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Health Service Executive



A Vision for Change
ADVANCING MENTAL HEALTH
IN IRELAND

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Implementing a Vision for Change in Carlow, Kilkenny and South Tipperary

A Vision for Change Chapter 8 & 12

Carlow/Kilkenny and South Tipperary Mental Health Services are undergoing a major transformation programme. This programme involves the moving from an institutional based service to a Community based service and the amalgamating of two separate and distinct sectors i.e. Carlow/Kilkenny and South Tipperary into one integrated Mental Health Service. There are many aspects to this transformation programme and these can be summarized under four key pillars:

- Patient centred care
- Clinical Governance and Leadership structures
- Closure Plan for old institutional buildings
- Staff Development/Training and Culture Changes

Patient Centred Care:

A concentrated effort has been made to improve patient centred care in the services by encouraging the increased input of service users and carers into service developments in the following ways-

- *Service user input: The South Tipperary Service Users Forum-* is a forum for patients in the wards in St Luke's Hospital and the Mental Health Hostels in Clonmel, it was set up by last years team members on the DCU Cooperative Learning Leadership Programme. The Forum continues to be well received and is expanding.
- *Consumer Panel:* In an endeavour to increase the participation of Service Users and Carers, in the

new development in Mental Health Services we invited Shari McDaid to come and run two separate Consumer panel workshops.

- These were very well received and resulted in services users and carers putting their names forward to participate on new service development planning groups.
- *DCU Cooperative Learning Course (Service Improvement Leadership for Mental health service users, carers and service providers):* South Tipperary has had a team participate on



this course for the past three years and has resulted in three excellent mental health service projects in the area.

- *Mental Health Trialogue Meetings.* South Tipperary was one of 7 locations around Ireland chosen by DCU as part of its "Triologue" initiative. The meetings are open and are an opportunity for people to share their stories about Mental Health in a safe environment in the community.

Clinical Governance and Leadership Structures.

(Incorporating the development of the new expanded catchment area with Carlow/Kilkenny)

A major piece of work is taking place to integrate the mental health services in South Tipperary and Carlow/Kilkenny. A Steering Group has been established to oversee the process. A Project team has been appointed and following the review of feedback from all stakeholders, a Governance Framework document has been produced. Terms of reference, working groups and governance structures with local service management teams are part of this governance framework document. The working groups are now well established and are producing very substantial pieces of work under the following sub- group headings-

- Acute Inpatient
- Acute Community
- Community Other
- Workforce Planning
- HR/IR
- Capital Projects
- Training
- Communications

Closure Plan for old Institutional services

As part of proposed service developments the HSE South prioritised South Tipperary for the development of a comprehensive modern community based mental health service, due to the lack of such services in the area. This resulted in a welcome Capital development plan which included the following-

1. The development of 40 bed adapted Community Nursing unit to accommodate the residents of St



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2. Paul's, St Mary's and part of St Teresa's ward. This development is on track
3. The development of a High Support hostel. This is due to start in May.
4. A new Day hospital and Community Mental Health Centre, due to start at the end of April.
5. Provision of Crisis house/Respite house. At early stage of development.

Discussions are also underway as to how best to accommodate the newly reconfigured community mental health teams and Day Services in each of the sub areas i.e. Carlow, Kilkenny and Clonmel.

Staff Development/Training and Culture Changes.

For any of this considerable change to take place successfully it was acknowledged at an early stage that a staff and service user training and development programme was essential. This was made possible by our successful application to the Genio Trust, for a training grant to run recovery - based training for all teams, new and existing, in our Mental Health Service. The purpose of the training is to support the current change process of moving individuals from institutional care, to a community based, person centred model of care. We have set up a Training subgroup to oversee this training for the expanded catchment area. To date we have had a one day workshop for the Steering group and 2x3 day workshops for Consumer panel training, both these events were very well received.

Following on from the very successful Recovery Symposium "Finding our way", in February, we have had 2 - 3 day workshops on "Recovery and Social

Inclusion", which were also very well received. Further training events are now being planned to provide training to our new Home Based Treatment teams and reconfigured Community Mental Health Teams. Finally, as part of the communication process for the developments in mental health services in Carlow, Kilkenny and South Tipperary we have established a Communication Sub group. This group produces monthly newsletters, organise briefing sessions and oversees the communication strategy for the continuous developments in the mental health services.

For further details contact- Maeve Martin, Project Manager, South Tipperary Mental Health Services, maeve.martin@hse.ie

Vision for Mental Health Nursing

A Vision for Change Chapter 8

The Office of the Nursing and Midwifery Services Director (ONMSD) and Corporate Mental Health at the Health Service Executive (HSE), in partnership with all stakeholders in mental health has initiated a national project which aims to inform and strengthen the role of the psychiatric nurse to support the implementation of *A Vision for Change* (DoH&C) 2006. *A Vision for Change* proposes a comprehensive model of mental health service provision in Ireland and recommends an integrated, multidisciplinary, recovery approach to addressing the biological, psychological and social factors that contribute to mental health problems. It describes a framework for building and fostering positive mental health across the Irish community and for ensuring accessible,

community based, specialist services for people with mental health difficulties.

Supported by the National Council and the Nursing and Midwifery Planning and Development units, this project aims to identify nursing skills and competencies which may need development in order for nurses to continue to provide accessible, community-based specialist services for people with mental illness. This work will be informed by the recovery model of mental health with emphasis on advocacy, user and family involvement, psychosocial interventions, education and mental health promotion in order to maximise positive outcomes for service users, carers and the population as a whole.

