

CHAPTER 6

ADULT MENTAL HEALTH SERVICES WESTERN HEALTH BOARD

6.1. Brief Description

The aim of the Board's Mental Health Service is to meet the specific needs of persons suffering from mental illness in an appropriate and high-quality care setting, and to provide them with the opportunity to maximise their potential in personal, social and economic terms.

Guided by the recommendations contained in the report "Planning for the Future" and by concepts and principles contained in the strategy document "Shaping a Healthier Future", the Board is restructuring the provision of services for the mentally ill through the ongoing development of our existing hospital based services and the introduction of new community based services.

Each Health Board organises its Mental Health services in catchment areas of approximately **90,000** population subdivided in to Sectors:

The **East Galway** catchment area serves a population of 93,070 and is divided into four sectors as follows: -

Sector	Population
Portumna	16,730
Loughrea	25,000
Mountbellew/Ballinasloe	26,340
Tuam	25,000

The population of the **West Galway** catchment area is approximately 96,242 and is divided into four sectors as follows:

Sector	Population
Oughterard	9,473
Clifden	8,608
Carraroe	10,436
Galway City	58,813
Oranmore/ Aran Islands	8,912

The population of the **Mayo** catchment area is approximately 111,000 and is divided into five sectors as follows: -

Sector	Population
Castlebar	13,000
Ballina	25,000
Westport	25,000
Claremorris/Swinford/Kiltimagh	26,000
Achill/Belmullet	22,000

The Roscommon catchment area serves a population of 52,726 and is divided into three sectors as follows: -

Sector	Population
Boyle	18,865
Castlerea	17,094
Roscommon	16,767

Services are provided through multi-disciplinary teams headed by a Consultant Psychiatrist and including Nursing Staff, Psychologist, Social Worker, Occupational Therapist. Each Sector has access to training centre facilities, alcoholism counselling services Alzheimers/Dementia services, and in some cases Mentally Handicapped services within its catchment area.

6.2. MENTAL HEALTH SERVICES PROVIDED

- 6.2. Acute hospital care - inpatient and Day Hospital
- 6.3. Community Based Residences - Hostels - High, Medium and Low Support, Flats etc.
- 6.4. Long stay residential care/Continuing Care Units.
- 6.5. Outpatient Clinics - Medical, Nursing, Psychological, Social Work Services.
- 6.6. Community Services - Day Care Centres/Mental Health Centre, Day Hospitals, Home Visits.
- 6.7. Services for Elderly Mentally Infirm-Dementia Services and Services for Alzheimer's sufferers.
- 6.8. Training Centres - training in Catering, Carpentry, Woodwork, Horticulture, Literacy/Numeracy, Computer Skills and Sheltered Work for Rehabilitation Patients.
- 6.9. Community Alcohol Counselling and Treatment Service.
- 6.10. Boarded Out Adults Scheme.

6.2. ACUTE HOSPITAL SERVICES

The Board provides acute hospital services at the following locations:

1. Acute Psychiatric Unit, University Hospital, Galway
2. Admissions Unit, St. Brigid's Hospital, Ballinasloe, Co. Galway.
3. St. Teresa's Unit, St. Mary's Hospital, Castlebar, Co. Mayo.
4. Acute Psychiatric Unit, County Hospital, Roscommon.

Each Acute Unit provides a range of services through multi-disciplinary teams headed by a Consultant Psychiatrist, under the general control of a Clinical Director/Resident Medical Superintendent.

6.2.2. SERVICES PROVIDED

A range of Medical, Nursing, Para-Medical, Social and Personal Services are available e.g.

Chaplain	Pathology
Chiropody	Pharmacy
Continence Promotion	Physiotherapy
Dietary	Radiology
Hair Dressing	Recreational Therapy
Occupational Therapy	Social Work
Optical	Speech & Language Therapy

6.2.3. ACCESS TO SERVICES

The Mental Treatment Act 1945 recognises the following categories of patient:

Voluntary Patients

These are persons who enter the Mental Health Hospital of their own free will.

There are two types of Voluntary Patient-

Voluntary Chargeable - Patients are entitled to services free of charge except Government Levy £25 where appropriate. Persons under 16 in this category must have GP referral letter written within 7 days or parent or guardian must sign admission form - referred to the Child Psychiatric Services.

Voluntary Private - who must pay for services at rates set by the Department of Health and Children. Voluntary Patients can discharge themselves from Hospital at any time following 72 hour notice to the person in charge.

