



## **Inspector of Mental Health Services**

Overview of National  
Mental Health Services 2016

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## Overview of National Mental Health Services

The Inspector of Mental Health Services met with the area management teams in each Community Healthcare Organisation and with the senior management teams in the independent hospitals. Below is a report of the information obtained during these meetings and in follow-up contact.

### Community Healthcare Organisation (CHO) 1

#### Description

CHO 1 covers Cavan/Monaghan, Sligo/Leitrim/West Cavan/South Donegal, and Donegal. It has a population of 402,252 and is mainly rural. It has the highest dependency ratio, the highest levels of unemployment and the highest levels of deprivation of all CHOs.

The Cavan/Monaghan catchment area is sparsely populated, with a population of 133,666. It has poor infrastructure and is mostly rural. It is served by two approved centres: the Acute Psychiatric Unit in Cavan General Hospital and Blackwater House in St. Davnet's Hospital, Monaghan, a continuing care unit. Cavan/Monaghan was one of the first areas to introduce home-based treatment and assertive outreach teams, which are now well established. This has resulted in a low admission rate to the Acute Psychiatric Unit in Cavan General Hospital.

Sligo/Leitrim/West Cavan/South Donegal is a relatively large geographical area with a population of 107,659. The infrastructure is poor. It has two approved centres, both in Sligo: the Sligo/Leitrim Mental Health In-patient Unit, which is the acute admission unit, and the Rehabilitation and Recovery Mental Health Unit, which is currently a continuing care unit.

Donegal Mental Health Services covers a population of 160,927. Donegal is a rural, low-density county with high levels of deprivation and high proportions of older people. It has one approved centre, the Department of Psychiatry, Letterkenny General Hospital. There are three community mental health teams.

#### Funding

<b>Area</b>	<b>Closing Budget 2016</b>	<b>Per Capita</b>
<i>Cavan/Monaghan</i>	64,959,659	€201
<i>Sligo/Leitrim/West Cavan/South Donegal</i>	26,033,033	€200
<i>Donegal</i>	€21,884,678	€136
<b>Total</b>	<b>€66,865,082</b>	<b>€166</b>

#### Mental Health Teams

The mental health teams are as follows:

<b>Teams</b>	<b>Number of Teams</b>
<i>General Adult</i>	7
<i>Psychiatry of Later Life</i>	3
<i>Rehabilitation</i>	4
<i>CAMHS</i>	4
<i>Mental Health and Intellectual Disability</i>	1 (shared within Monaghan, Louth/Meath)
<i>Liaison</i>	1
<i>Addiction</i>	1 (Donegal)

In Cavan/Monaghan, all community teams have a clinical coordinator who provides one point of access to the service. Both community mental health teams and Psychiatry of Later Life have a two-hour turnaround for urgent assessment. Community mental health teams provide a seven-day service. The rehabilitation teams have two assertive outreach teams.

The general adult teams in Sligo have two team coordinators, providing a single point of access, and all have full multi-disciplinary teams. They are co-terminous with primary care networks and offer a seven-day service. There are team coordinators in Psychiatry of Later life and Rehabilitation and Recovery.

The community mental health teams in Donegal do not have a team coordinator.

## In-patient Facilities

	<b>Number of Beds</b>
<b>Acute Adult</b>	
<i>Acute Psychiatric Unit Cavan General Hospital</i>	25
<i>Sligo/Leitrim Mental Health In-patient Unit</i>	34
<i>Department of Psychiatry, Letterkenny General Hospital</i>	34
<b>Continuing Care</b>	
<i>Blackwater House, Monaghan</i>	20
<i>Rehabilitation and Recovery Mental Health Unit, Sligo</i>	20

There is one consultant psychiatrist with responsibility for all residents in the Acute Psychiatric Unit (APU) in Cavan. An occupational therapist and 0.5 WTE social worker are based in the APU. There is psychology input from the community mental health teams. Community meetings with residents are held weekly. There are residential placement meetings every six months. Seclusion is not used in the APU as flexible or “fluid” staffing is in place.

In the Department of Psychiatry, Letterkenny, works have commenced on a new High Dependency Unit, which is due to be completed at the end of 2016. It will have two beds.

Sligo/Leitrim Mental Health In-patient Unit dates from the 1930s and is institutional in design. Plans have been developed for the construction of a new unit on the grounds of the nearby general hospital. Planning permission has been granted and tender documentation has been issued and returned. Final approval for capital funding is awaited. Blackwater House is in St. Davnet’s Hospital complex and, as such, is not suitable for mentally ill patients. It has large dormitories and day rooms. Focused Intervention Training and Support (FITS) for dementia is in place, as is the use of life narratives. Plans

are in train to move the residents of Blackwater House to a refurbished building in a community nursing unit, but the building works had not commenced by October 2016. Blackwater House has a condition to its registration that it provides quarterly reports on the development and construction of new facilities.

The Rehabilitation and Recovery Mental Health Unit currently provides continuing care. It was initially registered in November 2016, before which it had been operating as a community residence. There are plans to discharge more elderly residents to nursing homes and to operate it as a rehabilitation unit with fewer beds.

## Child and Adolescent Mental Health Services

<b>Number of In-patient Beds</b>	<b>0</b>
<i>Number of Day Hospitals</i>	0
<i>Number of Community Teams</i>	5

Since January 2016, there has been a clinical coordinator in each of the two Child and Adolescent Mental Health Services (CAMHS) teams in Cavan/Monaghan. Development posts have been approved for a CAMHS and mental illness and intellectual disability team. There is a difficulty filling consultant psychiatrist posts in CAMHS. There is a clinical coordinator for the CAMHS team in Sligo/Leitrim.

## 24-Hour Supervised Residences

<i>Residence</i>	<b>Number of Beds</b>	<b>Team Responsible</b>
<i>Lisdarn Lodge, Cavan</i>	13	Rehabilitation
<i>Avenue Services, Cavan*</i>	16	Rehabilitation
<i>Benbulbin Lodge, Sligo</i>	8	General Adult
<i>Castlecourt, Sligo</i>	11	Rehabilitation
<i>Linden House, Sligo</i>	12	General Adult
<i>Park House, Donegal</i>	15	Rehabilitation
<i>Rowanfield House, Donegal</i>	15	Rehabilitation
<i>Carndonagh, Donegal</i>	20	Rehabilitation
<i>Letterkenny SRU, Donegal</i>	20	Rehabilitation
<b>Total</b>	<b>130</b>	
<b>Number of beds per 100,000</b>	<b>32</b>	

\* Avenue Services comprise four separate houses, with five or fewer residents in each.

## Service User Involvement and Initiatives

### 1. Management

There has been a service user on the Cavan/Monaghan area management team since 2013. There are also two service users on the Quality and Patient Safety Committee.

### 2. Psychiatry of Later Life

There is a carers' group that meets regularly and consumer panel training is available in Cavan/Monaghan.

### 3. Consumer Forum

There is a consumer forum in Donegal, chaired by Steer Advocacy.

### 4. WRAP

Service users, staff and carers have been trained in Wellness Recovery Action Plan (WRAP) in Cavan/Monaghan. WRAP is provided at weekends and in the evenings to encourage attendance.

### 5. Individual Placement and Support

Individual Placement and Support integrates employment and mental health supports. It allows service users to enter competitive employment by having a coach who also attends team meetings. This has been funded by Genio, an organisation that works with the Department of Health and the HSE, supported by Atlantic Philanthropies.

### 6. Advancing Recovery Ireland

Cavan/Monaghan Mental Health Services is part of Advanced Recovery Ireland (ARI). This includes consumer panel training; a leadership programme with Dublin City University involving service user, carer, and staff member; Recovery Principles Training; the appointment of peer support workers and a recovery coordinator; and co-facilitation skills training. A Recovery College is in development. Donegal also became an ARI site in 2016.

### 7. Solas

Solas is a drop-in centre on the grounds of St. Davnet's Hospital, which is run by service users for service users. Between 20 and 30 people attend Solas.

### 8. Patient Opinion.ie

In Sligo/Leitrim/West Cavan/South Donegal, service users can give their opinion on services through a web page. This information is collated and analysed.

### 9. EOLAS Programme

There is an active EOLAS programme in Sligo/Leitrim/West Cavan/South Donegal. This is a mental health information and learning programme that focuses on assisting participants on their recovery journey. There are two programmes: one is designed for persons diagnosed with schizophrenia spectrum or bipolar disorder and the other is for their families and close friends.

#### **10. Service User Study**

Over 1,000 service users have taken part in a feedback study in Sligo/Leitrim/West Cavan/South Donegal, the analysis of which is ongoing.

#### **11. Consumer Panel**

In Sligo/Leitrim/West Cavan/South Donegal, the Psychiatry of Later Life team has initiated a consumer panel. There is also a consumer panel in Cavan/Monaghan.

#### **12. Alive2thrive**

Alive2thrive is a website where service users in Sligo/Leitrim/West Cavan/South Donegal can find general information about positive mental health, including services and resources.

### **Challenges for CHO 1**

1. There is a need to integrate mental health services with CHO 1 structures.
2. There is a need to reduce the number of residents in 24-hour supervised community residences, but there are difficulties in arranging placement options.
3. Recruitment and retention of nursing staff remains difficult. Replacement of retired staff will pose a considerable challenge, given the current national nursing crisis. Recruitment of psychology, social work and occupational therapy personnel is also problematic. There is difficulty with filling CAMHS consultant posts.
4. Maternity leave cover is required in administration and in health and social care professions.
5. There is a lack of a budget for continuous professional development and supervision for health and social care professionals.
6. New occupational therapist development posts are only at basic grade in specialist areas.
7. There is a delay in progressing a project to replace Blackwater House.
8. There is a lack of administration support due to the current staff recruitment embargo.
9. There is a shortage of placement options for service users who require rehabilitation over a longer period of time and who are currently in acute psychiatric units.
10. There is no principal social worker in mental health in Sligo/Leitrim.

## Community Healthcare Organisation (CHO) 2

### Description

CHO 2 consists of Galway/Roscommon and Mayo, with a population of 453,413. The CHO is not yet fully integrated, with Galway/Roscommon (population 322,988) and Mayo (population 130,425) managed separately in 2016.

Galway/Roscommon has five approved centres: Department of Psychiatry, University Hospital Galway; Department of Psychiatry, Roscommon County Hospital; Creagh Suite, St. Brigid's Hospital, Ballinasloe; Woodview, Merlin Park University Hospital, Galway; and CAMHS In-patient Unit, Merlin Park. The area has a rural/urban mix and includes the Aran Islands and Inis Boffin. There are significant areas of social deprivation. There is also a large transient student population and a seasonal tourist population.

Mayo has four approved centres, all located in Castlebar: Adult Mental Health Unit, An Coillín, Teach Aisling, and St. Anne's Unit. Mayo is mainly rural and has a wide geographical population spread.

