

Rehabilitation and Recovery Services
Mental Health Services
Community Healthcare Organisation 9
2018/2019

Description

Community Healthcare Organisation (CHO) 9 consists of Dublin North City and County and has a population of 584,539. There are four rehabilitation teams: Dublin North Central (DNC) Rehabilitation Team; Dublin North West (DNW) Rehabilitation Team; Blanchardstown Rehabilitation Team, and Dublin North East (DNE) Rehabilitation team.

A 9-bed continuing care inpatient service, with two rehabilitation beds, is provided by St. Vincent's Hospital, Fairview (SVHF) under a Section 38 service level agreement with the HSE. A consultant psychiatrist has a joint appointment between SVHF in-patient rehabilitation service and HSE community rehabilitation service.

Population	621,405
Number of rehabilitation teams	4
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*¹

	Number in team (WTE)	Recommendation in <i>A Vision for Change</i> for population of 621,405 to nearest 100,000 population	Percentage of <i>A Vision for Change</i> Recommendations
Consultant psychiatrist	4	6	67%
Non consultant medical staff	2	No recommendation	
Team coordinator/ADON	2	No recommendation	
CNS/ANP	1		

¹ Includes staffing in St Vincent's Hospital inpatient rehabilitation team

Nursing staff including nurse managers	76.6	60 minimum	128%
Occupational therapist	5	12	42%
Social worker	6	12	50%
Clinical psychologist	1	12	8%
Peer support workers	0	No recommendation	
Creative arts therapist	0	6	0%
Cognitive behavioural therapist	0	6	0%

Assertive outreach team

There is one assertive outreach teams in CHO 9, in Dublin North East. It is provided by nursing and medical staff with input from other therapists as required.

Training of staff

Course	Numbers of staff trained
WRAP Introduction Workshop²	14
Recovery Star	0
Recovery Principle Training	36
Integrated Recovery Care Planning	0
STORM Training³	7
DBT⁴	0
Brief Intervention/Solution Focused Therapy	0
Social Valorisation	0
Cognitive Remediation	0
CBT Skills⁵	0
Family CBT Skills	0
Diploma in Community Mental Health Nursing	0
Nurse Prescribing	0
M.Sc. Rehabilitation	0

One consultant psychiatrist has completed specialist training in rehabilitation.

Residential rehabilitation facilities

² Wellness Recovery Action Plan (WRAP)

³ Skills Training on Risk Management

⁴ Dialectical Behaviour Therapy

⁵ Cognitive Behaviour Therapy

Residential rehabilitation facilities	Number	Number of beds
Specialist inpatient rehabilitation unit	0	0
Specialist community rehabilitation units	1 (Daneswood)	12
24-hour supervised residences	10	111
Medium support residences	9*	57
Low support residences	8	44

*This includes Maryfield, a medium support residence which provides an intensive training and up-skilling to independent living. This programme is delivered by nursing staff, healthcare assistants, and occupational therapist, with input from a social worker for housing support.

Day services

There are no day centres under the responsibility of the rehabilitation teams. The rehabilitation services in Dublin North Central, Dublin North East and Blanchardstown reviewed their day centres and developed a Recovery Hub model which provides a psychoeducation programme and social drop-in groups in a number of settings, as well as a core programme of intensive individualised programmes.

Rehabilitation and recovery initiatives

Dublin North Central, Dublin North West and Blanchardstown

- There are partnerships with Dublin City Council sports development officers providing gym groups for Dublin North Central and Blanchardstown.
- Daneswood Community Residence has been opened as a community rehabilitation unit with an active rehabilitation programme.
- Slán Abhaile Project is in partnership with HAIL Housing and the three rehabilitation teams to enable service users to move to their own homes in the community. The teams were part of the evaluation report into Doras and Slán Abhaile project, A Home of My Own. The project was short-listed for the 2017 HSE Excellence Award and received a special recognition award.

Dublin North City specific initiatives

- Documentation and procedures have been reviewed and a service user and family feedback forms have been developed.
- A peer support worker has been appointed for one of the 24-hour supervised residences.
- A Recovery Hub has been developed which provides a psychoeducation programme and social drop-in groups in a number of settings, as well as a core programme of intensive individualised programmes. It has three strands: 1) a care programme for those not involved in daily

activities; 2) psychoeducation where the service user is involved in the development of the programme, and; 3) a social drop-in group.

- There is a formal collaboration between HAIL Housing and the HSE to provide social housing for people living in congregated settings, new long-stay residents in approved centres and service users at risk of losing their housing in the community.
- A Project Manager Housing Coordination has been appointed to collect data on housing needs of service users, to develop working partnerships with housing agencies, and to reduce the number of delayed discharges.

Dublin North West specific initiatives

- Service user and family information coffee mornings take place twice a year, with mail drops to service users and families.
- A new information leaflet about the rehabilitation team has been developed.
- The rehabilitation team facilitated a six-week Hearing Voices support group in the Recovery Hub in 2017.

Dublin North East

- A weekly sporting group, Over the Line Football Club, which runs in partnership with Dublin City Council.
- Steps to Recovery walking group is ongoing.
- Bike for Life programme which is held in conjunction with Dublin City Council.
- Each resident has their own recovery folder.
- Residents have a comprehensive yearly physical examination.
- There is a seven-day nursing service which runs from 8:00 to 20:00, daily in Dublin North East. A clinical nurse specialist 3 (CNM3) provides a twilight service to residential units four days a week.

Challenges

- There is limited access to appropriate housing to enable service users to move onto more independent living.
- There is very limited access to psychology services across all four rehabilitation teams.
- There is very limited access to a specialist in-patient unit.
- Access to appropriate vocational training and work placements is difficult.

Conclusion

Four rehabilitation teams provide a service to a mainly urban area in CHO9. This area has a high deprivation index, limited new social housing and a large immigrant population. The teams are not well resourced, with a lack of psychology input. Appropriate housing is largely unavailable for residents to move to more independent living. Despite these challenges, there are rehabilitation programmes

which shows strong service user involvement and community involvement. Immense efforts have been made to collaborate with housing agencies to access more independent accommodation.