partnering Kingdom Projects for construction; HPSC Health Architects for design and Barwon Investment Partners as property partner.

"Barwon is immensely proud to be the primary investor of the Avive Clinic Brisbane facility," said Tom Patrick, Head of Healthcare Property at Barwon Investment Partners.

"The facility represents a transformative milestone in health care infrastructure, intertwining innovation and patient-centred design to truly reflect a value-based health care model. This new private hospital will cater to the evolving needs of parties and health care providers and we are proud to have partnered with Avive Health to deliver this new facility."

At Avive Health, we look forward to creating discrete and private facilities for people to gain wellness and get back into their lives. 🧠



## Push-up challenge complete



Participation in The Push-Up Challenge in June was important for our Avive Health team to recognise the struggles and strengths of more than four million Australians living with mental illness.

We are proud to have completed 12,666 push-ups, sit-ups, steps and squats, raising \$1,263 towards mental health and suicide prevention. All monies raised are donated to Movember for men's mental health and suicide prevention and Lifeline Australia for mental health and crisis support services.

It was a privilege to have joined a community of organisations and people worldwide to celebrate the strengths and contributions of men and boys to mark Men's Health Week - themed 'Healthy Habits' - encouraging them to find small changes that can impact health and wellbeing for the better.

Thank you to our supporters for your generous contributions towards this worthy cause. 🌱

## Hear the latest

Join our Avive Health community to receive alerts when news, treatments and careers become available. Subscribe to our updates by scanning the QR code.



## Helping hand

With a commitment to sustainable outcomes and supporting local communities, Avive Health and local volunteers recently donated furniture from the existing Mornington Peninsula Peninsula facility to local charitable organisations, St Vincent De Paul, Family Life and the RSPCA – whilst also minimising land waste through a mattress recycling initiative. 🌱

## What's your why?

### Dr Megan Deutsher

Program Developer and Facilitator  
Avive Clinic  
Mornington Peninsula



I am passionate about mental and physical health and encouraging individuals to grow and foster a purposeful and meaningful life. It is exciting to be part of a team creating holistic tailored programs that empower patients to find themselves, feel again and live full and rewarding lives. To help patients reconnect their mind and body and flourish is truly rewarding.



Avive Clinic Brisbane  
artist impression.



## Spotlight on HSPC Health Architects

Chris Doufas, Managing Director of HSPC Health Architects talks about the business, its track record and working with Avive Health to deliver best-in-class mental health facilities.

### Tell us about HSPC

"With over 30 years' design and architecture experience in the mental health sector, HSPC Health Architects is one of Australia's leading design practices in this space. The collective experience of our business and team allows us to create buildings and health destinations that not only deliver exceptional sustainable design, but also environments to help patients heal.

Working in close collaboration with our clients is key, as is the delivery of salutogenic environments. Rather than simply delivering beautiful built form, we consider how the space itself can support health, or help people to thrive cognitively, socially and physically with evidence-based health planning outcomes.

Our partnership with Avive Health is the perfect fit. We are like-minded businesses focused on delivering best-in-class mental health facilities and environments to help patients heal.

Forging a deep understanding of our clients' core motivations and business philosophy means that we share a common goal to craft spaces that enhance the wellbeing of people. As specialised health architects, we have an unwavering commitment to continuous research so that we're tuned in to the ever-evolving healthcare landscape to continue to provide innovative design solutions. As pioneers

in health design, we at HSPC firmly believe we contribute positively, both to the environment and to diverse communities through thoughtful environmental, social and governance (ESG) decisions."

### Can you explain salutogenic design and HSPC's mental health design philosophy?

"Salutogenic design is a research-backed approach intended to elevate human health and wellbeing through design strategies. When it comes to mental health, our design philosophy revolves around creating environments that foster recovery and wellbeing for clients. The interplay between an individual's health and the attributes of their physical surroundings is paramount.

HSPC's approach draws insights from each completed facility, building upon a foundation of evidence-based knowledge and practical experience. This process of critical analysis, coupled with a continuous exploration of emerging trends in mental health design enables us to create a core set of effective design philosophies. These guiding principles underpin our interactions with users, consumers and the design process itself. These principles are centred around identity - active body and mind, independence, connectiveness, nature and peace.

Each of these philosophies inform our interior design decisions, which is proven to profoundly impact the emotional and spiritual states of our clients, in turn fostering positive outcomes and stress reduction when accessing environments for mental health treatment and support.

