

### Contents

- 1-2 Head of Service Update
- 3 Employee Online New eRostering Solution
- 3 Walled Garden Update
- 4 Shuttle Bus Service Update
- 4 Health Regions Update
- 5 Legislative Reform New Mental Health
- 6 Forensic Metabolic Service Update
- British Psychological Society's Division of Forensic Psychology's Conference, Cardiff – 1st July 2024
- 8 Forensic Pastoral Care Update
- 9 HSE Health & Support Services
- 10 Art Exhibition 19th September 2024
- Food Van in September
- 11 NFMHS Town Hall Meetings in October

- 12 Dialectical Behaviour Therapy (DBT) Information Days in October 2024
- 13 Assisted Decision Making Legislation Training
- 14-16 Privacy, Dignity & Respect in NFMHS
- 17 NFMHS Mandatory Training
- 18 Update from the Evolve Recovery College
- 19 Peer Advocacy in Mental Health
- 20 Partner Services: SVP & AA
- 21 Sendmode
- 22 Peaks of Portrane Challenge
- 23 Contact Us







### **Head of Service Update**

### Initiatives for the Remainder of 2024

Welcome to the 2024 Autumn edition of the NFMHS Newsletter. As we move into the second half of another busy year, I am reminded of the significant work which has already been undertaken across the service this year and would like to pass on my thanks for staying the course with us during this period of change.

As you are aware there is significant reconfiguration underway within the HSE nationally. These changes have been identified as necessary to ensure the HSE meets its responsibilities in delivering health care. In recent weeks, I have issued correspondence to heads of departments and managers across the National Forensic Mental Health Service of the requirement to reduce our allocated budget for 2024 by €1.5 million. We need to prioritise spending for the remainder of the year and I believe we can achieve this requirement without compromising service delivery to our patients across the NFMHS. However, your assistance will be required to ensure we meet this target and with small adjustments by all staff, we can achieve this.

Discretionary spending is being reviewed by heads of departments and managers and they will need to prioritise areas of expenditure. I have asked departments to review the purchasing of a range of items, from food provisions, general stores and IT hardware and many other areas. We are undertaking audits on the items we purchase and trending the use of same to ensure we are utilising the purchases for the purpose of they were bought. This includes measuring the amount of waste we generate and reducing same. We have identified excessive ordering of items as we have items in stock or some items go missing and need to be repurchase. An example of this is the amount of charging cables for laptops and phones requested which appears unusual.

Any initiatives that you can suggest to assist in more effective use of the resources available within the NFMHS are welcome and these can be raised with you manager and/or sent to <a href="mailto:hos.nfmhs@hse.ie">hos.nfmhs@hse.ie</a>.

NEWSletter Autumn 2024 | 1



### **Head of Service Update**

### **NFMHS Recruitment**

We received confirmation from the HSE that the NFMHS has a ceiling of 505 posts and that we need to maintain our work force within these figures. Over the past number of years we have developed a workforce plan for the operations of the National Forensic Mental Health Service which included the full operations of the Central Mental Hospital (130 beds), the ICRU (30 beds) F-CAMHS (10 beds) In reach to the Irish Prison Service, Court Diversion, Westlodge and the R&R team in Ushers and the supported housing provisions.

In July 2024, the NFMHS received confirmation on the approved work force for the National Forensic Mental Health Service as of June 2024. This new figure excluded developments not currently operating including the ICRU, Brandon and other developments associated with aspects of the service. This revised workforce plan included the staffing available to operate the 112 beds in CMH.

Increasing our bed capacity in the CMH to 130 now requires approval for the extra staff necessary as will any other staffed developments of the service actually not in place in June 2024.

We have made submissions for funding to increase the bed capacity to 130 beds and sought the approval for the related staff posts associated with this development. We have encompassed other developments including the ICRU in these submissions. We are awaiting approval from HSE and Department of Health on these submissions and we expect if approval is granted, it will be for 2025 developments.

In the meantime, we must work within the 505 posts approved for the NFMHS. We have a number of critical posts vacant at the moment and we have commenced the process to get approval to fill these posts immediately. If you require more information on this please link with your manager, HR department or directly with this office at <a href="mailto:hos.nfmhs@hse.ie">hos.nfmhs@hse.ie</a>.

I hope to be in a position to give you an update on the positioning of NFMHS within the new Health Regions in the coming weeks, and I look forward to seeing staff members at the Town Hall Meetings in October.

