



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive

HSE Board Briefing Template

<p>Subject: Board Strategic Discussion: Mental Health <i>"Prioritise Early Interventions and Improve access to person centred Mental Health Services"</i></p>
<p>Submitted for meeting on: 28th January 2022</p>
<p>Name & title of author: Yvonne O'Neill, National Director, Community Operations</p>
<p>Why is this information being brought to the Boards attention? Board Strategic Discussion item</p>
<p>Is there an action by the Board required, if so please provide detail? N/A</p>
<p>Please indicate which of the Board's objectives this relates to;</p> <ul style="list-style-type: none"> ▪ The development and implementing of an effective Corporate Governance Framework, incorporating clinical governance and a performance management and accountability system; <input type="checkbox"/> ▪ Developing a plan for building public trust and confidence in the HSE and the wider health service; <input type="checkbox"/> ▪ Ensuring the HSE's full support for and implementation of the Government's programme of health reform as set out in the Sláintecare Implementation Strategy; <input type="checkbox"/> ▪ Exercising effective budgetary management, including improving the value achieved with existing resources and securing target saving, with the objective of delivering the National Service Plan within Budget. <input type="checkbox"/>
<p>Brief summary of link to Board objectives.</p>
<p>Background - provide context in order to ensure that the Board fully understand the issue.</p> <p>Prioritise Early Interventions and Improve access to person centred MHS</p> <p>The attached paper presents activity data related to mental health promotion, early intervention and improved access to person-centred mental health services. The information contained in the paper is organised in keeping with the Health Policy for Everyone. The paper focuses on the development of supports and services across levels 1 to 4 of our planning model aimed at supporting the general population. Through significant investment, there has also been increased development and improvements across specialist mental health services.</p> <p>Level 1- Mental Health Promotion Level 2- Self-Help Level 3- Person to Person Support Level 4- Community-Based and Primary Care Mental Health Supports</p> <p>In order to adapt and improve accessibility of our services throughout the Pandemic, the HSE and many of its funded NGO partners have successfully fast-tracked new digital health options including innovative online, text</p>

and phone supports. Many of these have been in development for some time, as part of a range of digital mental health service developments planned since 2018.

In terms of overall approach, there has been an increased focus on prevention and early intervention in order to provide more timely support across the population and reduce the requirement in as far as possible for specialist, secondary services.

Details of the development of support across each level of the planning model are listed below with further detailed information available in the attached report.

Level 1 Mental Health Promotion

- **Mental Health Information** The HSE continues to deliver trusted mental health information through our own channels and in partnership with others.
- The first ever **HSE Mental Health Promotion Plan** is in the final stages of development.
- **Social prescribing** 31 HSE funded social prescribing sites across the country. In July 2021 the HSE Mental Health & Wellbeing Programme launched a HSE Social Prescribing framework
- **A Mental Health and Wellbeing module** has been developed for the Making Every Contact Count Programme
- **Creativity and Health and Wellbeing** – (MOU) between HSE H&W, ARTS Council, Creative Ireland and Healthy Ireland and has been signed at director level for a period of two years.
- **Mental Health Promotion for Children and Young People** – Primary School based programmes supported by H&W, SPHE short course at Junior Cycle, a half day training programme on 'Supporting young people's mental health during Covid-19' has been developed in partnership with Jigsaw
- **Mental Health Promotion for Socially Excluded Groups**, Traveller Mental Health Promotion Programme and e-learning module on Migrant mental health and wellbeing .

Level 2 Self Help

- **Minding Your Wellbeing (MYW)**, Programme was re-designed in 2020 as a series of 5 on-line videos available free of charge to HSE staff and the general public at www.yourmentalhealth.ie. The aggregate number of video views since launch in November 2020 has risen to over 47,000.
- **Stress Control** - free six session online class, each class lasting for 90 minutes. Over 6,300 people completed the full programme between January and September 2021.

