

NFMHS Newsletter

Spring 2024



Welcome to the Spring 2024 edition of the NFMHS Newsletter

In the Spring 2024 edition of the NFMHS Newsletter, our Head of Service Pat Bergin provides an update on the service for 2024.

In our news section, we have updates on the Walled Garden Project - a fantastic recreational initiative for patients and staff.

We have news on patients' successfully completing IT course training, and in keeping with the theme of training, a group of staff from across the service successfully completed HCR-20 V3 training in February.

NFMHS is pleased to host a number of Spring events for patients in March. Full details inside.

NFMHS will be making two important publications this year, see inside for full details and how you can contribute, plus there is an update regarding the 6 new HSE regions.

Our Advanced Nurse Practitioner in Dual Diagnosis, Frank Lynch provides an update on the initiatives taking place in the Substance Abuse pillar.

We have a further update on the Patient Portal project in Trakcare, and a reminder of the ways in which you can log queries and contact our ICT, Maintenance & General Services teams.

We also have an update from our partner service the Evolve Recovery College.

Happy Reading from NFMHS Comms!



A Message from the Head of Service

Welcome to the 2024 Spring edition of the NFMHS Newsletter. We anticipate another busy year for the Service. Much progress has been made over the last year in a broad range of areas, however, we need to ensure these achievements become embedded into the operations of the NFMHS so as to ensure the positive and long lasting benefits.

We have now received the Mental Health Commission Inspection Report conducted in 2023 and this report has highlighted a high level of compliance, and some areas needing further improvements. We are also undertaking a Peer Review on the 15th May 2024 of the Low and Medium Support Units utilising the Quality Network Forensic Mental Health Service (QNFMHS). We will issue communication on this self-review to patients, staff and Carers in the coming weeks.

As you are aware there is a moratorium on staff recruitment within the HSE and we have been engaging with the National Office to acquire derogation on filling critical posts and this process is ongoing.

We have been working with the Irish Prison Service (IPS) in recent months to finalise a memorandum of understanding (MOU) between the NFMHS and the IPS to support operations and planning for the coming years between both Services. This will include operational procedures for the In reach services to the Prisons and the transfer and return of patients to Prison from the Central Mental Hospital.

In February 2024, I wrote to all patients individually on a number of ongoing issues which were raised by patients and staff. Some of these problems are work in progress and many issues have been concluded. It is important that there is discussion in the wards and where information and or solutions can be identified these are addressed locally.

You can see from the Newsletter, the work ongoing with the Walled Garden. This is a long term project and hopefully more and more people from the Service will become involved in this. The potential is great and the opportunities for the patients, staff and carers is vast.

We have scheduled members of the management team to meet with patients and staff in wards in the coming weeks and we look forward to the opportunity to meet with you and discuss life in the wards. We have also planned visits to Westlodge and to Ushers Island over the next eight weeks to catch up on life in these locations also.

Finally, just a note to acknowledge Simon Bergin, Communications Officer who brings together the information for these newsletters and pulls it together, he sends out emails and text messages to staff to keep everyone informed on what is happening. This has helped in our overall communication across the NFMHS, Thanks Simon.

A handwritten signature in black ink that reads "Pat Bergin". The signature is written in a cursive, slightly slanted style.

Pat Bergin, Head of Service



Update on the Walled Garden

Padraic O'Flynn, Occupational Therapy Manager

We have recently commenced the initial phases of a project to restore the Walled gardens. Some of the activity to date include:

- Initial works have been completed to develop an access path to the garden from the hospital entrance along with securing the large garden site with a fence.
- A landscaping contractor is currently working on the site to clear all of the overgrown grass, brambles and weeds in advance of the bird nesting season
- We have established a hospital steering group encompassing hospital staff, carer and patient representation. The purpose of the group is to lead out on the restoration of the Walled Garden and make it a working garden.
- Further to the steering group we have established working groups to carry out particular tasks. In particular a group to gather patient views on the preferred use of the garden spaces.

We have also established a team with expertise to support with planning and designing restoration/horticultural works and patient/ staff feedback will be relayed to this group to guide design plans.

We will be engaging further with staff and patients around the future use of the garden spaces over the coming months. We are initially aiming to create a wildflower meadow in one part of the garden with various pathways and spaces for recreation, exercise and relaxation.

In the other quadrant we are developing a kitchen garden with polytunnels, beds and an orchard. Gardening and nature provide very important therapeutic benefits to our patients. This new large garden space will afford much more space than is currently available for gardening and other therapeutic activities into the future.



