

Rehabilitation and Recovery Services
Mental Health Services
Community Healthcare East (formerly CHO 6)
2018/2019

Description

Community Healthcare East (formerly CHO 6) consists of Dublin South East, East Wicklow Mental Health Services and Cluain Mhuire Services in South Dublin. It is a relatively small geographical area with a rural-urban mix. There is no specialist rehabilitation and recovery team in Community Healthcare East.

A consultant psychiatrist post has been approved for Wicklow but there are difficulties in recruiting for this post.

Population	424,772
Number of rehabilitation teams	0
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 424,772 to nearest 100,000 population	Percentage of <i>A Vision for Change</i> Recommendations
Consultant psychiatrist	0*	4	0%
Non consultant medical staff	0	No recommendation	0%
Team coordinator	0	No recommendation	
Nursing staff	1 (CNS)	40 minimum	2.5%
Occupational therapist	1 (currently working in other specialities pending appointment of a consultant psychiatrist)	8	12.5%
Social worker	1 (currently vacant)	8	12.5%

Clinical psychologist	0	8	0%
Peer support workers	0	No recommendation	
Arts therapist	0	4	0%
Cognitive behavioural therapist	0	4	0%

*Due to be filled by Quarter 4, 2019

Assertive outreach team

There is no assertive outreach team.

Training of staff

In the absence of a rehabilitation team, staff from the community mental health teams have received training in Recovery Principles, EOLAS and WRAP.

Residential rehabilitation facilities

Residential rehabilitation facilities	Number	Number of beds
Specialist inpatient rehabilitation unit	0	0
Specialist community rehabilitation units	0	0
24-hour supervised residences	4	59
Medium support residences	0	0
Low support residences	9	48
Supported housing units (St John of God services)	64	64

Day services

There are six day centres in Community Healthcare East which are under the remit of the community mental health teams, with an average of 195 attendees daily.

Rehabilitation and recovery initiatives

- A Recovery Committee was established in 2017 which has progressed training in WRAP, Eolas and recovery principles. It is responsible for all areas related to recovery.
- A housing coordinator has been appointed.

- An Individual Placement and Support (IPS) service has been put in place to support service users in employment.
- In June 2018, Community Healthcare East collaborated with other CHOs to deliver an ARI (Advancing Recovery in Ireland) Recovery Learning Set, entitled *Recovery – Are We There Yet?*, which included six interactive workshops.
- Engagement sessions by ImROC (Implementing Recovery through Organisational Change) to assess and develop recovery services in Community Healthcare East This was funded by the Social Reform Fund. The engagement sessions involved service users, family members, carers, staff, and community and voluntary agencies.
- A Recovery for Young People Committee has been set up to provide a forum for young people and their families, mental health professionals and other local support services to create a recovery orientated environment for young people in Community Healthcare East.

Challenges

- The absence of any rehabilitation team in Community Healthcare East has been a major challenge in providing rehabilitation for service users. One rehabilitation consultant post is due to be filled in Quarter 4, 2019.

Conclusion

There are currently no specialist rehabilitation services in Community Healthcare East, where there should be at least four teams. Even with the appointment of one consultant psychiatrist, the rehabilitation service for Community Healthcare East will be grossly under-resourced with one occupational therapist, one social worker and one clinical nurse specialist. There are no medium support residences to enable those in high support residences to progress to more independent living. There are, however, a total of 112 low supported places.

A significant amount of effort has been made to provide a recovery based mental health service across Community Healthcare East, including youth services, and there is no doubt that there is strong engagement with recovery principles among front-line staff; however, the full provision of rehabilitation services is urgently required.