

Rehabilitation and Recovery Services
 Mayo Mental Health Services
 Community Healthcare Organisation (CHO) 2
 2018/2019

Description

Mayo Mental Health Services covers Co. Mayo, which has a population of 130,425 and a wide geographical spread. It has one rehabilitation team which is poorly staffed. The rehabilitation team only covers the Castlebar area, leaving a large area of the county without a rehabilitation service. There are two inpatient rehabilitation units: An Coillín and Teach Aisling.

| | |
|---|----------------|
| Population | 130,425 |
| Number of rehabilitation teams | 1 |
| Number of teams recommended by <i>A Vision for Change</i> for population 130,420 to nearest 100,000 population | 1 |

Staffing of Rehabilitation teams compared with recommendations of *A Vision for Change*

| | Number in team (WTE) | Recommendation in <i>A Vision for Change</i> for population of 130,425 | Percentage of <i>A Vision for Change</i> Recommendations for population of 130,425 to nearest 100,000 population |
|-------------------------------------|-----------------------------|---|---|
| Consultant psychiatrist | 1 | 1 | 100% |
| Non consultant medical staff | 2 | No recommendation | |
| Team coordinator/ADON | 1 | No recommendation | |
| Staff nurses | 11 | 10 minimum | 110% |
| Advanced nurse practitioner | 1 | | |
| Occupational therapist | 0.8 | 2 | 40% |
| Social worker | 1 | 2 | 50% |

| | | | |
|--|-----|-------------------|-----|
| Clinical psychologist | 0 | 2 | 0 |
| Peer support workers | 3 | No recommendation | |
| Creative arts therapist | 0 | 1 | |
| Cognitive behavioural therapist | 0.5 | 1 | 50% |
| HCA | 5 | | |
| MTA | 1 | | |
| Employment support worker | 1 | | |

Assertive outreach team

The rehabilitation and recovery team is provided through an assertive outreach model.

Training of staff

| Course | Numbers of staff trained |
|--|---------------------------------|
| FACE (<i>Functional Analysis of Care Environments</i>) | 19 |
| Integrated Recovery Care Planning | 30 |
| Studio 3 Pre-therapy training | 26 |
| Behaviour Family Therapy | 3 |
| Recovery Principles in Mental Health | 10 |
| CBT for Psychosis (consultant psychiatrist)¹ | 1 |

Residential rehabilitation facilities

| Residential rehabilitation facilities | Number | Number of beds |
|--|---------------|-----------------------|
| Inpatient rehabilitation unit | 2 | 30 + 2 bedsits |
| Specialist community rehabilitation units | 0 | |
| 24-hour supervised residences | 0 | |
| Medium support residences | 0 | |
| Low support residences | 4 | 19 |
| Supported independent accommodation | | |

¹ Cognitive Behaviour Therapy

Staffing of in-patient rehabilitation units (22 beds)

| Staff | Number (WTE) |
|--------------------------------|---------------------|
| Nursing | 50 |
| HCA | 8 |
| MTA | 4 |
| Clinical psychologist | 1 |
| Social worker | 1 |
| Occupational therapist | 1 |
| Creative arts therapist | 1 |

Day services

There are no Day Centres in the rehabilitation service.

Other services

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

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

Rehabilitation and recovery initiatives

- Employment support worker integration with the multi-disciplinary team is ongoing.
- Peer support worker integration with the multi-disciplinary team is ongoing.
- Early intervention for psychosis has been proposed.
- The service review against national model of care (Serious Enduring Mental Illness and Complex needs) was commenced in September 2018.
- A supported community residence has been commissioned in Quarter 4 of 2018.
- Kick Start football programme with the Football Association of Ireland.
- Physical Health Promotion clinic.
- Co-production and co-delivery of modules in the Recovery College.

Challenges

- Lack of access to rehabilitation beds for intensive rehabilitation support.
- Difficulties in funding for low-support units.
- Need for step-down units for people in admission units.

Conclusion

The rehabilitation and recovery team in Mayo is not fully staffed in line with *A Vision for Change*; however, it manages to provide a number of therapies that are appropriate to those that use the rehabilitation service. The use of peer support workers to support service users is well-established and a good use of resources and will be further developed. Teach Aisling is undergoing review and there are plans for it to become a specialist rehabilitation unit. An Coillín is large, with 22 residents, some elderly. It is not an ideal facility to deliver a rehabilitation service; however, there is access to appropriate therapies and multi-disciplinary input. There is no community rehabilitation residence, but there are plans to provide one. Increase in funding is required to make the rehabilitation service more comprehensive and to provide the service to the remainder of Co. Mayo.