Pat Bergin, Head of Service

**NFMHS** 





### **Employee Online – New eRostering Solution**



NFMHS has successfully introduced Employee Online, a new eRostering solution for General Services, Nursing and Health Care Assistants. This process started in February 2024 and was completed in August 2024.

These staff groups will be able to view their roster, view leave balances, request leave and make shift requests online.

We would like to thank the NFMHS Allocations Team and the National HSE Rostering Project for supporting this work.

### **Walled Garden Update**

The JP McManus Benevolent fund which aims to support community initiatives and non-profit organisations has recently committed 200,000 euro to the hospital walled garden project.

This will enable the completion of final preparatory works within the garden and for new developments such as a recreational area for exercise and relaxation, the development of a kitchen garden and for the installation of a base which will provide facilities for tea/coffee and toilets.







### **Shuttle Bus Service Update**



From the 19th July 2024, VIP buses have been providing the shuttle bus service from NFMHS to Donabate train station on an interim basis. NFMHS have gone to tender to secure a contract for the next 12 months, and we will update you on this in due course.

NFMHS understands that Transport for Ireland (TFI) is progressing the 'Bus Connects' service connecting Portrane and the St. Ita's campus with the airport. This service is expected to be introduced between 2025-2026.

### **Health Regions Update**

The HSE is currently transitioning to the new health regions structure.

All 6 REOs are now in place and have assumed responsibility for their regions.

The REOs are:

- Sara Long, REO, HSE Dublin and North East
- Kate Killeen White, REO, HSE Dublin and Midlands
- Martina Queally, REO, HSE Dublin and South East
- Sandra Broderick, REO, HSE Mid West
- Dr Andy Phillips, REO, HSE South West
- Tony Canavan, REO, HSE West and North West

Next steps as the transition continues include:

- filling direct reports of the CEO and REOs, completion of recruitment of national directors and prioritising the recruitment of health region EMTs
- filling other roles on a function-byfunction basis
- keeping some current systems in place to make sure we transition safely and always maintain services to ensure minimal disruption to patients and service users
- aiming to complete these changes by 30 September 2024
- We will let you know about specific changes relating to NFMHS once finalised.



## NF//IS

## Legislative Reform New Mental Health Bill 2024



In July 2024, Minister for Mental Health and Older People, Mary Butler announced the publication of the Mental Health Bill 2024

- New Mental Health Bill replaces the Mental Health Acts 2001–2022
- The Mental Health Bill contains 202 sections, including regulation of all community Child and Adolescent Mental Health Services (CAMHS)
- The Mental Health Bill provides a modern legal framework that will protect the rights of people with mental health difficulties in the decades ahead
- The new Bill will provide for, among other things:
- An updated involuntary admission and detention process for people with severe mental health difficulties, including a revised set of criteria for admission.
- An overhauled approach to consent to treatment for involuntarily admitted people.



- An expansion of the Mental Health Commission's regulatory function to include all community mental health residences and services, including all community CAMHS.
- Closer alignment with the principles of the Assisted Decision-Making (Capacity) Acts 2015 and 2022.
- Stronger safeguards for people accessing inpatient treatment.
- A new, discrete Part of the Bill that deals exclusively with the care and treatment of children and young people, which includes provisions to allow 16- and 17-year-olds to consent to or refuse mental health treatment.





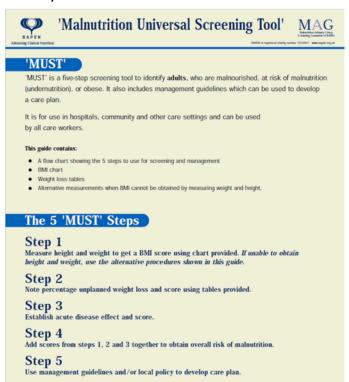
### Forensic Metabolic Service Update

The Forensic Metabolic Service has been operational in the Central Mental Hospital NFMHS for 16 months.

A core feature of the service is ongoing education for staff members in the hospital. Teaching sessions were held recently for the incoming registrars and for the hospital as a whole.

Upcoming education opportunities offered by the team include Guidelines for Injectable Obesity Medication & Physical Activity Guidelines for Staff & Patients.

If you have any queries or suggestions please contact Lore Smyth, Senior Physiotherapist, or the nursing team in Primary Healthcare.





### MUST Assessment Tool on TrakCare

The Malnutrition Universal Screening Tool (MUST) has been identified by the Mental Health Commission and Dr. Donal O'Shea, National Clinical Lead for Obesity as a suitable screening tool for obesity and nutrition.