### Funding

<b>Area</b>	<b>Closing Budget 2016</b>	<b>Per Capita</b>
<i>Galway/Roscommon</i>	64,959,659	€201
<i>Mayo</i>	26,033,033	€200
<b>Total</b>	<b>90,992,692</b>	<b>€201</b>

### Mental Health Teams

The mental health teams are as follows:

<b>Teams</b>	<b>Galway/Roscommon</b>	<b>Mayo</b>	<b>Total for CHO 2</b>
<i>Adult Mental Health Teams</i>	6	5	11
<i>CAMHS</i>	4	2	6
<i>Psychiatry of Later Life</i>	3	2	5
<i>Rehabilitation</i>	2	1	3
<i>Liaison</i>	1	0	1
<i>Mental Health and Intellectual Disability</i>	1	1	2



The adult mental health teams are not yet co-terminous with the primary care networks. There is a home-based treatment team in Roscommon and one proposed for Galway in 2017. There are four current Dialectical Behavioural Therapy (DBT) programmes, including one for CAMHS in Galway/Roscommon.

The Mayo rehabilitation team covers Castlebar only, with the rest of the county receiving no rehabilitation service. The multi-disciplinary rehabilitation and recovery team for Galway/Roscommon sectors 3 and 4 is not fully staffed and does not have access to an assertive outreach team. The rehabilitation and recovery team for Galway/Roscommon sectors 5 and 6 has two posts approved for the multi-disciplinary team but is not effectively up and running due to the absence of a consistent clinical lead.

A forensic psychiatrist is due to commence in Castlerea Prison for two days a week. This should alleviate some of the current difficulties encountered by the acute units in managing discharges from prison to the acute units.

## In-patient Facilities

	Registered Number of Beds
<b>Acute Adult</b>	
<i>Department of Psychiatry, University Hospital Galway</i>	45
<i>Department of Psychiatry, Roscommon County Hospital</i>	22
<i>Adult Mental Health Unit, Castlebar</i>	32
<b>Psychiatry of Later Life</b>	
<i>Creagh Suite St. Brigid's Hospital, Ballinasloe</i>	16
<i>St. Anne's Unit, Castlebar</i>	12
<b>Continuing Care</b>	
<i>Woodview Merlin Park University Hospital, Galway</i>	20
<i>An Coillín, Castlebar</i>	22
<b>Rehabilitation</b>	
<i>Teach Aisling</i>	10
<b>CAMHS</b>	
<i>CAMHS In-patient Unit, Merlin Park</i>	20

A 50-bed acute unit is being constructed in University Hospital Galway to replace the existing acute approved centre. This is due for completion at the end of 2017.

Woodview became an approved centre in 2016. Previously it was a 24-hour supervised residence. There is a plan to close Woodview within two to three years, with residents moving to smaller community residences.

## Child and Adolescent Mental Health Services (CAMHS)

<b>Number of In-patient Beds</b>	<b>20</b>
<i>Number of Day Hospitals</i>	1
<i>Number of Community Teams</i>	6

Galway/Roscommon requires an extra CAMHS team to bring the complement up to six teams. There is a CAMHS day hospital in Galway, which runs a seven-day service. The home-based treatment team is also a seven-day service and opens three evenings a week until 20:00, which facilitates earlier discharge from hospital.

The in-patient unit in Galway has 20 beds and provides a regional service to CHO 1 and CHO 3 as well as CHO 2 and it accepts emergency admissions. The seclusion room in the approved centre has been upgraded, and further improvements are planned, including a de-escalation suite and a shower. This will require a capital spend of €1.4 million.

The CAMHS team in Mayo has eliminated its waiting list over the past 18 months. There is no out-of-hours CAMHS cover in Mayo and all out-of-hours presentations are managed by the adult mental health service. There is approval for a third CAMHS consultant post in Mayo.

## 24-Hour Supervised Residences

<b>Residence</b>	<b>Number of Beds</b>	<b>Team Responsible</b>
<i>Tulla Hill</i>	7	Community Mental Health Team (CMHT)
<i>Brook House</i>	7	CMHT
<i>River View</i>	9	CMHT
<i>Toghermore House</i>	12	CMHT
<i>Sycamore House</i>	10	CMHT
<i>Bredagh House</i>	7	Rehabilitation
<i>21/22 Forster Court</i>	5	Rehabilitation
<i>Oak Grove*</i>	9	Mental Health and Intellectual Disability (MHID)
<i>Hazel Heights*</i>	6	MHID
<i>Ashville House*</i>	6	MHID
<i>Beech Haven*</i>	5	MHID
<i>Walnut Grove*</i>	6	MHID
<i>Maple Lodge*</i>	5	MHID
<i>The Willows*</i>	5	MHID
<i>Rosalie Unit</i>	20	CMHT
<i>Knockroe</i>	9	CMHT
<i>Swinford Treatment Centre**</i>	5	CMHT
<b>Total</b>	<b>133</b>	
<b>Number of Beds per 100,000</b>	<b>29</b>	

*\*Intellectual Disability    \*\* Step-down unit*

Swinford Treatment Centre also provides an evening and weekend outreach service.

## Service User Involvement and Initiatives

### Galway/Roscommon Mental Health Services

#### 1. Service User on Area Management Team

In 2015, a service user became a member of the area management team in Galway/Roscommon and provides consumer panel support as well as peer support.

#### 2. Peer Support Worker

Two peer support worker posts have been approved for Galway/Roscommon. There will be one whole time equivalent (WTE) with each rehabilitation and recovery team and one across two general adult teams.

#### 3. EOLAS Programme

The roll out of the EOLAS programme is being facilitated by a principal social worker in adult mental health services. The training of service users, family members and professionals as facilitators is due to commence in 2017.

#### 4. Advancing Recovery Ireland (ARI)

In 2012, Roscommon became a pilot site for ARI. The Regari Recovery College was set up in 2015 with co-production and pro-delivery of recovery education. It has a peer educator and provides ten modules across three sites, using adult education principles. There are plans to have a recovery college in Galway city. A recovery policy has been drafted by the ARI steering group and formally adopted by the area management team with a view to rolling it out to Galway/Roscommon Mental Health Services in 2017. The service user member of the area management team is an ARI consultant.

#### 5. Service Reform Fund

CHO 2 receives funding from the Service Reform Fund to embed recovery into mainstream service delivery.

### Mayo Mental Health Services

#### 1. Clubhouses

Mayo Mental Health Services is in voluntary partnership with two clubhouses: Dolmen Clubhouse Limited and Cairde Clubhouse Limited. These are service user-driven amenities for people who are in recovery from mental health issues and provide opportunities for social engagement.

#### 2. Peer Support Worker

Part of the Refocus Project, this uses Experts by Experience to help facilitate individualised planning and service delivery with service users. Five WTEs have been approved for these posts.

### **3. Recovery College Galway–Mayo Institute of Technology**

This is the first Recovery College in the country. It uses adult education and learning to advance personal recovery and mental health promotion through a diverse range of co-produced and co-facilitated courses, which include lived experience and health professional expertise. It is open to the community and hosted on the GMIT campus in Castlebar.

### **4. Directory of Services**

Mayo Mental Health Services has developed a directory of mental health services, which is user friendly.

## **Challenges for CHO 2**

### **Galway/Roscommon Mental Health Services**

1. There is a high reliance on special one-to-one nursing in the Department of Psychiatry in University Hospital Galway, despite the opening of a new high-observation area.
2. There are a significant number of service users in hospital for more than six months across the three acute approved centres.
3. Community mental health teams are sparsely resourced in Roscommon. This has led to a 98% occupancy in the Department of Psychiatry, Roscommon.
4. Medical recruitment in Roscommon is difficult and at present there are three consultant psychiatrist locums in place. There is an overall high turnover of staff, with the use of agency staff to cover vacancies across CHO 2.
5. There is no team coordinator role in community mental health teams.

### **Mayo Mental Health Services**

1. The lack of information technology and infrastructure has been identified as a challenge by Mayo Mental Health Services.
2. There are specific gaps in eating disorders, forensic mental health care and personality disorder services in Mayo. Although staff have been trained in Dialectical Behaviour Therapy, there is no service.
3. There is a lack of a seven-day service in the community.
4. It is difficult to fill vacant posts, and a number of them are filled by agency staff and use of overtime.

## Community Healthcare Organisation (CHO) 3

### Description

CHO 3 comprises Limerick, Clare and North Tipperary and has an overall population of 385,172. Limerick has a population of 195,175, Clare a population of 118,627 and North Tipperary a population of 71,370. The CHO is a mix of urban (Limerick and Ennis) and rural. It has four approved centres: Acute Psychiatric Unit 5B, Limerick; Acute Psychiatric Unit, Ennis; and Cappahard Lodge and Tearmann Ward, both Psychiatry of Later Life units. There are 11 discrete sectors spread across a large geographical area. The CHO is well integrated.

### Funding

The closing budget for CHO 3 in 2016 was €58,676,054. This represents a per capita closing budget of €152.

### Mental Health Teams

The mental health teams are as follows:

Teams	Number of Teams
Adult Mental Health Teams	13
CAMHS	6
Psychiatry of Later Life	4
Rehabilitation	2
Liaison	1
Mental Health and Intellectual Disability	0
Forensic*	1

*\*In-reach to Limerick Prison*

Work on the revision of sector boundaries is taking place, and it is envisaged that there will be two sectors in Clare covering populations of 50,000. This is slow progress on the requirements of *A Vision for Change*, which was published in 2006.

There is an out-of-hours crisis service available in Limerick, Clare and North Tipperary, which operates a seven-day service until 03:30/04:00.

Additional posts have been approved for the North Tipperary Psychiatry of Later Life service. Consideration is being given to transferring the dementia unit in St. Joseph's Hospital, Ennis, to the service.

## In-patient Facilities

	Registered Number of Beds
<b>Acute Adult</b>	
<i>Acute Psychiatric Unit 5B, University Hospital Limerick</i>	50
<i>Acute Psychiatric Unit, University Hospital, Ennis</i>	39
<b>Psychiatry of Later Life</b>	
<i>Cappahard Lodge</i>	34
<i>Tearmann Ward, St. Camillus' Hospital, Limerick</i>	21

## Child and Adolescent Mental Health Services (CAMHS)

<b>Number of In-patient Beds</b>	<b>0</b>
<i>Number of Day Hospitals</i>	0
<i>Number of Community Teams</i>	6

The filling of additional posts in CAMHS is ongoing. A total of 36 posts have been allocated from the National Service Plan development fund. A second consultant psychiatrist has been appointed to Clare CAMHS, with five approved posts for a multi-disciplinary team. Three of these have been filled.

Consultant psychiatrists provide an out-of-hours service to the emergency department in University Hospital Limerick.

## 24-Hour Supervised Residences

	Number of Beds	Team Responsible
<i>Ferndale</i>	14	Rehabilitation
<i>New Strand House</i>	16	Rehabilitation
<i>Ivernia House</i>	14	Rehabilitation
<i>O'Connell House</i>	24	Rehabilitation
<i>Orchard Grove</i>	9	Rehabilitation
<i>Teach na Beithe</i>	7	Rehabilitation
<i>Ard Aluinn</i>	6	Rehabilitation
<i>Orchard Lodge*</i>	10	Community Mental Health Team
<i>Cois Mara*</i>	16	Community Mental Health Team
<b>Total</b>	<b>116</b>	
<b>Number of beds per 100,000</b>	<b>30</b>	<b>385,172</b>

*\* Intellectual disability*

In Limerick, the supervised residences are large, with numbers of residents well in excess of that recommended by *A Vision for Change* (ten places). Similarly, Cois Mara in Clare has 16 places. The HSE report on accommodation for people with disabilities, *Time to Move on from Congregated Settings*, recommends that the home-sharing arrangement should be confined to no more than four residents in total and that those sharing accommodation have, as far as possible, chosen to live with the other three people.

