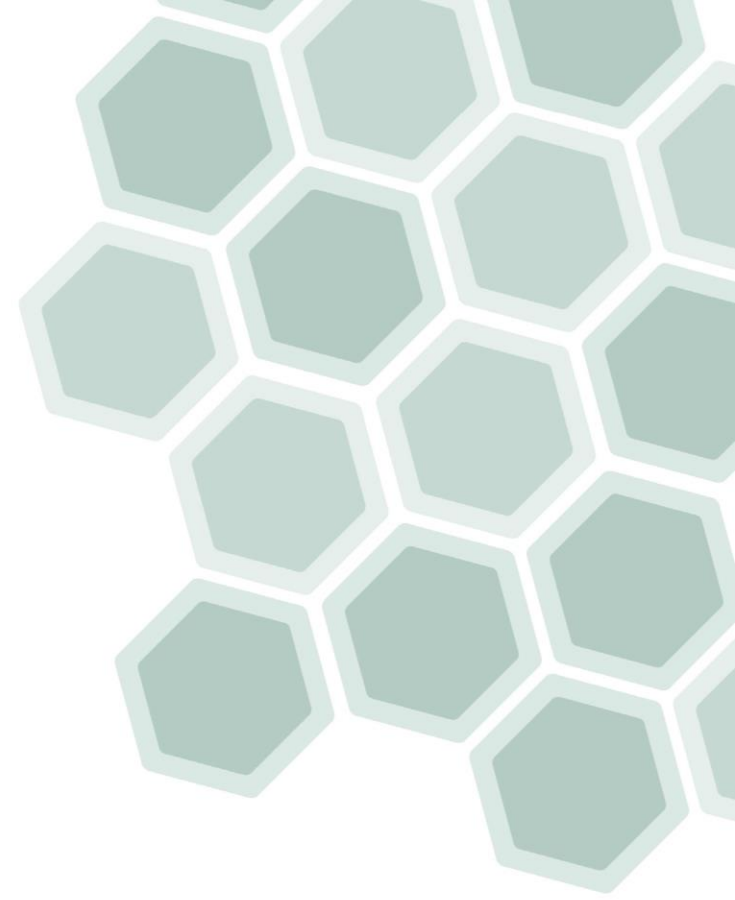




Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive



HSE Mental Health Services and Pathways – Dublin South City

Building a Better Health Service

CARE COMPASSION TRUST LEARNING

Population Data in CHO Dublin South, Kildare and West Wicklow

- The CHO covers Dublin City South (part), South Dublin County, Kildare and West Wicklow
- Dublin City South (part) and South Dublin County are covered by three local HSE Health Offices (LHO) – Dublin South City, Dublin South West and Dublin West.
- Total population for these LHO's is 466,176
- There are 149,020 children and young people up to 25 living in these LHO areas with a higher than national population increase aged 5-14 years (11%)
- Relatively there is a higher population of 20-24 year olds compared to nationally
- 32% of the population in the LHO's is under 25
- Relatively there is higher affluence but also higher deprivation compared to nationally

CHO Mental Health Services

- The 2018 budget for mental health services in the CHO is €93.129m
- The mental health services in the CHO operate across specialist mental health services including Child and Adolescent, General Adult, MHID and Psychiatry of Later Life
- There are 12 Adult Community Mental Health Teams that provide the core service delivery for the majority of service users
- There is a homeless mental health service (ACCESS) and a perinatal service operational in the Coombe Hospital
- CAMHs Service is provided by Linn Dara with 7 Community Mental Health Teams – St James/Ballyfermot cover the Dublin City South area. There is also a Residential Unit and Day Programme located in Cherry Orchard Hospital
- Services for a certain proportion of the area are covered by Lucena, St. John of Gods – Drimnagh, Crumlin, Walkinstown and Dublin 6
- The new National Children's Hospital will also have inpatient services including an Eating Disorder Unit

