

Rehabilitation and Recovery Services
 Community Healthcare Organisation (CHO) 3
 2018/2019

Description

CHO 3 comprises Limerick, Clare and North Tipperary and has a population of 385,172 across an urban/rural mix. There are two rehabilitation and recovery teams.

| | |
|---|----------------|
| Population | 385,172 |
| Number of rehabilitation teams | 2 |
| Number of rehabilitation teams recommended by <i>A Vision for Change</i> to nearest 100,000 population | 4 |

Staffing of Rehabilitation teams compared with recommendations of *A Vision for Change*

| | Number in team | Recommendation in <i>A Vision for Change</i> for population of 385,172 | Percentage of <i>A Vision for Change</i> Recommendations for population of 385,172 to nearest 100,000 population |
|--|-----------------------|---|---|
| Consultant psychiatrist | 2 | 4 | 50% |
| Non consultant medical staff | 2 | No recommendation | |
| Team coordinator/ADON | 1 | No recommendation | |
| Nursing staff | 8 | 40 minimum | 20% |
| Occupational therapist | 3 | 8 | 36% |
| Social worker | 2 | 8 | 25% |
| Clinical psychologist | 0.5 | 8 | 6% |
| Peer support workers | 0 | | |
| Arts therapist | 0 | 3 | 0% |
| Cognitive behavioural therapist | 0 | 3 | 0% |

No further staffing has been approved.

Assertive outreach team

The Clare rehabilitation and recovery team has an outreach team consisting of three clinical nurse specialists and one staff nurse. The Limerick rehabilitation and recovery team provides an outreach service.

While the Limerick rehabilitation team do not have a dedicated outreach team, they stated they “provide assertive outreach for service users in their homes and in local mental health residential facilities and day centres”.

Training of staff

| Course | Number of staff |
|--|-----------------|
| WRAP ¹ | 7 |
| Recovery Principles Training | 20 |
| Integrated Recovery Care Planning | 12 |
| STORM Training ² | 4 |
| DBT ³ | 1 |
| Brief Intervention/Solution Focused Therapy | 1 |
| Social Role Valorisation | 1 |
| Basic CBT Skills ⁴ | 6 |
| Family CBT Skills | 3 |
| Cognitive Remediation | 0 |
| MSc in Psychosocial Interventions | 2 |
| Postgraduate Diploma in Psychosocial Interventions | 4 |

Residential rehabilitation facilities for Clare and Limerick

| Residential rehabilitation facilities | Number | Number of beds |
|---|--------|----------------|
| Specialist inpatient rehabilitation unit | 0 | 0 |
| Specialist community rehabilitation units | 4 | 31 |
| 24- hour supervised residences | 7 | 79 |
| Medium support residences | 4 | 23 |
| Low support residences | 10 | 34 |

¹ Wellness Recovery Action Plan (WRAP)

² Skills Training on Risk Management

³ Dialectical Behaviour Therapy

⁴ Cognitive Behaviour Therapy

Day services

The Limerick rehabilitation team have three day centres with 59 places in total.

The Clare rehabilitation team has two day centres with 46 places in total.

North Tipperary has two day centres.

Rehabilitation and Recovery Initiatives

Clare

- Review of residential units, defining their purpose and accommodation needs of residents.
- Liaison with advocacy services and peer support services.
- Implementation of a new assessment tool and system to measure service user outcomes.

Limerick

- Workshops with patients and staff on lithium therapy.
- Workshops with service users and staff about psychotropic medication.
- “A Freedom from Smoking” CBT programme over six weeks.
- “Mind Your Mental Health” workshop for service users and staff, run by Mental Health Ireland.
- Development of a Golf Group.
- Recovery based Newsletter – *A Spot so Fair* is a newsletter about recovery in mental health, published three times a year. It provides a platform for service-users personal stories and demonstrated recovery focused initiatives throughout the service.
- Compassionate Resilience Group was held over an eight week period.
- Service users could attend a Men’s Shed, Social Farming, and a tennis group.
- A Managing Emotions Group was held over a 14-week period.
- A Men’s Shed is provided in partnership with Le Chéile, Limerick Rehabilitation Service, and Raheen and District Mental Health Association Mental Health Association.
- There is a Social Farming Project.
- Tennis Groups are held.

Challenges

- There is no service to North Tipperary and no supported accommodation.
- No access to addiction counsellors.
- High deprivation rate (third highest nationally).
- There is a requirement for a specialised Rehabilitation Unit in CHO 3.
- There are no specialist in-patient rehabilitation units in CHO 5. In order to provide such a programme, people are admitted to out of area placements which is not in line with good practice.

Conclusion

Both rehabilitation teams have experienced staff with appropriate training. North Tipperary, with a population of 71,300, has no rehabilitation service. The rehabilitation service has a large number of high support beds, 79 in total, with a further 23 in medium support. This requires a large number of staff, which could be released with a reduction of these beds, thereby providing a more community-based rehabilitation service with the development of fully staffed outreach teams. This would require a CHO-wide needs assessment and investment in accommodation through the housing agencies. There are also five day centres. There needs to be rehabilitation service planning, which is needs-based, across the CHO to provide an integrated service for all three areas.