## Service User Involvement and Initiatives

### 1. Aras Folláin

This is a peer support centre in Nenagh. It uses peer support, self-advocacy and personal development to encourage service users to achieve healthy lifestyles. It runs training courses in personal development and skills training.

### 2. Aries

Aries is an educational programme and resource on recovery and well-being. The topics covered on the course are created and delivered by people with lived experiences, family members and staff working in the mental health service.

## Challenges for CHO 3

1. Recruitment is a serious challenge for the region, and there is a heavy reliance on agency and overtime.

## Community Healthcare Organisation (CHO) 4

### Description

CHO 4 consists of Cork and Kerry Mental Health Services. It has a combined population of 689,750 and is one of the largest extended catchment areas in the country. All sector teams are aligned to primary care teams and networks.

Cork Mental Health Services covers a population of 542,196 and includes Cork city. There are ten community mental health teams in Cork. Cork has six approved centres, including one child and adolescent in-patient unit: Acute Mental Health Unit, Cork University Hospital; St. Michael's Unit, Mercy Hospital, Centre for Mental Health and Recovery, Bantry, St. Stephen's Hospital; St. Catherine's Ward, St. Finbarr's Hospital; and Éist Linn Child and Adolescent In-patient Unit .

Kerry Mental Health Services serves a population of 147,554 in a large geographical area. There are three community mental health teams: North Kerry, Tralee and South Kerry. Kerry has two approved centres: Sliabh Mis, an acute admission unit in University Hospital Kerry, and the O'Connor Unit in the grounds of the now-closed St. Finan's Hospital in Killarney. The O'Connor Unit is a continuing care facility under the care of the rehabilitation team.

### Funding

<b>Area</b>	<b>Closing Budget 2016</b>	<b>Per Capita</b>
<i>Kerry Mental Health Services</i>	€22,777,111	€154
<i>Cork Mental Health Services</i>	€82,559,200	€152
<b>Total</b>	<b>€105,336,311</b>	<b>€153</b>



## Mental Health Teams

The mental health teams are as follows:

<b>Teams</b>	<b>Number of Teams</b>	<b>Details</b>
<b>Adult Mental Health Teams</b>	13	
<b>CAMHS</b>	10	
<b>Psychiatry of Later Life</b>	3	The consultant psychiatrist post is vacant; the remainder of the team is in place
<b>Rehabilitation</b>	2	
<b>Liaison</b>	2	One consultant psychiatrist and two clinical nurse specialists are currently being recruited
<b>Mental Health and Intellectual Disability</b>	1	A new multi-disciplinary team is at different stages of recruitment. Some members of the team are in situ.

There are also nurse-led, home-based treatment teams in South Kerry and in North Lee. These were staffed following the closure of a community residence. The teams operate a seven-day week service from 08:00 to 20:00.

There is now funding for a consultant psychiatrist for 0.5 whole service equivalent (WTE) prison service commitment and 0.5 WTE for Carraig Mór assertive outreach. The homeless team has 0.5 WTE consultant psychiatrist and there is now funding for a further 0.5 WTE.

## In-patient Facilities

	<b>Number of Beds</b>
<b>Acute Adult</b>	
Acute Mental Health Unit, Cork University Hospital	50
St. Michael's Unit, Mercy Hospital	50
Centre for Mental Health and Recovery, Bantry	18
Sliabh Mis, University Hospital, Kerry	34
<b>Continuing Care</b>	
St. Stephen's Hospital	93 (17 Acute admission beds)
St. Catherine's Ward, St. Finbarr's Hospital	21
O'Connor Unit, St Finan's Hospital, Killarney	32
Carraig Mór	18
Éist Linn	20

There are plans to close the admission ward in St. Stephen's Hospital and have all acute admissions in North Cork and North Lee admitted to St. Michael's Unit in the Mercy Hospital. However, this proposal

is currently paused due to capacity and structural issues. On occasion, residents from the acute admission unit have to “sleep out” in the continuing care wards in St. Stephen’s due to lack of capacity in the acute unit.

Both Carraig Mór and St. Catherine’s Ward in St. Finbarr’s Hospital are unsuitable for their purpose. However, there are no plans to replace these units with modern facilities. Refurbishment work has been completed in St. Catherine’s Ward and funding has been approved for refurbishment work in Carraig Mór.

Carraig Mór runs an assertive outreach service with 88 service users.

Sliabh Mis has been undergoing extensive renovation in 2016 to improve Valentia Ward, and there is a requirement to bring Reask Ward up to an acceptable standard. This has not been funded. The newly constructed four-bed observation unit with a seclusion room is not operational. Instead, these beds have been utilised to accommodate residents from Reask Ward while it is being renovated. Due to the reduced bed capacity during renovations, extra beds are placed in corridors and dormitories (see Sliabh Mis inspection report 2016).

A 40-bed replacement unit for the O’Connor Unit, Deer Lodge, has been constructed and is ready for occupation. It will open in 2017. Deer Lodge will comprise four units: two continuing care, one rehabilitation unit and one unit for residents with challenging behaviour.

## Child and Adolescent Mental Health Services (CAMHS)

<b>Number of In-patient Beds</b>	<b>20</b>
<i>Number of Day Hospitals</i>	0
<i>Number of Community Teams</i>	10

The CAMHS teams now offers an out-of-hours service to Kerry General Hospital. Protocols have been put in place for emergency admissions of children and adolescents to Sliabh Mis and the paediatric unit. Young people up to the age of 18 are seen by the CAMHS teams.

North Kerry CAMHS includes mental health and intellectual disability. Currently, the consultant psychiatrist post on the South Kerry CAMHS team is vacant.

Éist Linn is a 20-bed CAMHS unit in Cork. Although registered for 20 beds, it currently operates with 12 beds due to staff shortages. It covers Cork, Kerry, Waterford, Wexford, South Tipperary, Carlow and Kilkenny, a catchment area with a population of 1.1 million. In total, 17 community child and adolescent teams refer to Éist Linn as part of the National Child and Adolescent In-patient Mental Health referral system.

## 24-Hour Supervised Residences

<i>Residence</i>	<b>Number of Beds</b>	<b>Team Responsible</b>
<i>Teach an Churam</i>	9	Rehabilitation
<i>Writer's Grove</i>	10	Rehabilitation
<i>Killarden House</i>	16	Rehabilitation
<i>Cherryfield House</i>	15	Rehabilitation
<i>St. Coleman's</i>	16	CMHT
<i>Gougane Barra</i>	13	CMHT
<i>Millfield House</i>	15	CMHT
<i>Carrickbrick Lodge</i>	14	Rehabilitation
<i>Cois Alla</i>	14	Rehabilitation
<i>Solas Nua</i>	14	Rehabilitation
<i>Ard Realt</i>	10	CMHT
<i>Saol Nua</i>	8	CMHT
<i>Glenmalure</i>	18	CMHT
<i>Perrott House</i>	19	CMHT
<b>Total</b>	<b>191</b>	
<b>Number of beds per 100,000</b>	<b>35</b>	

The rehabilitation team provides a service to in-patients, the community residences, day centres, the Recovery Therapeutic Centre (Lime Grove), and the rehabilitation training centre in Kerry. The community mental health teams in Cork have responsibility for the 24-hour supervised residences. All but three residences have more than the ten beds recommended by *Vision for Change*.

## Service User Involvement and Initiatives

### 1. Peer Support Workers

Kerry Mental Health Services has been allocated two whole time equivalent (WTE) peer support workers who will work as part of the rehabilitation team. Cork has been allocated three WTEs for peer support workers.

### 2. Mental Health Community Worker

Cork has a mental health community worker for three days per week. In September 2015, Kerry Mental Health Services in conjunction with Kerry Community Work Department recruited a part-time mental health community worker. The post includes empowerment, partnership, collaboration and participation to support and develop mental health community projects. The mental health community worker works closely with voluntary agencies.

### 3. Kerry Peer Support Group

This project came from a triologue meeting between service users, service providers and carers in 2012. The members of the group have trained in Peer Monitoring in Recovery in Mental Health and in Wellness Recovery Action Plan facilitation. The Kerry Peer Support Group runs community groups in Tralee, Kenmare and Caherciveen and a weekly group

on the acute unit, Sliabh Mis. The service has obtained Genio funding to extend this project throughout Kerry.

**4. Advancing Recovery Ireland (ARI)**

Cork has two sites for ARI. Kerry has been selected as an ARI site with the aim of developing specific ARI projects for the county, namely the Recovery Committee and the Recovery College.

**5. Open Dialogue**

Open Dialogue encourages service users to involve loved ones or close friends in their treatment. Currently, Open Dialogue has been available in West Cork. It is now being expanded to Cork city and to Kerry.

**6. Dublin City University Leadership Programme**

There are seven teams in the DCU leadership programme.

## Challenges for CHO 4

1. There are ongoing recruitment difficulties across all disciplines.
2. The current model of care is largely institutional-based in nine approved centres and 14 large, 24-hour nurse-supervised residences.
3. There are difficulties in redeploying staff to provide the remodelled services.
4. There is a challenge in developing specialist mental health teams and providing quality mental health care across all age groups.
5. There are difficulties in addressing service variability across the expanded catchment area and ongoing challenges to integrate Cork and Kerry.

## Community Healthcare Organisation (CHO) 5

### Description

CHO 5 consists of Carlow/Kilkenny/South Tipperary Mental Health Services (population 218,747) and Waterford/Wexford Mental Health Services (population 292,323). It has a total population of 511,070 and has mixed urban and rural areas. There are six approved centres, two acute units and four Psychiatry of Later Life units: Department of Psychiatry Kilkenny; Department of Psychiatry Waterford; Heywood Lodge; Gabriel's Ward, St. Canice's Hospital; Selskar, Wexford; and St. Otteran's Hospital. Waterford/Wexford also includes South Kilkenny with a population of 19,000.

Carlow/ Kilkenny/South Tipperary has a relatively young population. There are relatively high levels of deprivation dispersed throughout sections of CHO 5 and the CHO is the second most deprived area nationally.

### Funding

<b>Area</b>	<b>Closing budget 2016</b>	<b>Per capita</b>
<i>Carlow/Kilkenny/South Tipperary</i>	€48,947,885	€224
<i>Waterford/Wexford</i>	€41,014,725	€140
<b>Total</b>	<b>€89,962,610</b>	<b>€176</b>

### Mental Health Teams

The mental health teams are as follows:

<b>Teams</b>	<b>Number of teams</b>
<i>General Adult Mental Health Teams</i>	17.5
<i>Child and Adolescent Mental Health Services (CAMHS)</i>	7
<i>Psychiatry of Later Life</i>	5
<i>Rehabilitation</i>	4
<i>Liaison</i>	1
<i>Mental Health and Intellectual Disability</i>	0

## In-patient Facilities

	Number of Beds
<b>Acute Adult</b>	
<i>Department of Psychiatry Kilkenny</i>	44
<i>Department of Psychiatry Waterford</i>	44
<b>Continuing Care</b>	
<i>Heywood Lodge</i>	40 (Including 20 rehabilitation beds)
<i>St. Gabriel's Ward, St. Canice's Hospital,</i>	20 (Including 5 rehabilitation beds)
<i>Selskar, Wexford</i>	20
<i>St. Otteran's Hospital</i>	40 (Including 20 rehabilitation beds)

St. Aidan's Unit in St. Otteran's Hospital will move to a new community nursing unit, with 20 beds. The tender process for this development has been initiated. A new unit to be constructed will also replace Grangemore in St. Otteran's Hospital as a rehabilitation unit.

