

**INSPECTORATE OF MENTAL HEALTH SERVICES**  
**CATCHMENT TEAM REPORT**  
**INSPECTION 2013**

<b>HSE AREA</b>	South
<b>CATCHMENT AREA</b>	Cork North
<b>MENTAL HEALTH SERVICE</b>	Cork North Mental Health Services
<b>POPULATION</b>	250,530
<b>NUMBER OF SECTORS</b>	7
<b>NUMBER OF APPROVED CENTRES</b>	3
<b>SPECIALIST TEAMS</b>	Rehabilitation
<b>DATE OF MEETING</b>	4 June 2013

**Summary**

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- The service had successfully managed the amalgamation of the North Lee and North Cork catchment areas with the service being called Cork North Mental Health Service.
- There was some disquiet about the proposed closure of the admission wards in St. Stephen's Hospital and their proposed move to St. Michael's Unit in the Mercy Hospital.
- There was a need for a clear pathway of referral and communication between the general adult and the Child and Adolescent Mental Health Services (CAMHS) teams regarding access to in-patient beds in Eist Linn.
- In 2012, the adult service had been allocated 35 additional posts for health and social care professionals and 20 posts for the Child and Adolescent Mental Health Services (CAMHS).
- All community mental health teams (CMHTs) had at least some members of all health and social care professionals.
- The service had a Home Based treatment teams (HBTT) which had dealt with 120 referrals in 2012.

## SERVICE DESCRIPTION

The Cork North catchment area comprised the former North Lee and North Cork catchment areas. There were three approved centres in the area: St. Stephen's Hospital, Carraig Mór and St. Michael's Unit, Mercy Hospital, Cork. There were 76 acute admission beds in St. Stephen's Hospital and St. Michael's Unit. In addition, there were 17 admission beds in the regional Psychiatric Intensive Care Unit (PICU) at Carraig Mór. Mental health services were delivered by eight community mental health teams (CMHTs),

## PROGRESS ON RECOMMENDATIONS FROM THE 2008 CATCHMENT REPORT

### *North Lee*

1. The lack of specialist teams should be addressed. Provision for a rehabilitation team, an enhanced liaison team and a psychiatry of old age team should be progressed.

Outcome: There was no rehabilitation or liaison team in the North Lee area. Approval had been provided for the establishment of psychiatry of old age team and was currently at the recruitment stage.

2. Breaches in the statutory Rules and Regulations for approved centres should be immediately addressed as should breaches of Codes of Practice.

Outcome: St. Michael's Unit and St. Stephen's Hospital were fully compliant with all the Regulations and, Rules and Codes of Practice in 2013. Carraig Mór was fully compliant with 21 Articles of the Regulations but was not fully compliant with the Rules on Seclusion, or the Codes of Practice on Physical Restraint, Notification of Deaths and Incidents, Admission or Transfer.

3. Multidisciplinary teams should be fully resourced.

Outcome: The service had progressed significantly on this recommendation in 2013.

4. The development of a full regional forensic service should be advanced as quickly as possible.

Outcome: This had not happened.

### *North Cork*

1. Management and the Irish Advocacy Network representative should meet regularly on a formal basis.

Outcome: Whilst the advocate met with the clinical nurse managers (CNMs) and the Director of Nursing (DON), on a regular basis, there was no service user representative on a senior management committee.

2. A clear plan for the amalgamation of North Lee and North Cork catchment areas should be completed. This should include plans for the future accommodation of long stay residents in St. Stephen's Hospital and the future of the acute unit.

Outcome: This plan had been developed and was underway.

### **DEVELOPMENTS 2012-2013**

Day facilities had moved to a five day service located in Mitchelstown.

