



Angus Swendson <g@nakedlogic.net>

OFFICIAL: Outcome of Review: SPOS Recommendations and Medication Change Process

OCP (Health) <ocp@health.vic.gov.au>
To: "g@nakedlogic.net" <g@nakedlogic.net>

31 December 2025 at 11:11

Dear Angus,

Thank you for your recent correspondence regarding your treatment at Frankston Hospital and your concerns about the medication changes made following your Second Psychiatric Opinion Service (SPOS) report. We appreciate you taking the time to raise these matters and understand that this has been a distressing experience for you.

We acknowledge the contents of your SPOS report, dated 3 October, and confirm that both you and the Authorised Psychiatrist at Peninsula Health received the report on 14 October as confirmed by the SPOS. The SPOS report recommended continuing your then-current medication regime, with no alterations at that time.

it is conspicuous that they waited 14 days to change my medication

Under the Mental Health and Wellbeing Act 2022, if the Authorised Psychiatrist chooses not to adopt some or all of the recommendations made in a SPOS report, they are required to provide you with reasons for this decision both orally as soon as practicable and in writing within 10 days. In your case, all recommendations from the SPOS report were initially followed, and there was no immediate change to your medication during the required 10-day period. Therefore, Peninsula Health was not required to provide a written explanation under the relevant legislation.

We understand that your medication was changed to Haloperidol Depot 13 days after you received the SPOS report, following what Peninsula Health has documented as a significant relapse in your mental health. This change occurred outside the 10-day period specified in the legislation for written feedback regarding the SPOS report. The timing and rationale for this change were based on a new clinical assessment in response to your relapse, rather than a decision to disregard the SPOS recommendations.

While your request for a Chief Psychiatrist review of the Second Opinion does not meet the legislative threshold—since Peninsula Health followed the recommendations of the SPOS report within the required timeframe—we want to assure you that your concerns have been taken seriously. We have nevertheless reviewed the SPOS report, spoken to the Authorised Psychiatrist, and made them aware of your concerns.

After reviewing all available information, we encourage you to discuss these issues directly with your treating team. We believe it is important that you and your treating team have a shared understanding of the reasons for the changes to your medication. Open communication can help rebuild trust and ensure you feel heard and involved in your care.

We recognise that you may feel disappointed or frustrated by the sequence of events, and we are sorry for the distress this has caused you. If you remain dissatisfied with the process or outcome, you have several options for escalating your concerns:

- **Mental Health and Wellbeing Commission (MHWC):** 1800 246 054, help@mhwc.vic.gov.au, <https://www.mhwc.vic.gov.au>

- **Independent Mental Health Advocacy (IMHA):** 1300 947 820, contact@imha.vic.gov.au, <https://www.imha.vic.gov.au>
- **Mental Health Legal Centre (MHLIC):** (03) 9629 4422, 1800 555 887, mhlc@mhlc.org.au, <https://www.mhlc.org.au>

Alternatively, if you wish to seek another independent review of your current treatment and recent medication changes, you may request a new assessment through the Second Psychiatric Opinion Service (SPOS).

We understand that navigating the mental health system and compulsory treatment can be challenging, and we are sorry for the distress this process has caused you. Please know that your concerns are taken seriously, and you have the right to seek support and advocacy to ensure your views are heard.

Thank you again for bringing your concerns to our attention. We wish you all the best in your ongoing recovery and support your right to be involved in decisions about your treatment.

Kind regards,

Stacey

Senior Clinical Advisor

Office of the Chief Psychiatrist

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Office of the Chief Psychiatrist: Ensuring high quality and safe mental health care, treatment and support for all Victorians



Department
of Health



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