Following closure of St. Senan's Hospital in Enniscorthy and the merger with the Waterford Mental Health Services, North Wexford was allocated five beds in Newcastle Hospital, which are under the responsibility of the North Wexford community mental health team, allowing continuity of care. As part of this merger, a new day hospital was built in Gorey.

The in-patient post in Waterford Department of Psychiatry has not been filled, and short-term locums have been deployed over a period of two years.

CHO 5 has 18.1 acute beds per 100,000 population.

## Child and Adolescent Mental Health Services

<b>Number of In-patient Beds</b>	<b>0</b>
<i>Number of Day Hospitals</i>	0
<i>Number of Community Teams</i>	7

In Waterford/Wexford Mental Health Services, there are 3.6 CAMHS consultant psychiatrists. There should be three teams in Waterford CAMHS but at present there are only 1.6 whole time equivalent (WTE) consultant psychiatrists. There is no emergency on-call provision by the CAMHS team. An agency psychiatrist provides supervision and advice to the non-consultant hospital doctor (NCHD) on call pertaining to his/her assessment of children and adolescents with mental health difficulties attending the Emergency Department in University Hospital Waterford.

In Carlow/Kilkenny/South Tipperary, there are four CAMHS teams with four consultant psychiatrists. However, there is no out-of-hours emergency service provided; presentations to the Emergency Departments in South Tipperary General Hospital, Clonmel General Hospital and St. Luke's Hospital, Kilkenny, are assessed by an NCHD and discussed with the on-call adult consultant psychiatrist.

New accommodation for CAMHS has been developed in St. Canice's Hospital, Kilkenny.

## 24-Hour Supervised Residences

<i>Residence</i>	<b>Number of Beds</b>	<b>Team Responsible</b>
<i>Ard na Deise</i>	14	Rehabilitation
<i>Springmount House</i>	13	Rehabilitation
<i>Tus Nua</i>	12 (incl. 3 self-contained apartments)	Rehabilitation
<i>Havenview</i>	14	Rehabilitation
<i>Millview</i>	13	Rehabilitation
<i>An Tearmann (crisis House)</i>	10	Community Mental Health Teams
<i>The Willows</i>	9	Community Mental Health Team
<i>Craoí na Tobair</i>	8	Community Mental Health Team
<i>58 Westlands</i>	6	
<i>Altamount House</i>	14	Rehabilitation
<i>Lismore</i>	9	Rehabilitation
<i>Kincora</i>	14	Rehabilitation
<i>Caomhnu</i>	21	Community Mental Health Team
<i>Alacantha*</i>	9	Community Mental Health Team
<i>Park Lodge</i>	9	Rehabilitation
<i>Elm Park Drive</i>	8	Rehabilitation
<i>Kelvin Court*</i>	18	Community Mental Health Team
<i>Sacred Heart Hostel</i>	9	Community Mental Health Team
<i>Greenbanks Crisis House</i>	12	Community Mental Health Teams
<i>Glenville Crisis House</i>	8	Community Mental Health Teams
<i>Mount Sion</i>	10	Community Mental Health Team
<i>Lorica</i>	9	Rehabilitation
<i>Garryshane House</i>	12	Rehabilitation
<b>Total</b>	<b>261</b>	
<b>24-hour supervised beds per 100,000</b>	<b>51 per 100,000</b>	

## Day Facilities

	<b>Number</b>
<i>Day Hospitals</i>	8
<i>Day Centres</i>	11

## Service User Involvement and Initiatives

### 1. **Advancing Recovery Ireland (ARI)**

The CHO is part of the ARI national group. There is a South East Recovery College and a Recovery Committee.

### 2. **Recovery Principle**

There is a trained team in Recovery Principles, which consists of a service user, carer and staff member. Approximately 300 staff in Carlow/Kilkenny/South Tipperary have received training in Recovery Principles. There is a full-time Recovery Programme in the Department of Psychiatry, Kilkenny.

### 3. **WRAP**

There is a Wellness Recovery Action Plan (WRAP) programme in Wexford. This will be extended to Waterford in 2017. Also, in 2017, there will be WRAP training for service users. In Carlow/Kilkenny/South Tipperary, there is co-production of WRAP programmes with the consumer panel, and it has been extended into Psychiatry of Later Life.

### 4. **Vocational Support Officer**

There is a vocational support officer who assists service users to find paid employment and supports them while working.

### 4. **Peer support Workers**

Six 0.5 WTE peer support workers are commencing in Carlow/Kilkenny/South Tipperary in 2017

### 5. **Executive Management Team**

A service user will be joining the executive management team in Carlow/Kilkenny/South Tipperary in 2017 as a member of the team and will represent the views of service users, family members and carers.

### 6. **EOLAS Programme**

The EOLAS project is in its third round in Carlow/Kilkenny/South Tipperary. It delivers two mental health information and learning programmes, one for service users with a diagnosis of schizophrenia or bipolar disorder and another for their families and friends. This project has been developed through collaboration with service users, family members, mental health support organisations, clinicians and academia.

### 7. **Consumer Panel**

There are three active consumer panels in Carlow/Kilkenny/South Tipperary.

### 8. **Positive Mental Health Festival**

A Positive Mental Health Festival was held in October 2016 in Carlow, Kilkenny and South Tipperary, consisting of theatre, sports, community events, positive mental health lectures and workshops, and art exhibitions.



**9. Community Action Groups**

- (a) South Tipperary Action Group (STAN) has recently employed an intern to develop an online directory of services.
- (b) LINK-UP is an information sharing and collaborative working group working with voluntary and statutory organisations to promote positive mental health. A project to update the current Carlow/Kilkenny directory of services (HSE 2012) is currently taking place.

**10. CLASS (Carer, Liaison and Support Services)**

CLASS is a service user and family engagement service which works in collaboration with the Carers Association in Carlow/Kilkenny

**11. Involvement Centres**

These are service user-led centres in Carlow/Kilkenny, and there are plans to locate one in South Tipperary.

## Challenges for CHO 5

1. The budget allocation presents challenges for the maintenance of existing levels of service.
2. The capacity to recruit and retain a highly skilled and qualified workforce, especially health and social care professionals and medical and nursing staff. There are pending retirements in the nursing sector.
3. There is lack of access to appropriate inpatient CAMHS beds and out-of-hours service.
4. Demographic pressures and increasing demands for services will be over and above planned levels, which will impact the ability to deliver services.
5. Lack of a single health care record across CHO 5 poses a risk to the optimum management of patient care.
6. There is a lack of capital infrastructure.
7. There are delayed discharges from acute units for service users who require ongoing management in supported accommodation.
8. There are costs associated with the placing of service users in private health care residential units.
9. There is a lack of low secure forensic beds.
10. Residential units for people with intellectual disability in Carlow/Kilkenny/South Tipperary remain under the aegis of the mental health services rather than the more appropriate services in intellectual disability.

# Community Healthcare Organisation (CHO) 6

## Description

CHO 6 consists of Dublin South East, East Wicklow Mental Health Services and Cluain Mhuire Services in South Dublin. Dublin South East has a population of 95,707, East Wicklow has a population of 146,796 and Cluain Mhuire a population of 183,667. This gives an overall CHO population of 426,170. CHO 6 has a high proportion of older people. While it is a relatively small geographical catchment area, it is a mix of urban and rural areas.

There are four approved centres: Elm Mount in St. Vincent's University Hospital, Newcastle Hospital, and Whitethorn House and Le Brun (continuing care) in Clonskeagh. There are private contract beds for the Cluain Mhuire service in St. John of God Hospital.

## Funding

The closing budget for CHO 6 in 2016 was €53,042,438. This gives a per capita closing budget of €124.

## Mental Health Teams

The mental health teams are as follows:

<b>Teams</b>	<b>Number of Teams</b>
<i>Adult Mental Health Teams</i>	9
<i>CAMHS</i>	7*
<i>Psychiatry of Later Life</i>	3
<i>Rehabilitation</i>	0
<i>Liaison</i>	2
<i>Mental Health and Intellectual Disability</i>	1

*\*Also 1.5 teams in CHO 7 managed by Lucena in CHO 6*

There has never been a rehabilitation team in CHO 6. However, funding for same has been approved and recruitment will commence in 2017 for a consultant psychiatrist and six staff.

A Psychiatry of Later Life consultant has been appointed in Wicklow. A strategic plan is in development to provide mental health services for older people in CHO 6.

Advanced planning has taken place in appointing a team for child intellectual disability and mental health. This team will also cover child autism.

There is a temporary liaison consultant psychiatrist in St. Vincent's Hospital as well as a self-harm team. There are also two suicide resource officers.

The DETECT Team provides early intervention services across CHO 6.

## In-patient Facilities

Registered Number of Beds	
<b>Acute Adult</b>	
<i>Elm Mount</i>	39
<i>Newcastle Hospital</i>	52 (also includes 26 continuing care beds)
<i>St. John of God contract beds</i>	Variable
<b>Continuing care</b>	
<i>Le Brun and Whitethorn House Vergemount Mental Health Facility</i>	44 beds

The planning phase for the replacement of the approved centre in Clonskeagh will commence in 2017. This initiative is part of the Clonskeagh Campus Development Control Plan, which commenced in 2016.

Elm Mount has three beds for the assessment and treatment of eating disorders. They are the only publicly funded beds for eating disorders nationally.

## Child and Adolescent Mental Health Services (CAMHS)

<b>Number of In-patient Beds</b>	<b>0</b>
<i>Number of Day Hospitals</i>	1
<i>Number of Community Teams</i>	7

CAMHS is delivered by the Lucena Clinic under a service level agreement. The community teams are not integrated with primary care. There is a day hospital with an associated team based in Rathgar. JIGSAW, a provider of mental health support for young people, is due to open centres in Temple Bar and Bray in 2017.

## 24-Hour Supervised Residences

	Number of Beds	Team Responsible
<i>Morehampton Lodge</i>	14	Community Mental Health Team
<i>Swanlea House</i>	12	Community Mental Health Team
<i>Cois Ceim</i>	15	
<i>Orepesa</i>	21	Community Mental Health Team
<b>Total</b>	<b>62</b>	
<b>Number of beds per 100,000</b>	<b>14</b>	

The number of beds in the residences are well in excess of that recommended by *A Vision for Change* (ten places). The HSE report on accommodation for people with disabilities, *Time to Move on from Congregated Settings*, recommends that the home-sharing arrangement should be confined to no more than four residents in total and that those sharing accommodation have, as far as possible, chosen to live with the other three people. There is a de-congregational committee in CHO 6 with plans to move residents to smaller residences.

## Service User Initiatives

### 1. Social Club

There is a social club run by service users.

### 2. CHO Management Team

A service user is a member of the CHO management team and attends all meetings.

### 3. Reach Programme

The reach programme is based in Blackrock and staffed by vocational trainers. It is run in conjunction with Solas. Sixty people a year go through the training programme.

### 4. Acorn Innovation Centre

The Acorn Innovation Centre helps service users to become employed or self-employed in a stress-free environment.

### 5. Mental Health Choir

Staff and service users have formed a choir.