## TOTAL STAFFING CMHTs (Comparison with 2008)

Entries for 2013 are stated as at the date of the 2013 catchment area meeting

Medical Staff (WTE)	2008	2013
Total Number of Psychiatrists	11	8
Total number of Senior Registrars	0	1
Total Number of NCHDs	20	15

Nursing Staff (WTE)	2008	2013
DON	2	1
ADON	8.79	1
Nurses in in-patient units	247.79	<i>Figure not provided</i>
Nurses in community residences	51.44	<i>Figure not provided</i>
CMHN	26	19.5
Day services	35.96	<i>Figure not provided</i>
Other	55.25	<i>Figure not provided</i>

Health and Social Care Professionals (WTE)	2008	2013
Occupational therapist	9.96	7.4
Psychologist	8	7
Social Worker	8	9.8
Addiction counsellor		1
Art therapist	1.56	<i>Figure not provided</i>

WTE – Whole Time Equivalent, NCHD – Non Consultant Hospital Doctor, DON – Director of Nursing, ADON – Assistant Director of Nursing, CMHN – Community Mental Health Nurse

## Approved Centres:

Approved Centre Name	Number of Beds	Teams Responsible
St. Stephen's Hospital	90	General Adult, Rehabilitation
St. Michael's Unit, Mercy Hospital, Cork	50	General Adult
Carraig Mór	37	General Adult with a Special Interest in Forensic Psychiatry

## RESIDENTIAL FACILITIES

Entries for 2013 are stated as at the date of the 2013 catchment area meeting

### 24 hour residences

The residences in Kanturk, Fermoy and Mallow were under the care of the rehabilitation team. The other three residences were under the care of the sector teams.

Name of Residence	Number of Beds	Number of Staff	Rent
Cois Alla, Kanturk	14	<i>Figure not provided</i>	Owned by voluntary sector. Rent €55/week + €45 in utilities
Carraigabrick, Fermoy	14	<i>Figure not provided</i>	Owned by voluntary sector. Rent €55/week + €45 in utilities
Solas Nua, Mallow	14	<i>Figure not provided</i>	Owned by voluntary sector. Rent €55/week + €45 in utilities
St. Colman's House, Macroom	16	<i>Figure not provided</i>	€100 rent
Gougane Barra House, Cork city	13	<i>Figure not provided</i>	€100
Millfield House, Blackpool, Cork	15	<i>Figure not provided</i>	€100

### Medium Support Residences

There were no medium or low support community residences in the catchment area.

## GENERAL ADULT MENTAL HEALTH SERVICES

**Sector Name:** City North East

**Population:** 38,256

Entries for 2013 are stated as at the date of the 2013 catchment area meeting

### Description of service

Post	Grade	WTE	Comment
Consultant psychiatrist		1	
Senior Registrar		0	
NCHD		2	
ADON		1	Shared across five CMHTs
Community Mental Health Nurses		2	
Other Nursing Staff	CNM 2/RPN	3	
Occupational therapist		1	
Psychologist		1	
Social worker		1	
Addiction counsellor		1	Shared across three CMHTs

*NCHD – Non Consultant Hospital Doctors, ADON – Assistant Director of Nursing, CNM – Clinical Nurse Manager, RPN – Registered Psychiatric Nurse, CMHT – Community Mental Health Teams*

Facilities	Number	Location	Comment
Sector Headquarters	1	St. Mary's Hospital Campus, Cork	
Day Hospital	1	Aisling Nua, St. Mary's Hospital Campus	
Day Centre	0		

**Sector Name:** City North West

**Population:** 26,756

Entries for 2013 are stated as at the date of the 2013 catchment area meeting

Post	Grade	WTE	Comment
Consultant psychiatrist		1	
Senior Registrar		0	
NCHD		1	
ADON		1	Shared across five sectors
Community Mental Health Nurses		2	
Other Nursing Staff	CNM2, RPN	3	
Occupational therapist	Senior grade Basic grade	0.3 1	Additional 0.7 WTE senior post assigned to work in Forensic
Psychologist		1	
Social worker	Basic grade	2	
Addiction counsellor		1	Shared

*NCHD – Non Consultant Hospital Doctor, ADON – Assistant Director of Nursing, CNM – Clinical Nurse Manager, RPN – Registered Psychiatric Nurse*

Facilities	Number	Location	Comment
Sector Headquarters	1	St. Mary's Hospital Campus, Cork	
Day Hospital	1	Aisling Nua, St. Mary's Hospital Campus	
Day Centre	0		

