

Rehabilitation and Recovery Services
Mental Health Services
Community Healthcare Organisation 8
2018/2019

Description

Community Healthcare Organisation (CHO) 8 consists of: Laois/Offaly, with a population of 162,658; Longford/Westmeath, with a population of 133,000, and; Louth/Meath, with a population of 322,676. The CHO has a large geographic spread with a mix of urban and rural areas.

Population	618,000
Number of rehabilitation teams	3
Number of rehabilitation teams recommended in <i>A Vision for Change</i> to nearest 100,000 population	6

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 618,000 to nearest 100,000 population	Percentage of <i>A Vision for Change</i> Recommendations
Consultant psychiatrist	3	6	50%
Non consultant medical staff	3.6		
Team coordinator/ADON	1.5		
Nursing staff	2.5	60 minimum	4%
Occupational therapist	4	12	33%
Social worker	3	12	25%
Clinical psychologist	3	12	25%
Peer support workers	0		
Creative arts therapist	0	6	0%
Cognitive behavioural therapist	0	6	0%
Addiction counsellor	0	6	0%
Individual Placement and Support Coordinator (IPS)	1		

Assertive outreach team

There are no assertive outreach teams with the rehabilitation teams in Laois/Offaly.

There are two assertive outreach teams in Louth/Meath: one in Meath and one in Louth, with four nursing staff each. However, these are under the governance of the community mental health teams and not the rehabilitation team.

In Longford/Westmeath there are three outreach teams staffed by two clinical nurse managers, eight staff nurses and three health care assistants.

Training of staff

There has been no training in any rehabilitation skills given to the Laois/Offaly rehabilitation team. The following table applies only to Louth/Meath and Longford/Westmeath rehabilitation teams.

Course	Numbers of staff trained
WRAP Introduction Workshop¹	16
Recovery Principle Training	34 staff in Longford/Westmeath
DBT²	4
Brief Intervention/Solution Focused Therapy	1
Social Valorisation	1
CBT Skills³	2
Behavioural Family Therapy	3
Behaviour Support Therapy	18
Diploma in Community Mental Health Nursing	1
Compassion Focused Therapy	1

Training is planned in Louth/Meath for a Certificate in Psychosocial Interventions for Contemporary Professional Practice which is commencing in September 2019. This course will include the following modules: contemporary views of health and illness, social role valorisation, recovery, cognitive-based approaches, psychosocial intervention strategies, family focused interventions, health and lifestyle, and personal and professional development.

The Longford/Westmeath team have attended Maastricht Training. This approach helps people hearing voices can learn to cope with their voices and benefit from psychological and social interventions.

¹ Wellness Recovery Action Plan (WRAP)

² Dialectical Behaviour Therapy

³ Cognitive Behaviour Therapy

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	9	97
Medium support residences	4	17
Low support residences	6	25
Supported independent accommodation	1	3

There are nine residents remaining in St. Ita's Ward, St. Bridget's Hospital, Ardee and three residents in St. Fintan's Hospital, Portlaoise, under the care of the rehabilitation teams.

Day services

Laos/Offaly

There is one day centre with 25 service users in the rehabilitation service based in Portlaoise. There is an active recovery programme two days a week and a programme for people with enduring mental illness three days a week. One staff member is trained in physical activity. Therapies include relaxation, social skills, decider group, goal setting, WRAP, anxiety management and independent living skills.

Louth/Meath

There are no day facilities under the responsibility of the rehabilitation team in Louth/Meath. Service users can attend the community mental health team day centres.

Longford/Westmeath

There are no day facilities under the responsibility of the rehabilitation team but service users can attend the community mental health team day centres.

Rehabilitation and recovery initiatives

Louth/Meath

- A comprehensive multi-disciplinary assessment took place of inpatient residents in St. Ita's Hospital and of residents in three high support residences. Plans are being made for the closure of St. Ita's Ward, St. Bridget's Hospital, with residents moving to more independent living, including own tenancies with support from the rehabilitation team.
- The provision of a community navigator, funded by the Service Reform Fund, to promote and support service users to access community services.

- Gardening projects have been undertaken, including opportunities for residents of a high support residence to take part in a gardening project in a local park.

Longford/Westmeath

- There are a number of programmes to provide recovery focused interventions: on-going cookery programme, Operation Transformation weight reduction programme, Independent Living skills programme, WRAP, drama, cycling, Eolas, smoking cessation, sporting activities and Decider Skills.
- Music in Mind project: an eight-week programme in conjunction with the National Concert Hall.
- Hearing Voices groups. Staff have trained with Shine who provide information, support and educational and training opportunities for people experiencing mental ill health (<https://www.shine.ie/>).
- The rehabilitation team have introduced a co-produced Individual Care Plan.
- My PAL (Physical Achievement Log) has been introduced. This is a record of GP attendances and physical assessment results.
- Healthy Mind Clinical Psychology Groups targeting emotion regulation and cognitive remediation skills are held for all residents of community facilities.
- A 12-week social farming project involving five residents has been completed.
- Out and About Group has been completed.
- Exploring career opportunities pathway is underway with residents.
- Other interventions include Healthy Lifestyles, Music in Mind and a smoking cessation programme.

Laois/Offaly

- A service user attends the weekly recovery meeting.
- A staff member, a service user and a carer took part in the Co-operative Learning and Leadership Programme in DCU.
- In 2016, a pilot project commenced to facilitate transition from mental health units to community settings. Fifteen people were assisted with independent living arrangements and their own tenancies.
- A staff member is trained in Physical Activity Leader for recovery service users.
- One staff member, two carers and four service users have been trained in Capacity Building.
- Bed numbers have reduced in three residences to provide single bedrooms for all residents.

Challenges

- There is an identified need for a specialist inpatient rehabilitation unit.
- Lack of development posts has meant that the existing team is under-resourced and that a further three fully staffed rehabilitation teams are required to adhere to *A Vision for Change* recommendations.
- There is no individual placement and support programme or housing officer appointed in this CHO.

- Rehabilitation staff require internationally validated interventions in order to provide an adequate rehabilitation service.

Louth/Meath

- Due to restriction placed by the Environmental Health Officer, residents in supported accommodation are unable to access a kitchen and so have no opportunity to learn cooking skills.

Laois/Offaly

- No staff have been trained in specialist rehabilitation interventions.

Conclusion

CHO 8 is a large geographical area that is poorly served with rehabilitation services. There are three inadequately staffed rehabilitation teams and there is little or no collaboration between the teams. Training in rehabilitation interventions is minimal and the teams lack the resources, such as creative arts therapists, cognitive therapists and psychologists, to provide appropriate evidence-based therapies. The lack of nursing staff and healthcare assistants mean there are no assertive outreach teams with the rehabilitation teams in Laois/Offaly or Louth/Meath.

The intensive assessments of service users in Louth/Meath residential centres and inpatient unit will enable planning for residents to move to more independent living; this has already commenced. There are a number of activities based in the community that promote recovery and a service user attends the weekly recovery meetings in Laois/Offaly.