Integrating nature and landscape into every stage of design - both indoors and out - is critical to producing a salutogenic response. We are committed to ensuring that every design choice within a mental health setting is rooted in evidence, delivering psychosocially supportive solutions."



Indicative bedroom at Avive Clinic facilities.



Chris Doufas, Managing Director HSPC Health Architects.

## How is HSPC collaborating with Avive Health when designing their facilities?

"In partnership with Avive Health, our clinical planners and health facility experts engage in an interactive approach. Collaboration with Avive's stakeholders involves close examination of their model of care requirements, coupled with the application of our extensive expertise. This cooperative approach has encapsulated Avive's unique philosophy of 'reimagining mental health care', encompassing the latest therapies, treatments, and technologies.

Avive's directive is clear: 'we must challenge every facet of mental health design to ensure the best possible patient experience and unwavering commitment to wellbeing.'

Our alignment with Avive's dedication to quality mental health care propels us confidently toward the success of any project that we partner on."

## How important is the envisioning of distinctive design features?

"Each Avive Health facility will holistically exude a sense of safety, modernity and purposeful construction, which combined creates spaces for recovery and serenity, allowing patients to connect around their individual journey. Patient spaces are thoughtfully designed for personalisation to help patients easily transition to the care environment, while visitor and patient areas embrace cultural identities and demographics.

Nature plays a pivotal role with access to vegetation, water features, wildlife, natural light and fresh air. External spaces will encourage local birdlife, flourish

with fruit-bearing plants and vegetables, and showcase the changing seasons through deciduous trees. Well-considered landscaping provides havens for solitary reflection and expansive areas for communal interactions with other patients.

Our designs encourage self-sufficiency and the management of psychological wellbeing, nurturing the development of healthier life skills and instilling a sense of wellness. Mind and body connection can be experienced throughout indoor and outdoor spaces designed for activities such as yoga, tai chi and basketball, along with well-equipped indoor gyms to add to the diversity of options of patients.

Strategic layout planning has allowed us to create quiet nooks for relaxation, and high-quality finishes infuse a welcoming ambiance with soothing natural textures. Spaces throughout Avive's facilities encourage patient and staff interactions fostering supportive peer-to-peer connections, while also extending a warm welcome to carers and visitors. The presence of greenery will harmonise the environment and embrace the principles of biophilic design.

Thoughtful material selections, including acoustically supportive elements like soft furnishings and carpeting, alongside calming colour schemes feature throughout each facility's design.

While the model of care and brief does share common needs across facilities, our steadfast commitment lies in responding uniquely to each setting, artfully adapting to the distinct characteristics of the surrounding environment in which each Avive Health facility exists."




## What's your why?



### Monique Nicolaou

Clinical Services Manager  
Avive Clinic Mornington Peninsula

Patient-centred care is all about ensuring our patients' preferences, needs and values guide clinical decisions, at the same time being respectful and responsive to each individual. Giving patients the best chance of recovery is so important, and it's an honour to be part of the Avive Health team to ensure our patients receive optimal clinical care throughout their journey. 

## What's your why?

### Jen Lavery

National Development and Project Manager



It is exciting to deliver high quality mental health buildings that are designed around best-in-class patient care and experience, that consider the patient across all stages of design. 🌱

## Welcome to the team!

We're delighted to welcome our newest team members to Avive Health, and are genuinely excited about the expertise they bring to the business in their respective areas as we ready ourselves for our next chapter of growth.

- **Jen Lavery** – National Development and Project Manager
- **Greg Chronopoulos** – Financial Controller
- **Caitlin Carpenter** – Executive Assistant
- **Monique Nicolaou** – Clinical Services Manager, Avive Clinic Mornington Peninsula
- **Dr Megan Deutsher** – Program Developer and Facilitator, Avive Clinic Mornington Peninsula
- **Kym Geier** – Private Practice Manager Brisbane



## Careers that matter

We are expanding our Avive Health team as we prepare to welcome our first patients in Brisbane and on the Mornington Peninsula this year.

At Avive Health, we aim to ensure that each person who engages with our people, services or treatments walks away feeling better than before.

We're now taking expressions of interest for the following roles, which allow the opportunity for a career change to make a meaningful difference in people's lives.