Level 3- Person to Person Support

- **Person-centred services** delivered by HSE-funded agencies, and through GP and Primary Care services. Services provided by NGO partners include counselling, day programmes, peer support, telephone helplines, online or SMS support and advocacy services.
- **Text50808** In 2020, there were over 33,000 text conversations and this rose significantly in 2021 to 53,628 **representing an average of 4,469 conversations per month**.
- **Active rescues** involve the provision of support directly to a texter who has indicated that they are actively at risk of harming themselves or another. The service has worked on **over 600 'active rescues'** with colleagues in the National Ambulance Service in the year to date (up to the end of November).
- Additional person-to-person supports funded by the HSE include Samaritans and Pieta's helplines along with the support groups offered in the community by GROW.

Level 4- Community-Based and Primary Care Mental Health Supports

The further development of these services is a priority under 'Sharing the Vision' as reflected in the imminent establishment of a 'Primary Care Mental Health Specialist Group' by the National Implementation Monitoring Committee overseeing the implementation of the policy. Current resources and supports in this area are delivered directly by the HSE and a range of other organisations including community and voluntary sector partners.

- **National Counselling Service (NCS)** incorporates the Counselling in Primary Care Service, counselling for

adults who have experienced childhood abuse and counselling for former residents of Mother and Baby Home institutions. On average 2,997 clients attend for counselling every month. The NCS quickly adapted to alternative service delivery methods during COVID and continue to offer a blended model of service delivery which enhances the accessibility of the service.

- **Assistant Psychology Service Development** - the introduction of the **assistant psychologist** grade in 2017. Ongoing investment in the assistant psychologist grade over the coming years will improve access and the quality of mental health support for people at primary care level.
- **Community Partners**
 - ✓ **MyMind have been delivering an average of >1,000 free online counselling sessions per month** while their overall service level activities are at an average of 3,000 sessions per month (including paid for and subsidized).
 - ✓ **Pieta**, Q3 of 2021 Pieta worked with 2,393 unique intervention clients requiring support for suicidal ideation and/or self-harm (737 Under 18; and 1,656 Adults). Pieta's bereavement counselling service worked with 279 unique clients in Q3.
 - ✓ **Aware** to support adults with depression and mood related conditions by offering free evidence-based programmes based on the principles of Cognitive Behavioural Therapy (CBT) in their local communities. Approximately 50% of those attending the programmes have a clinical diagnosis of depression and are on prescribed medication.
 - ✓ **Therapist-Guided Online CBT**
 - ✓ Over 2,600 referrals have been made since launch and over 1,500 licenses have been activated. **Over 80% of referrals have come from GPs.**
 - ✓ **Supports for Young People** -Primary care services include GPs, Jigsaw and other NGO service providers, Primary Care Psychology services and counselling in Primary Care (CiPC) which is available to those over 18.

Level 5- Service Development and Improvement

Over the coming years, 'Sharing the Vision' will be a key driver of ongoing mental health service development and improvements and this will be reflected in annual national service planning. Guided by the National Implementation Monitoring Committee, a wide range of initiatives are already underway aimed at improving service provision for people attending specialist services and for those receiving services at primary care level. An implementation plan with details around all of the policy recommendations is due to be published later in Q1 2022. In the final section of the attached paper, activity data and key updates are provided related to specialist mental health services and the HSE clinical care programmes listed below:

Child and Adolescent Mental Health Services (CAMHS)

CAMHS Inpatient

General Adult Mental Health Services

Psychiatry of Later Life

Person-Centred Services (Mental Health Engagement and Recovery)

The Individual Placement Service (IPS)

Service Users, Family Members and Carers

Clinical Care Programmes in Mental Health

National Clinical Programme for Early Intervention in Psychosis.

National Clinical Programme for the Assessment and Management of Patients who present to the Emergency Department (NCPSEH)

National Clinical Programme for Eating Disorders

The ADHD in Adults National Clinical Programme.