### 6. Service User Coordinator

Interviews have been held for a service user coordinator.

### 7. Woodlands for Health

Woodlands for Health walking group is an initiative to improve the physical health of service users.

## **8. Drop-In Centres**

There are two social (drop-in) centres and membership clubs at Cluain Mhuire, based in Dun Laoghaire and Sandyford. During 2016, the service worked with the Mental Health Association to commence regular weekend opening.

## **Challenges for CHO 6**

1. There is an increasing number of dual diagnoses and substance misuse induced psychosis in CHO 6. Additional capacity to address these issues is part of future planning.
2. CHO 6, in common with other areas, has difficulties in attracting, recruiting and retaining staff. There is a challenge to maintain a good skill mix in the mental health services in CHO 6.
3. There is a challenge associated with moving to sectorisation and aligning the services with local primary care networks.
4. There are difficulties in developing out-of-hours and on-call provisions for CAMHS

## Community Healthcare Organisation (CHO) 7

### Description

CHO 7 comprises Kildare/West Wicklow (population 228,410) and Dublin South Central (population 406,441). It has an overall population of 634,851. There are four approved centres: Jonathan Swift Clinic in St. James's Hospital, Acute Psychiatric Unit in Tallaght Hospital, Lakeview Unit in Naas and Linn Dara Child and Adolescent In-patient Unit in Cherry Orchard.

### Funding

<b>Area</b>	<b>Closing Budget</b>	<b>Per Capita</b>
<i>Dublin South Central</i>	57,268,493	€141
<i>Kildare West Wicklow</i>	15,611,429	€68
<b>Overall funding</b>	<b>72,879,922</b>	<b>€115</b>

Funding for Child and Adolescent Mental Health Services (CAMHS) is inclusive of funding for services delivered in Dublin North West (two teams). A process is in place to transfer the funding and governance of these two teams to CHO 9.

### Mental Health Teams

The mental health teams are as follows:

<b>Teams</b>	<b>Number of Teams</b>
<i>Adult Mental Health Teams</i>	11
<i>CAMHS</i>	8*
<i>Psychiatry of later life</i>	2
<i>Rehabilitation</i>	1.5**
<i>Liaison</i>	2

*\*Includes two CAMHS teams for Dublin North (Blanchardstown and Castleknock).*

*\*\*The second rehabilitation team in Jonathan Swift Clinic is in the process of being developed.*

## In-patient Facilities

	Number of Beds
<b>Acute Adult</b>	
<i>Jonathan Swift Clinic, St. James's Hospital</i>	26
<i>Acute Psychiatric Unit, Tallaght Hospital</i>	52
<i>Lakeview Unit, Naas</i>	29
<b>Psychiatry of Later Life</b>	
<i>Jonathan Swift Clinic, St. James's Hospital</i>	9
<b>Step-down Beds</b>	
<i>Jonathan Swift Clinic, St. James's Hospital</i>	16
<i>Child and Adolescent Mental Health In-patient Unit, Linn</i>	
<i>Dara, Cherry Orchard</i>	24

Jonathan Swift Clinic contains three wards: William Fownes, an acute adult psychiatry unit; Beckett, which provides step-down facilities to the approved centre; and Connolly Norman, a Psychiatry of Later Life unit. There is little potential for the approved centre to expand due to its geographical location within the larger hospital setting.

The Acute Psychiatric Unit, Tallaght, is located in a ground floor unit within the grounds of Tallaght Hospital. The approved centre consists of three units, Cedar (female admission), Rowan (male admission), and Aspen (high-observation unit).

Lakeview Unit, Naas, has a service level agreement with another approved centre, the Department of Psychiatry, Portlaoise, approximately 30 km away, for the admission of residents who require a high-observation area, as there is no such facility in Lakeview.

## Child and Adolescent Mental Health Services

<b>Number of In-patient Beds</b>	<b>22</b>
<i>Number of Day Hospitals</i>	1
<i>Number of Community Teams</i>	8*

\*Including teams for North Dublin

## 24-Hour Supervised Residences

	Number of Beds	Team Responsible
<i>An Teach Bán</i>	6	Rehabilitation
<i>Ashdale House</i>	10	General Adult
<i>Beauford House</i>	9	Rehabilitation
<i>Grove House</i>	14	Rehabilitation
<i>Mountain View</i>	17	Rehabilitation
<i>Oak View</i>	17	Rehabilitation
<b>Total</b>	<b>73</b>	
<b>Number of beds per 100,000</b>	<b>11</b>	

## Service User Involvement and Initiatives

### 1. Project Plain English

This project, in Dublin South Central, has converted eight existing policies into plain English.

### 2. Stepping In Project

This project, in Dublin South Central, helps people with mental health difficulties to access mainstream community leisure, social and educational organisations. It enables individuals to fulfil their personal recovery goals, facilitates integration into the community and prepares organisations to be accessible to people with mental health difficulties.

### 3. The EOLAS Programme

The EOLAS project delivers two mental health information and learning programmes, one for service users with a diagnosis of schizophrenia or bipolar disorder and another for their families and friends. This project has been developed through collaboration with users of services, family members, mental health support organisations, clinicians and academia. The programme modules are run over eight weeks. The aim of the project is to engage service users and their families in understanding the recovery journey following a diagnosis of schizophrenia spectrum or bipolar disorder and give them the confidence to manage their lives. The project was originally funded through Genio and is now fully funded by the HSE. The pilot programme first ran in Kildare, West Wicklow and some Dublin Mental Health Services and will be now rolled out nationally.



#### **4. DCU Cooperative Learning Course (Service Improvement Leadership for Mental Health Service Users, Carers and Service Providers)**

Over the past few years, a number of service users, service providers and friends and families of service users have completed this course. It aims at improving the treatment and care of people with mental health problems by taking a “tripartite” approach. The friends and families and the service provider work together with the service user as a team to develop improved mental health care services.

- (a) Information website: The aim of this project is to develop a website as a resource for people dealing with mental health problems living in the Dublin West and South West catchment area, in order make it easier for people to see what is on offer and to access locally relevant mental health information.
- (b) Drama and creative writing courses were available through the course.

#### **5. Housing Projects**

##### **(a) Creating Foundations**

Genio has funded a housing project, Creating Foundations, where service users’ needs are assessed and those needs matched with suitable available accommodation. Choice is promoted and the project is open to all service users in supported accommodation. The project works with the community mental health team and Dublin City Council.

##### **(b) Your Home Your Say**

This project is run in conjunction with Focus Ireland and has housed 24 service users since 2013. It supports service users to find their own accommodation.

#### **6. Happiness and Wellbeing Programme**

This was a 20-week group intervention programme, *Say Yes to Life*. Eighty-four service users, who had been referred from community mental health teams, had participated in the programme.

#### **7. Day Hospital for Older People**

The Mercer Institute for Successful Ageing opened a day hospital for older people in July 2016. This provides multi-disciplinary care to elderly patients residing in the community. Its aim is to help people recover and improve their quality of life while enabling them to live independently and remain in their community.

**8. Lead Service User/Family Member/Carer**

The area lead service user/family member/carers will shortly be taking up the role.

## Community Healthcare Organisation (CHO) 8

### Description

CHO 8 consists of Laois /Offaly (population 162,735), Longford/Westmeath (population 131,056) and Louth /Meath (population 323,317). This gives a total population for CHO 8 of 617,108. The CHO is still not fully integrated. Louth/Meath is managed separately from Laois/Offaly/Longford/Westmeath, which is known as the Midlands Mental Health Service. The CHO is extensive in size and has a mix of urban and rural areas. The area is a commuter belt for Dublin.

### Funding

<b>Area</b>	<b>Closing Budget 2016</b>	<b>Per Capita</b>
<i>Louth/Meath Mental Health Service</i>	€33,182,418	€103
<i>Midlands Mental Health Service</i>	€46,329,353	€158
<b>Total</b>	<b>€79,511,771</b>	<b>€129</b>

### Mental Health Teams

The mental health teams are as follows:

<b>Teams</b>	<b>Midlands</b>	<b>Louth Meath</b>
<i>Adult Mental Health Teams</i>	10	10
<i>CAMHS</i>	7	6
<i>Psychiatry of Later Life</i>	3	3
<i>Rehabilitation</i>	2	1
<i>Liaison</i>	0	1
<i>Mental Health and Intellectual Disability</i>	2	0
<i>Addiction Team</i>	1 (Longford/Westmeath only)	0

There are two assertive outreach teams and two home-based treatment teams in Louth/Meath. In Laois/Offaly, there are team coordinators in all community mental health teams, including CAMHS. In Longford/Westmeath, the team coordinator role is not fully aligned to *A Vision for Change*.

The Mullingar area has two psychiatric consultation liaison nurses, 0.2 whole time equivalent (WTE) consultant psychiatrist and 0.2 WTE non-consultant hospital doctors for liaison with the Midland Regional Hospital, Mullingar.

## In-patient Facilities

	Number of Beds
<b>Acute Adult</b>	
<i>Department of Psychiatry, Drogheda</i>	46
<i>St. Loman's Hospital, Mullingar</i>	44 (including 20 continuing care beds)
<i>Department of Psychiatry Portlaoise</i>	46
<b>Continuing Care</b>	
<i>St. Ita's Unit, St. Brigid's Hospital, Ardee</i>	20
<i>Cluain Lir, Mullingar</i>	42
<i>Unit 6 St. Fintan's Hospital, Portlaoise</i>	30

Ten beds in the Department of Psychiatry, Portlaoise, are for patients from Lakeview Unit in the Kildare/West Wicklow mental health services under a legacy arrangement.

The Department of Psychiatry in Drogheda is a newly built approved centre, with a separate Psychiatry of Old Age unit. It replaces the acute admission unit in St. Brigid's Hospital, Ardee, and the Department of Psychiatry in Navan. Two occupational therapists and a social worker are in place in the Department of Psychiatry, Drogheda. The introduction of health care assistants has commenced.

A continuing care unit remains in St. Brigid's Hospital in Ardee.

Unit 6 in St. Fintan's Hospital has recently been renamed the Maryborough Centre. Approval has been obtained to replace this approved centre with a 40-bed residential unit with a streetscape design. It is currently at design stage.

## Child and Adolescent Mental Health Services (CAMHS)

<b>Number of Inpatient beds</b>	<b>0</b>
<i>Number of Day Hospitals</i>	0
<i>Number of community teams</i>	13

The CAMHS teams in the Midlands area provides a 24-hour, on-call emergency service. Team coordinators are in place in some CAMHS teams.

There are plans to have six CAMHS teams in Louth/Meath in 2017. This has been funded.

## 24-Hour Supervised Residences

<b>Residence</b>	<b>Number of Beds</b>	<b>Team Responsible</b>
<i>An Sólásán</i>	16	Community Mental Health Team (CMHT)
<i>The Moorings</i>	9	CMHT
<i>St. Mary's Hostel</i>	8	CMHT
<i>Rath na Riogh</i>	12	CMHT
<i>Glenavon</i>	10	Rehabilitation
<i>Ashling</i>	12	Rehabilitation
<i>Hillcrest</i>	8	Rehabilitation
<i>Glanadore</i>	8	Rehabilitation
<i>Ashford</i>	9	Rehabilitation
<i>Erkina</i>	17	Rehabilitation
<i>Grove House</i>	8	Rehabilitation
<i>Birchwood House</i>	14	Rehabilitation
<i>Monressa House</i>	6	Rehabilitation
<i>Elmrooske House</i>	8	Rehabilitation
<b>Total</b>	<b>145</b>	
<b>Number of beds per 100,000</b>	<b>23</b>	

All 24-hour supervised residences in Longford/Westmeath are under a single governance structure and are in urban areas.