**Sector Name:** Middleton/ Youghal

**Population:** 42,926

Entries for 2013 are stated as at the date of the 2013 catchment area meeting

Post	Grade	WTE	Comment
Consultant psychiatrist		1	
Senior Registrar		0	
NCHD		2	
ADON		1	Shared
Community Mental Health Nurses		2	
Other Nursing Staff	CNM2 RPN	1 2	
Occupational therapist	Senior grade	0.4	Additional 0.6 WTE post assigned to work as manager
Psychologist	Basic grade	1	
Social worker	Basic grade	0.8	Post holder working on reduced hours
Addiction counsellor		0	

*NCHD – Non Consultant Hospital Doctor, ADON – Assistant Director of Nursing, CNM – Clinical Nurse Manager  
RPN – Registered Psychiatric Nurse*

Facilities	Number	Location	Comment
Sector Headquarters	1	Owenacurra, Middleton	
Day Hospital	1	Owenacurra, Middleton	
Day Centre	1	Owenacurra, Middleton	



**Sector Name:** Cobh/Glenville

**Population:** 41,571

Entries for 2013 are stated as at the date of the 2013 catchment area meeting

Post	Grade	WTE	Comment
Consultant psychiatrist		1	
Senior Registrar		0	
NCHD		2	
ADON		1	shared
Community Mental Health Nurses		2	
Other Nursing Staff	CNM2	1	
	RPN	1	
Occupational therapist	Senior grade	0.6	Reduced hours Additional 0.4 WTE post assigned to work in St. Michael's Unit
	Basic grade	0.6	
Psychologist		1	
Social worker		1	
Addiction counsellor		0	

*NCHD – Non Consultant Hospital Doctor, ADON – Assistant Director of Nursing, CNM – Clinical Nurse Manager  
RPN – Registered Psychiatric Nurse*

Facilities	Number	Location	Comment
Sector Headquarters	1	Cobh	
Day Hospital	0		
Day Centre	1	Sli Nua, Rushbrook, Cobh	

**Sector Name:** Macroom/Blarney

**Population:** 32,521

Entries for 2013 are stated as at the date of the 2013 catchment area meeting

Post	Grade	WTE	Comment
Consultant psychiatrist		1	
Senior Registrar		0	
NCHD		2	
ADON		1	Shared
Community Mental Health Nurses		2	
Other Nursing Staff	CNM2	1	
	RPN	2	
Occupational therapist	Senior grade	1	
Psychologist	Basic grade	1	
Social worker	Basic grade	1	
Addiction counsellor		1	Shared

*NCHD – Non Consultant Hospital Doctor, ADON – Assistant Director of Nursing, CNM – Clinical Nurse Manager  
RPN – Registered Psychiatric Nurse*

Facilities	Number	Location	Comment
Sector Headquarters	1	Cunamh Day Centre, Macroom	
Day Hospital	1	Macroom	Operates three days per week
Day Centre	1	Macroom	Operates two days per week

**Sector Name:** Mallow/Charleville**Population:** 36,500

Entries for 2013 are stated as at the date of the 2013 catchment area meeting

Post	Grade	WTE	Comment
Consultant psychiatrist		1	
Senior Registrar		0	
NCHD		2	
ADON		1	shared
Community Mental Health Nurses		3	
Other Nursing Staff	CNM2	1	
	Advanced. Nurse Practitioner	1	
Occupational therapist		1	
Psychologist		1	
Social worker		1	
Addiction counsellor		0	

*NCHD – Non Consultant Hospital Doctor, ADON – Assistant Director of Nursing, CNM – Clinical Nurse Manager*

Facilities	Number	Location	Comment
Sector Headquarters	1	Mallow Primary Care Centre	
Day Hospital	0		
Day Centre	2	Mallow Charleville	