Before and after Entrance path to the Walled Garden



Before and after on quadrant one (Future recreational area/ wildflower meadow)

VEC Patients IT Course

Melissa Nolan, CNM2



As of February 2024, 3 groups of patients have successfully completed an IT skills course facilitated by an external tutor. The feedback from these courses has been very positive.

For some patients it has been a considerable time since they used technology if at all and thus we aim to enhance their digital literacy and inclusion through the introduction of modern technology and how to safely navigate all aspects of this.

The course content was a refresher for some and supported them to build on their prior knowledge and work towards completing an accredited course in the future.

HCR-20 Training

Dr Ken O'Reilly, Principal Psychologist Manager



On the 22nd February 2024, Dr Ken O'Reilly, Principal Psychologist Manager delivered a full day HCR-20 V3 Training Course.

The Historical Clinical Risk Management 20 (Version 3; HCR-20 V3) is the most widely used violence risk assessment management scheme in the world today.

The training focused on 4 key Modules with a particular focus throughout the training on the science of violence risk assessment and violence risk formulation as it relates to care planning and decision making.

The training course was attended by representatives from consultant psychiatrists and registrars, social workers, occupational therapists, administrators, nurses and care workers, and psychologists.

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NEWS

Spring Events for Patients in March

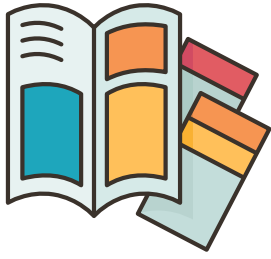


NFMHS is also pleased to be hosting a multi-faith visit with **The Prison & Healthcare Chaplaincy Committee of the Methodist Church in Ireland (NI/ROI)**.

The visit will be an exchange of information on the activities of the Forensic Pastoral Care Team and members of the visiting group.

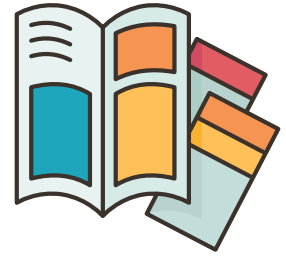
This group consists of members from across the island of Ireland who visit hospitals and prisons once every two years, to share, pray and brainstorm on Chaplaincy ideas.

The Prison & Healthcare Chaplaincy Committee of the Methodist Church in Ireland (NI/ROI) will be visiting NFMHS on **Tuesday 16th April from 11am to 3pm**.

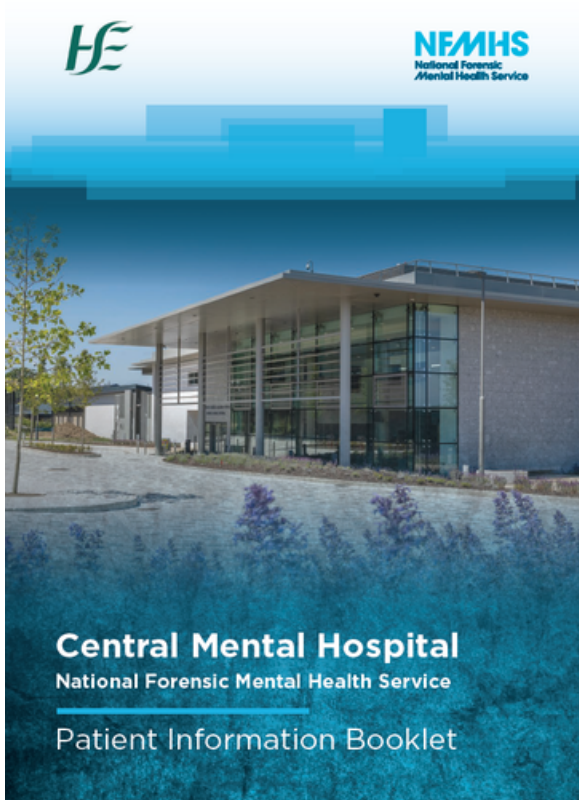


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NEWS



NFMHS Publications



NFMHS is producing a **Patient Information Booklet** for patients in the Central Mental Hospital, NFMHS.

The booklet will contain information on admissions and procedures around visits and leave; information on patient's right under legislation; information on the range of programmes and supports available to patients whilst they are resident in the hospital, and information on the facilities in patient wards and bedrooms.

The booklets will be available in the coming weeks.

NFMHS is also working on producing an Annual Report for the service for 2023.

Submissions from various departments across the service are currently being compiled and collated.