Voluntary Patients who become incapable of expressing their wishes maybe recognised as temporary.

Non Voluntary Patients

Clients who are unwilling or incapable of expressing their wishes and require treatment are admitted in one of the following categories:

Temporary Patient (Chargeable or Private)

This category is used when it is believed that the patient is unfit for treatment as a Voluntary Patient because of illness and requires for their recovery not more than six months suitable treatment; most people are now discharged within a much shorter period. An application for admission can be made by any person, or made by a relative up to a First Cousin but it is usually a closer relative. This application must be signed by the patients own GP and there is the choice of having a second medical opinion. Two GP's are required to sign for a Temporary Private Patient. The applicant must then take the client to hospital within seven days or take the form of application to the hospital where a Consultant will sign a Reception Order and arrangements will be made to admit the client.

Person of Unsound Mind

This category is used when it is believed that the patient requires for their recovery more than six months suitable treatment, this category is rarely used today. An application for admission can be made by relative up to a First Cousin but it is usually a closer relative. If however there is no relative available any other person can sign an Application and this function is often carried out by the Gardai, but usually by a Community Welfare Officer. The application must be signed by a G. P. and details of why the application is being made must be included by the GP. The patient is taken to the hospital and a Reception Order signed by a Consultant within 12 hours of arrival, or the form of application is taken to the hospital where a Consultant will sign a Reception Order and arrangements will be made to admit the client, (usually this will be under Garda escort)

Persons under 16 years of age are referred to the Board's Child Psychiatric Services.

6.2 CLASSES OF RECORDS

Patients Records.

- Dental Records
- Lab Reports
- Medical
- Nursing
- Occupational Therapy
- Psychiatry
- Social Work
- X-Ray Reports

2. Drugs Prescription Sheet and Administration Records
3. Patients Property Records
4. Financial Records
5. Personnel Records
6. Policies, Procedures, Guidelines
7. Health & Safety Statement

6.2 CONTACTS FOR FURTHER INFORMATION

East Galway Mental Health Services	West Galway Mental Health Services
Dr. K. J. Power RMS, Clinical Director	Professor T. J. Fahy, Clinical Director
Mr. A. Aherne, Manager	Mr. M. Hurley, Administrator / Manager
Mr. K. Shields Chief Nursing Officer	Mr. A. Callinan Chief Nursing Officer
East Galway Mental Health Service	Mr. C. O’Keeffe, ACNO(Complaints Officer
St. Brigid’s Hospital	West Galway Mental Health Services
Ballinasloe	Psychiatric Unit
Ballinasloe	University College Hospital Galway
Tel: 0905 42117	Tel: 091-524222

Mayo Mental Health Services	Roscommon Mental Health Services
Dr. J.F. Connolly RMS, Clinical Director	Dr. M. P. Spellman, RMS, Clinical Director
Mr. A. O’Boyle, Manager	Mr. S. Gallagher Manager
Mr. P. Finegan, Chief Nursing Officer	Mr. J. Finnegan Chief Nursing Officer
Mayo Mental Health Services	Roscommon Mental Health Services
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Castlebar	Roscommon County Hospital
Co. Mayo	Tel: 0903-26200
Tel: 094-21333	

6.3 COMMUNITY BASED RESIDENCES

GENERAL DESCRIPTION

In general residential facilities are required for those persons who for various reasons cannot live in their own homes. The types of residences are as follows:

High Support

These units with 24-hour Nursing Care provide accommodation for a small group (15-20) of new long - stay patients. Long - stay care is thus provided in the community as an

alternative to long stay care in a Psychiatric Hospital. See Appendix 1 for locations.

Medium Support

The special feature of this facility is the presence of a resident supervisor. It provides a home for persons with long-term mental illness who cannot manage without supervision. Many patients will move on to a more independent way of life such as a flat or lodgings. These units usually comprise 8-10 residential patients in Group Home setting located in a residential area. See Appendix 1 for locations.

Low Support

The independent flat is one form of unsupervised community residence. Often there will be a number of flats in same building so that patients will have some measure of the group support but yet maintain some privacy and independence. The Psychiatric Nurse visits the patients regularly.

Another option is Boarding Out where a number of patients can be placed in the same household with resident landlady/landlord. Nursing staff will assess the personality and motivation of the householder.