**Sector Name:** Fermoy/Mitchelstown

**Population:** 32,000

Entries for 2013 are stated as at the date of the 2013 catchment area meeting

Post	Grade	WTE	Comment
Consultant psychiatrist		1	
Senior Registrar		0	
NCHD		3	
ADON		1	Shared
Community Mental Health Nurses		2.5	Additional 0.5 WTE post assigned as liaison nurse for Mallow Hospital
Other Nursing Staff	CNS	1	
	Advanced Nurse Practitioner	1	
Occupational therapist		0.5	Post designated as a 0.5 WTE post
Psychologist		1	
Social worker		0	1 WTE post , but post holder currently on leave
Addiction counsellor		0	

*NCHD – Non Consultant Hospital Doctor, ADON – Assistant Director of Nursing, CNS – Clinical Nurse Specialist*

Facilities	Number	Location	Comment
Sector Headquarters	1	Fermoy	
Day Hospital	0		
Day Centre	1	Cahir Hill, Mitchelstown	Mitchelstown shared with the POA day centre.

**Sector Name:** Kanturk

**Population:** 21,000

Entries for 2013 are stated as at the date of the 2013 catchment area meeting

Post	Grade	WTE	Comment
Consultant psychiatrist		1	
Senior Registrar		0	
NCHD		2	
ADON		1	Shared
Community Mental Health Nurses		2	
Other Nursing Staff	CNM2 CNS	1 0.5	
Occupational therapist		1	
Psychologist		0.8	
Social worker		1	
Addiction counsellor		0	

*NCHD – Non Consultant Hospital Doctor, ADON – Assistant Director of Nursing, CNM – Clinical Nurse Manager  
CNS – Clinical Nurse Specialist*

Facilities	Number	Location	Comment
Sector Headquarters	1	Health Centre, Kanturk	
Day Hospital	0		
Day Centre	1	Kanturk	

## **PSYCHIATRY of OLD AGE**

### **Description of service**

There was no psychiatry of old age team in the catchment area.

## REHABILITATION

### Description of service

The rehabilitation team was based in North Cork. Team meetings were held in various locations on a rotating basis. All three community residences in the North Cork area were under the rehabilitation team. An issue highlighted by the team was the emergence of a new long-stay population of service users in community residences.

### Population:

BEDS	Number
Acute	There were no dedicated beds for acute rehabilitation care.
Continuing Care	There were no dedicated beds for acute rehabilitation care.
Rehabilitation	There were 42 beds in 24-hour residences under the care of the rehabilitation team.

Entries for 2013 are stated as at the date of the 2013 catchment area meeting

Post	Grade	WTE	Comment
Consultant psychiatrist		1	
Senior Registrar		0	
NCHD		1	
ADON		1	shared
Community Mental Health Nurses		3	
Other Nursing Staff: Clozapine nurse		1	Covers a number of sectors
Occupational therapist		0	1 WTE, post holder on leave
Psychologist		0.5	0.5 WTE post
Social worker		0	

NCHD – Non Consultant Hospital Doctor, ADON – Assistant Director of Nursing

<b>Facilities</b>	<b>Number</b>	<b>Location</b>	<b>Comment</b>
Sector Headquarters	0		
Day Hospital	0		
Day Centre	0		



## LIAISON PSYCHIATRY

### Description of service

There was no liaison team in the catchment area.

## OTHER TEAMS

### Forensic team

#### Description of service

The forensic team was located in Carraig Mór. One nurse worked in Cork prison but there was no input from the consultant psychiatrist into the prison population; this function was carried out by an independent consultant employed by the Health Service Executive (HSE). Staff working in Carraig Mor provided an outreach service to some former in-patients.