National Specialist Perinatal Mental Health Programme

Highlight any implications that the Board should be made aware of in its consideration such as;

<div><div>▪ Current status</div><div><div>▪ Budget</div><div>▪ Resources</div><div>▪ Impact to delivery of services</div><div>▪ Corporate Plan</div><div>▪ Slaintecare</div><div>▪ Social factors (e.g., impact on specific area such as the elderly, disabilities)</div><div>▪ Technological factors</div><div>▪ Legal factors</div></div></div>
Recommendation – Board

January 2022



5

Mental Health - Prioritising Early Interventions and Improving Access to Person Centred Supports and Services

Overview

This paper presents activity data related to mental health promotion, early intervention and improved access to person-centred mental health services. The information contained in the paper is organised in keeping with the population-planning approach to mental health policy guiding the implementation of 'Sharing the Vision - A Mental Health Policy for Everyone' (see Figure 1). The paper focuses on the development of supports and services across levels 1 to 4 of our planning model aimed at supporting the general population. Through significant investment, there has also been increased development and improvements across specialist mental health services.

The range of mental health services delivered by, or on behalf of, the HSE is extensive and covers both specialist and non-specialist (lower level) mental health support. While disrupted during Covid-19, they have remained operational and accessible. During 2020 and 2021 the level of referrals and our ability to offer appointments across all our Community Mental Health Services remained consistent with previous years, albeit with some adaptation to the mode of service delivery.

In order to adapt and improve accessibility of our services, the HSE and many of its funded NGO partners have successfully fast-tracked new digital health options including innovative online, text and phone supports. Many of these have been in development for some time, as part of a range of digital mental health service developments planned since 2018.

In terms of overall approach, there has been an increased focus on prevention and early intervention in order to provide more timely support across the population and reduce the requirement in as far as possible for specialist, secondary services. Where specialist services are required, there is a renewed focus on improving access, coordination and continuity of care. The service developments reported on in this paper are being guided and driven by the National Implementation Monitoring Committee and the HSE Implementation Group for 'Sharing the Vision'.

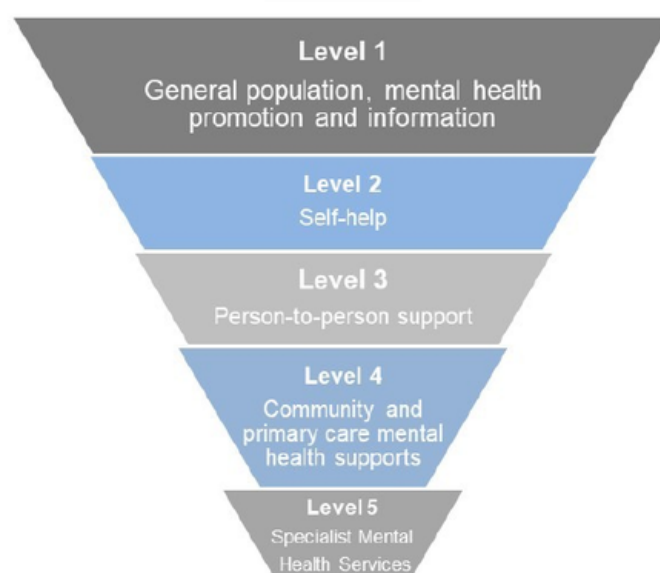
Level 1- Mental Health Promotion

Mental Health Information

At a general population level, mental health promotion, self-help and information services have been particularly important during Covid-19. The HSE continues to deliver trusted mental health information through our own channels and in partnership with others. For example;

- Information about mental health and available supports and services can be found on the HSE website yourmentalhealth.ie or by calling the YourMentalHealth Information Line on 1800 111 888.

Figure 1 Sharing the Vision approach to mental health policy implementation



January 2022

6

- In response to Covid-19, a range of new content on minding your mental health was created in March 2020 for yourmentalhealth.ie to provide reassurance to the general population and to highlight the available supports and services. The website had nearly 1.7million visits in 2022.
- The most viewed content in 2021 was on: self-harm; supporting someone going through a tough time; and, anxiety. Over 70% of traffic is organic (the site is performing very well on search) and 75% of traffic is from mobile devices. Monday and Tuesday are the busiest days of the week on the site and the busiest times are between 9 and 11pm at night.
- An ongoing campaign promotes yourmentalhealth.ie and YourMentalHealth Information Line on radio (National, Regional and Digital radio) online and through social media. This continued throughout 2021.
- For young people, the HSE continues to work with SpunOut.ie to provide engaging online mental health content and signposting and the site has been performing extremely well, attracting over **1.7m visits in 2021** (representing very similar traffic levels to yourmentalhealth.ie).