- Registered nurses, enrolled nurses, assistants in nursing and clinical nurse consultants
- Psychologists and occupational therapists
- Exercise physiologists and dietitians
- Allied health professionals
- Administration staff

To find out more about careers to help make a difference, view all current and upcoming opportunities by visiting [seek.com.au/AVIVE-jobs](http://seek.com.au/AVIVE-jobs) or register your interest by scanning the QR code below:



## What's your why?

### Greg Chronopoulos

Financial Controller

To be a part of a team that can positively impact lives, promote awareness, reduce stigma and contribute to the wellbeing of individuals and communities makes working at Avive Health feel less like work and more like a fulfilling mission that brings purpose and inspiration to every day. 🌱





## ***Speaking with Dr Matt McDornan***

Co-Founder, Chief Medical  
Officer and Psychiatrist

### **Q A What underpins Avive's clinical model, to set a new era in mental health care?**

"Our clinical model is built around patients presenting with a complex of symptoms, symptom experiences, trauma and self-relational issues, as well as substance use problems.

When planning our new hospital developments, the business, in close consultation with our clinicians has taken the opportunity to update the treatment experience alongside some key pieces that have been missing historically. In doing so, we're able complement each of our patient's individual management plans and interventions with the aim to ultimately achieve best possible patient outcomes."

### **Q A How is Avive Health delivering trauma-informed care, differently?**

"We see our facilities as not just delivering trauma-informed programs, but rather having a trauma-informed culture and facility itself so that both clinical and non-clinical staff can positively impact each patient's journey. We're developing this culture from the ground up through inducting our staff so that anyone interacting with our patients – be it clerical staff, cleaning or kitchen staff – are educated on the key principles of trauma-informed care that include awareness and safety, security and self-efficacy."

### **Q A How will patients benefit from mental health programs, specific to their needs?**

"Our inpatient programs will provide support for the management of patients and as much as

possible, in a proactive way akin to prescribing an inpatient stay within a set of shared clinical goals.

Avive's inpatient programs and outpatient programs are tiered to the needs of patients; not just symptom-orientated but also at a level of psychological readiness, understanding and awareness. If someone is treatment naïve in a psychological sense, they should do what is akin to standard inpatient programs based on psycho-educational material, and concepts of cognitive behavioural therapy (CBT), acceptance and commitment therapy (ACT) and dialectical behaviour therapy (DBT).

These can all be orientated to symptom experience such as depression, anxiety or dual diagnosis.

On the other hand, if people are at a different stage of treatment or further progressed, they may need more processing and trauma-orientated treatment. This involves more dynamic principles of understanding how their development influenced their sense of self and their relational world, beyond just controlling their symptoms alone."

### **Q A Is Avive working with other specialists for development of its programs?**

"The business has engaged Canadian Psychiatrist and Psychoanalyst Jacqueline Kinley (AIR Institute Canada) for the development of its outpatient processing group, to ultimately help people graduate back to life."





## Connect

with us to stay up to date with the latest news from Avive Health.



## Avive Specialist Suites

accepting outpatient referrals

Our outpatient consulting suites in Brisbane and Byron Bay are accepting referrals via telehealth or in person at the following locations:

### Avive Specialist Suites Brisbane

Suite 29  
Level 4 Royal Brisbane Place  
17 Bowen Bridge Road  
Herston QLD 4006  
T +61 7 3123 4828  
F +61 7 3123 4823  
E [brisbane.specialistsuites@avivehealth.com.au](mailto:brisbane.specialistsuites@avivehealth.com.au)

### Avive Specialist Suites Byron

1/12 Tasman Way  
Byron Bay NSW 2481  
T +61 476 853 652  
E [byron.specialistsuites@avivehealth.com.au](mailto:byron.specialistsuites@avivehealth.com.au)

## What's your why?



### Kym Geier

Private Practice Manager Brisbane

Health is defined as a state of complete physical, mental and social wellbeing; and although mental and physical health are often treated separately, our bodies and minds are very much interconnected. I am proud to be part of Avive Health, an organisation that not only recognises this but also aims to correct the imbalance by providing innovative treatment options with patients at the heart of their journey.



## Refer your patients online

General practitioners and health professionals with patients in need of mental health support can refer their patients via our website referral form.

We are currently accepting outpatient appointments and will soon introduce inpatient and day patient referrals in readiness for the opening our Brisbane and Mornington Peninsula hospitals later this year.

By accessing [avivehealth.com.au/referralform](http://avivehealth.com.au/referralform), online referrals will be directed to the appropriate Avive Specialist Suites location for outpatient appointments.

Scan the QR code to access our online referral form.



## Careers to make a difference

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

