



PRÍOMHOIFIGEACH ECSP CEANTAR 8
COMMUNITY HEALTHCARE ORGANISATION 8

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28th September 2020

Deputy Ruairí Ó Murchú
Dáil Éireann
Leinster House
Dublin 2

Re: PQ – 23697/20 - To ask the Minister for Health his views on mental health services including psychiatry services in County Louth; his plans for the services; and the resources that have been allocated to date; and if he will make a statement on the matter. - Ruairí Ó Murchú

Dear Deputy Ó Murchú,

The Health Service Executive has been requested to reply directly to you in the context of the above Parliamentary Question, which you submitted to the Minister for Health for response. I have examined the matter and outline the position as follows.

Services provided in Louth by CHO Midlands Louth Meath Mental Health as at September 2020 as follows:

Louth Meath Mental Health Services

Psychiatric Services in Louth are delivered on a population catchment basis. Psychiatric services are provided over the life span of Child & Adolescent Mental Health Services (CAMHS) 0-18yrs, Adult Services 18-65yrs and Psychiatry of Later Life (POA) 65yrs and over.

Mental Health services is a tertiary service and referral to the service is via GP or ED only. The service is underpinned by the National Mental Health Strategy a Vision for Change 2006 and more recently Sharing the Vision (June 2020).

The service it provides:

- Acute inpatient admission to Department of Psychiatry Drogheda. This is a 46 bed unit opened in September 2016. It comprises of 8 bed unit for Psychiatry of Old Age and 38 General Adult beds. This unit provides all the acute beds admissions for the population of Louth Meath (321,559). This is an Approved Centre registered with the Mental Health Commission and inspected annually by same under the Judgement Support Framework (V5 Feb 2018). Any individual who is referred to the unit by their GP or ED, who is seen but not admitted and is deemed to require community follow up, is provided with a referral to their local community mental health team.

- Community outpatient services in the main provided by Community Mental Health Multi-Disciplinary Consultant led teams. Each team provides a service to a specific population catchment/sector area. Typically a team would consist of Consultant, Junior Doctor, Community Mental Health Nurse, Social Worker, Psychologist, Occupational Therapist and clerical admin.

- 24hr staffed community residences.
- In addition to the Community Mental Health Teams there are Home Based Treatment Teams, Assertive Outreach Teams, Alcohol Counsellors, Affective Disorder Team working in to, and between, the teams and Day Hospitals.

Services provided in Louth area

Team/Service	Louth
General Adult teams	6 – two Dundalk, two Drogheda & one mid Louth
Psychiatry of Old Age per 100,00	2 - 1 north/mid Louth, 1 South Louth/ East Meath
CAMHS	3 – 1 Louth North, Louth South & South Louth East Meath
Rehabilitation and Recovery team	1 (Louth only)
Mental Health Intellectual Disability (Adult)	1 *shared with Cavan Monaghan
Day Hospitals/Centres	2 - 1 Drogheda/mid Louth & 1 Dundalk/mid Louth
Adult Acute In-Patient Beds	46 (Drogheda Department of Psychiatry) for combined populations of Louth Meath
Adult Non Acute Beds (community residences) – 24hr staffed	4 – Moorings Dundalk, An Solasan Dundalk, St Marys Drogheda,
Assertive Outreach Team - Louth	1
Home Based Treatment Team - Louth	1
Liaison Team (based in OLOL)	1

Adult services (18-65yrs) are delivered from the following locations. (One Team provides Psychiatric services to a population of approx. 50,000 as per Vision for Change)

- Dundalk – Ladywell on grounds of Louth County Hospital
- Drogheda/Ardee – Singleton House, Lawrence St., Drogheda

Psychiatry of Old Age (65yrs and over) (One Team provides Psychiatric services to a population of approx. 100,000 as per Vision for Change)

- Louth North – Based in St Brigid’s Campus Ardee
- Louth South/East Meath –Based in Singleton House, Drogheda

POA services provide a mixture of outpatient clinics, domiciliary visits. They also support the provision of Memory Clinics in their catchment area.

CAMHS (up to 18yrs) (One Team provides Psychiatric services to a population of approx. 100,000 as per VfC)

- South Louth East Meath – Based in Grey Building, St Marys Campus, Dublin Road, Drogheda
- Louth North - Based in Child & Family Centre, St Marys Campus, Dublin Road Drogheda, **soon to move to new premises at Earl Street Dundalk**
- Louth South - Based in Child & Family Centre, St Marys Campus, Dublin Road, Drogheda

Mental Health Liaison services is based in Our Lady of Lourdes Hospital Drogheda. This is a consultant led team and also includes Deliberate Self Harm Nurse.

Day Hospitals/Day services:

Dundalk: Day Hospital is currently located in Ladywell Centre Grounds of Louth Co. Hospital Dundalk and is a mixture of Day Services and Day Hospital provision. Lack of suitable accommodation is restricting the total reconfiguration of this service to a full Day Hospital model.

The accommodation in Ladywell is outdated and unsuitable for the provision of a modern psychiatric service to clients. In the absence of suitable accommodation the POA services for North Louth are located in St Brigid's in Ardee. All of these services will move to the new Primary Care Centre in Dundalk when it is built.

Drogheda: Day Hospital is currently located in Lawrence Centre Drogheda and is a mixture of Day Services and Day Hospital provision. Pre COVID this service was transitioning to full Day Hospital Model.

Both these centres cater for clients from mid Louth.

The Day Hospital Model is a new development under Vision for Change of the reconfiguration of Day Services to a Day Hospital Model.

