

Mental Health Services 2012

Inspection of Mental Health Services in Day Centre

EXECUTIVE CATCHMENT AREA/INTEGRATED SERVICE AREA	Dublin North Central, North West Dublin
HSE AREA	Dublin North East
MENTAL HEALTH SERVICE	Dublin North Central
DAY CENTRE INSPECTED	87 St. Lawrence Road, Clontarf
CATCHMENT POPULATION	152,000
LOCATION	Clontarf
TOTAL NUMBER OF PLACES	40
AVERAGE NO OF WEEKLY ATTENDEES	40
DATE OF INSPECTION	4 September 2012

Summary

- The day centre provided a good range of activities for attendees.
- The service used multidisciplinary individual care plans.

Details

Service description

The rehabilitation day service was available to service users who were experiencing enduring mental health difficulties. The aim of the day centre was to promote recovery by providing group work and individual interventions facilitated by a multidisciplinary team including psychiatry, nursing, occupational therapy and social worker. The opening times were Monday, Tuesday and Thursday 1000h-1600h, Wednesday 1000h-1330h and Friday 1000h-1330h. The day centre was located on St. Lawrence Road, Clontarf. Service users were mostly under the care of the rehabilitation team although a number of sector teams referred service users to the centre. The plan was that all referrals to the centre in the near future would come under the remit of the rehabilitation team. The day centre facilitated two diverse groups of service users. The social support group, which had an average attendance of between 22 to 25 persons, attended the centre on Tuesdays and Fridays, and service users under the rehabilitation team, with an average daily attendance of ten service users, attended the centre on Mondays, Wednesdays and Thursdays.

There had been 40 admissions and 4 discharges to the service in 2011 and 28 admissions and nine discharges in 2012 to the date of inspection.

Premises

The premises were located in suburban Dublin on a charming, tree-lined road in Clontarf, that had once been a private dwelling thought to have been built in 1890. The premises were extensively renovated in 2008. The centre was accessible by a number of regular buses. The sector headquarters was not located here but at 140 St. Lawrence Road. There were two activity rooms plus a quiet room available and two offices which were available to facilitate one-to-one interventions. All five rooms were suitable for purpose. Hot meals were provided to the social support group only, which attended Tuesdays and Fridays.

Care Pathway

Referrals were made by the sector teams and the rehabilitation team. Service users were referred from outpatients, community residences, nursing homes and the in-patient service in St. Vincent's Hospital, Fairview. An initial assessment was carried out by the consultant psychiatrist and a key worker was assigned to the service user. A multidisciplinary (MDT) individual care plan was formulated and there was evidence from the clinical files that this MDT care plan was regularly reviewed by the MDT team.

Staffing levels

POST	NUMBER	SESSIONS PER WEEK
Consultant psychiatrist	1	1 session per week
Nursing staff	1 (shared with medium support premises on site)	Full time
Non consultant hospital doctor	0	-
Occupational therapist	1	1 session per week
Psychologist	0	-
Social worker	1	1 session per week
Activities therapist	0	-

Range of services provided

The range of services provided at the day centre included a Medical Team Information Group on Mondays, facilitated by the Rehabilitation consultant psychiatrist. There was also yoga, Tai-chi, relaxation, Art Group, Freestyle drawing, "Wellness" Group, which included living skills and health issues, a knitting group, Film Club, Community Participation Group which revolved around gardening and Young Persons Group. Depot injections were not administered to service users by staff of the day centre as these were administered by the service user's community mental health nurse. No outings took place with service users attending the day centre.

Service user input

No service user requested to speak to the inspector, but service users chatted informally to the inspector during the course of the inspection.

Quality initiatives in 2012

- A security gate had been installed to prevent intruders from trespassing.
- A suggestion box had been placed in order for service users to suggest new groups to keep groups as progressive as possible and based on need.
- The local Vocational Education Committee had started running the Art Group.
- A sensory room had been established for use by service users.

Operational policies

There were admission and discharge policies for the day centre. A risk assessment was used. A record of incidents and staff training was made available to the inspector for examination. There was an established policy of follow up for non attendees.

Planning

The Annual Service Report for 87 St. Lawrence Road was made available to the inspector. The service had no written operational plan.

Conclusions

In number 87 St Lawrence Road Day Centre, an excellent range of therapeutic activities was provided to two diverse service user groups during the week by a team of committed staff. Service users were mostly under the care of the rehabilitation team although a number of sector teams referred service users to the centre. The plan was that all referrals to the day centre in the near future would come under the remit of the rehabilitation team.

Recommendations and areas for development

1. Plans that all referrals to the day centre will come under the remit of the rehabilitation team should be expedited.