Entries for 2013 are stated as at the date of the 2013 catchment area meeting

Post	Grade	WTE	Comment
Consultant psychiatrist		1	2 x 0.5 WTE posts
Senior Registrar		0	
NCHD		1	
ADON		1	Shared
Community Mental Health Nurses		1	
Other Nursing Staff	CNS	2	1 x prison liaison nurse 1 x risk analysis nurse
Occupational therapist	Senior grade	1	
Psychologist		0.3	Post holder also assigned to work in the South Lee catchment area
Social worker	Senior grade	1	

NCHD – Non Consultant Hospital Doctor, ADON – Assistant Director of Nursing, CNS – Clinical Nurse Specialist

## Home Based Treatment Team (HBTT)

**Population:** Covers City North East, North, West, and parts of Cobh

Entries for 2013 are stated as at the date of the 2013 catchment area meeting

Post	Grade	WTE	Comment
Consultant psychiatrist		1	
Senior Registrar		1	
NCHD		1	
ADON		1	shared
Community Mental Health Nurses	CNM2	4	
Other Nursing Staff	RPN	1	
Occupational therapist	Basic grade	1	
Psychologist		0	
Social worker	Senior grade Basic grade	1 1	
Addiction counsellor		0	

*NCHD – Non Consultant Hospital Doctor, ADON – Assistant Director of Nursing, CNM – Clinical Nurse Manager  
RPN – Registered Psychiatric Nurse*

Facilities	Number	Location	Comment
Sector Headquarters	1	Aisling Nua, St. Mary's Campus	
Day Hospital	0		
Day Centre	0		

## **CHILD AND ADOLESCENT MENTAL HEALTH TEAMS**

**Population under 18 years:** Not Known

**Number of Sectors:** 3

**Approved Centres:** Eist Linn, Cork

**Number of Beds:** 20 beds in the regional CAMHS in-patient unit, but only 12 were operational

**Day Hospitals:** None

**Other Facilities:** None

### **Description of service**

There were three CAMHS teams in the catchment area, two based in Cork city and one based in Mallow. There was one regional CAMHS in-patient unit with 20 beds but only 12 of which were operational due to staff shortages. The approved centre was awaiting additional posts as follows: 1 WTE consultant psychiatrist, 1 WTE NCHD, 1 WTE senior psychologist, 0.5 WTE family therapist, 0.5 WTE senior occupational therapist, 1 WTE cognitive behaviour therapist, 1 WTE CNS and 3 WTE RPNs.

## STAFFING OF CAMHS TEAM: North Lee East

Entries for 2013 are stated as at the date of the 2013 catchment area meeting

Post	Grade	WTE
Consultant psychiatrist		1
Senior Registrar		0, post holder on leave
NCHD		1
ADON		1 (shared across three teams)
Community Mental Health Nurses		1
Other Nursing Staff		0
Occupational therapist	Senior Basic	0.8 1
Psychologist	Senior	1 + one vacancy
Social worker	Principal Basic	1.3 1
Speech and Language therapist		1
Child care workers		1

*NCHD – Non Consultant Hospital Doctor, ADON – Assistant Director of Nursing*

The North Lee East CAMHS team was based in the City General Hospital campus in Cork city. Although this accommodation was shared with community services, it was reported to be very satisfactory.

## STAFFING OF CAMHS TEAM: North Lee West

Entries for 2013 are stated as at the date of the 2013 catchment area meeting

Post	Grade	WTE
Consultant psychiatrist		1
Senior Registrar		0.75
NCHD		1.5
ADON		1 (shared)
Community Mental Health Nurses		1
Other Nursing Staff		0
Occupational therapist	Senior Basic	0.85 1
Psychologist	Principal Senior	1.3 0.8
Social worker	Principal	0.95
Speech and Language therapist		1
Child care workers		1

*NCHD – Non Consultant Hospital Doctor, ADON – Assistant Director of Nursing*

The North Lee West team was also based in the City General Hospital campus in Cork city.

## STAFFING OF CAMHS TEAM: Mallow

Entries for 2013 are stated as at the date of the 2013 catchment area meeting

Post	Grade	WTE
Consultant psychiatrist		1
Senior Registrar		1
NCHD		0 (1 WTE post vacant)
ADON		1 (shared)
Community Mental Health Nurses		0
Other Nursing Staff	CNS	0.2
Occupational therapist	Basic	1
Psychologist	Senior	0.7
	Basic	1
Social worker	Principal	0.4
	Senior	0.6
	Basic	1
Speech and Language therapist		1
Child care workers		1

*NCHD – Non Consultant Hospital Doctor, ADON – Assistant Director of Nursing, CNS – Clinical Nurse Specialist*

## **MENTAL HEALTH of INTELLECTUAL DISABILITY (MHID) SERVICE**

### **Description of service**

There was no MHID team in the catchment area. However, approval had been secured to develop a team and it was expected that a full MHID team would be in place by the end of 2013. This new team would cover all of Cork and parts of Kerry.