Mental Health Promotion

- The first ever **HSE Mental Health Promotion Plan** is in the final stages of development. It was developed by the HSE Mental Health & Wellbeing Programme in collaboration with cross-sectoral partners across the HSE as well as funded agencies. The plan includes evidence based actions to promote mental health and wellbeing among HSE staff, service users and wider communities. The plan will be launched in April 2022.
- **Social prescribing** is a means of enabling GPs, nurses and other health care professionals to refer people to a range of community, local, non-clinical programmes and services, through a community based Social Prescribing link worker. People can also self-refer to these programmes and service. Social Prescribing is being mainstreamed and embedded within the HSE at Community Healthcare Network as part of the Slaintecare Healthy Communities Programme. Currently there are 31 HSE funded social prescribing sites across the country. In July 2021 the HSE Mental Health & Wellbeing Programme launched a HSE Social Prescribing framework which provides a roadmap for the sustainable development and integration of Social Prescribing across the HSE <https://www.allirelandsocialprescribing.ie/>
- **A Mental Health and Wellbeing module** has been developed for the Making Every Contact Count Programme which will ensure that support, advice and signposting related to mental health & wellbeing is included in contacts and interactions that our service users have with HSE staff at CHO level and in hospitals.
- **Creativity and Health and Wellbeing** – a memorandum of understanding (MOU) between HSE H&W, ARTS Council, Creative Ireland and Healthy Ireland and has been signed at director level for a period of two years. This partnership, called RENEW, will promote the role of creative programming in supporting the mental health and wellbeing of staff, service users and wider communities. A number of projects will be funded under this partnership in 2022 focused on travellers, HSE staff and service users.

Mental Health Promotion for Children and Young People

- School based mental health promotion programmes are currently supported by H&W. Zippy's Friends is a 24 week programme targeting children in 1st Class in primary School. MindOut is a 12 week programme targeting senior cycle students in Post Primary schools. Both are evidence based programmes and have been independently evaluated.

January 2022

7

- Mental health resources to support implementation of SPHE short course at Junior Cycle have been developed in line with the National Council for Curriculum and Assessment (NCCA) learning outcomes for the new SPHE short course. 1st year resource is complete and available to schools and 2nd Year resource will be completed by start of new school year.
- Youth Mental Health – A half day training programme on ‘Supporting young people’s mental health during Covid-19’ has been developed in partnership with Jigsaw and is currently being delivered on-line to people working with young people.

Mental Health Promotion for Socially Excluded Groups

- Traveller Mental Health Promotion Programme has been developed in partnership with the Traveller Health Advisory Forum, HSE Traveller Health Units and Regional Traveller Primary Health Care Projects. The programme consists of 4 x 3hour sessions to be co- delivered by trained trainers including members of the Traveller community and another trainer. A T4T is planned for quarter 3 2022, to be delivered on-line in partnership with Pavee Point.
- Migrant mental health and wellbeing – in partnership with HSE Social Inclusion an e-learning module on mental health and wellbeing is in early-stage development to augment the intercultural Awareness training programme.

Level 2- Self-Help

HSE self-help resources provide more depth and engagement than information-only resources. Examples include the ‘Minding Your Wellbeing’ programme and ‘Stress Control’ while a range of interactive mobile mental health apps have been reviewed and are signposted online.

