

Rehabilitation and Recovery Services
 Cork and Kerry Mental Health Services
 Community Healthcare Organisation (CHO) 4
 2018/2019

Description

CHO 4, consisting of counties Cork and Kerry, has a wide geographical area and a large population numbering 689,750 people. There are 153 people in long-term care in 4 approved centres. There are also 187 beds in 24-hour nurse supervised residences. There are, therefore, 340 people with enduring mental illness living in institutionalised care; however, the area has only two poorly staffed rehabilitation teams.

Population	689,750
Number of rehabilitation teams	2
Number of rehabilitation teams recommended by <i>A Vision for Change</i> to nearest 100,000 population	7

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 689,750 to nearest 100,000 population	Percentage of <i>A Vision for Change</i> Recommendations
Consultant psychiatrist	2	7	29%
Non consultant medical staff	2	No recommendation	
Team coordinator/ADON	0.33	No recommendation	
Nursing staff	6	70 minimum	9%
Occupational therapist	4	14	29%
Social worker	1.4	14	10%
Clinical psychologist	1.2	14	9%
Peer support workers	0.5		
Creative arts therapist	0.5	7	7%
Cognitive behavioural therapist	0	7	0%

Assertive outreach team

There is no assertive outreach model in operation.

Training of staff

Course	Number of staff trained
WRAP Introduction Workshop ¹	5.5
Recovery Principle Training	5.2
STORM Training ²	3
DBT ³	2
Brief Intervention/Solution Focused Therapy	4
Basic CBT Skills ⁴	4.7
Family CBT Skills	3
Nurse Prescribing	0
Other	Peer leadership training, Hearing Voices facilitation skills training, assessment training, training in family peer support, H.Dip. in psychotherapy

Residential rehabilitation facilities

Residential rehabilitation facilities	Number	Number of beds
Inpatient rehabilitation unit	1	20
Community rehabilitation units	7	89
Medium support residences	0	0
Low support residences	11	47

Day services

There are three day centres under the responsibility of the rehabilitation and recovery team in Kerry. There are two resource centres in Cork under the responsibility of the rehabilitation team.

¹ Wellness Recovery Action Plan (WRAP)

² Skills Training on Risk Management

³ Dialectical Behaviour Therapy

⁴ Cognitive Behaviour Therapy

Rehabilitation and recovery initiatives

Kerry

- There is an Individual Placement Support (IPS) to assist people to begin or return to work and to provide support once in work. This post is embedded in the rehabilitation and recovery team.
- There is an active Advancing Recovery in Ireland (ARI) committee.

Cork

- A recovery Symposium was held in UCC in 2017.
- A pilot of a dietitian service was initiated in 2018.

Challenges

- There is a need for another rehabilitation and recovery team in Kerry Mental Health Services.
- Cork requires five more rehabilitation teams to be in line with national policy.
- There is a need for training in cognitive behavioural therapy in psychosis and other evidence-based rehabilitation therapies.
- Major capital spend is needed for one 24-hour supervised residence in Kerry.
- GPs have stated to the mental health services in Kerry that they are unable to provide ongoing monitoring for people on antipsychotic medication.

Conclusion

CHO 4 does not provide a comprehensive rehabilitation service, with two poorly staffed rehabilitation teams for a population of over 680,000 people. This has resulted in a high proportion of residents in institutional care (340); either in hospital or in 24-hour supervised residences. Staff have relatively little training in areas that are recommended for people with severe enduring mental illness, such as cognitive behaviour therapy for psychosis, cognitive remediation, family therapy, and social skills training. It is difficult to see an improvement in services for people with severe enduring mental illness without major investment in rehabilitation and recovery services.