

Rehabilitation and Recovery Services
 Cavan Monaghan Mental Health Services
 Community Healthcare Organisation (CHO) 1
 2018/2019

Description

The Cavan/Monaghan catchment area is a sparsely populated area, having a total population of 136,394. It is a mostly rural area, with poor levels of infrastructure. It is served by two approved centres: Acute Psychiatric Unit, Cavan General Hospital and Blackwater House in St. Davnet's Hospital, Monaghan, which is a continuing care unit. Cavan/Monaghan was one of the first areas nationally to introduce home-based treatment and assertive outreach teams, and therefore these teams are well established. This has resulted in a low admission rate to the Acute Psychiatric Unit in Cavan General Hospital. The community rehabilitation service also offers a respite service.

The community rehabilitation service is delivered across two counties with assertive outreach teams based in St. Davnet's Hospital in Monaghan and in Cavan General Hospital.

Population	136,394
Number of rehabilitation teams	1
Number of teams recommended by <i>A Vision for Change</i> to nearest 100,000	1

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 136,394	Percentage of <i>A Vision for Change</i> Recommendations (to nearest 100,000)
Consultant psychiatrist	1	1	100%
Non consultant medical staff	2	No recommendation	
Team coordinator/ADON	1	No recommendation	
Nursing (all grades)	12 (includes Assertive Outreach Nurses and residential facilities)	10 minimum	
Occupational therapist	1	2	50%

Social worker	1	2	50%
Clinical psychologist	1	2	50%
Peer support workers	1	No recommendation	
Arts therapist	0	1	0%
Cognitive behavioural therapist	0	1	0%
Multi-task assistants	21	No recommendation	
Occupational therapy assistant	1	No recommendation	

While not assigned to the community rehabilitation service, the following staff take referrals of service users: cognitive behaviour therapist/psychotherapist; addiction counsellor; domestic skills trainer and creative/recreational therapist.

Assertive outreach team

The rehabilitation team provide services through an assertive outreach model. Multi-task attendants, as part of the team, provide support for people to attend appointments, shop, and for other daily tasks.

Training of staff

Course	Numbers of staff trained
WRAP¹	10
Recovery Principle Training	37
Cognitive Remediation	15
STORM Training²	6
DBT³	3
Basic CBT Skills	12
Family CBT Skills	6

Residential rehabilitation facilities

Residential rehabilitation facilities	Number	Number of beds
Specialist inpatient rehabilitation unit	0	0
Specialist community rehabilitation units	2	26
Medium support residences	0	0

¹ Wellness Recovery Action Plan (WRAP)

² Skills Training on Risk Management

³ Dialectical Behaviour Therapy

Low support residences	4	14
Supported independent accommodation	0	77

The community rehabilitation service also has clinical responsibility for seven people residing in Blackwater House, a continuing care unit in St. Davnet's Hospital in Monaghan.

Day services

The Mental Health Centre in Bailieborough is attended by 14 people under the care of the community rehabilitation service.

Other services

There is an Individual Placement Support to assist people to begin or return to work, and to provide support once in work.

A housing coordinator has been appointed to work across CHO 1 to assist in finding appropriate accommodation for people with severe mental illness.

Rehabilitation and Recovery Initiatives

- A peer support worker has been appointed to the service.
- Supported Self-Directed Living Training (<https://www.genio.ie/meeting-the-challenges/capacity-building/ssdl>).
- Operation Recovery Model is in place.
- Kick Start football programme with the Football Association of Ireland.
- Jobs Club to help people with severe and enduring mental illness get a job by providing one-to-one support, a drop-in service, and workshops.
- A study on the prevalence of metabolic syndrome is currently being conducted.
- A new multi-disciplinary referral system has been developed.
- Quality review using Inspire questionnaire for service users.
- Community rehabilitation service users have been surveyed to obtain their views on the current care planning processes.

Challenges

- Replacement of retiring nursing staff.
- Replacement of staff who are on maternity leave.

- Progressing clinician attitudinal change from “doing for” to “doing with”.
- Developing a seamless pathway of care to and from community mental health teams.
- Lack of transport networks for people to attend social activities.

Conclusion

The community rehabilitation team in Cavan/Monaghan is a well-established team that is relatively well staffed in comparison with other areas nationally. Its staff are trained in therapies that are appropriate to the needs of the people with severe and enduring mental illness.

There are many initiatives and linkages with other support services that are of assistance to the recovery of their client group. The team is not fully staffed in accordance with *A Vision for Change*; however, it has made use of the resources available to it, for example, in the use of multi-task attendants to provide practical support. There are difficulties in recruitment, which has been challenging for the team.