## SERVICE USER INVOLVEMENT

The Irish Advocacy Network (IAN) representative who provides a service to in-patients of the two approved centres and some community residences reported on issues raised by in-patients of these units. Positive aspects of the approved centres included good food, the installation of new large screen TVs and trips out in Carraig Mór, a change in the distribution of evening tea and occupational therapy groups in St. Michael's Unit and excellent staff, activities in the day centre and the grounds in St. Stephen's Hospital. In St. Michael's Unit, areas of concern to service users included lack of access to a garden or outside space, having to request cooled drinking water, and lack of ventilation in the smoking room. In Carraig Mór, the concerns were lack of privacy in making telephone calls, absence of locks for toilets and shower rooms and the withholding of cigarettes perceived as a punishment by some residents. In St. Stephen's Hospital, the main concern was of the rumours about the impending closure of the hospital.

Consumer Panels had been established in the catchment area and had been functioning since August 2012 in Cork city and in West Cork. However, the service user from IAN who met with service users of the in-patient units and living in the community residences reported that IAN was not involved in the consumer panels and the information being provided to them was sometimes contrary to that received by that organisation.

## GOVERNANCE

The catchment areas of North Lee and North Cork had amalgamated, and the plan for the whole of Cork was that it would become a single catchment area. There was a senior management team in place comprising the two current Executive Clinical Directors (ECD), one Clinical Director, the area Director of Nursing (DON) and the Heads of Discipline from each of the health and social care professionals. The single area DON and the DON for the Child and Adolescent Mental Health Service had been appointed and it was expected that a single ECD would be appointed in the near future.

The plan for the proposed single catchment area for Cork was to have ten CMHTs, who would be supported by the specialist teams. Over 40 additional posts had been secured and approval had been received for the development of a further CAMHS team.

Whilst there was a service user representative on the Interim Management Committee, the advocate from IAN stated that organisation was not involved in the re-configuration of the service and there was no service user representative on the Clinical Governance Committee.

While representatives from psychology, social work and occupational therapy agreed that each of their disciplines were involved in the interim planning, there was general uncertainty regarding the timeline of the process. In addition, due to the recent arrival of new members of staff in the health and social care professions, there was a lot to be done to incorporate these staff into a system which was itself undergoing a process of change.

## CONCLUSION

The amalgamation of North Lee and North Cork appeared to be functioning well and the service was close to establishing a single ECD, DON and DON for CAMHS as part of its senior management committee. However, to date there was a lack of involvement of service user representation at senior management level.

All CMHTs had an allocation of health and social care professionals although in a few cases, where the post holder was on leave, these had not been replaced. There were eight sector teams across the catchment area but all of these sectors were less than the recommended minimum size as recommended by *A Vision for Change*. There was no psychiatry of old age team but the service had a proposal to develop two such teams in the re-configuration of the service.

There was a regional CAMHS in-patient unit in Cork which, although fully equipped for some time, was operating at 60% capacity due to a reported shortage of staff. There were 40 children awaiting admission to Eist Linn on the day of the catchment meeting. It was clear from discussion that the meeting that work needed to be done between the general adult and the CAMHS teams regarding a clear pathway to negotiating access to in-patient beds in the CAMHS unit when the need arose, as the adult teams were at times left managing a child in a general adult setting. The general adult teams were however grateful for the co-operation shown by the medical Paediatric in-patient service in accommodating such children on occasion.

## RECOMMENDATIONS 2013

1. The service should ensure greater involvement by the service user representative in membership of senior management level committees.
2. The psychiatry of old age service should be established without delay.
3. Residents of St. Stephen's Hospital and Carraig Mór, particularly those in the continuing care wards should be kept informed about any proposed changes to the structure of in-patient services within both approved centres.