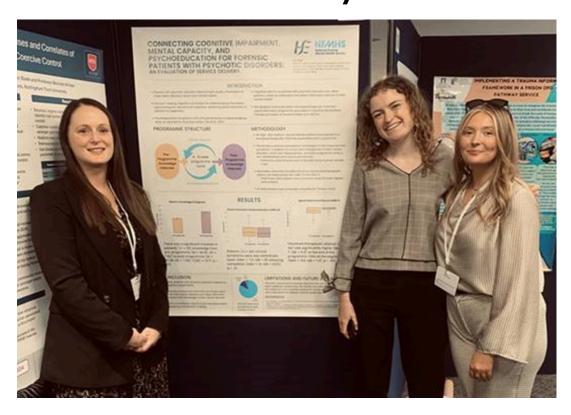
The MUST tool has been built into TrakCare to make it easier for clinicians to record this information.



## NF/11HS

### **NEWS**

### British Psychological Society's Division of Forensic Psychology's Conference Cardiff – 1st July 2024



On the 1st of July 2024, representatives from NFMHS Psychology Department attended and presented a poster in the annual British Psychological Society's Division of Forensic Psychology's Conference, Cardiff.

Laura Deighan, Róisín Ní Fhallúin and Chloé Conlon, assistant psychologists (pictured above), displayed a poster depicting a service delivery evaluation of the pillar II neuropsychologically-informed psychoeducation programme. To date, this programme has been rolled out across six wards, with evidence of a 46% improvement in patients' objective knowledge of their diagnosis, symptoms, course, prognosis and management.

Moreover, following completion, 83% of patients reported being more accepting of their mental illness. This poster was well received by attendees, generating traction and interest, sparking broader conversations about our service. On the day, they also attended some interesting symposiums on forensic psychology which were relevant to their role in the CMH.





### Forensic Pastoral Care Update

### FORENSIC PASTORAL CARE TEAM





- The Forensic Pastoral Care Team in the NFMHS strives for membership that represents various multi-disciplinary teams and religious or spiritual backgrounds within the service. The Forensic Pastoral care team is open to everyone, regardless of their personal beliefs and faith.
- Our aim is to provide spiritual care, emotional support and sacramental care to patients, staff and families. We seek to motivate and initiate meaningful use of each individual's beliefs and values.



- Embracing the NFMHS mission statement, vision and values to support patients, staff and their families.
- Acknowleding and respecting equality, diversity and inclusivity within the service, supporting everyone in a compassionate and non-judgemental space.
- Linking with Ministers of all Faith traditions to provide patients, staff and families with all external spiritual supports.
- Utilising our multi faith room for services, prayer and meditation. The multi faith room is a sacred space for everyone.



- On the 13th July 2024, the Victory Gospel Choir (pictured above) performed for patients and staff in the NFMHS Concert Hall
- The Peninsula Voices Donabate will be performing in the concert hall, on Sunday 29th September 2024 at 6pm.
- A memorial Mass for staff who are deceased will be held in the concert hall on Saturday 9th November 2024 at 2pm.





### **HSE Health & Support Services**



create an Irish society where everyone can enjoy **physical** and **mental health**, and where **wellbeing is valued** and supported at every level of society.

Learn more here Link



### **EAP**and**ME**

Many of us experience stresses and strains in our work and personal lives and might be wondering if there is anyone there to help.

Call **0818 327 327** 

to speak to someone who can help.





#EAPandME









## NF/11HS

### **UPCOMING INFORMATION DAYS/EVENTS**

Art Exhibition
19th September 2024



For further information on the Art Exhibition, please contact Sean O'Connell, Area Lead for Mental Health Engagement at <u>Sean.oconnelll@hse.ie</u>



# NF/11HS UPCOMING INFORMATION DAYS/EVENTS

### Food Van in September 2024





Patients have expressed an interest in having kebabs and burgers as part of their next Takeaway Experience. Our Catering team are working on arranging a date for the next food van which will include these food options.

Further details will be provided to patients once finalised.

### NFMHS Town Hall Meetings in October

The next NFMHS town hall meetings will take place inperson on Wednesday 16th & Thursday 17th October 2024 from 2-3pm in the Concert Hall.

We will be in contact regarding the agenda and details will be provided closer to the time.

If you would like a particular subject matter discussed please contact <a href="mailto:comms.nfmhs@hse.ie">comms.nfmhs@hse.ie</a> with details.