Minding Your Wellbeing (MYW)

The Minding Your Wellbeing training programme was developed to support staff to care for their own mental wellbeing and to promote positive mental health in their workplace setting. Originally developed for group face to face delivery, it was re-designed in 2020 as a series of 5 on-line videos available free of charge to **HSE staff and the general public** at www.yourmentalhealth.ie. **The aggregate number of video views since launch in November 2020 has risen to over 47,000.** It has recently been further developed for delivery by Health Promotion and Improvement staff at a local level as 6x2hr on-line sessions.

Stress Control

Stress Control is an evidence-based stress prevention and management programme which aims to help people who want to learn effective ways to prevent stress or manage stress becoming a problem. It works for people with severe, moderate and mild symptoms of stress. It is a free six session online class, each class lasting for 90 minutes. **Over 6,300 people completed the full programme between January and September 2021.** Further information about the sessions and forthcoming [dates](#) is available at www.stresscontrol.ie. The development of a HSE stress management programme is also in progress, the content of which is being developed by HSE H&W and Heads of Psychology, with a completion date of Q2 2022.

Level 3- Person to Person Support

In addition to information resources, mental health promotion and self-help options, more formalised, person-centred services (for those with more mild to moderate difficulties) are also be delivered by HSE-funded agencies, and through GP and Primary Care services. Services provided by NGO partners (for the general public, or specific targeted groups) include counselling, day programmes, peer support, telephone helplines, online or SMS support and advocacy services.

January 2022

8

The HSE fund the **Text50808 service** which provides emotional support to anyone experiencing a crisis through engagement in a text message 'conversation' with a trained and supervised volunteer. In 2020, there were over 33,000 text conversations and this rose significantly in 2021 to 53,628 **representing an average of 4,469 conversations per month**.

The service, which is supported by an extensive network of trained and supervised volunteers, has worked on **over 600 'active rescues'** with colleagues in the National Ambulance Service in the year to date (up to the end of November). 'Active rescues' involve the provision of support directly to a texter who has indicated that they are actively at risk of harming themselves or another. Anxiety, relationships, depression and suicide are the most common themes reported from the conversations.

Additional person-to-person supports funded by the HSE include Samaritans and Pieta's helplines along with the support groups offered in the community by GROW.

Level 4- Community-Based and Primary Care Mental Health Supports

The further development of community-based and Primary Care Mental Health Supports is a priority under 'Sharing the Vision' as reflected in the imminent establishment of a 'Primary Care Mental Health Specialist Group' by the National Implementation Monitoring Committee overseeing the implementation of the policy. Current resources and supports in this area are delivered directly by the HSE and a range of other organisations including community and voluntary sector partners.

National Counselling Service

The **HSE National Counselling Service (NCS)** incorporates the Counselling in Primary Care Service, counselling for adults who have experienced childhood abuse and counselling for former residents of Mother and Baby Home institutions. It provides a professional, confidential, counselling and psychotherapy service in all HSE CHO areas and operates from over 240 locations nationwide. On average 2,997 clients attend for counselling every month.

The NCS responded quickly and flexibly during the Covid-19 pandemic, immediately offering clients structured telephone counselling or online video counselling when face to face appointments were no longer possible. The NCS continues to offer a blended model of service delivery which enhances the accessibility of the service.

During 2021 the National Counselling Service offered **103,322** counselling sessions. Of these 68,116 were provided by the CIPC service which received **17,806 referrals**. 73% female, 27% male). The majority of referrals to CIPC are from GPs (88%).

A national evaluation of CIPC completed by **2,928 clients** in 2021, found that;

- **72%** of participants recovered or improved from their psychological difficulties at the end of counselling
- **92%** of those that provided feedback (1,322) indicated that counselling was effective or very effective in helping them to address their difficulties
- **80%** of GP's that responded to a survey (378) considered that CIPC counselling was beneficial to their patients and effective in dealing with their psychological difficulties.

Assistant Psychology Service Development

A key development in primary care mental health service provision recently has been the introduction of the **assistant psychologist** grade in 2017. An initial two-year pilot of this service development, which involved the recruitment of 114 assistant psychologists, has been evaluated and

January 2022

9

the evaluation report concluded that “assistant psychologists have received a wide variety of formal and informal training both specific to their role and generic to the HSE. The common foundations training programme provides a foundation for assistant psychologists that is linked to the competencies required to develop their career and work effectively within the HSE”. Ongoing investment in the assistant psychologist grade over the coming years will improve access and the quality of mental health support for people at primary care level.