This work is co chaired by Mr. Michael Shannon, HSE Nursing Services Director and Mr. Martin Rogan, Ass National Director (Mental Health)

Further information:
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Officer on (01) 8908792,
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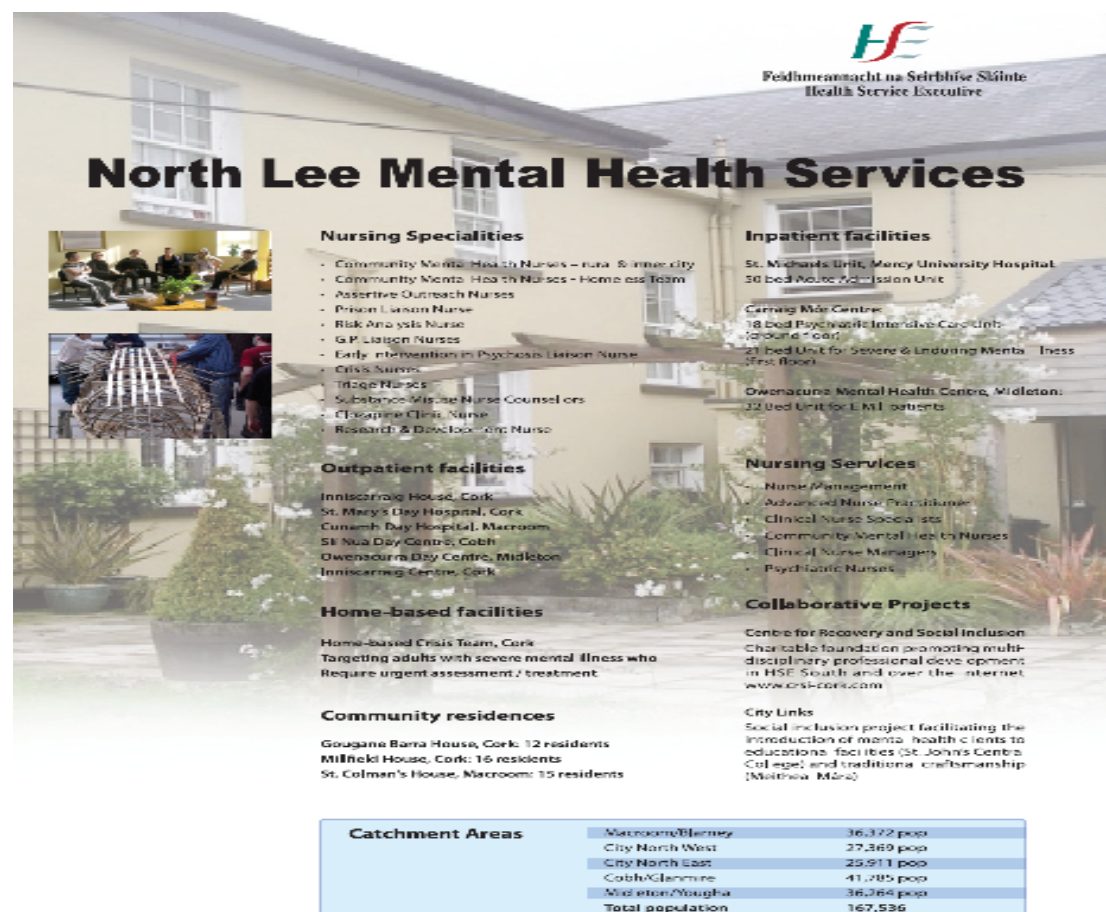
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North Lee Mental Health Services

Vision for Change Chapter 9



North Lee Mental Health Services

Nursing Specialities

- Community Mental Health Nurses – rural & inner city
- Community Mental Health Nurses – Homeless Team
- Assertive Outreach Nurses
- Prison Liaison Nurse
- Risk Analysis Nurse
- GP Liaison Nurses
- Early Intervention in Psychosis Liaison Nurse
- Crisis Nurses
- Bridge Nurses
- Substance Misuse Nurse Counsellors
- Crisisline Clinic Nurse
- Research & Development Nurse

Outpatient facilities

- Inniscarra House, Cork
- St. Mary's Day Hospital, Cork
- Cumamh Day Hospital, Macroom
- St. Mary's Day Centre, Cobh
- Owenacore Day Centre, Middleton
- Inniscarra Centre, Cork

Home-based facilities

- Home-based Crisis Team, Cork
- Targeting adults with severe mental illness who require urgent assessment / treatment

Community residences

- Gaugane Barna House, Cork: 12 residents
- Milfield House, Cork: 16 residents
- St. Colman's House, Macroom: 15 residents

Inpatient facilities

- St. Michael's Unit, Mercy University Hospital, 50 bed acute admission unit
- Carrig Mah Centre, 18 bed Psychiatric Intensive Care Unit, 12 round the clock
- 21 bed Unit for Severe & Enduring Mental Illness (First floor)
- Owenacore Mental Health Centre, Middleton: 22 bed Unit for LMI patients

Nursing Services

- Nurse Management
- Advanced Nurse Practitioner
- Clinical Nurse Specialists
- Community Mental Health Nurses
- Clinical Nurse Managers
- Psychiatric Nurses