# NF/11HS UPCOMING INFORMATION DAYS/EVENTS

### Dialectical Behaviour Therapy (DBT) Information Days in October 2024



The National Dialectical Behaviour Therapy (DBT) Team will be running 3 hour workshops in October for those who are interested in finding out more about DBT.

These are standalone workshops i.e. they are not a prerequisite for those who want to complete full DBT training, though they may be of interest to those who might like to know more about the therapy before fully committing to training.

The training is available to clinicians employed as mental health professionals in the HSE/HSE-funded agencies, other frontline healthcare workers, service managers, administrators, general practitioners, and students in mental health settings.

To register for your preferred date, please click on the link below and complete the registration form. You will receive a link for your selected workshop by email from zoom.

9:30am - 12:30pm: 14th October 2024:

https://us06web.zoom.us/meeting/register/tZltfu-

<u>pqjkrGNZzEwhfKsnfKuFmTZrewoyX</u>

9:30am - 12:30pm: 21st October:

https://us06web.zoom.us/meeting/register/tZ0udeysqjosHNA4NwlWEX\_HBDUPF1VG5BJH

If you have any queries regarding the information days, please contact Kim Flaherty, Advanced Nurse Practitioner at <a href="mailto:kim.flaherty@hse.ie">kim.flaherty@hse.ie</a>





## Assisted Decision Making Legislation Training September to November 2024



Law firm Byrne Wallace have agreed to provide training to staff in NFMHS on the Assisted Decision Making legislation as it applies to our Service.

We have agreed dates for the training as listed below. We have set dates as referenced so you will be able to identify one date that suits you.

Training will be from 2pm to 4pm in the Village Concert Hall – Village Centre consisting of a presentation and a Q&A afterwards.

Dates for training:

- Thursday 3rd October 2024
- Thursday 24th October 2024
- Thursday 7th November 2024

The Assisted Decision-Making
(Capacity) Act 2015 fully commenced
on 26th April 2023. The Act recognises
that, as far as possible, all adults have
the right to play an active role in
decisions that affect them. These
decisions can be about their personal
welfare, including health and social
care, and their property and affairs. The
2015 Act brings about important
changes for people who may require
support to make decisions and for
anyone interacting with them, including
healthcare workers.





### Privacy, Dignity & Respect in NFMHS

## PRIUACY DIGNITY RESPECT



### **Dignity at Work & Support Contact Persons**

The role of a Dignity at Work (DAW)
Support contact person is to offer a nonjudgemental, empathetic listening service
to someone who feels they are being
Bullied, Harassed or Sexually Harassed, or
who has been accused of Bullying,
Harassment or Sexual Harassment. These
conversations are completely confidential
and totally off the record. A Support
Contact Person is a fellow health service
employee who has been trained to
support other employees who are going
through the stress of dealing with a DAW
issue.

The aim of the Support Contact Person is to help the employee to clarify what they are experiencing and to help the employee to decide what course of action, if any, they may wish to take. This may include looking at other services such as the Employee Assistance Programme (EAP) and talking through the DAW Policy.

However this service is non directional and the Support Contact Person cannot resolve a DAW case or intervene in any way or act as an advocate or representative on behalf of the person they are supporting nor can they direct the person as to the best course of action to take. The Support Contact Person role does not extend to any other forms of workplace grievances or personal problems.

A Support Contact person may be contacted during their rostered hours on their work phone and a meeting can be arranged either in person, via Microsoft Team or over the phone, whichever is most convenient to both parties. The Support Contact Person will treat these discussions as completely confidential and will not be requested to disclose information to a third party.

If you feel you need to talk to someone about a DAW issue please don't hesitate to contact one of the Dignity at Work Support Contact Persons listed below.





### **DIGNITY AT WORK SUPPORT CONTACT PERSONS CONTACT DETAILS**

(Contact hours - Monday to Friday 9am - 5pm)

**Hazel Blackwood** 

Email: Hazel.Blackwood@hse.ie

**Clyde Corentin** 

Phone: 01 778 6957 or ext. 86957 Phone: 01 778 7404 or ext. 87204

Email: <u>Clyde.Corentin@hse.ie</u>

Helena Reffell

Email: helena.reffell@hse.ie

Jim Tighe

Phone: 01 778 6723 or ext. 86723 Phone: 01-7787164 or ext. 87164

Email: james.tighe@hse.ie





### **Privacy, Dignity & Respect in NFMHS**

## Judgement Support Framework 2024 Regulation 21: Privacy



NFMHS is responsible for ensuring that resident's privacy and dignity is appropriately respected at all times. Care and treatment is provided to residents, having due regard to the right to privacy and dignity