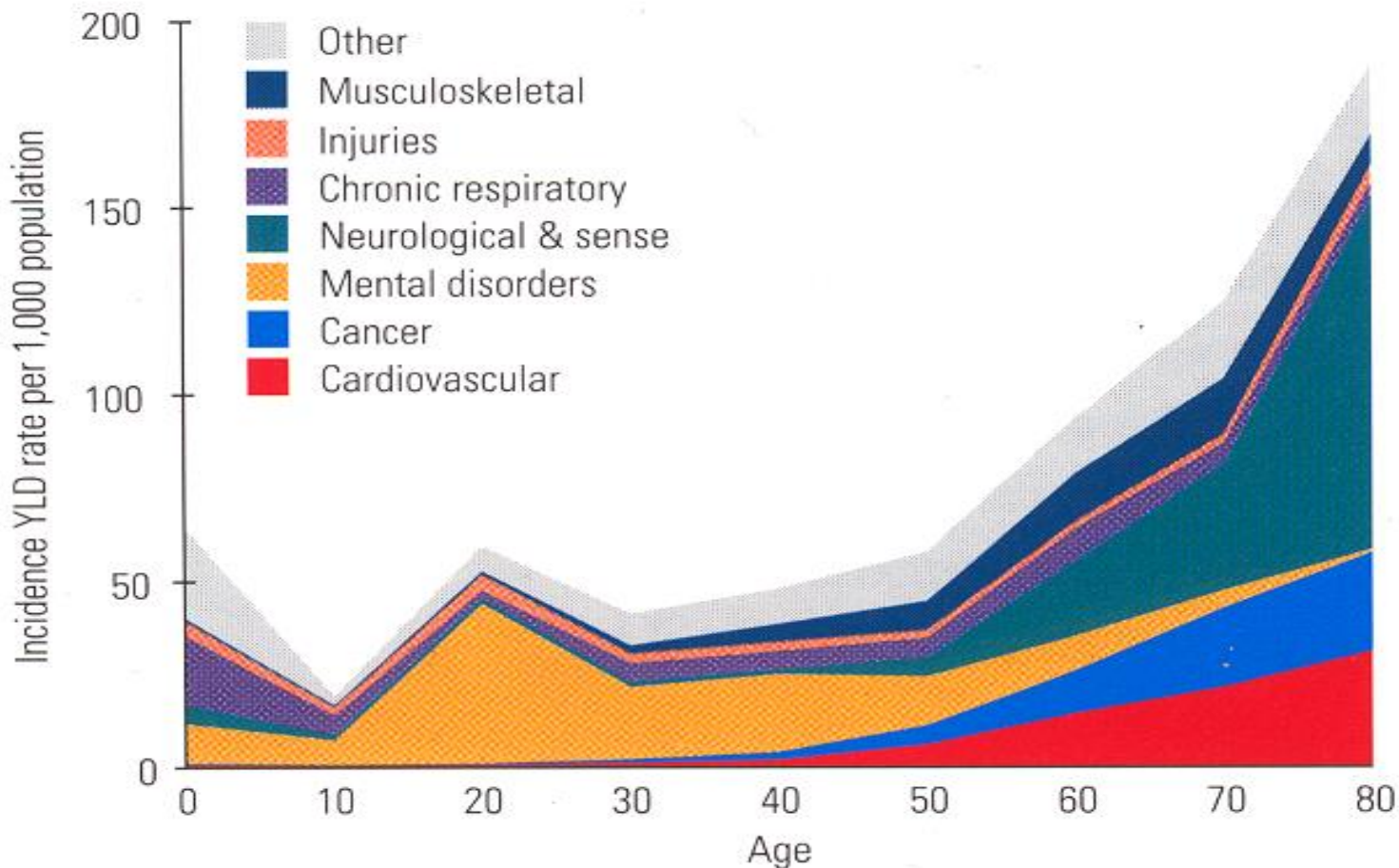
Outside Funded Community Services

- In 2017 -
 - CHO HSE Mental Health funds external agencies (approx €1.3m)
 - The HSE Mental Health Division and the National Office for Suicide Prevention also provide funding for services operating in Dublin South (approx €3.4m)