Collaborative Projects

- Centre for Recovery and Social Inclusion
- Charitable foundation promoting multi-disciplinary professional development in HSE South and over the internet www.risk-conn.com
- City Links
- Social inclusion project facilitating the introduction of mental health clients to educational facilities (St. John's Centre College) and traditional craftsmanship (Midwest Mills)

Catchment Areas

Macroom/Blenney	36,372 pop
City North West	27,369 pop
City North East	25,911 pop
Cobh/Glenmore	41,285 pop
Middleton/Yougha	36,268 pop
Total population	167,536

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Lesbian, gay, bisexual and transgender (LGBT) experiences of mental health services in Ireland

A Vision for Change Chapter 4, 5

An exciting study is underway at Trinity College Dublin in the School of Nursing and Midwifery. The project is being led by Dr Eddie McCann with Professor Agnes Higgins collaborating. Trinity College is funding the study and additional support has been received from the Gay and Lesbian Equality Network (GLEN) and the HSE. Ethical approval has been granted from the University of Dublin, Trinity College Faculty Ethics committee.

Studies demonstrate that non-heterosexual people experience more psychological distress than heterosexual people and are at greater risk of mental health problems (GLEN 2003). There can be an increased susceptibility to alcohol and drug misuse as well as major depression, anxiety, panic, suicidality and deliberate self-harm issues. People may seek help in addressing their emotional, social and mental health needs.

However, very little is known about the experiences of LGBT people in relation to their use of mental health services. The study aims to explore issues related to mainstream mental health services for LGBT people living in the Republic of Ireland. Areas of good practice will be highlighted that encourages social inclusion at all levels.

Finally, recommendations will be made on how to respond to the key issues identified in the research as they relate to LGBT people in an Irish context. Crucially, the research will address key areas detailed in the *Vision for Change* policy document (Government of Ireland 2006), particularly in relation to mental health promotion and social inclusion.

The researchers are looking for LGBT people over the age of 18 years who have used mainstream mental health services in Ireland in the last 5 years. People can access the anonymous survey at www.lgbtminds.ie. The second stage of the project will involve interviewing participants. Emphasis in the interviews will be on the experiences of access and use of mental health services and will capture LGBT people's hopes and aspirations regarding needs and identify good practice.

Further information is available from ned.kelly@hse.ie



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Full details of the study can be found at
www.lgbtminds.ie

If you have any questions or would like to discuss any aspect of this study, please contact Eddie McCann on 01 896 4161 or email: eddie@lgbtminds.ie



**Suicide Support & Information System (SSIS):
Reason why an approved system to prevent
suicide should be continued:**

Vision for Change Chapter 15.7

In 2008, the HSE's National Office for Suicide Prevention commissioned the National Suicide Research Foundation (NSRF) to develop and pilot a Suicide Support and Information System (SSIS). Functions and elements of the SSIS are in line with a similar system in the UK (National Confidential Inquiry into Suicide and Homicide), which was established in 1995 and which provides an evidence

base for the development of suicide intervention and prevention programmes on an ongoing basis. The SSIS is innovative as it was developed to prevent suicide by facilitating access to support for the bereaved while at the same time obtaining information about risk factors associated with suicide and deaths classified as open verdicts, which is in line with key priorities of *Reach Out*. Currently, no funding is available to maintain the SSIS. The annual costs to maintain the SSIS in Cork are € 75,000.

Specific objectives of the SSIS are to:

- 1) Improve provision of support to the bereaved.
- 2) Better define the incidence and pattern of suicide in Ireland.
- 3) Identify and better understand the causes of suicide.
- 4) Identify and improve the response to clusters of suicide and cases of murder-suicide.
- 5) Reliably identify those individuals who present for medical treatment for deliberate self harm and subsequently die by suicide.

Since 2008, the SSIS has been piloted successfully in close collaboration with Coroners in Cork city and county. Information on confirmed cases of suicide and undetermined deaths is obtained after conclusion of the coroners' inquest. Bereaved family members receive information on suitable support services and are referred to quality assured bereavement support services if required. Relevant data on factors associated with the death and the deceased are obtained in an appropriately sensitive and confidential manner from sources including coroners, the family and health care professionals, and especially GPs who had been in contact with the deceased. Since the start of the project, 183 cases of suicide and deaths of undetermined intent have been included. Up until March

2011 in 96% of cases, family members expressed a preference to be approached further after the first contact. In one third of cases, the SSIS Senior Researcher facilitated bereavement support following conclusion of the inquest. Of family members invited to participate in an interview, 67% agreed, and 78% of the health care professionals contacted have completed questionnaires.

First outcomes:

- The SSIS has identified a cluster of 18 suicides of mainly adolescent and young adult males between September 2008 and March 2010 in a small area in Cork.
- The SSIS has identified a subgroup of families with severe psychosocial problems in which multiple family members had taken their lives.
- The SSIS has identified specific suicide risk profiles including:
 - Undiagnosed and untreated mental health problems
 - Alcohol and drug abuse
 - History of deliberate self harm
 - Impact of economic recession as a precipitating factor
 - Recent separation of young men from partner/children
 - Long term consequences of sexual abuse in childhood and adolescence

Added value of the SSIS

- The SSIS ensures that for all inquested deaths where a verdict of suicide is returned, bereaved families are proactively approached for bereavement support.
- The SSIS contributes to timely and enhanced bereavement support for families and



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Communities affected by suicide.

