

Rehabilitation and Recovery Services
Mental Health Services
Community Healthcare Organisation Area 5
2018/2019

Description

CHO 5 consists of Carlow/Kilkenny/South Tipperary Mental Health Services, which covers a population of 218,747 people, and Waterford/Wexford Mental Health Services, which covers a population of 292,323 people.

Population	511,070
Number of rehabilitation teams	4
Number of teams recommended by <i>A Vision for Change</i> to nearest 100,000 population	5

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

It is recommended in *A Vision for Change* that there be 1 team per 100,000 population, with a total of 39 teams nationally.

	Number in team	Recommendation in <i>A Vision for Change</i> for population of 511,070 to nearest 100,000 population	Percentage of <i>A Vision for Change</i> Recommendations
Consultant psychiatrist	3*	5	60%
Non consultant medical staff	4	No recommendation	
ADON/Team coordinator	1.8	No recommendation	
Nursing staff (excluding residential units)	18	50 minimum	36%
Occupational therapist	3.3	10	33%
Social worker	4	10	40%
Clinical psychologist	1.5	10	15%
Peer support workers	0.5		
Creative arts therapist	0	5	0%

Cognitive behavioural therapist	0	5	0%
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*No consultant psychiatrist in the Carlow/Kilkenny Rehabilitation Team

Assertive outreach team

There are four outreach teams in CHO 5 with a total of 9.5 nursing staff.

Training of staff

Course	Numbers of staff trained
WRAP Introduction Workshop¹	3 teams
Recovery Principle Training	4 teams
Integrated Recovery Care Planning	0
STORM Training²	8 (Carlow/Kilkenny)
DBT³	0
Brief Intervention/Solution Focused Therapy	0
Social Role Valorisation	0
Basic CBT Skills⁴	10 (Carlow/Kilkenny)
CBT for Psychosis	0
Family CBT Skills	0
Diploma in Community Mental Health Nursing	0
Nurse Prescribing	0
Eolas⁵	4

Staff in Carlow/Kilkenny have undergone training in Human Givens Therapy, Mindfulness, and Interpersonal Skills

Residential rehabilitation facilities

Residential rehabilitation facilities	Number	Number of beds	Number of beds per 100,000
Specialist inpatient rehabilitation unit (SRU)	0		0

¹ Wellness Recovery Action Plan (WRAP)

² Skills Training on Risk Management

³ Dialectical Behaviour Therapy

⁴ Cognitive Behaviour Therapy

⁵ Mental health information and learning programmes with a focus on assisting participants recovery journey

Inpatient unit under care of rehabilitation team	3	44	8.8
Specialist community rehabilitation units	0		0
24-hour supervised residences	11	159	31.8
Medium support residences	5	27	5.4
Low support residences	19	70	14
Supported independent accommodation	0		

Day services available to patients in rehabilitation programme

- Activation Therapy Unit in St Otteran's Hospital, Waterford, which also caters for General Adult psychiatry patients. Average attendance is 25-30 patients.
- Western Studio, Clonmel is a day service and activation unit with therapies, recreational activities and peer support. It has 29 attendees from all mental health services, including the rehabilitation service.
- Access to Morton Street Day Centre, Clonmel and Clonmel Community Mental Health Centre.
- Dolmen Centre, Carlow has 20 places.
- Supported Training Centre, Carlow has 25 places.
- Brook Centre, Kilkenny has 20 places.
- Task Centre, Kilkenny has 20 places.

There is also access to the sector day hospitals if acute care is required.

Rehabilitation and recovery initiatives

The establishment of a Recovery College for the South East.

Carlow/Kilkenny:

- Introduction of a peer support worker in 2017.
- Smoking cessation programme in all residential settings.
- Individual care plan audit in 2018 with piloting of new care plans.
- Recovery initiatives are supported by an Advancing Recovery Coordinator (1 WTE), Recovery Leads (2 WTE) and Peer Educators (1.75WTE).

Waterford

- A Quality and Patient Safety Committee was set up for the rehabilitation service.
- A walking group was introduced.
- Waterford Institute of Technology students undertaking a B.Sc. in Health and Exercise have placements with the rehabilitation team.

Wexford

- A peer support group for young men has been developed in Enniscorthy.
- Monthly WRAP Café in LINK Centre.
- Two employment specialist posts have been commenced with one specifically for Wexford rehabilitation service.
- Community groups have been set up: tag rugby, swimming, dancing, FAI, community living skills programme.
- Assistive technology programme initiated in two residences with agreement secured for a third residence.

South Tipperary

- There is a smoking cessation programme in all residential settings.
- New care plans are being targeted in one 24-hour supervised residence.
- An advancing Recovery Coordinator, (1 WTE), Recovery Lead (2 WTE) and two Peer Educators (1.75 WTE) have been appointed.

Challenges

- South Tipperary and Carlow/Kilkenny rehabilitation teams have no occupational therapist.
- Lack of a Mental Health Intellectual Disability team, resulting in the clinical care of people with an intellectual disability coming under the rehabilitation team.
- Ongoing staffing problems, despite intensive recruitment campaigns has resulted in a large number of vacancies across the rehabilitation teams (15.5 WTE vacancies).
- There is insufficient social and low supported housing to enable service users to move to more independent accommodation as they progress through the rehabilitation programme.
- Infrastructure problems prevents the rehabilitation service from providing appropriate rehabilitation programmes.
- There are ongoing issues with accessing community based healthcare services such as home help, GP service for monitoring physical health and dietitians for users of the rehabilitation service, resulting in inequalities and lack of parity of esteem.

Conclusion

CHO 5, in common with other CHOs, struggles to provide a comprehensive rehabilitation service for people with an enduring mental illness. There are four poorly staffed teams and there is no consultant psychiatrist in the Carlow/Kilkenny rehabilitation team. There are four assertive outreach teams but each of these has only a small number of nursing staff. There are 44 inpatient beds and 159 high support beds but little opportunity for residents to move to more independent living due to the lack of medium and low supported accommodation.

The lack of a Mental Health Intellectual Disability team results in the clinical care of people with an intellectual disability coming under the work of the rehabilitation team, which is inappropriate care

for this resident group. The ongoing problems with accessing essential healthcare, which is available to other citizens, is discriminatory and affects the safety of these service users.

There are a number of excellent initiatives, especially those which encourage service users to access community activities, which show, despite the lack of staffing, the hard work of the rehabilitation teams to provide rehabilitation for people with enduring mental illness.