SERVICES PROVIDED

Outpatient Clinics
GMS Card Holders - GP Services etc.
Avail of Day Facilities
Training Workshops

ACCESS TO SERVICES

In order to access mental health services a person must be referred to their local sector Consultant Psychiatrist either by their General Practitioner or make direct contact. At this stage the individual will be assessed in relation to their clinical need to be treated in any of the service areas outlined above in Section 2.

A charge is made on all clients for rent, food, etc.

CLASSES OF RECORDS

Operational Guidelines
Tenant Agreements
Fire & Safety Statements
Nursing Records (held in residence or Day Centre)

CONTACTS FOR FURTHER INFORMATION

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6.4 LONG STAY RESIDENTIAL CARE/CONTINUING CARE UNITS

GENERAL DESCRIPTION

In cases where Long Stay Residential Care is deemed necessary clients are referred to the following units:

West Galway clients to St. Brigid's Hospital Ballinasloe

East Galway clients to St. Brigid's Hospital Ballinasloe

Mayo clients to St. Mary's Hospital Castlebar

Roscommon clients to St. Brigid's Hospital Ballinasloe and Aras Naomh Caolin Castlerea.

Each Unit provides a range of services through multi-disciplinary teams headed by a Consultant Psychiatrist and including Nursing Staff, Psychologist, Social Worker, Occupational Therapist. Clients are assessed for clinical needs and referred to the appropriate setting for the care required.

SERVICES PROVIDED

A range of Medical, Nursing, Para-medical, Social & Personal include:

Chaplain	Pathology
Chiropody	Pharmacy
Continence Promotion	Physiotherapy
Dietary	Radiology
Hair Dressing	Recreational Therapy
Occupational Therapy	Social Work
Optical	Speech & Language Therapy

ACCESS TO SERVICES

In order to access mental health services a person must be referred to their local sector Consultant Psychiatrist either by their General Practitioner or make direct contact. At this stage the individual will be assessed in relation to their clinical needs to be treated in any of the service areas outlined in Section 7.7.2. Charges for Acute Psychiatric Hospital Care are similar to those applying to Acute Hospital Care.

Category 1 eligibility applies to persons who are medical card holders, if they satisfy a means test based on personal income. The entitlements included in this category are all inpatient public hospital services in public wards including Consultant services and all outpatient

public hospital services.

Category 2 eligibility relates to persons who do not qualify for a medical card. The entitlements are as for Category 1 above but subject to certain charges see Health In/Out. Patient Charges Amendment Regulations 1997. Long Stay clients are charged a maintenance charge for 30 days in care in accordance with the Institutional Assistance Regulations 1954 and 1976

Patients admitted to residential care in Mental Health facilities of the Health Board must be admitted as:

*** Voluntary Patients**

*** Non Voluntary Patients - Temporary Patient
- Person of Unsound Mind**

in accordance with the Mental Treatment Act 1945

Voluntary Patients

These are persons who enter the Mental Health Hospital of their own free will. There are two types of Voluntary Patient -

Voluntary Chargeable patients are entitled to services free of charge.

Persons under 16 in this category must have GP referral letter written within 7 days or parent or guardian must sign admission form.

Voluntary Private - who must pay for services.

Voluntary patients can discharge themselves from Hospital at any time.

Non Voluntary Patients

Clients who are unwilling or incapable of expressing their wishes and require treatment are admitted in one of the following categories:

Temporary Patient (Chargeable or Private)

This category is used when it is believed that the patient requires for their recovery not more than six months suitable treatment, most people are now discharged within a much shorter period. An application for admission must be made by a relative up to a First Cousin but it is usually a closer relative. The application must be signed by the patients own GP and there is a choice of having a second medical opinion. Two GP's are required to sign for a Temporary Private Patient. The applicant must then take the client to Hospital within seven days or take the form of application to the hospital where a Consultant will sign a Reception Order and arrangements will be made to admit the client.