- A major benefit of the SSIS is the timely identification of suicide cases - ca. 3 years earlier than the Central Statistics Office.
- The SSIS provides the best source of information on current risk profiles of suicides and in so doing can contribute to prevention of further suicides including copycat suicides.

The outcomes of the SSIS underline the need for a more intensive and pro-active response to families and communities affected by suicide. A national steering group is currently completing guidelines for the implementation of response plans in areas affected by suicide clusters. We recommend prioritizing a pilot of the implementation of these guidelines in the area with the large ongoing suicide cluster as identified by the SSIS.

Maintenance and expansion of the SSIS

The SSIS was awarded the prestigious Andrej Marušič Award by the International Association for Suicide Prevention at the 13th European Symposium on Suicide and Suicidal Behaviour in 2010. An independent evaluation of the SSIS conducted by the University of Manchester indicates that the SSIS is an innovative and valuable system that contributes to improved prediction of suicide risk and improved support for families bereaved by suicide. The evaluation report recommends maintaining the Suicide Support and Information System in County Cork and expanding to other regions. The evaluation report has identified that the NSRF has a history of successful regional and national roll-out of research programmes. The National Registry of Deliberate

Self-Harm is based at the NSRF and will serve as a model for the regional roll-out of the SSIS.

Dr Ella Arensman

Dr Carmel McAuliffe

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National Suicide
Research Foundation



Crumlin / Walkinstown Mental Health Association
Chairde Le Chèile (Friends Together) Social Club

Vision for Change Chapter 4

Chairde Le Chèile was established as a response to cater for the needs of club members with mental health problems. Initially the group catered for a small group to provide Sunday afternoon outings.



Over time this group expanded as the number of club members increased, due to its success. The club meets on two nights a month, and once a month on a Sunday. Special outings are held at to mark seasonal events such as at Christmas time. The Club provides social activities and support to members who experience mental health problems and are at risk of isolation. The primary aim of this social club is to promote & support the club members, through social and recreational activities. Promote positive awareness of mental health issues promote social inclusion and independence in planning the club activities and assist club members in personal development. The main innovative aspect is in the connection of offering an opportunity to socialise outside of mental health service provision. Emphasis is put on empowerment in relation to the choice of activities the members want to pursue. Evaluation is on the basis of the members' satisfaction in relation to the project which is constantly reviewed to ensure interest levels are sustained.



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EOLAS: Celbridge Community Mental Health Team, SHINE, KYS, IAN & Trinity College developing a collaborative peer & clinician led educational initiative

Vision for Change Chapter 3

- An innovative, collaborative education initiative known as EOLAS is currently being developed by the Celbridge Community Mental Health Team & Trinity College Dublin's School of Nursing & Midwifery and School of Psychology.
- The EOLAS project group is developing a peer and clinician led information and support programme for people with experience of psychosis, family members and their friends in the Kildare/West Wicklow Mental Health Services area.
- A participative philosophy of collaboration between service users, family members, carers, clinicians, SHINE, Kildare Youth Services, IAN and researchers underpins the process
- Service users, their families and clinicians are involved at all levels and at all phases of the EOLAS education programme (e.g. they are: members of project steering group committee, involved in determine the content and teaching methods on the programme; involved in co-facilitating the education sessions).
- The project's 'branding' photo entitled 'lakeonasky' is the work of a photographer who



uses the Celbridge Community Mental Health Services.

- Focus groups with services users, their families and clinicians have been conducted in several locations across the Kildare/West Wicklow Mental Health Services area.
- These focus groups were facilitated by EOLAS project workers and the purpose of these groups was to determine the content and teaching methods on the EOLAS programme.
- Service users, their families and clinicians in the Kildare/West Wicklow Mental Health Services area have volunteered to serve as co-facilitators on the programme. They are currently undergoing training for this role.
- An independent evaluation of the EOLAS programme is being conducted by a research team from Trinity College Dublin's School of Nursing & Midwifery and School of Psychology.
- The TCD research team reflects the collaborative philosophy underlying the project as the team includes a service user researcher.
- The purpose of the evaluation is to determine how effective the EOLAS programme is in achieving its aims.
- The findings from this evaluation will be used to inform the development of the EOLAS programme into the future.



TRINITY COLLEGE DUBLIN
COLLEGE NA TRINICÉAD, BAILE ÁTHA CLUICH

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Cognitive Behaviour Therapy For Psychosis

A Vision for Change Chapter 11

Dr Ann O'Grady-Walsh, Consultant Psychiatrist, Dublin West/Southwest Mental Health service

The Dublin West/SW Mental Health Service has been at the forefront of the development of community based treatment ever since the establishment of the first homecare team in the Clondalkin sector 21 years ago. There are now 6 homecare teams in the service comprising one team for each sector, one Rehabilitation Outreach team and a Psychiatry of Later Life Outreach team. These multidisciplinary homecare teams work in the main with those with severe and enduring mental illness, and complex needs. Best practice guidelines recommend that a range of individual and group psychotherapies be available. NICE guidelines (UK) recommend that CBT be offered to all patients with a diagnosis of schizophrenia. Dublin West/SW MH service embarked on a novel programme of training in CBT for psychosis for members of the multidisciplinary team. Professors D Turkington and D Kingdon and colleagues delivered an intensive ten-day training to 17 staff in 2009, and to a further 20 staff in 2010. Staff from several disciplines undertook training, including nurses (16), occupational therapists (6), clinical psychologists (5), speech & language therapist (1) and consultant psychiatrists (4). A programme of in-house weekly clinical supervision and monthly training and development seminars has been developed and CBT for psychosis is now available in each community mental health team. An outcome study has been carried out and results will be available shortly. Plans to extend training to more staff are under consideration.