Community Partners

With funding from both the HSE and Sláintecare, **MyMind have been delivering an average of >1,000 free online counselling sessions per month** while their overall service level activities are at an average of 3,000 sessions per month (including paid for and subsidized).

Pieta, while offering ‘lower level’ person to person support; also provide therapeutic interventions and in Q3 of 2021 Pieta worked with 2,393 unique intervention clients requiring support for suicidal ideation and/or self-harm (737 Under 18; and 1,656 Adults). Pieta's bereavement counselling service worked with 279 unique clients in Q3.

The HSE provides ongoing funding to **Aware** to support adults with depression and mood related conditions by offering free evidence-based programmes based on the principles of Cognitive Behavioural Therapy (CBT) in their local communities. Approximately 50% of those attending the programmes have a clinical diagnosis of depression and are on prescribed medication.

Therapist-Guided Online CBT

Since April 2021, **therapist-supported online CBT** programmes addressing depression and anxiety have been available via referral to SilverCloud from GPs, Primary Care Psychology, National Counselling Service and Jigsaw. Over 2,600 referrals have been made since launch and over 1,500 licenses have been activated. Over **80% of referrals have come from GPs** and the reported mental health outcome for those who have completed the programme is very encouraging to date. **Sixty-three percent of clients were in the minimal to mild range for anxiety and 59% for depression following completion** of the programme compared with 34% and 33% at the outset (results based on 596 completed users as of mid-January 2022).

Supports for Young People

Many young people with mild to moderate mental health difficulties can be supported at primary care level without needing to access specialist mental health services. Primary care services include GPs, Jigsaw and other NGO service providers, Primary Care Psychology services and counselling in Primary Care (CiPC) which is available to those over 18.

The HSE also funds and supports a number of organisations that provide support/clinical interventions at primary care level for young people and their families. Many of these have further ramped up service delivery (with the support of the HSE) since the onset of the pandemic.

Jigsaw are funded by the HSE to provide early intervention mental health services which focus on the needs of 12-25 year olds. Staffed by fully-trained professionals across a number of disciplines, Jigsaw provide a range of community based mental health services for young people experiencing mild to moderate mental health difficulties. During the pandemic they adapted their service models to ensure continuity of support by delivering therapeutic interventions by phone and online.

Jigsaw's primary care mental health services have been delivered using a range of modalities over the past 18 months. Over 20,000 clinical appointments were delivered in 2020 while a range of

January 2022

10

online support was introduced and mainstreamed, including online 'live chat', online support groups and email support. As of December 9th 2021, Jigsaw reported just under 34,000 therapeutic contacts for the year.

Additional NGO Supports and Services

The following information is on national funding to NGOs from the HSE National Office for Suicide Prevention (NOSP) and HSE Mental Health, and excludes others that may also receive funding at local level, from HSE Community Healthcare Organisations (CHOs) or from other sources (e.g., Healthy Ireland, the Sláintecare Integration Fund). Presently the HSE National Office for Suicide Prevention (NOSP) funds 20 national NGOs, all providing support at different levels or to specific, targeted groups. Funding is provided in alignment with goals, objectives and actions in Connecting for Life, Ireland's National Strategy to Reduce Suicide. As we plan ahead to 2022 and beyond, funding will also be aligned to Sharing the Vision – A Mental Health Policy for Everyone.

- Aware
- BeLonG To Youth Services
- Dublin Simon Community
- First Fortnight Ltd
- GAA
- ISPCC/Childline
- LGBT Ireland
- Men's Health Forum Ireland
- MyMind
- National Suicide Research Foundation (NSRF)
- Pieta House
- Samaritans
- Shine (SeeChange, Headline)
- Suicide or Survive (SOS)
- Transgender Equality Network Ireland (TENI)
- Turn2Me
- Union of Students in Ireland
- Exchange House
- National Family Resource Centres Mental Health Promotion Project.