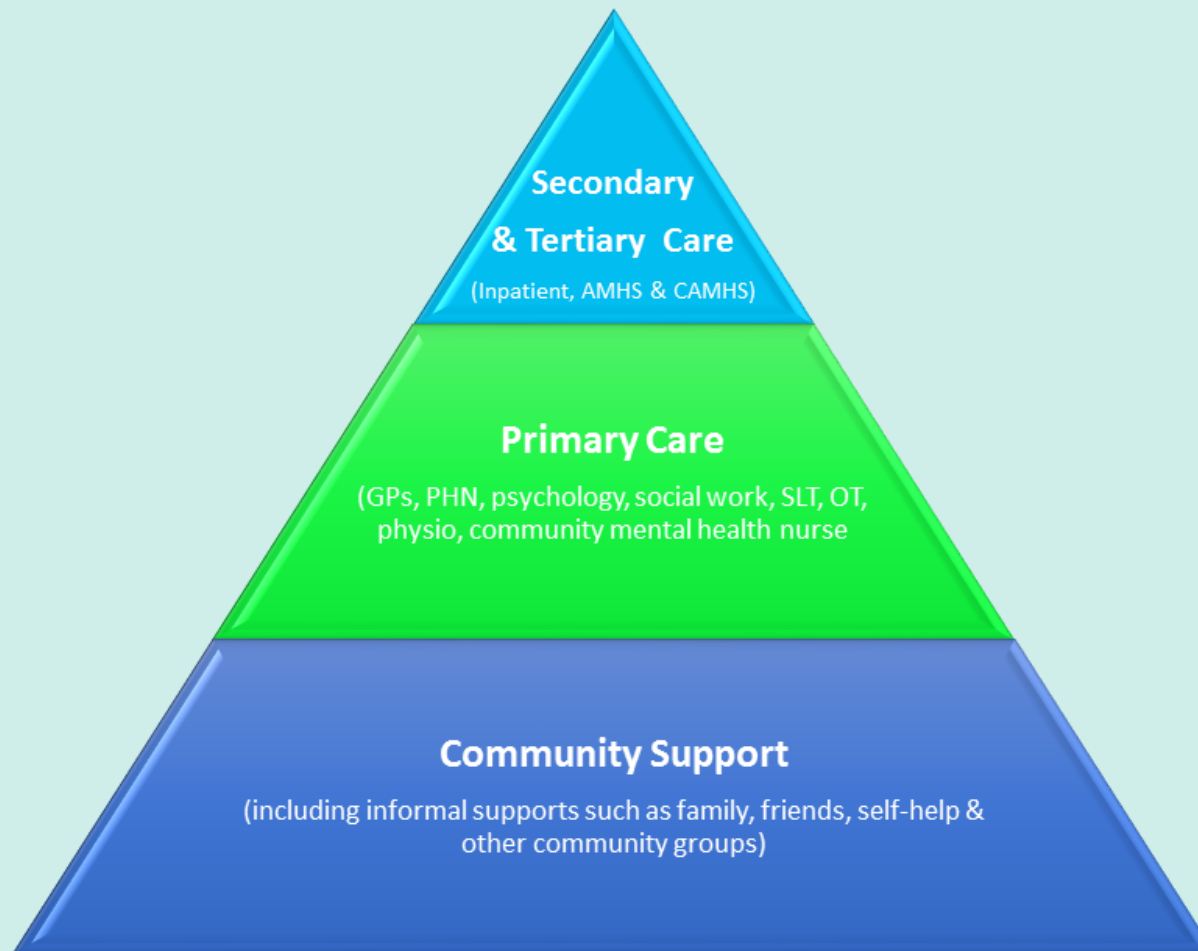
Points of Note

- CAMHS funding in Linn Dara has increased from €10.3m in 2012 to €13.1m in 2018 (27% increase)
- Linn Dara CAMHS has 24 of 76 acute inpatient beds nationally (32%)
- Sometimes admission to adult units may be required for a short time. In 2015 less than 3% of inpatient child admissions were spent in adult units.
- In 2016, 62% of those admissions were discharged within 3 days.
- In 2015, 81% of admissions to CAMHS beds were aged 15 and up and only 3% aged under 12.
- In 2016, average length of stay in Linn Dara was 62.3 days (25% discharged within 1 month overall)

Figure 6 Incident YLD Rates per 1,000 Population by Age and Broad Disease Grouping, Victoria 1996



Pathways to care for children and young people



HSE Counselling Services

- National Counselling Service – open to anyone over 18 who has experienced childhood abuse. In 2017, 1,602 individuals were offered this service in the CHO
- Counselling in Primary Care (CiPC) – GP referral counselling service to medical card holders over 18. In 2017, 1625 individuals attended the service. An increase of 11% since 2016.

Primary Care Psychology

- It is available to children (DW & DSC) between the ages of 0-18 years and their families
- Clinical Psychology interventions for children with mild to moderate psychological difficulties/parenting concerns eg cognitive/development concerns; anxiety; depression; trauma; adjustment and loss; stressful life events; attachment and relationship difficulties
- Also offers a parenting advice clinic; parenting workshops; parent and child group interventions
- 160 under 18's were seen in 2017
- 8 Assistant Psychologists were recruited since March 2018 for the Dublin South City and Dublin West area

How to access the service?

The completion of a Primary Care Clinical Psychology referral form and signed parental consent is required

Anyone can refer with parental consent including:

- Schools
- Parents
- Primary Care staff
- GPs etc.

Referrals are reviewed weekly to review eligibility