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Information Session for Clinical Nursing Staff on the Mental Health Learning Hub

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The National Strategic Management Group has recommended that all staff in the Mental Health Service be required to complete a short refresher module of Part II of the Mental Health Act, 2001 & 2009 before the end of 2011.

The Mental Health Act Training Group (formerly Legal Activity Group) has developed an e-learning module on the Mental Health Services Learning Hub on HSELand which meets this requirement. To facilitate this rollout, the Mental Health Act Training Group will shortly be facilitating an information session for clinical nursing staff with an educational brief in mental health services and staff in practice development.

This information session is scheduled to take place on **Thursday 9th June, 2011 from 10.30am - 14.00pm in the Boardroom, Dr. Steeven's Hospital.**

Correspondence on the event and information on the functions of the Mental Health Learning Hub have been circulated Nationally to all Directors of Nursing asking for their support for this forthcoming event.

Each Director of Nursing has been asked by Mr. Martin Rogan, Assistant National Director for Mental Health to facilitate the attendance of Clinical Nursing Managers M 3's and Practice Development Staff and any particular persons who have a role in relation to education and training on the Mental Health Act from their area to attend this information session.

Module Description:

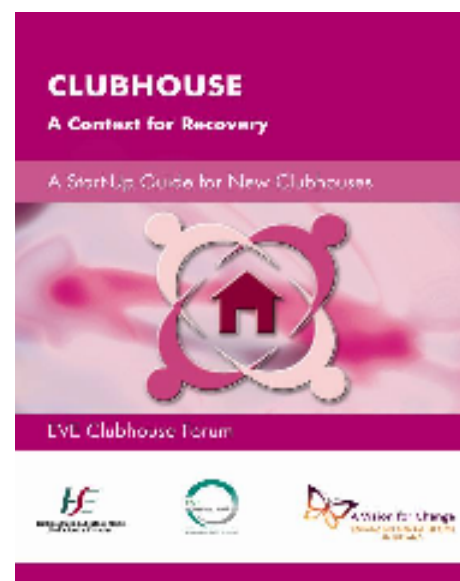
This E-Learning refresher module aims to:

1) Re introduce health care professionals to the legislation governing the provision of mental health services in Ireland in line with our national and international obligations, Regulations, Codes of practice.

Clubhouse-EVE's Experience of Developing a Recovery-Oriented Service AVFC Annex 11 p.248

For many, demonstrating the recovery ethos in practice has proven a challenge. We would like to take this opportunity to share our experience of establishing our six EVE Clubhouses in the decade in which Ireland

embraced the recovery ethos as the cornerstone of the National Mental Health Policy, A Vision for Change (2006) and suggest that Clubhouse represents a significant advance in the provision of community based mental health services in Ireland.



On the 31st December 2010 EVE Limited was merged with the Health Service Executive (HSE). We continue to offer a range of community services in our 22 EVE locations in Dublin, Wicklow and Kildare focussed on creating contexts for recovery.

In 2008, the participants and staff of EVE agreed, as part of our strategic planning, that we were committed to building a culture of wellness and a recovery community. Since establishing our first Clubhouse in 1999, we believe that Clubhouse is a genuine recovery-oriented community based service founded on the belief that people who experience mental health difficulties can and do lead normal productive lives in their communities. This member-led service actively promotes opportunities to build long-term relationships, access employment, education, housing and social activities thus creating a powerful context for recovery. From our experience, we know that the radical shift required to deliver recovery-oriented services happens in Clubhouses because a re-balancing of power occurs with authority shifting back to the member. At its core, the empowerment ethos encourages members to take





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ownership of their Clubhouse and adopt meaningful roles. This succeeds in building a strong culture of peer support, builds self-esteem and self-control and ultimately leads to enhanced quality of life. The realignment of power and personal responsibility can prove challenging for service users, staff and providers but we guarantee, it's worth it. In developing EVE Clubhouses we have learnt that this model requires people who experience mental health difficulties, staff, administrators and mental health professionals to **'buy into'** the Clubhouse Standards which forms the "bill of rights" for members. The Standards were written originally by members for members and are at the heart of every Clubhouse forming the basis for peer-led accreditation with the International Centre for Clubhouse Development (ICCD).

Clubhouse is a successful quality assured model whose value has been acknowledged by the Mental Health Commission 2002, A Vision for Change 2006, and most recently by the NESF in their report on Mental Health and Social Inclusion 2007 in which they recommended *"they be developed further"* (p.122). In 2011 the ICCD Clubhouse was accepted by the U.S. Substance Abuse and Mental Health Service Administration (SAMHSA) for their register for evidence-based practice on the basis of outcomes achieved for employment, quality of life and recovery.

EVE's interest in the Clubhouse Model dates back to the early 1990's when we engaged in an extensive search to find a model of service, which could meet the varied and individual needs of people with mental health difficulties.

After many years of advocating with other interested groups and individuals for the opportunity to establish a Clubhouse, EVE opened Platinum Clubhouse in Newbridge in July 1999. In February 2002, Platinum achieved International Centre for Clubhouse Development (ICCD) accreditation.