NFMHS should ensure the following:

- 1. Residents are called by their preferred name based on their self-identification.
- 2. Staff display professional, engaging and compassionate attributes in their interactions with residents.
- 3. Staff appearance and dress.
- Staff discretion when discussing the resident's condition or treatment needs.
- 5. Staff seeking the resident's permission before entering their room, as appropriate.
- 6. All bathrooms, showers, toilets and single bedrooms have locks on the inside of the door, unless there is an identified risk to a resident. Locks should have an override function.
- 7. Where the resident shares a room, the bed screening ensures that their privacy is not compromised.

- 8. All observation panels on doors of treatment rooms and bedrooms have blinds, curtains or opaque glass.
- 9. Rooms are not overlooked by public areas. If so, the windows have opaque glass.
- 10. Noticeboards do not detail resident names or other identifiable information.
- 11. Residents are facilitated to make private phone calls.
- 12. All residents wear clothes that respect their privacy and dignity.

#### NFMHS remains compliant by:

- Providing culturally appropriate services to ethnic minorities and marginalised communities.
- Promoting the principles of equity, inclusion and respect for diversity.
- Empowering residents to manage their own lives through stronger social relationships and sense of purpose.
- Acknowledging the evolving understanding of human rights and maintains policies and practice in line with current requirements.



### **Safeguarding Training**

Safeguarding Adults at Risk of Abuse is now a mandatory training requirement for all staff working in NFMHS.

By the end of this module the learner will be able to:

- Recognise the different types of abuse and when abuse may be happening.
- Understand how to respond immediately to safeguard the person at risk of abuse.
- Know how to raise concerns and who to go to for support.



### **Open Disclosure Training**

Open disclosure training is mandatory for all staff working in HSE and in HSE funded services with refresher training required every three years.

All staff must complete Open Disclosure elearning Module 1 "Communicating Effectively through Open Disclosure" which is available on HSeLanD.

Staff who may be involved in formal open disclosure meetings e.g. senior managers, senior nursing staff, midwifery and health and social care professionals, medical staff, QPS staff and staff fulfilling the role of the Designated Person must also complete:

- E-learning Module 2 "Open Disclosure: Applying Principles to Practice" and
- Module 3 Face to Face Skills Workshop (3 hours) on the management of the open disclosure process.

Refresher training must be undertaken by all staff every 3 years





### **Update from the Evolve Recovery College**



We have been working enthusiastically throughout the year, at Evolve Recovery College, inviting all stakeholders to embrace strength-based experiential learning, exploring and creating knowledge essential for personal recovery, wellbeing, and recovery-oriented practice.

We are excited to announce the coproduction of courses on the topics of "Spirituality" and "Arts and Crafts for Wellbeing" have been completed. Currently, we are also co-producing the "Healthy Body-Healthy Mind" and "All Around the World" courses/events. These courses will be ran over the coming months. A big thank you and congratulations to all who engaged in the coproduction of these recovery education courses.

We have successfully delivered the following courses from our Spring/Summer 2024 prospectus which is now finished:

- Goal Setting
- Nurture through Nature
- Facilitation Skills
- Personal Recovery Narratives
- Anxiety and Me

Along with other events:

- CHIME Through Art
- Connect Café
- Recovery Through Fun
- WRAP check in
- Connecting Through Card Making

We are always looking for new course and events ideas from both lived and learned perspectives. We encourage engagement from everyone—service users, carers, and staff—in the co-production and co-facilitation of our recovery education programmes.

If you would like to get involved, seek further information, or receive updates on recovery education and co-production opportunities, please feel free to contact us via:

- Internal post: Evolve Recovery College, Village Centre
- Phone: ext 86502 or 017786502
- e-mail: Emily.jones@hse.ie



## Peer Advocacy works as an independent service within NFMHS on behalf of patients :

- Supporting patients to understand their rights under the Mental Health Act 2001 and the Criminal Law (Insanity) Act 2006.
- Assisting patients in preparing for MDT/Medical Meetings/Social worker queries.
- Assisting patients in understanding the processes of Mental Health Tribunals.
- At the request of the patient accompanying them and supporting them during such meetings.

