

# National Clinical Programmes for **MENTAL HEALTH**

The National Clinical Programmes for Mental Health were set up as a joint initiative between the HSE Clinical Strategy and Programmes and The College of Psychiatrists of Ireland. The overarching aim of the national programmes is to standardise quality evidence-based practice across the Mental Health Services.

## ADVANCES IN CARE IN 2017:

### 2. EARLY INTERVENTION PSYCHOSIS

Continuing professional development to deliver high quality, specialist, and expert care to people experiencing Mental Health issues, helping staff to support the patient.

- **199 Clinicians** across Mental Health Services have been trained to deliver **Behavioural Family Therapy (BFT)** to support families and individuals affected by psychosis.
- Supervision structure is in place to reflect and develop BFT skills.

### 3. EATING DISORDERS

Training and recruitment of specialist teams to support patients who present with eating disorders.

- **200** Clinicians trained in **MARSIPAN** across Mental Health Services and Acute Hospitals.
- **33** Clinicians enrolled in **online training programmes** for Enhanced Cognitive Behavioural Therapy (CBTe).
- **Supervision groups** held for Clinicians trained in Family Based Therapy (FBT) and CBTe to further skills.

### 1. SELF-HARM

Assessment and management of patients who present to Emergency Departments (EDs) following episodes or thoughts of self-harm.

• **11,000** patients annually.

• The programme is now in place in **24 out of 26** EDs, ensuring that every person who presents to the ED following episodes or thoughts of self-harm...

...receives a standard assessment from a nurse specialist.

• BOTH THE PATIENT AND THEIR GP WILL RECEIVE A WRITTEN PLAN OF CARE.

• Next of kin will receive advice on suicide prevention and the patient will be **linked** with the next appropriate line of care.

✓ The programmes are working with each ED to have a suitable, **dedicated private room** for assessment of patients with Mental Health needs.

✓ Educational programmes are in place for all healthcare workers from the Receptionist to the Doctor, to enable staff to recognise individuals presenting to ED who may be experiencing self-harm.

- **3 specialist teams** for Eating Disorders have been funded: 2 teams for child and adolescent services and 1 team for adult services in both Cork and Dublin. ✓

- **Data collection** for FBT and CBTe tracks the number of clinicians delivering intervention and the numbers of patients receiving treatment, securing additional resources for training and supervision.

\*The information presented is not representative of formal/national KPI indicators but rather information extracted based on a pioneer or demonstrator project