EVE has since opened five other Clubhouses in Dublin of which 2 are accredited to date with ICCD: Phoenix Clubhouse, Clondalkin opened in 2002, Suaimhneas Clubhouse opened in Coolock in 2003, and Conai Clubhouse in Blanchardstown in 2005. In 2011 we opened Rainbow Clubhouse, in Ballyfermot and Fáilte Clubhouse in Cabra following reconfiguration of existing day services. Each one of the EVE Clubhouses, have evolved their own unique communities and spirit.....whilst all are developed in accordance with the ICCD standard.

Rainbow Clubhouse was recently visited by Kevin Bradley, ICCD Faculty member from Genesis Clubhouse, Massachusetts, USA, who commended this new development as an example of successful service transformation and a model of recovery practice.

To support the establishment of Clubhouses, we have over the years developed some resources which we



are happy to share with anyone thinking of setting up a Clubhouse.

The EVE Clubhouse Forum was established to promote the development of Clubhouse within EVE. This support network for members and staff members has been invaluable in to creating an honest, open environment within EVE where lessons are learnt from both our successes and mistakes. Creating a Forum which encourages constructive feedback both positive and negative affirms the value of each persons experience and allows us all to understand some of the challenges that Clubhouse and recovery practice poses for the member, the staff and the organisation.

Through the Forum, we have also been able to identify the areas of recovery practice that we could generalise into our other services.

An Interview Skills Training Programme was developed based on our experience of member involvement in staff selection which we introduced in 1999 when we opened our first Clubhouse Platinum.

This ten hour programme has been designed based around the HSE Competency Based Interview and ensures that panel members are equipped with the skills to assume a meaningful role within the interview board.

A Clubhouse Start Up Guide has recently been developed by the members and staff members of our six Clubhouses to support others who may be interested in starting a Clubhouse. The EVE Forum hope this will



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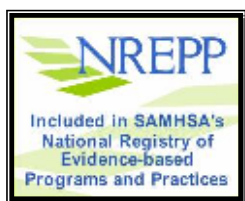
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provide a useful and practical guide to those who wish to establish new Clubhouses. Whilst each Clubhouse develops its own unique style, all Clubhouses share a common values base which holds that “recovery is possible”. The hope that Clubhouse holds for its members conveys a powerful message of recovery to the member, their family and their community.

Creating a common optimistic vision for these key stakeholders is a major part of addressing stigma, promoting social inclusion and affecting the paradigm shift required to achieve the ambitions outlined in A Vision for Change. This guide aims to capture this vision and support those who wish to achieve it through the medium of Clubhouse.

The Irish Clubhouse Coalition is also hosted by EVE and is focussed on actively supporting existing and emerging Clubhouses in their ongoing efforts to develop quality Clubhouse communities and on promoting the value of the model for people who experience mental health difficulties.

For more information on EVE Clubhouses, please contact Dr Margaret Webb, General Manager at mwebb@eve.ie or find contact details for a Clubhouse near you on our website at www.eve.ie.



The Creative Well Pilot Programme

Vision for Change Chapter 4

The problems faced by long term mental health service users are often more social than psychiatric. The difficulties they face have less to do with a continuing vulnerability to disabling distress and more to do with the experience of being marginalised and stigmatised. Service users often suffer from feelings of social isolation compounded by a low self esteem which prevents them from joining and engaging in any real meaningful activities or relationships within their community. The programmes available to service users are broad and varied some of which provide arts based activities. However few if any of these programmes address the needs of people to become meaningful members of their community, nor do they provide avenues for connecting with others outside of the mental health system. The Creative Well programme aims to offer support to people who are affected by mental health issues and offers creative ways of overcoming emotional difficulties and the daily stresses associated with ill health. Workshops are facilitated for two hours, once a week by professional and experienced artists and could include visual arts, drama, dance, creative writing, film, music and storytelling. The focus of the class is not just creating art but using arts to build confidence and develop healthy ways to deal with daily demands, stress and pressure. Each programme will run for ten weeks and will be situated in a number of areas throughout the county. All groups will have a mix of population thus providing opportunities to engage with others in the community. Creative Well is being run by the Mental Health Rehabilitation/Recovery Team Kildare/West Wicklow in partnership with; Kildare

County Council Arts Services, the Health Promotion Department HSE, Ageing Well, Kildare V.E.C and local branches of the Mental Health Association. This social model of health promotion through open community based arts workshops is innovative and new to County Kildare and to the Mental Health services. It is positioned to complement mainstream interventions such as medication. The current research provides strong evidence to support the Arts in Health as a means to combat social exclusion and as a transformative agent of change. The first programme will commence late September.

For further information on this upcoming programme contact: Catherine O Grady Clinical Nurse Specialist / Dramatherapy email catherine.ogrady@hse.ie





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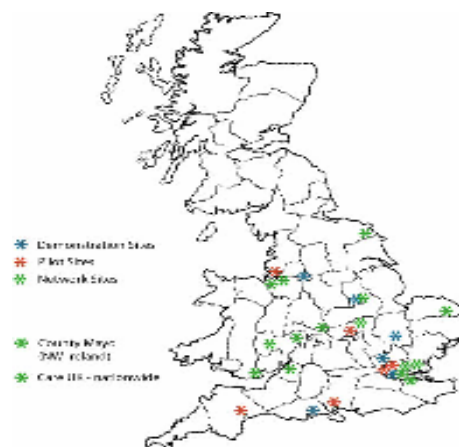
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Mayo Mental Health Services Implementing Recovery through Organisational Change (ImROC)

Vision for Change Chapter 12

Mayo Mental Health Services has partnered with the Centre for Mental Health (formerly Sainsbury) in the UK to implement recovery by focusing on ten key organizational challenges. With the financial support of the Assistant National Director for Mental Health and the local health office a project team of service users, relative, HSE and voluntary sector staff from Mayo will take part in a learning set with NHS Mental Health organisations and independent providers in England. The project will run over the next two years with ongoing evaluation and key learning opportunities for mental health services both local and national.

