

Rehabilitation and Recovery Services
Mental Health Services
Community Healthcare Organisation 7
2018/2019

Description

Community Healthcare Organisation (CHO) 7 includes: Kildare/West Wicklow, with a population of approx. 241,500; Dublin West/South West, with a population of approx. 272,000, and; St James's Dublin South City, with a population of approx. 150,000. There are three rehabilitation teams across CHO7 which have commenced working collaboratively, although each team is at different levels of development.

Referrals can be made from the approved centres, home-based treatment teams, and first episode psychosis teams.

Population	674,071
Number of rehabilitation teams	3
Number of rehabilitation teams recommended in <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 674,071 to nearest 100,000 population	Percentage of <i>A Vision for Change</i> Recommendations
Consultant psychiatrist	2.5	7	36%
Non consultant medical staff	2	No recommendation	
Team coordinator/ADON	3.2	No recommendation	
CNS/ANP	2		
Staff nurses	18	70 minimum	26%
Occupational therapist	4	14	29%
Social worker	1.7	14	12%

Clinical psychologist	0	14	0%
Peer support workers	0	No recommendation	
Creative arts therapist	0	7	0%
Cognitive behavioural therapist	0	7	0%

Assertive outreach team

Dublin West/South West had an assertive outreach team with 8.5 nursing posts

St James's/Dublin South Central has no outreach team.

Kildare/West Wicklow has no outreach team.

Training of staff

Course	Numbers of staff trained
WRAP Introduction Workshop¹	4
Recovery Star	4
Recovery Principle Training	11
Integrated Recovery Care Planning	0
STORM Training²	1
Social Valorisation	1
Cognitive remediation	1
CBT Skills³	Assertive outreach team, consultant psychiatrist
Family CBT Skills	1
MSc. Rehabilitation	1

Other training carried out by members of the rehabilitation teams include Decider Skills training, mindfulness, smoking cessation, Eolas, Cognitive Adaptation Training (CAT).

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	6	100

¹ Wellness Recovery Action Plan (WRAP)

² Skills Training on Risk Management

³ Cognitive Behaviour Therapy

Medium support residences	3	24
Low support residences	14	55
Supported independent accommodation	0	0

Day services

There are no day facilities in CHO7 under the management of a rehabilitation team.

EVE is a programme within the HSE which provides support to people with mental health difficulties in employment, community education, and community activities, and has three clubhouses and one vocational training centre. They also provide recovery planning using the Recovery Context Inventory (RCI).

Rehabilitation and recovery initiatives

- There is a Rehabilitation Planning Forum across CHO7.

Kildare/West Wicklow

- Nursing admission packs have been developed for high support residences.
- Service users and carers are trained to facilitate WRAP.
- Representatives from local forums are involved in a number of governance committees such as the ARI committee and the Physical Health Monitoring Committee.

Dublin West/South West

- Development of physical health programmes.
- Standardisation of referrals to the rehabilitation and outreach teams.
- Standardisation of the function of community residences.
- Expansion of the Stepping In programme.
- Establishment of a Housing Forum using the Recovery Star.
- Establishment of strong links with “creating foundations”, South Dublin County Council, Dublin City Council, and voluntary housing agencies.
- Development of independent living goals.

St James’s/Dublin South City

- Recruitment to this new team is continuing.
- Co-production workshops with service users run in Bru Chaoimhin.
- WRAP rollout in Bru Chaoimhin.
- Community care plan documentation and process has been finalised.

Challenges

- Staffing of teams and infrastructure deficits are key challenges.
- The CHO has both urban and rural areas, making it difficult to provide a service across the entire CHO.
- Some residences are not suitable as accommodation for people with long-term needs.
- There is a lack of suitable accommodation at different support levels.
- The high support residences accommodate too many people, which leads to a lack of privacy and institutionalisation.
- Many bedrooms in the community residences are shared with consequent lack of privacy.
- There is a lack of a specialist in-patient rehabilitation unit.
- There is a lack of respite services.

Conclusion

There are only three rehabilitation teams in CHO 7, where there should be seven. These teams lack enough resources to provide a comprehensive service and rely heavily on high support beds. The high support residences accommodate too many people and are not in line with *A Vision for Change*. Bedrooms are shared in some cases. This is compounded by the lack of appropriate housing for service users to continue the journey to more independent living and the lack of well-developed outreach teams to support the moves.

The teams have members who are well trained to provide a rehabilitation service and there are a number of good programmes available. These are complemented by the programmes offered by EVE. There is evidence of good collaboration across the three teams, which includes a rehabilitation planning forum. This is not always the case across other CHOs.