Linn Dara CAMHS



Linn Dara CAMHS

- 7 community mental health teams covering approx population of 0.5 million, in
 - Ballyfermot/St. James's, Clondalkin and Lucan in Dublin
 - 4 Teams in Kildare
- An Adolescent Day Programme based in Cherry Orchard CAMHS Building
- Linn Dara Inpatient Unit (The award winning 24-bed inpatient facility)
- A Paediatric Liaison Service to The National Children's Hospital, Tallaght.

Lucena CAMHS

Lucena Child and Adolescent Mental Health service operates in the areas of Dublin South City that Linn Dara do not cover:

- Lucena Team A (Dub. 6,14,16)
- Lucena Team C (Dub. 2,4,12)

Lucena falls under the governance of CHO Dublin South East and Dun Laoghaire

New Developments in 2018

- Eating Disorder Team
- ADHD Pathway in South Dublin
- 4th Team in Kildare

Child and Adolescent Mental Health Services

Standard Operating Procedure



Referral Pathways

- CAMHS work with children and young people with moderate to severe mental health difficulties eg hyperkinetic disorders; emotional disorders; depressive disorders; conduct disorders
- The primary route for referral is through GP. The CAMHS Standard Operating Procedure outlines appropriate referrals and exclusion criteria.
- The Dublin South City area is covered by the St James' and Ballyfermot Community Team. 182 new referrals of children and young people were seen by this team in 2017.

Connecting for Life Dublin South

Suicide Prevention and Self Harm

Action Plan for Dublin South (2018-2020)



Connecting for Life Dublin South is a locally-based, multiagency response to self-harm and suicide in the communities of Dublin South. Included in the action plan are:

- Potential for a schools based HSE Primary Care Psychology Service
- Enhanced transition between CAMHS and AMHS
- National Model of Care for co-morbid mental health and addiction difficulties
- Implementation of the Clinical Care Programme for assessment and management of patients presenting with Self Harm in Tallaght and St James' ED. This programme to be expanded to Children's Hospitals.