## Service User Initiatives

### 1. Consumer Panel

There is a consumer panel in Athlone, which was set up in 2003. There is an active consumer panel in Louth/Meath, which was established in January 2016. In support of its development, training was organised with the Irish Advocacy Network. The consumer panel meets monthly and has a representative on the area management team.

### 2. Irish Advocacy Network (IAN)

The IAN attends the catchment management meetings in Longford/Westmeath and attended a Laois/Offaly catchment meeting during 2016

### 3. This is Me Project

A project entitled “This is Me” was undertaken in St. Edna’s Unit in St. Loman’s Hospital Mullingar. This involved the creation of an individual poster collage by each group member and was developed by the social worker and occupational therapist as a way of encouraging self-expression and creativity while also providing an opportunity to promote independence and social interaction. The group was open to all residents in the unit.

### 4. Recovery Action Group

This group was developed by the social worker and occupational therapist in St. Loman’s Hospital as a means of increasing independence and social recreational capacity. One project was a large tile mosaic that is now on display in the approved centre.

### 5. Life History Booklet

A life history booklet has been developed for people with dementia in Longford/Westmeath. Service users and their families assemble a personal profile, which is recorded in the booklet.

### 6. WRAP

There is a Wellness and Recovery Action Plan (WRAP) in operation in some of the community mental health teams. Laois/Offaly provides a WRAP service to mentally ill prisoners in Portlaoise Prison. All community mental health teams in Longford/Westmeath have trained staff to deliver WRAP programmes.

### 7. EOLAS Programme

The EOLAS project delivers two mental health information and learning programmes, one for service users with a diagnosis of schizophrenia or bipolar disorder and another for their families and friends. This project has been developed through the collaboration of service users, family members, mental health support organisations, clinicians and academia.

### 8. Maastricht Training

This has taken place in Longford/Westmeath. The course encourages practitioners to explore the experience of voice hearing and/or problematic thoughts and build trust, openness and understanding in their work with people who hear voices.

**9. Men's Group and MOJO**

There is a men's group and MOJO (for men who are in distress and affected by employment issues) in Laois/Offaly.

**10. Recovery Forum**

This is available in CHO 8 and is a partnership approach with mental health teams, service users and voluntary agencies.

**11. Advanced Recovery Ireland (ARI)**

The ARI project is running in Louth/Meath. ARI is made up of representatives of staff, service users and family members/carers. The group identifies and progresses initiatives that enhance recovery through organisational change. The ARI group is developing a discharge booklet to support service users, with planning for discharge from Drogheda Department of Psychiatry.

**12. SEEK**

A CD entitled *A Guide to Bipolar Disorder* was produced by SEEK (Support, Empowerment, Education and Knowledge) in conjunction with service users in the Tullamore sector.

**13. KISMET**

The service user music group KISMET in Birr has produced two CDs and won Healthcare Units for this initiative.

**14. Dublin City University Enhancing Teamwork**

Louth/Meath was accepted on the DCU Enhancing Teamwork programme 2015/2016. This involved a service user, carer and staff member attending DCU and working together on a project to promote a recovery ethos in the mental health service. Together, the three participants established a triologue group in Navan.

**15. Recovery College North East**

Recovery College North East is a collaboration between the HSE, DCU, Dundalk Institute of Technology, the Irish Advocacy Network and Advancing Recovery Ireland. The first course, Learning Together, was delivered in November 2016 in Dundalk and further courses are planned for Dundalk and Navan in 2017.

**16. Steps Towards Independent Living Programme (STILP)**

Delivery of STILP for people with schizophrenia has commenced. Athlone community mental health team members were involved in the development of this programme, which is now delivered nationally.

**17. deafhear.ie**

There are continued close links with deafhear.ie to ensure deaf service users can access mainstream mental health services. The initiative includes sign language training for team members

**18. Service User Involvement in Delivery of Groups**

Service users are involved in delivering groups in the day hospitals in Longford/Westmeath. Service users also take a lead in fundraising events for the Mental Health Association.

## Challenges for CHO 8:

1. The occupational therapy vacancies in the Admission Unit and St. Edna's Unit in St. Loman's Hospital in Mullingar and in Cluain Lir have had a detrimental effect on the therapeutic and recreational activities available for residents. This constitutes a serious unmet need.
2. There is no pathway for forensic patients, with an absence of psychiatric intensive care units and forensic placements.
3. There continues to be challenges across the CHO in relation to recruiting and retaining staff, and there is a consequent reliance on agency staff and overtime.
4. Longford/Westmeath has three community mental health teams for a population of 30,000, which exceeds the level recommended by the HSE's *A Vision for Change*.
5. Louth/Meath is the lowest funded mental health service nationally.
6. Twenty percent of residents in the Department of Psychiatry in Drogheda are homeless.



## Community Healthcare Organisation (CHO) 9

### Description

CHO 9 consists of Dublin North City and County and has a population of 584,539. It is divided into Dublin North City and North Dublin. The population for North Dublin is 247,539, taking into account internal boundary anomalies.

There are nine approved centres: St Aloysius Ward, Mater Misericordiae University Hospital; Department of Psychiatry, Connolly Hospital; St. Vincent's Hospital Fairview, Phoenix Care Centre, Grangegorman; St. Joseph's Adolescent In-patient Unit, Fairview; O'Casey Rooms, Fairview; Sycamore Unit, Connolly Hospital; Aisling Centre, Beaumont Hospital; and St. Joseph's Intellectual Disability Service, Portrane. Two of these, St. Aloysius Ward, and St. Vincent's Hospital Fairview, are provided by voluntary agencies with service level agreements with the HSE.

### Funding

In Dublin North City, there are 83 electoral divisions (EDs). 53 of which have very high deprivation as measured by the Small Area Health Research Unit (SAHRU) National Deprivation Index, with scores of between 8 and 10; 40 of these have the highest score of 10. North Dublin has 52 EDs, 21 of which have very high deprivation index of scores of between 8 and 10 on SAHRU; 7 of these have a score of 10.

<b>Area</b>	<b>Closing Budget 2016</b>	<b>Per Capita</b>
<i>Dublin North City</i>	€72,390,916	€215
<i>Dublin North County</i>	€32,091,422	€130
<b>Total</b>	<b>€104,482,338</b>	<b>€179</b>

Mental health and intellectual disability services had a closing budget of €29,069,019.

### Mental Health Teams

The mental health teams are as follows:

<b>Teams</b>	<b>Number of Teams</b>
<i>General Adult</i>	20
<i>CAMHS</i>	5
<i>Psychiatry of Later Life</i>	2
<i>Rehabilitation</i>	4
<i>Liaison Psychiatry</i>	3 (not fully staffed)
<i>Homeless Team</i>	1
<i>Mental Health and Intellectual Disability</i>	1

A specialist Homeless Mental Health Programme is provided at Usher's Island. It is a seven-day service.

The HSE also provides funding for one whole time equivalent (WTE) social worker who is part of the Mater Community Mental Health Team and provides social work services to St. Aloysius Ward.

## In-patient Facilities

	Number of Beds
<b>Acute Adult</b>	
St. Aloysius Ward, Mater	10
Department of Psychiatry, Connolly Hospital	47
St. Vincent's Hospital Fairview	30
Aisling, Beaumont Hospital	38
<b>Total</b>	<b>131</b>
<b>Psychiatric Intensive Care</b>	
Phoenix Care Centre, Grangegorman	24
<b>Liaison</b>	
St. Aloysius Ward, Mater	5
<b>Continuing Care</b>	
Phoenix Care Centre	20
<b>Psychiatry of Later Life</b>	
O'Casey Rooms, Fairview	25
Sycamore Unit, Connolly Hospital	25
St. Vincent's Fairview (acute beds)	6
Sheehan Unit, Aishling Centre (acute beds)	6
<b>Total</b>	<b>62</b>
<b>Rehabilitation</b>	
Phoenix Care Centre	10
<b>MHID</b>	
St. Joseph's Intellectual Disability Service, Portrane	136
<b>CAMHS In-patient</b>	
St. Joseph's Adolescent In-patient Unit Fairview	12

The governance structure of St. Aloysius Ward at the Mater is complicated and not streamlined. It operates through a service-level agreement with the HSE. The CEO of the Mater Misericordiae University Hospital (MMUH) is the registered proprietor of St. Aloysius Ward. The HSE provides funding for some resources: the consultant psychiatrist, 7 of the 17 nurses employed in the approved centre and the clinical psychologist. MMUH funds ten nurses and two consultant psychiatrists in

liaison psychiatry and provides the structure and maintenance of the approved centre. There are two clinical directors, one based in St. Vincent's Hospital Fairview and the other in St. Aloysius Ward. Nursing staff report to three directors of nursing: one in the Mater, one in St. Vincent's Fairview, and the area director of nursing.

St. Vincent's Hospital is a public voluntary hospital, governed by a board of governors and managed by the chief executive. St. Vincent's Hospital is funded to provide a defined level of service on behalf of the HSE, in accordance with Section 38 of the Health Act 2004. The executive management team is responsible for overseeing the running of the hospital. Occupational therapy and social work are funded directly by the HSE, whereas the psychology post holder is employed directly by the hospital.

The plan is to rationalise the in-patient service provided by St. Aloysius Ward, Connolly Hospital and St. Vincent's Hospital Fairview with the development of a purpose-built mental health unit on the Mater Hospital campus.

## Child and Adolescent Mental Health Services

<b><i>Number of In-patient Beds</i></b>	<b>12</b>
<i>Number of Day Hospitals</i>	1
<i>Number of Community Teams</i>	13

Linn Dara CAMHS is responsible for Castleknock, Blanchardstown and Finglas. Dublin North City and North Dublin CAMHS is responsible for the remainder of CHO 9. It is planned that the governance for the Linn Dara service will transfer to CHO 9. There are four CAMHS teams operating out of five locations.

The in-patient CAMHS service is located in St. Vincent's Hospital Fairview, where there are 12 beds for adolescents up to 18 years. It does not operate an emergency service and all admissions are planned. There is also a day hospital in the grounds of St. Vincent's. There is no out-of-hours emergency CAMHS service, which means that children presenting to emergency departments out of hours and at weekends are assessed by adult psychiatrists. The service is on out-of-hours call to Temple Street Hospital.

## Intellectual Disability Service

St. Joseph's Intellectual Disability Service (IDS) is a tertiary psychiatric in-patient unit providing specialist care and treatment for adult residents from the age of 18 upwards with an intellectual disability, many with complex needs, including physical health care needs and often with challenging behaviour.

St. Joseph's IDS is located on the St. Ita's campus in Portrane. There are 13 units in the approved centre and 136 registered beds. Ten of these units are comfortable, modern, bungalows in a streetscape called Knockamann. The remaining accommodation is in older buildings. Knockamann Resource Centre has a café and provides a focal point for social, vocational, educational and leisure activities for residents from all units.

St. Joseph's IDS also provides mental health services in 15 community locations. One location accommodates the community mental health and intellectual disability team. Initial referrals come through the Central Support Office, where they are processed. A further 14 community residences offer residential support to a total of 101 residents.

