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Deputy Brendan Smith
Dail Eireann
Leinster House
Dublin 2.

24th September 2019

Re: PQ 37672/19 LMCM6619

To ask the Minister for Health his plans to provide additional supports in respect of the provision of health services (details supplied) in counties Cavan and Monaghan; and if he will make a statement on the matter.

Dear Deputy Smith

I have examined this matter and my response follows.

The Cavan-Monaghan Mental Health Service is delivered through specialist mental health multi-disciplinary teams from childhood to old age:

- **Child & Adolescent Mental Health Service;** The Child & Adolescent Mental Health Service (CAMHS) is a multidisciplinary service that prioritises the assessment and treatment of children up to the age of 18 presenting with mental health problems.
- **Adult Community Mental Health Service;** The Adult Community Mental Health Service is a multi-disciplinary service that provides mental health care to working age adults. Its aim is to provide an integrated, comprehensive, high quality, individualised system of care and support which meets the needs of people with acute mental health problems and their carers.
- **Community Rehabilitation Service;** The Community Rehabilitation Service provides care to people with severe and enduring mental health difficulties who have complex needs.
- **Psychiatry of later life Service;** The Psychiatry of later Life Service provides care to people who develop mental health problems as they get older. (Over 65years). Its aim is to provide integrated, quality, patient centred and community based services to patients and their families.
- **Mental Health Services for people with Intellectual Disability;** The Community Mental Health Intellectual Disability Team (CMHID) provides care for people over 18 years who have an intellectual disability and mental health problems.
- **Liaison Psychiatry Service;** The Liaison Psychiatry Service provides expertise in the assessment and management of patients in the Acute Hospital presenting with mental

illness/ill-health. This service includes a Deliberate Self Harm (DSH) Clinical Nurse Specialist.

The General Adult and Psychiatry of Old Age teams have a single point of access and a 2 hour response time for urgent assessments. These teams provide home based treatment on a 7 day basis. Out of hours, people are seen and triaged, within 1 hour, by a senior nurse and may also be assessed by a doctor.

Connecting for Life Cavan and Monaghan is based on the same vision, goals, objectives and measurable outcomes as outlined in the national strategy; *Connecting for Life, Ireland's National Strategy to reduce Suicide 2015 – 2020*.

Connecting for Life Cavan and Monaghan has 62 distinct actions based on the National Strategic Goals and Objectives.

These actions were developed following an extensive community consultation process undertaken in October 2016. Consultation strategies employed across both counties included:

- Public facilitated workshops
- Widely distributed postcards
- An online survey
- Workshops and meetings with HSE staff, including Adult Mental Health Services, Child and Adolescent Mental Health teams
- Focus groups for specific sectors of the population and priority groups (e.g. families bereaved by suicide, ethnic and cultural minorities, LGBTQI community and young people).

The broad selection of mechanisms employed to engage with the general public and also with specific target groups led to over 1,100 persons participating in the process to develop the CM Connecting for Life.

In 2018 574 people attended training in ASSIST, Safetalk, Understanding Self Harm, and Coping with Bereavement in Cavan and Monaghan – delivered by the CMMHS Suicide Resource Officer. Further training will be delivered in quarter 4 2019.

.CMMHS, in partnership with various community/non-statutory groups organises and runs events across Cavan and Monaghan, that are accessible to the public. A list of some of these events follows:

The CMMHS Suicide Resource Officer gave an interview on Northern Sound to aid awareness of supports in the area;

Cavan Wellbeing Festival in May involving 30+ agencies promoting their services in Cavan Town Square;

A community positive mental health event in south Monaghan involving Mental Health Ireland (MHI), Shine and HSE MH/ARI plus service users;

An event with Belturbet Ladies GFC focusing on wellbeing for the young players of the club (inter-agency event with HSE MH/Psychology, MHI and BounceBack);

Life Skills Group - A Life Skills group, focussed on Internet safety and social media, personal safety, managing stress, relaxation, managing money, use of mobile phones and improving wellbeing, is led by a Social Worker and Occupational therapist from CMMHS;

Stress Control course were run, open to the general population, in Cavan and Monaghan – 520 people attended

A Coordinator for Travellers Mental Health commenced in 2019 and she is working with Suicide Resource Officers across CHO1 to develop a campaign to increase awareness of mental health and well-being issues for Travellers.

A consultation process has commenced that will culminate in a Youth Mental Health strategy for CHO 1 MHS. This process will include consultation with community and non-statutory group as well as the young people of the area.

Mental Health Services CHO 1 provides financial support to the following organisations in Cavan and Monaghan - Youthwork Ireland, AWARE, GROW, Mental Health Ireland, Pieta House, SOLAS, Menshed and the Mental Health Association.

Yours Sincerely

A handwritten signature in black ink, appearing to read 'M. Caulfield', written in a cursive style.

Margaret Caulfield
Acting General Manager MHS CHO 1.