'This project provides an opportunity to demonstrate an innovative approach to quality improvement and cultural change across organisations. The project will assist services to undertake self-assessments against ten indicators,



plan changes and report their outcomes over two years. This work addresses the following High Impact Areas:

1. More people will receive care which is, as far as possible, 'self-directed' and reflects their preferred goals and outcomes.
2. More people with serious or severe mental health problems will be able to use their own experience and expertise to manage their symptoms, in partnership with professionals.
3. More people with serious or severe mental health problems will be in employment.
4. More people with serious mental health problems will be living in appropriate accommodation.'

(For more information please log onto http://www.centreformentalhealth.org.uk/recovery/suporting_recovery.aspx)

What the participants say:

'The Irish Advocacy Network and service users from the Mayo Advocacy Group are delighted and very excited to be involved in this promising project. ImROC consists of two parts, the implementation of Recovery and organisational changes. We feel this goes hand in hand. Over the last few years there was a lot of talk and research about what exactly this term Recovery means. At this stage it is very well defined and in some ways very simple yet the implementation is not as easy and very complex therefore organisational changes need to go hand in hand. For service users Recovery generally means to live a happy meaningful life and being an integrated part of the community in the presence or absence of symptoms. We feel that it is time to "walk the talk", roll out and implement. It is time to change

attitudes fostered by the "medical model" and challenge ingrained traditions upheld by service providers and service users.

In line with Chapter 3 of the Vision for Change document this project is providing an opportunity to further involve service users on all levels and redefine our roles. It also acknowledges our expertise through experience and will provide the opportunity to pass this on to staff and other stakeholders through service user led education and training programmes. We embrace the opportunity to learn from

those who already have knowledge through experience in the process of implementing "Recovery" (why reinvent the wheel) and are looking forward to adapt and bring tried-out tools to the Mayo Mental Health Services and hopefully beyond.

This project is exciting because it is taken on by service users, carers and service providers on an equal footing

Box 1: 10 Key organisational challenges

- 1) Changing the nature of day-to-day interactions and the quality of experience
- 2) Delivering comprehensive, user-led education and training programmes
- 3) Establishing a 'Recovery Education Unit' to drive the programmes forward
- 4) Ensuring organisational commitment, creating the 'culture'. The importance of leadership
- 5) Increasing 'personalisation' and choice
- 6) Changing the way we approach risk assessment and management
- 7) Redefining user involvement
- 8) Transforming the workforce
- 9) Supporting staff in their recovery journey
- 10) Increasing opportunities for building a life 'beyond illness'

(from *Implementing Recovery: A new framework for organisational change*, Sainsbury Centre, 2009).



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and could be a showcase for true partnership and dialogue in action'.

- **Sue Hawkshaw**, Service User Representative, member of Mayo project team and Centre for Mental Health delegate. **Jutta Kirkham**, Irish Advocacy Network, member of Mayo project team and Centre for Mental Health delegate.

"What I would like to see come from ImROC is more education for staff, service users, carers and their families and the general public. Hopefully it will help with stigma, fear and understanding of the illness for the service user and their family."

The ImROC Project is an opportunity for me as a service user to become involved in the changes that ImROC hopefully will implement for the good of the Mental Health Services and the people involved."

- **Paddy Kirwan**, Service User Representative, member of Mayo project team and Centre for Mental Health delegate'

'As a relative of a family member who suffers from mental distress, I am delighted to be a member of the Mayo project team and to meet with other teams in the UK. I think that it will be a great opportunity for us to share our experiences, strengths and hopes for making recovery become a reality. I expect that the ImROC project will help empower people who use the services and to help with the changes that will make it happen'.

- **Joan Higgins** Relative Representative, member of Mayo project team and Centre for Mental Health delegate :
'This project gives us the opportunity to apply the Mental Health Commission's Recovery & Quality Framework for Mental Health Services and to put into practice key parts of the Vision for Change policy'.
- **Dominic Fannon**, Consultant Psychiatrist, 'Recovery Lead', Mayo project team and Centre for Mental Health delegate. (dominic.fannon@hse.ie for more information)

Practice, Education, Research: Expert by Experience - An Evolutionary Role in Mental Health

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In April 2007 the role of Expert by Experience in Practice, Education and Research was developed in partnership between the National Office for Mental Health, HSE and DCU. The post was specifically developed as part of the

strategy for implementation of A Vision for Change. The principal objectives of this post were:

- To offer leadership internally and externally to the Mental Health knowledge community
- To take the role of translator in relation to carrying knowledge by experience into practice projects, research projects, education/training initiatives, services, service user organisations,

health organisations and policy developments nationally and internationally

- To develop the service user voice within the mental health services in Ireland and support the building of the capacity of service users in Ireland to participate in the planning, management and delivery of mental health services in Ireland.