## 24-Hour Supervised Residences

<i>Residence</i>	<b>Number of beds</b>	<b>Team responsible</b>
<i>*Gracepark</i>	12	Rehabilitation
<i>San Remo</i>	10	Rehabilitation
<i>Weir Home</i>	15	Rehabilitation
<i>Gallen House</i>	16	Rehabilitation
<i>St. Elizabeth Court</i>	20	Rehabilitation
<i>Cherrymount View</i>	15	Rehabilitation
<i>Inch Hostel</i>	9	Rehabilitation
<i>Carlton House</i>	10	Rehabilitation
<i>Carriage House</i>	8	Rehabilitation
<i>Kilrock House</i>	13	Rehabilitation
<b>Total</b>	<b>128</b>	
<b>Number of beds per 100,000</b>	<b>21</b>	
	<b>Mental Health and Intellectual Disability</b>	
<i>Avoca</i>	4	Mental Health and Intellectual Disability (MHID)
<i>Avondale Lodge</i>	8	MHID
<i>Barden Lodge</i>	9	MHID
<i>Clonmethan Lodge</i>	30	MHID
<i>Glebe House</i>	5	MHID
<i>Hilltop House</i>	5	MHID
<i>Maryfield House</i>	4	MHID
<i>Pinewood Green</i>	6	MHID
<i>Rathbeale Crescent</i>	6	MHID
<i>Rushbrook House</i>	4	MHID
<i>Sea Esta</i>	4	MHID
<i>Seaview</i>	4	MHID
<i>Wayside</i>	3	MHID
<i>Woodlawn</i>	9	MHID
<b>Total</b>	<b>101</b>	
<b>Number of MHID beds per 100,000</b>	<b>17</b>	

*\*Plans to close in 2016*

## Service User Involvement and Initiatives

### 1. Psychoeducation

A recovery psychoeducational programme was initiated in Dublin North City in November 2015 and is run by nursing staff with multi-disciplinary input. The programme consists of group-based modules, including an introduction to recovery, community citizenship, physical health care and positive mental health. Further groups on health promotion, assertiveness skills and psychoeducation are planned.

### 2. WRAP

The Wellness and Recovery Action Plan (WRAP) for service users has been in operation since the end of 2015 in Dublin North City and County.

### 3. CAMHS

There was a service user and carer on the CAMHS management team.

### 4. Carer Support Group

There is a carer support group for carers of those under the Psychiatry of Later Life team. The group meets once a month and this has been running for 20 years. It is nurse-led.

### 5. Support Groups for Service Users

The social work department is running support groups for service users in North Strand. There are weekly meetings and topics covered include stigma and mental health, promoting recovery, how to stay well and wellness tool kits.

### 6. Living Well Group

A Living Well group in Ash Ward in Connolly Hospital is run by the psychology department. It is held twice a week.

### 7. Service User Forum

The Service User Forum comprises service users, family members, carers and staff. It meets once a month and is represented on the area management meeting. It has regular input into the medical training programme.

### 8. Advancing Recovery Ireland

Dublin North City and County is an Advancing Recovery Ireland (ARI) site. This includes a Leadership Programme with Dublin City University involving service users, carers and staff members, Recovery Principles Training, the appointment of peer support workers and co-facilitation skills training.

### 9. Recovery College

Recovery College is in operation in this region. A North East Nurse Practitioner initiative, it commenced in October 2016. It involves triadology, facilitated by a project team comprising a service user, a family member and a mental health professional.

### 13. Peer Support Worker

Two community mental health teams are participating in this development.

#### **14. EOLAS Programme**

The EOLAS psychosocial education programme is well established in Dublin North City and County. A number of service users, family members and staff have had training and have run local EOLAS programmes.

#### **15. Interviews**

Service users were included on the panel interviewing staff for St. Joseph's IDS.

#### **16. Service User Representation**

Through the designated peer advocate, there is service user representation on the Dublin North City Management Team and elsewhere at management level across CHO 9.

#### **17. The Irish Advocacy Network**

The Irish Advocacy Network representative is available in the approved centres and as need dictates in other facilities. The designated peer advocate is currently the service user representative on the Dublin North City management team and elsewhere, at management level across CHO 9.

#### **18. Intellectual Disability Liaison Support in MHID North Dublin**

The intellectual disability liaison support to acute hospitals was extended to Connolly Hospital, Blanchardstown.

#### **19. Other Service User Initiatives**

CHO 9 service user initiatives also included a hearing voices group, a wellness group, a Parents Plus! programme, development of service user information leaflets and resident's handbook, service user support group, family member and carer support group, family friendly care project, and a carers' group for homeless service users.

### **Challenges for CHO 9**

1. With the exception of North Dublin, none of the 24-hour supervised residences have single en suite accommodation and five are in Victorian buildings with planning restrictions. Six residences require refurbishment and decoration and five have no disability access. Seven residences have more than ten beds. The majority of residents are over 55 years of age with increasing dependency.
2. There are low bed numbers: 17.7 per 100,000 in North Dublin, which is the joint lowest nationally. This has led to pressure on community mental health teams with long waiting times.
3. O'Casey Rooms lack communal space, including outdoor space.
4. There are difficulties in recruiting nursing staff for St. Joseph's IDS and across mental health services.

5. There is a lack of appropriate placement options within the HSE for persons with specialist needs, e.g. forensic, intellectual disability, autistic spectrum disorders.
6. There is only one rehabilitation team for the entire North Dublin area.
7. The approved centre in St. Joseph's IDS is closed to admissions.

# National Forensic Mental Health Service

## Description

The HSE National Forensic Mental Health Services (NFMHS) consists of in-patient services, outpatient services, a day centre, prison in-reach, court liaison service, community residences and independent living. The Central Mental Hospital (CMH) is the NFMHS' in-patient service. It is located in Dundrum and is registered for 93 patients. Patients are admitted under the Mental Health Act 2001 and the Criminal Law (Insanity) Act 2006. The CMH provides high and medium levels of therapeutic security and includes rehabilitation and recovery and a unit for those with an intellectual disability. The original hospital building is over 150 years old and is not suitable for the care and treatment of patients suffering from mental illness. Approval has been received for the development of a new 140-bed hospital in Portrane and building works have commenced with a completion date in 2019. In the meantime, an existing ward in CMH has been renovated to provide ten extra beds. It has not been possible to open this ward due to staffing shortages, however.

The Prison In-reach and Court Liaison Service includes the provision of mental health services to nine prisons and two court liaison services in Clover Hill and the Midlands Prison. The NFMHS also provided a service to Oberstown House in conjunction with the Irish Youth Justice Service.

The NFMHS is developing a forensic Child and Adolescent Mental Health Service.

## Funding

The 2016 closing budget for the NFMHS was €24,034,497.

## Mental Health Teams

The mental health teams are as follows:

<b>Teams</b>	For 4.6 million population
<i>Acute Cluster</i>	2
<i>Medium Cluster</i>	3
<i>Rehabilitation</i>	2
<i>Mental Health and Intellectual Disability</i>	1
<i>Prison In-reach</i>	7*

*\*Includes 1 Court Liaison Team*



## In-patient Facilities

	Number of Beds
<b>Acute Adult</b>	
<i>Central Mental Hospital</i>	93, plus 1 turnover bed

## 24-Hour Supervised Residences

<i>Residence</i>	Number of beds	Team responsible
<i>Westlodge</i>	6	Rehabilitation
<i>Moorhaven</i>	10	Rehabilitation

## Service User Initiatives

### 1. Carers' Group

There is a carers' group, which meets regularly and also meets with staff in the CMH.

### 2. Management Visits

Senior management visits all units to meet with patients every month. These meetings have resulted in changes in the running of the hospital. For example, dietary changes and access to shopping.

### 3. WRAP

Wellness and Recovery Action Plan (WRAP) is in place in the CMH. Staff and carers have been trained.

### 4. Reform Fund

Access to the HSE Reform Fund has enriched the environment. It has allowed an employment pathway to be developed, leading to individual placements in employment with support.

### 5. Patients' Forum

There is a monthly patients' forum.

### 6. Patient Advocates

There are 1.2 advocates to the service, one of whom is female to provide advocacy specific to female patients.

### 7. Music Group

There is a music group in the hospital. Equipment was bought following fundraising by the carers group.

## Challenges for NFMHS

1. There was a low admission rate in 2016 due to the increasing numbers of Not Guilty by Reason of Insanity patients which means that there are few short-term admissions and no turnover of beds. This has resulted in 19 prisoners retained in prison while on the waiting list for medical care (as of 14 December 2016). There is a risk that these prisoners will be released before they have access to appropriate treatment.
2. Many of those admitted under s.21(2) of the Mental Health Act 2001 are cognitively impaired which results in difficulty in treatment and future discharge.
3. Retention and recruitment of staff is a major challenge for the service.
4. The current building has general and specific maintenance problems and is unsuitable.
5. There is lack of parity of care for female patients who are all cared for in one unit, regardless of risk or rehabilitation status.

# Highfield Healthcare

## Description

Highfield Hospital is an independent hospital within Highfield Healthcare with 110 beds. The recently built Highfield Healthcare complex is located on the Swords Road, Dublin, amid spacious gardens. There are also 203 nursing home beds in the complex. The original hospital had been established in 1825 by Dr John Eustace, and the hospital is now run by fifth and sixth generations of the Eustace family. Highfield approved centre comprises Hampstead Clinic, a ten-bed acute adult psychiatric unit, and five psychiatry of old age units: Steele, Tuke, Domville, Pinel and Farnham. These units cater for people with dementia and enduring mental illness.

Hampstead Clinic Day Hospital opened in the complex in 2016 with 12 places for people who are acutely mentally ill. There is also an outpatient department in the hospital and in the Mater Misericordiae University Hospital.

## Governance

The hospital is governed by a board of directors. There is a senior management team, which has a Quality and Risk Management Committee. There are six sub-committees: medication, falls, health and safety, fire, policy and infection control. There is also a new Medical Advisory Committee, which consists of GPs and consultant psychiatrists.

## Service User Initiatives

1. **Day Hospital**  
The day hospital emphasises improving physical health through exercise and healthy eating programmes.
2. **Service User Meetings**  
There are weekly service user meetings.
3. **Focus Groups**
4. Focus groups were held with service users during the planning of the day hospital programmes.
5. **Patient Experience Questionnaire**  
A patient experience questionnaire is used following a service user's discharge from in-patient or day hospital care. The patient experience survey for the day hospital uses online technology, making real-time patient experience data available to management.
6. **Plain English**  
A plain English information booklet is available for service users.

7. **Art Initiative**

In 2016, an art exhibition was held of work created by service users.

8. **Newsletter**

There is a newsletter for families of service users.

9. **Canteen Initiative**

Service users and staff share the canteen.

10. **Living with Us**

A resident survey “Living with Us” was completed in 2016. It asked about residents experiences of living in the approved centre. One hundred and thirty-two residents took part.

## Challenges for Highfield

1. There is a continuous challenge to source skilled experienced nurses.
2. Most recruitment is weighted towards international and non-EU hires, which adds to recruitment costs.

## Lois Bridges

### Description

Lois Bridges is located in a residential area in Sutton village, north Dublin. The premises are comprised of a five-bedroom, two-storey house with a private garden.