The Day Hospital provides an enhanced package of care to clients in the community all of which is in line with Vision for Change. Therapeutic interventions in line with National Clinical Care Programmes are also delivered in a Day Hospital. For example, First Episode Psychosis supports programme & Eating Disorder Therapy.

A Day Hospital typically operates Monday to Friday caring for persons who require acute out-patient care or support, through the use of a palette of therapeutic interventions, reducing the need for in-patient admission or supporting people in an early discharge plan. In the future, and if resources are made available, it is hoped to provide a seven day Day Hospital service in both these locations.

Day Hospitals are nurse led services and typically have a CNM2 (Day Hospital Manager), CNM1, two staff nurses. Therapists/counsellors such as Eating Disorder, Cognitive Behavioural Therapy (CBT), Dialectical Behavioural (DBT), Alcohol, family therapy, Effective Disorder nurses etc. are typically located in a Day Hospital.

Examples of services provided from the Day Hospital include stress management, Cognitive Behavioural Therapy (CBT), Dialectical Behavioural Therapy (DBT), Family Therapy, Alcohol Counselling, Clozaril Clinic, Anxiety Management, Lifestyle Skills, Understanding Bipolar, Coping with Depression, Mastering Worries, Coping with Panic Attacks, Relaxation Therapy, Care Plan Reviews, Medical Reviews, Therapy through Art, Happiness project, Improving Self Esteem, Assertiveness Training, Medication support/awareness, Alcohol Counsellor.

2018 also saw the permanent appointment of a Traveller Coordinator.

Through Service Reform funding the service secured the short-term temporary appointment of a Housing Coordinator and three Individual Placement and Support Officers one of which works in the Louth Area.

Development Funding was allocated to enhance the Home Based Team in Louth Meath which provides services on a seven day basis to service users in their own homes.

Louth Meath Mental Health Services work closely with Louth Consumer Panel and a nominee of the Consumer Panel is a member of the Louth Meath Mental Health Services Senior Management Team.

Connecting for Life (National Suicide Prevention Strategy CHO8 Action Plan). Implementation of the HSE Connecting for Life actions has commenced. The actions will be implemented, as resources permit, over a period to end of 2024.

The HSE Mental Health Services' Louth/Meath Resource Officer for Suicide Prevention provides the following services free of charge in counties Louth and Meath. This post is currently vacant. We are actively trying to fill this position.

Suicide Bereavement Liaison Service

For those who may be grieving the loss of a loved one to suicide. The HSE funded a Suicide Bereavement Liaison Service (in conjunction with Pieta House) which is available to provide practical help and support.

Information/Resources

The following resources are available upon request from the Resource Office for Suicide Prevention. These can be delivered either by email or by hardcopy:

- Louth and Meath Crisis Supports Information directory
- Help is at Hand Covid-19 Informational Poster
- HSE Resource Office for Suicide Prevention Louth & Meath Help & Support Information Cards. These wallet sized cards provide details of support and information resources available in counties Louth and Meath.

Training

Face to face suicide prevention training such as SafeTALK, ASIST, Understanding Self-harm and STORM have been paused since March 2020 due to COVID-19. However, planning has begun to move some courses online.

- **LivingWorks Start** builds skills and knowledge to keep others safe. The programme has been developed by Living Works, the same company who developed the SafeTALK and ASIST programmes. It is targeted at anyone over the age of 18 who wants to help prevent suicide and develop the skills to help someone who may be at risk of suicide. The aim of the programme is to help participants to identify people who are at risk of suicide, to confidently ask them about the topic of suicide and to connect them with resources that can help them stay safe. It can be completed in 1.5 hours and includes a four-step model to keep someone safe from suicide and impactful simulations which are undertaken and put into practice during the programme. A licence is required by each individual to undertake the Start programme. Licences are limited and there is also a cost for each Licence (borne by the HSE), therefore it is important that anyone who applies for a Licence is committed to completing the programme.
- **E-suicide TALK** – This programme has no cost or licence implication and available just by registering on the link. Whilst it is essentially an ‘awareness’ programme, it is nonetheless very worthwhile and a good introductory programme and one from which to progress to other programmes, such as Start, safeTALK and ASIST

The range of disciplines working in our consultant-led Multi-Disciplinary Community Mental Health Teams in CAMHS, General Adult and Psychiatry of Late Life has expanded in recent years which has increased the range of interventions available to clients and their families leading to a reduction in hospital inpatient admissions and lengths of stay.

National Clinical Programmes for Eating Disorders (ED) and Early Intervention in Psychosis (EIP) are under development.

Service delivery is underpinned by the Best Practice Guidelines using a collaborative approach to ensure mental health services in Midlands Louth Meath are safe and of the highest quality.

Midlands, Louth Meath Community Health Organisation Mental Health Service (CHO8) has made a strategic commitment to embedding recovery within all that we do.

Midlands Louth Meath CHO Mental Health Services continues to strive to improve service delivery to provide best outcomes possible for service users and their families in the communities they live in, as close to their home as possible and sometimes in their own home.

Obviously the COVID Crisis has had an impact on service delivery. Our acute services continued as they are deemed to be a Priority 1 service, as were CAMHS and certain elements of our community services. Consultants continue to see urgent cases face to face. They also use a mixture of telephone consultations and telehealth.

Recently the Drogheda Department of Psychiatry has piloted a nurse led triage service for referrals. All GPs have been informed of this service.

Note: All population figures are based on 2016 census figures

I trust the above is in order but please do not hesitate to contact me should you have any further queries in this regard.

Yours sincerely,

A handwritten signature in black ink that reads "Pat Bennett". The signature is written in a cursive style and is positioned above a horizontal line.

Pat Bennett
Chief Officer
Midlands Louth Meath Community Health Organisation