Person of Unsound Mind

This category is used when it is believed that the patient requires for their recovery more than six months suitable treatment, this category is rarely used today. An application for admission can be made by a relative up to a First Cousin but it is usually a closer relative. If however there is a relative available any other person can sign an Application and this

function is often carried out by the Gardai. The application must be signed by a GP and details of why the application is being made must be included by the GP. The patient is taken to the hospital and a Reception Order signed by a Consultant within 12 hours of arrival, or the form of application is taken to the hospital where a Consultant will sign a Reception Order and arrangements will be made to admit the client, (usually this will be under Garda escort)

CLASSES OF RECORDS

Patient Case Notes
 Financial/Management Information
 Personnel records

CONTACT FOR FURTHER INFORMATION

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Dr. K. J. Power RMS, Clinical Director	Professor T. J. Fahy, Clinical Director
Mr. A. Aherne, Manager	Mr. M. Hurley, Administrator / Manager
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6.5 OUTPATIENT CLINICS

Patients discharged from institutional care to the community or referred by General Practitioners are routinely assigned Outpatient appointments for follow-up attention in the area of Medical, Nursing, Psychology, Social Work, substance misuse counselling. See Appendix A for location of clinics.

SERVICES PROVIDED

A range of Medical, Nursing, Social Work & Psychology.

ACCESS TO SERVICES

In order to access mental health services a person may be referred to their local sector Consultant Psychiatrist either by their General Practitioner or make direct contact. At this stage the individual will be assessed in relation to their Clinical need to be treated in any of the service areas outlined above in Section 2. Charges for Acute Psychiatric Hospital Care are similar to those applying to Acute Hospital care.

Category 1 eligibility applies to persons who are covered by the General Medical Services if they satisfy a means test based on income. The entitlements included in this category are all in patient public hospital services in public wards including Consultant Services and all Outpatient public hospital services.

Category 2 eligibility relates to persons who do not qualify for a medical card. The entitlements are as for Category 1 above but subject to certain charges see Health In/Out Patient Charges Amendment Regulations 1997.

CLASSES OF RECORDS HELD

Case notes for all clients containing records compiled by all disciplines.
Policies/Procedures performs to chart treatment.

CONTACTS FOR FURTHER INFORMATION

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6.6 COMMUNITY SERVICES – DAY CARE CENTRES MENTAL HEALTH CENTRES, DAY HOSPITALS, HOME VISITS

The objective of Day Care is to provide treatment and care of an appropriate kind and in the required amount and frequency for the mentally ill without admission to hospital. Patient care at a day facility may include a planned treatment programme on an individual or group basis as appropriate.

Appendix A for locations.

The range of services may include:

Assessment and diagnosis, medication, psychotherapy-individual and group, social support and care, instruction and recreation activities depending on the area being served.

SERVICES PROVIDED

Patient Nurse Care Plan
Social Skills Training
Recreational Therapy
Monitoring of Medication and Progress of Individual

ACCESS TO SERVICES

In order to access mental health services a person must be referred to their local sector Consultant Psychiatrist either by their General Practitioner or make direct contact. At this stage the individual will be assessed in relation to their clinical need to be treated in any of the service areas outlined above in section 2.

Access is based on clinical need and there is no means test.

There is no charge for day care mental health services.

CLASSES OF RECORDS HELD

Client Case Notes
Health & Safety

CONTACTS FOR FURTHER INFORMATION

East Galway Mental Health Services	West Galway Mental Health Services
Dr. K. J. Power RMS, Clinical Director	Professor T. J. Fahy, Clinical Director
Mr. A. Aherne, Manager	Mr. M. Hurley, Administrator / Manager
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6.7 SERVICES FOR THE ELDERLY MENTALLY INFIRM- DEMENTIA/ALZHEIMER SUFFERS

A 30-bedded Unit was provided at St. Anne's Unit , Sacred Heart Home, Castlebar in 1996 and a residential unit is in operation in St. Brigid's Hospital Ballinasloe. Agreement in principle has been reached for the setting up of an additional Unit in Merlin Park Hospital Galway. Respite Care Services are also provided at these units.

SERVICES PROVIDED

Medical & Nursing Services
 Activation Programmes
 Respite & Out Reach Services Centre

ACCESS TO SERVICES

In order to access Mental Health Services a person must be referred to their local sector Consultant Psychiatrist either by their General Practitioner or make direct contact. At this stage the individual will be assessed in relation to their clinical need to be treated in any of the services areas outlined above in Section 2. Long stay clients are charged a maintenance charge after thirty days in care in accordance with the Institutional Assistance regulations 1954 and 1976.