HSE Mental Health also funds the following NGOs on a national basis;

- Foróige
- Grow IrelandHD Ireland
- Mental Health Ireland
- Mental Health Reform
- Jigsaw
- Text 50808
- BodyWhys
- St John Of God Hospital
- Bloomfield Hospital
- Highfield Hospital.

January 2022

11

Level 5- Service Development and Improvement

While '*Sharing the Vision*' adopts a whole-population approach to mental health promotion and improvement, the policy has a significant focus on mental health service access, coordination and continuity of care (i.e. Domain Two of the policy). Over the coming years, '*Sharing the Vision*' will be a key driver of ongoing mental health service development and improvements and this will be reflected in annual national service planning. Guided by the National Implementation Monitoring Committee, a wide range of initiatives are already underway aimed at improving service provision for people attending specialist services and for those receiving services at primary care level. An implementation plan with details around all of the policy recommendations is due to be published later in Q1 2022. In the final section of this paper, activity data and key updates are provided related to specialist mental health services and the HSE clinical care programmes in mental health.

Child and Adolescent Mental Health Services (CAMHS)

To the **end of November 2021, 11,702 new/re-referred cases were seen by the Community CAMHS Teams** compared to 9,478 in same period in 2020 – **representing an increase of 23.5%**. Referrals accepted (14,271) has increased by 27.9% on November 2020. As of the end of November 2021, 75.3% of referrals accepted by child and adolescent community teams nationally were offered an appointment within 12 weeks against a target of 78%. Nationally, **93.8% of urgent referrals to CAMHS were responded to within three working days, above the 90% target**. Overall, 95.8% of accepted referrals / re-referrals offered first appointment and seen within 12 months by Child and Adolescent Community Mental Health Teams excluding those who did not attend.

CAMHS Inpatient

The number of children admitted to adult mental health units has reduced during 2021. The latest available data is the **end of November 2021 that indicates there were 25 child admissions to adult units in the year to date. This is compared to 27 child admissions to adult units in 2020 and 50 in 2019**. Local protocols around ensuring that children are only placed in adult inpatient units when all alternative options have been exhausted are currently in place in all CHOs and are monitored and discussed weekly with national management where any instances are targeted to minimise the length of stay

General Adult Mental Health Services

For **General Adult Mental Health Services, there has been a decrease in numbers of referral accepted and appointments offered when comparing data from 2019 to 2021**. Appointments offered within 12 weeks of referral are on target and remain in line with previous years. As with CAMHS services, there has been an increase in referrals to general adult mental health services between September and October 2021 (of 15% - from 25,068 to 28,910).

Level of referrals and our ability to offer appointments across all our Community Mental Health Services remained consistent with previous years with an overall increase in numbers of appointments offered.

Psychiatry of Later Life

Similarly, **there has been a decrease in numbers of referrals accepted and appointments offered when comparing data from 2019 to 2021 within psychiatry of later life**. Appointments offered within 12 weeks of referral are on target and remain in line with previous years. As with other

January 2022

12

mental health services, psychiatry of later life has seen a recent increase in referrals (from September to October 2021 referral rates increased by 13% to 8,001).

Person-Centred Services (Mental Health Engagement and Recovery)

Mental Health Engagement and Recovery (MHER) continues to support the development of recovery oriented services by building and expanding capacity through Recovery Education, Peer support, IPS and engagement with service users, their family members and carers.

In 2020 all **Recovery Education** services transitioned to online delivery and now offer a blended model of delivery. Recovery education budget is now €2.5M per year across all CHO's. 6,365 students across CHO 2, CHO 3 and CHO 5 participated in recovery education in 2021 with Mayo Recovery College nominated for a HSE excellence award for its online service.

MHER developed a programme for a model of online **Peer Support** delivery which now allows peer support to be delivered both online and face to face. A model of Family Liaison peer support was also developed in 2021 and recruitment of family peer support into the HSE commenced in Q4 2021.