Lois Bridges provides care and treatment for up to seven adults with eating disorders. The approved centre is independently owned and managed. Referrals for admission are made by general medical practitioners, self-referral or consultant psychiatrists. All admissions are under the care of the clinical director of Lois Bridges. Residents are funded by private health insurance, the HSE by prior arrangement or, occasionally, self-funded. The programme provides for 6 or 12 weeks depending on the severity of the condition and the funding status.

There is also a day programme and outpatient clinic, which is held in the evenings and Saturdays.

### Governance

The approved centre is independently owned and the management team is comprised of the registered proprietor, the clinical director and the director of services.

### Staffing

	Consultant psychiatrists	Nursing	Occupational therapy	Social work	Clinical Psychology
<b>In Post</b>	2	5	0	0	3
<b>Vacancies</b>	0	0	0	0	0

Therapeutic provision included group and individual therapies such as: family therapy, cognitive analytical therapy, individual psychotherapy, art therapy, gestalt therapy, dietetic assessment and treatment, yoga, music therapy, Dialectical Behaviour Therapy, counselling, and supportive therapy, all with trained therapists.

### Initiatives for Service Users and Carers

#### 1. Social Activities

Social activities include coffee outings, cinema trips and book readings.

#### 2. Education

Family education is provided for families of service users.

3. **Information Booklet**

An information booklet is being developed for families of service users in collaboration with the National Centre for Eating Disorders in the UK.

4. **Client Feedback**

There is a client evaluation and feedback form which has recently been reviewed.

5. **Body Image**

Advanced body image groups are now available to outpatients.

6. **Daily Living**

There are focus on activities of daily living groups that include food shopping, clothes shopping, CV preparation and preparation for interviews.

7. **Educational Support**

There are ongoing educational support groups for residents sitting exams, including organising local tutorship with local schools.

## Challenges for Lois Bridges

1. It is a challenge to continue treatment in the community and there is a high rate of disengagement and relapse. A shared-care model with the GP or local community mental health team is required.
2. The outpatient programme is difficult to develop due to the risk profile and service users' locality. Again, there is a high rate of disengagement and risk of relapse.
3. Retention and recruitment of staff are a major challenge.
4. There are differences between the follow-up care for discharged service users across different HSE areas.

# St. John of God Hospital Limited

## Description

St. John of God Hospital is an independent provider of mental health services. It is situated in extensive grounds in Stillorgan, Dublin. It has 183 in-patient beds, including 12 adolescent beds. The hospital also provides adult in-patient services for the HSE, for the Cluain Mhuire catchment area, which represented 20% of total admissions in 2016.

Psychiatry and psychological outpatient services are provided from three locations: Stillorgan (Dublin County Stress Clinic), Naas (Kildare County Stress Clinic) and Kilkenny (South East Stress Clinic). Other non-residential options available in Stillorgan include eating disorder day programmes, Wellness Recovery Action Planning (WRAP), addiction aftercare, post-discharge support groups and outpatient clinics offering Clozapine monitoring, depot medication and phlebotomy services.

St. John of God Hospital has the national licence for Mental Health First Aid and has rolled out the adult programme across the country over the last two years.

The hospital has a number of different specialist in-patient programmes: substance misuse, psychotic disorders, eating disorders, Psychiatry of Later Life, and adolescent disorders. The ECT department is accredited by the Electro-Convulsive Therapy Accreditation Service (ECTAS) of the Royal College of Psychiatrists.

## Governance

Governance is through a board of directors. There are two subcommittees on finance and clinical governance, quality and safety. There are also “mini-management teams” in each speciality, which report to the senior management team.

## Service User Initiatives

### 1. **Consumer and Carer Council**

A consumer and carer council is based in the hospital. This committee has input into strategy, policy and procedures in the hospital and collects feedback from service users.

### 2. **Irish Advocacy Network (IAN)**

There is an IAN representative who meets quarterly with the clinical director, hospital manager and director of nursing.

### 3. **Youth Advocacy**

Youth advocacy will be set up in 2017 to provide advocacy services to the adolescent unit. A youth advisory panel is also planned for 2018.

4. **WRAP**

A Wellness and Recovery Action Plan (WRAP) programme is in operation in the hospital. Peers have trained as facilitators.

5. **Occupational Therapy (OT)**

The OT department uses the Client Satisfaction Questionnaire (CSQ-8). For all OT groups. This includes pharmacy, chaplaincy and WRAP elements on the programmes. The patient satisfaction survey is undertaken on a quarterly basis.

6. **Focus Groups**

Focus groups are held with service users to obtain feedback on the services they have received.

7. **Complaints Management**

One hundred and fifty staff have been trained in management of complaints from service users.

## Challenges for St. John of God Hospital

1. Non-psychiatric medical services are reimbursed for discrete clinical inputs in addition to accommodation charges, whereas psychiatric medicine is reimbursed at an all-in general rate. Therefore, the fee received is predominantly per diem based (i.e. per patient day) and uniform, regardless of diagnosis or inputs required. This is particularly challenging especially in the Psychiatry of Later Life units where one-to-one nursing is frequently required.
2. There is an increased presentation of violence and aggression and an increased number of patients presenting with a forensic history who require forensic placement, which is not available.
3. Private health insurers currently provide limited cover for non-residential treatments which are largely self-funded by the service user. This acts as a barrier to the development of economically sustainable non-residential services that complement existing acute services. This can prolong the duration of untreated illness where service users defer decisions to seek treatment until a crisis arises.



# St. Patrick's Mental Health Services

## Description

St. Patrick's Mental Health Services (SPMHS) incorporates St. Patrick's University Hospital (241 beds), St. Edmundsbury Hospital (52 beds), Willow Grove Adolescent Unit (14 beds) and a number of community-based Dean Clinics. In total, it has 307 in-patient beds. St. Patrick's Hospital is an 18<sup>th</sup> century building, which has been renovated to a high standard. It has an acute admission ward.

St. Edmundsbury Hospital is located in the Lucan area of west Dublin and is situated in extensive open grounds with wooded parkland adjacent to the hospital. The hospital accommodation consists of a converted 19<sup>th</sup> century dwelling house and an attached modern building.

Willow Grove is part of the St. Patrick's Hospital complex with its own entrance. Clinical care is delivered through programmes and there are 15 multi-disciplinary teams.

SPMHS has nine community mental health clinics; seven in Dublin, one in Galway and one in Cork. The community-based adolescent mental health service is provided at the Dean Clinics in Lucan and Cork. Mental health assessments are undertaken in the clinics by a consultant psychiatrist supported by a multi-disciplinary team. There is also a network of psychiatrists and clinicians working on behalf of SPMHS at a number of additional locations nationwide.

## Governance

SPMHS has a board of governors with overall responsibility for strategic development and for reviewing clinical effectiveness. The board invests the running of the organisation in a senior management team comprising a CEO and a number of directors.

## Service User Involvement and Initiatives

### 1. Consumers' and Carers' Council

There is a Consumers' and Carers' Council in SPMHS. This has been in place for nine years.

### 2. Carers' Guide

A Carers' and Supporters' Information Guide has been developed by the Consumer and Carers Council. It outlines information about how mental health systems function and what to expect when a person engages with these services.

### 3. Walk in My Shoes

Walk in My Shoes is a SPMHS mental health awareness and education campaign. It concentrates on promoting mental health awareness, educating people in schools, colleges, companies and communities across Ireland on the warning signs and support services

available to them. It has run a wide variety of educational programmes, including, recently, #Mind Your Selfie, a mental health awareness programme for schools and colleges. It also runs a helpline for 18-25 year olds.

4. **Satisfaction Survey**

A service user satisfaction survey is distributed to service users who attend the Dean Clinics, both in-patient and day programmes.

5. **Plain English**

SPMHS has developed a *Plain English Care Planning Guide* for staff to make the care plans more user friendly for service users.

6. **WRAP**

Wellness and Recovery Action Plan (WRAP) is in place in St. Patrick's University Hospital and St Edmundsbury Hospital.

7. **Service User Input**

Service Users sit on interview panels and on most project teams. A service user also attends the board of governors' meeting in an in-attendance capacity.

## Challenges for St. Patrick's Mental Health Services

1. Recruitment and retaining staff is a challenge for SPMHS as with other mental health services.
2. The use of SPMHS services by the HSE still tends to be patchy and sporadic, although some progress has been made over 2016 through the establishment of a small number of agreements for service.
3. Insurance cover for in-patient care is decreasing, while there has been little or no increase in cover for community-based care in the Dean Clinics.
4. Implementing a new electronic health record will be a challenge and will need significant engagement with the Mental Health Commission.

# Bloomfield Health Services

## Description

Bloomfield Health Services is an independent, not for profit, health care provider located in Stocking Lane, Rathfarnham, Dublin 16. It is both a registered company and a registered charity. It commenced service provision in 1812 and was originally located in Donnybrook, Dublin 4, until 2005 when it moved to its current location. Bloomfield Health Services is owned by the Religious Society of Friends (Quakers) and service delivery is based on their ethos and principles.

Bloomfield Hospital is a 114-bed approved centre with five units. It is a specialist neuropsychiatric centre and provides mental health treatment and care to both adults and older persons. It also provides services for persons with serious and enduring mental illness and for those with complex mental health issues associated with neuropsychiatric disorders, including dementia. In the past three years, Bloomfield has developed a national service for persons living with Huntington's Disease as well as a specialist psychiatric high-dependency service. The Huntington's Disease service includes a 16-week intensive assessment and rehabilitation mental health programme and a service for continuing care and palliative care.

Referrals to Bloomfield Hospital are accepted nationally. Bloomfield Hospital provides beds to the HSE through a service level agreement, and 95% of its funding comes through the HSE.

There are three outpatient clinics: a Huntington's Disease Assessment Clinic, a Neurocognitive Clinic and a Memory Clinic.

## Governance

Bloomfield Hospital is governed by a board of directors. The senior management team consists of the chief executive officer, clinical director, director of nursing, financial controller and human resources officer. There is a Clinical Governance Committee.

## Service User Initiatives

### 1. Alzheimer Café

The South County Dublin Alzheimer Café meets in Bloomfield Hospital. Alzheimer cafés are safe and relaxed evenings where people with dementia, their families, friends and health and social care professionals can talk, share information and support one another.

### 2. HD Café

There is a HD Café for people with Huntington's Disease held in Bloomfield, which has hosted invited speakers to speak about Huntington's Disease.

### 3. Huntington's Support

There is a weekly Huntington's Disease Peer Support Group.

4. **Breakfast Club**

A breakfast club is held once a week where residents from different units can meet and cook breakfast.

5. **Centre for Recovery and Health**

Bloomfield Hospital, through the Centre for Recovery and Health, offers a number of workshops and day programmes for service users. These have multi-disciplinary input and are focused on providing individuals with information about and an introduction to good mental health.

6. **Men's and Women's Groups**

There are separate men's and women's groups for service users for specific activities, including a Men's Shed, men's discussion group, baking group and beauty therapy.

7. **Recreational and Therapeutic Programmes**

There are recreational and therapeutic programmes for residents, which include outings and community activities.

## Challenges for Bloomfield Hospital

1. Retention and recruitment of registered psychiatric nurses is a challenge for the service.
2. Funding for the service represents a challenge for Bloomfield.

Dr Susan Finnerty

Inspector of Mental Health Services