CLASSES OF RECORDS

Patient Case Notes
 Health & Safety

CONTACT FOR FURTHER INFORMATION

East Galway Mental Health Services	West Galway Mental Health Services
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6.8 TRAINING CENTRES

Training Centres play an essential role in the Boards policy on Rehabilitation by responding to the increasing demand for Community based services which enable people disabilities to participate in a training regime that is both stimulating and rewarding. Training Centres are statistically located throughout the Boards catchment area. (see Appendix A for locations) ensuring that the service is provided on a needs basis. European Regional Development Funds (Capital) and European Regional development Funds (Capital) and European Social Funds have facilitated the implementation of successful training programmes for clients and varying disabilities.

SERVICES PROVIDED

- * Training - Woodwork, Catering, Social Skills, Upholstery, Needlework, Computers, Literacy, Numeracy, Desk Top Publishing (some units), Horticulture, Picture Framing (some units)
- * Rehabilitation - skills of independent living e.g. Money Management, Laundry, Flat Maintenance, Use of transport and communication facilities.
- * Sheltered Work - Subcontract work for local forms supervised by Health Board staff.

ACCESS TO SEVICES

The majority of people have been referred from the other Mental Health facilities of the Board and have psychiatric disabilities. Referrals of clients with mild Mental Handicap, Physical Disability and Cerebral Palsy are also accepted through General Practitioners, and through the National Rehabilitation Board. Access is based on clinical need is free. Training Allowance paid to all clients, £10-£20 per week, in addition to social welfare entitlements.

CLASSES OF RECORDS

Client / Patient Records
 Administration details - next of kin etc.
 Education standard reached
 Community Workshop Referrals
 On-going evaluation for clients in training
 Fire & Safety
 Daily Attendance Records
 Records of Allowance Paid
 Staff Files
 Financial Files

CONTACTS FOR FURTHER INFORMATION -

East Galway Mental Health Services	West Galway Mental Health Services
Dr. K. J. Power RMS, Clinical Director	Professor T. J. Fahy, Clinical Director
Mr. A. Aherne, Manager	Mr. M. Hurley, Administrator / Manager
Mr. K. Shields Chief Nursing Officer	Mr. A. Callinan Chief Nursing Officer
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6.9 COMMUNITY ALCOHOL COUNSELLING AND TREATMENT SERVICE

This Service to provide an Intensive Outpatient programme for persons with an alcohol problem, to provide long term support, to offer a service that is family orientated and provide support and awareness for families where there is an alcohol problem and to establish an information education and advice service. An Aftercare service is provided on a fortnightly basis. There is a service based in each catchment area.

SERVICES PROVIDED

- * Intensive Outpatient Treatment Programme
- * Long Term Support and After Care Facilities
- * Liase with family of client and aftercare facilities
- * Liaison with Voluntary Bodies
- * Information & Education Service
- * Counselling
- * Multi-Disciplinary Liaison
- * Supervised "Anta-buse" clinic
- * Drug Screening Service

ACCESS TO SERVICES

The majority of people have been referred from their General Practitioner. Access is based on clinical need and there is no means test. Treatment Programmes cater for a maximum 6-8 persons at any one time and run on Mondays, Wednesdays, and Fridays from 9.30a.m. to 5.00p.m. for a period of 4 weeks. Once a group commences no new members are allowed to join and Community Alcoholism Counsellors supervise group activities. Access is based on clinical need and there is no charge.

CLASSES OF RECORDS

- Client Records
- * Administrative
 - * Referral
 - * Progress Reports

CONTACTS FOR FURTHER INFORMATION

Community Alcoholism Counsellors as follows: -

East Galway Mental Health Services West Galway Mental Health Services

Mr. Liam Curley Mr. Martin Stack Ms. Mary O'Connell Brian O'Malley Loughrea/Athenry Carmel Haverly Mountbellow Carmel O'Dea Tuam East Galway Mental Health Services St. Brigid's Hospital Co. Galway 0905 42117	Mr. Joe Tracey Mr. Jack Mahoney West Galway Mental Health Services Alcoholism Counselling Service Merlin Park Hospital Galway 091 755883/753595/753642
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Mayo Mental Health Services

Roscommon M Health Services

Ms. Helen Byrne - St. Mary's Mr. Stephen Byrne - Swinford Ms. Elisabeth McHale - Ballina Mayo Mental Health Services St. Mary's Hospital Castlebar Co. Mayo 094-21333	Ms. Evelyn Donoghue Mr. John Griffin Ms. Kathleen Coleman Roscommon Mental Health Services Acute Psychiatric Unit Roscommon County Hospital Roscommon 0903-26477
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6.10 BOARDED OUT ADULTS SCHEME

See Chapter 8 page 6