For the past four years Paddy Mc Gowan has been in the post and developing the role according to objectives and ongoing developments in mental health. A comprehensive evaluation and review of the post was completed in May 2010. This involved a multi methods approach to capture the extent and impact of the role within the three domains - practice, education and research; including in depth interviews with a representative national and international cohort of people representing organisations and groups that have had reason to engage with the post holder.

There are clear indications that the role has been successful in achieving these objectives, particularly in the role of influencing organisational development and partnership approaches to developing and delivering mental health care. However, the remit is wide for one person and subsequently the impact is limited in some areas.

Having completed the evaluation, several tentative conclusions can be offered regarding the post: Practice, Education Research Officer: Expert by Experience:

1. That there is a strong desire for this type of work to continue
2. That the work involved is highly valued and sought after



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3. That the current post holder has been identified as someone possessing exceptional skills, abilities and knowledge that have impacted positively on the development of mental health services in Ireland
4. That this type of work is essential in order to improve professional practice and reform services
5. That the level of work carried out by the post holder should be revised and 'strategized' in order to maximise impact and ensure prudent use of resources.

The evaluation report recommended a continuation of the role with some refinement. In order to maximise the impact within given resources a refocusing of the objectives were recommended in relation to; leadership & influence; building capacity in the wider service user community; and an enhanced aspect of the role in developing the knowledge and skills of service users, mental health professionals and carers. The HSE are supporting the continuation of the role in line with recommendations and the effectiveness of the role will be reviewed with DCU on an annual basis.

For more information please contact
liam.macgabhann@dcu.ie

HSE Garden on Mental Health Recovery to feature at Bloom 2011

As part of this year's Bloom Festival, a garden design focusing on mental health recovery created by HSEs, EVE Plantmarket will be the on display and open to the public to view for the duration of the festival which takes place in the Phoenix Park from June 2nd to June 6th 2011.

bloom
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A Vision for Change Event Calendar



Mental Health Trialogue Meetings in Ireland



Date	Event	Location	Time	Date	Event	Location	Time
07 th June 2011	Mental Health Trialogue Meeting	Tallaght, Dublin Threshold Training Network, Bruce Street.	07.00pm to 09.00pm	12 th July 2011	Mental Health Trialogue Meeting	Mayo Travellers Friend Hotel, Castlebar	07.00pm to 09.00pm
08 th June 2011	Mental Health Trialogue Meeting	St. James, Dublin Fountain Resource Centre, Basic St.	07.00pm to 09.00pm	13 th July 2011	Mental Health Trialogue Meeting	Galway City Jigsaw, Fairgreen Road	07.00pm to 09.00pm
13 th June 2011	Mental Health Trialogue Meeting	Donegal Cara House, Letterkenny	07.00pm to 09.00pm	14 th July 2011	Mental Health Trialogue Meeting	South Tipperary The Race Course Centre, Kickham Street, Clonmel	07.00pm to 09.00pm
14 th June 2011	Mental Health Trialogue Meeting	Mayo Travellers Friend Hotel, Castlebar	07.00pm to 09.00pm	6 th September 2011	Mental Health Trialogue Meeting	Tallaght, Dublin Threshold Training Network, Bruce Street.	07.00pm to 09.00pm
15 th June 2011	Mental Health Trialogue Meeting	Galway City Jigsaw, Fairgreen Road	07.00pm to 09.00pm	7 th September 2011	Mental Health Trialogue Meeting	St. James, Dublin Fountain Resource Centre, Basic St.	07.00pm to 09.00pm
16 th June 2011	Mental Health Trialogue Meeting	South Tipperary The Race Course Centre, Kickham Street, Clonmel	07.00pm to 09.00pm	12 th September 2011	Mental Health Trialogue Meeting	Donegal Cara House, Letterkenny	07.00pm to 09.00pm
17 th June 2011	Mental Health Trialogue Meeting	West Cork Various Locations	11.00am to 01.00pm	13 th September 2011	Mental Health Trialogue Meeting	Mayo Travellers Friend Hotel, Castlebar	07.00pm to 09.00pm
5 th July 2011	Mental Health Trialogue Meeting	Tallaght, Dublin Threshold Training Network, Bruce Street.	07.00pm to 09.00pm	14 th September 2011	Mental Health Trialogue Meeting	Galway City Jigsaw, Fairgreen Road	07.00pm to 09.00pm
6 th July 2011	Mental Health Trialogue Meeting	St. James, Dublin Fountain Resource Centre, Basic St.	07.00pm to 09.00pm	15 th September 2011	Mental Health Trialogue Meeting	South Tipperary The Race Course Centre, Kickham Street, Clonmel	07.00pm to 09.00pm
11 th July 2011	Mental Health Trialogue Meeting	Donegal Cara House, Letterkenny	07.00pm to 09.00pm	16 th September 2011	Mental Health Trialogue Meeting	West Cork Various Locations	11.00am to 01.00pm

If you have an article(s) that you would like included in the next issue of *A Vision for Change Advancing Mental Health in Ireland* please forward to catherine.brogan@hse.ie before Friday 9th September 2011.

All articles must be submitted in word format, with 150 words per article, photos and contact person for further information.

If you would like to advertise an upcoming event in your area or organisation please email catherine.brogan@hse.ie before Friday 9th September 2011

The next issue of *A Vision for Change Advancing Mental Health in Ireland* will be Monday 19th September 2011