The **Individual Placement Service (IPS)** programme was mainstreamed as a HSE programme in June 2021 and 35 IPS staff are in place across the country. Approx. 1000 service users engaged currently with IPS. 444 people placed in employment.

Nationally, MHER ran a series of webinar's to support **Service Users, Family Members and Carers** in maintaining their recovery during the pandemic. 35 local MH forums were also transitioned online and now successfully operates as a blended model of face to face and online forums

In response to the pandemic challenges MHER established a **WRAP** capacity building programme across all CHO's to support self-management and resilience skills for SUFMC's to support their wellbeing during the pandemic. WRAP, which stands for 'wellness recovery action plan', is a well-established, positively evaluated international programme.

The National MHER office held a consultation process on the Mental Health Act involving two webinars with 135 attendees. Significant feedback from this was provided to the DOH including a presentation to the Oireachtas committee for mental health. MHER continued to provide consultancy support across mental Health and the wider HSE on incorporating lived experience expertise into design delivery and evaluation of services with over 200 support requests in 2021.

Clinical Care Programmes in Mental Health

The Mental Health National Clinical Programmes (NCPs) provide a programmatic response with clear care pathways based on evidenced-based practice for specific areas of service need. The overarching aim of the NCPs is to standardise quality practice across the Mental Health Services. There are five NCPs for mental health at various stages of implementation and one is still in design phase (Dual Diagnosis). The NCPs are a joint initiative between HSE Mental Health Services, the College of Psychiatry of Ireland (CPsychI) and relevant voluntary agencies e.g. Bodywhys.

The HSE **National Clinical Programme for Early Intervention in Psychosis (EIP)** aims to ensure that everyone (from 14-65 years) who develops psychosis receives the highest quality of care and treatment to achieve their optimal clinical, functional and personal recovery. There are now five early intervention in psychosis (EIP) services in Ireland. When the EIP programme is fully implemented there will be more than 25 such services across Ireland.

January 2022

13

In 2014 the **National Clinical Programme for the Assessment and Management of Patients who present to the Emergency Department (NCPSH)** was introduced in a number of emergency departments. It established a clinical framework to ensure that any person who presents to the ED following self-harm or with suicide-related ideation receives a compassionate, empathic, validating response, and a therapeutic assessment and intervention from a suitably trained mental health professional; that every effort is made to ensure that a family member or supportive adult is involved in assessment and safety planning, and that they are followed up and linked to appropriate next care.

The **National Clinical Programme for Eating Disorders** aims to establish an Eating Disorder network (8 adult teams and 8 CAMHS teams) in accordance with the agreed Model of Care 2018. There are currently 3 eating disorders (ED) specialist teams in operation, 2 CAMHS teams serving Cork Kerry Community Healthcare (CHO4) and Community Healthcare Dublin South, Kildare and West Wicklow (CHO7) and an adult team in Community Healthcare East (CHO6). These multidisciplinary teams provide specialist eating disorder assessment and treatment in the community. Funding has been made available in 2021 to progress the recruitment of 3 additional ED teams in CHO4 (adult), CHO9 (adult) and CHO2 (CAMHS). These 3 teams are in advanced stages of recruitment. In the recent budget additional funding was also allocated for additional adult and CAMHS Teams across CHOs in 2022.

The **ADHD in Adults National Clinical Programme** provides for assessment and treatment of adults with ADHD. It ensures the provision of skilled assessment and diagnosis together with interventions encompassing ADHD specific medication and targeted psychosocial interventions. The Model of Care guiding the programme, launched in January 2021, is also based on the Sláintecare principle of integrated care across mental health and primary care services, voluntary services and also third level education and employment services.

The **National Specialist Perinatal Mental Health Programme** is involved in the prevention, detection and management of moderate to severe illness. Perinatal mental health issues are those which complicate pregnancy and the first year after the baby is born. The Model of Care is based on an integrated approach in which mental health services are embedded within the 19 maternity services.

mentalhealth@hse.ie