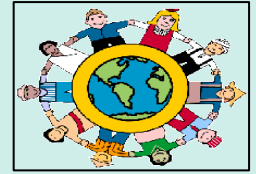
Connecting for Life Dublin South Suicide Prevention and Self Harm Action Plan for Dublin South (2018-2020)



Ongoing work includes:

- Achievement of a 7/7 mental health service across Dublin South
- Training in suicide prevention and self harm mitigation to first responders; statutory agencies; ngo's; private businesses and local communities (1,100 people trained in 2017)
- Appropriate supports given to individuals, families and communities in the aftermath of suicide within an inter-agency context
- Mental Health promotion and stigma reduction through targeted campaigns i.e Little Things, Green Ribbon

Mental Health Engagement



- Gathering the views and experiences of the service users, families and carers who use the mental health services and using this in the planning, design, delivery and evaluation of the mental health services
- Reflect and act upon those views locally and nationally
- Local Forum (Monthly Meetings with Service Users and their Supporters). Locations St James and Ballyfermot Primary Care Centre

Two-way Communication Process between Local Forums and Management of the Service supported by the Area Lead for Mental Health Engagement.

- Better recovery and wellbeing focussed mental health services to the benefit of all stakeholders
- Empowerment of service users, their families and carers

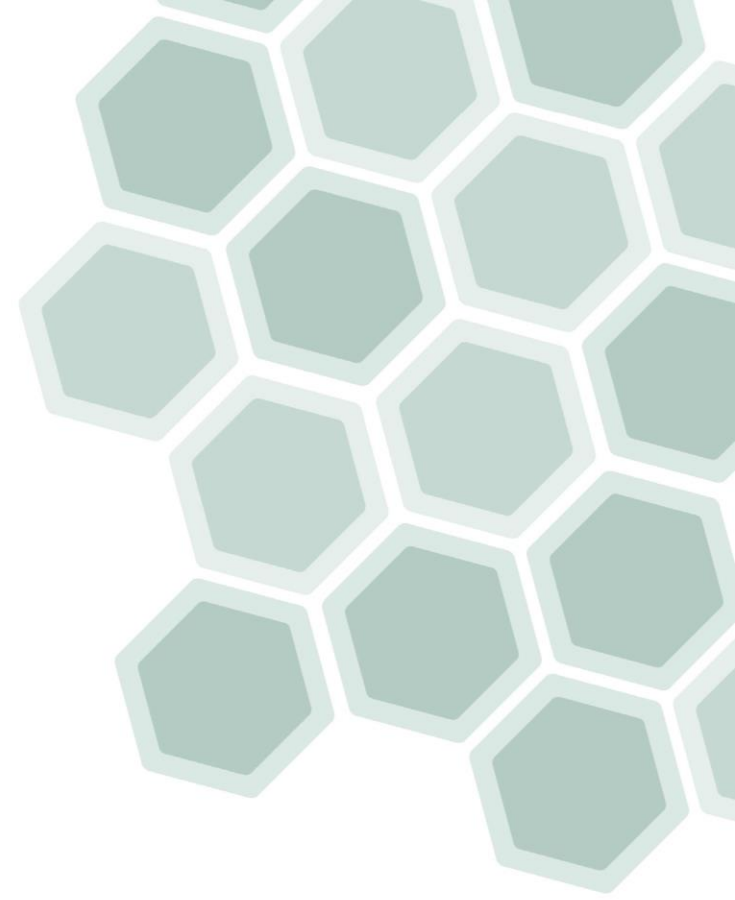
Where To From Here?

- Enhanced pathways and provision of information
- Development of Specialist Programmes
- Investment required in IT
- Addressing staffing challenges
- Multi agency approach to support Communities within their Communities
- Development of Social Prescribing
- Seek to address resource inequalities across CHO's through appropriate developments



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Thank You



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