### Peer Advocacy does this by:



Making information accessible



Facilitating decision making by the patient



Providing and discussing options



Supporting mental health patients to be heard and ensuring that what they say influences the decisions of service providers



Ensuring that patients are active and informed participants in their treatment and care



Promoting selfadvocacy through empowerment

 Contact Christina at the Advocacy office on extension: 86505 or 0879257702 Monday to Friday (9am-5pm)

Newsletter Autumn 2023 | 19





### **Patient Meetings**





The SVP volunteers in NFMHS aim to provide emotional and social support to increase living skills, coping skills, mental health and overall wellbeing.

The most important function is the social aspect – providing support & friendship.

#### What to expect:

During our visits [currently 3rd Weekend of each month 09:30-11:30] we hope to get to know you and you get to know us.

We offer short social chats in an informal setting.

There is no obligation to meet with us. We are your guests. It may not always suit you to meet us and that is OK.

At your invitation, we also attend various events such as the garden party,
Christmas plays, parties and other occasions.

We are a panel of 7 volunteers. There will always be at least 2 volunteers for each visit.

SVP assistance is offered in a spirit of support & friendship by volunteers from all walks of life and all our visits are dealt with in a completely confidential & non-judgemental manner.

Alcoholics Anonymous meetings take place in the hospital each Thursday from 1.30pm to 2.30pm, in the group therapy room in the Village Centre. The meetings are chaired by an external AA sponsor.

The meetings are confidential and "Sharing Meetings", where members talk about their previous experiences of addictions to alcohol, how they came to AA and how AA has helped them to stay sober at different times of life. There is a 12 Step programme for recovery within AA.

AA is not allied with any sect, denomination, politics, organisation or institution; does not wish to engage in any controversy; neither endorses nor opposes any causes.

The feedback from some patients attending have outlined this is an opportunity to have a discussion in a confidential space, non-judgmental approach, to discuss and share the reality of previous life experiences. Also others have reported AA is a safe space to reflect on the journey of life and helps keeps them on the straight and narrow.

Please contact your team Social Worker, if you would be interested in attending



## NF/1HS STAFF NEWS







The text messaging service **Sendmode** has been in operation in NFMHS since February 2024.

The service provides short SMS alerts sent directly to a staff member's designated mobile phone and is used exclusively by the Head of Service office to communicate important updates relating to the service, and weather/traffic and/or local news which may impact you.

242 staff members have so far signed up to the service and received alerts regarding local road closures and delays, Employee Financial Wellness seminars, the Quality Network and NFMHS Town Hall meetings.

If you wish to avail of the service please email <u>comms.nfmhs@hse.ie</u> and include your mobile number to be included in the database.

<u>Please indicate whether the mobile</u> <u>number is your personal number or</u> <u>work number.</u>

We hope to use the Sendmode system to reach all our staff members!





During the first half of the year we put out a call for staff members to organise a Peaks of Portrane group. We were pleasantly surprised to hear that a team has already started the challenge.

Fiachra Healy, Nisarg Nagwadia and Ronan Lee, all Senior Social Workers (pictured below) have taken up the challenge. Here they are at the summit of Kippure in July 2024.



Well done guys! Looking forward to seeing more photos from some of the other peaks.

If any other teams have taken up the challenge let us know at <a href="mailto:comms.nfmhs@hse.ie">comms.nfmhs@hse.ie</a>.

#### Mournes, Co. Down

- Lamagan
- Binnian
- Donard

#### Cooley, Co. Louth

- Clermont
- Foye

### Wicklow, Co. Wicklow

- Sugarloaf
- Kippure

#### Blooms, Co. Offaly

- Arderin
- Barcam

### Galtees, Co. Limerick/Tipp

- Greenane
- Galtymore

### Brandon, Co. Kerry

Nephin, Co. Mayo Ben Gorm, Co. Mayo



Newsletter Autumn 2024 | 22





#### **NFMHS Comms**

Thank you to all our contributors to the NFMHS Autumn Newsletter 2024.

If anyone would like to pass on a story or highlight the work of one of your colleagues, please send it to <a href="mailto:comms.nfmhs@hse.ie">comms.nfmhs@hse.ie</a> for consideration in the next newsletter.

Please get in touch if you would like to highlight an initiative taking place in your department.

We also welcome any feedback on the NFMHS newsletter. Please let us know at comms.nfmhs@hse.ie

## Central Mental Hospital NFMHS

<u>Address</u>

Central Mental Hospital
National Forensic Mental Health Service
Portrane Demesne
Portrane
Co. Dublin
K36 FD79

Email reception.nfmhs@hse.ie

<u>Telephone</u> 01 2157400