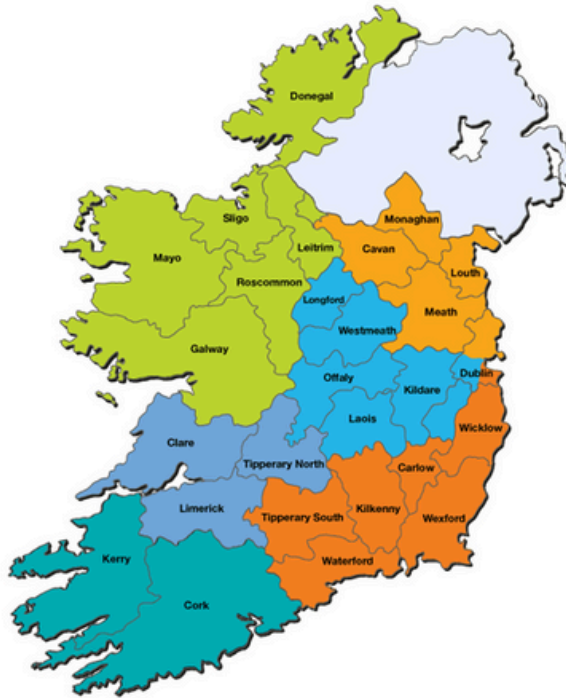
if you would like to make a submission to the NFMHS Annual Report 2023. Please contact comms.nfmhs@hse.ie.

Closing date for submissions is **31st March 2024**.

New HSE Health Regions



- FSS an Iarthair agus Iarthuaiscirt
HSE West and North West
- FSS Bhaile Átha Cliath agus an Oirthuaiscirt
HSE Dublin and North East
- FSS Bhaile Átha Cliath agus Lár na Tíre
HSE Dublin and Midlands
- FSS an Iarthair Láir
HSE Mid West
- FSS Bhaile Átha Cliath agus an Oirdheiscirt
HSE Dublin and South East
- FSS an Iardheiscirt
HSE South West



The HSE is working to progress the establishment of 6 health regions. Health regions are a crucial step in delivering integrated care and improving health outcomes for everyone. They will manage health and social care services in their area.

The 6 Health Regions are:

- HSE Dublin and North East - North Dublin, Meath, Louth, Cavan, and Monaghan
- HSE Dublin and Midlands - Longford, Westmeath, Offaly, Laois, Kildare, and parts of Dublin South and Wicklow
- HSE Dublin and South East - Tipperary South, Waterford, Kilkenny, Carlow, Wexford, Wicklow, part of South Dublin
- HSE Mid West - Limerick, Tipperary and Clare
- HSE South West - Kerry and Cork
- HSE West and North West - Donegal, Sligo, Leitrim, Roscommon, Mayo, and Galway

Integrated Healthcare Area (IHA)

As the six health regions will each serve their own large populations, a sub-structure within each region will be required and must be designed from the ground up. It is proposed that these sub-structures will be called Integrated Health Areas. They will serve a population of up to 300,000, will take account of varying geographies, population size, local needs, and services.

The focus of the IHA will be on the health of the population across the range of care we provide, from living well at home to inpatient care. It is a geographic, population based model, which will build on the established Community Healthcare Network structure.

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PATHWAY OF INTERVENTIONS

Substance Misuse Pillar

The Stream Project & Substance Misuse Treatment Programme (SUTP)

Frank Lynch, Advanced Nurse Practitioner in Dual Diagnosis

The nursing department has introduced a number of flagship interventions for dual diagnosis within the National Forensic Mental Health Service over the last 12 months.

The two most influential programmes have been the **STREAM project** and the **Substance Misuse Treatment program (SUTP)**.

The Stream Project:

The clinical model of service in the Central Mental Hospital is based around 7 Pillars of care focusing on a specific element of patient care, with Pillar Three focusing on drugs and alcohol. The Stream Project has been developed as part of the hybrid graded approach of the Pillar 3 pathway, and the multi-modal psychosocial programme delivery offered across the pillars of care of the NFMHS. In keeping with the hybrid graded approach, the Stream Project was designed to provide low intensity psychoeducation to a designated unit in the High Support Unit. The project is delivered in an open, cyclical format – providing repetitive psychoeducation to participants in 30 minute interactive sessions.

Post each session facilitators will offer each participant a 1:1 session, to explore on an individual level what was covered, providing further individualised psychoeducation. Whilst the Stream Project follows a manualised format to ensure that fidelity and efficacy of the project is preserved, small group chat and informal discussion is incorporated into each session as a means to promote engagement where participants may be reticent to participate in the formal activities (Higgins et al., 2022).

This programme encourages an inclusive and supportive learning environment that respects the diverse needs and experiences of participants. It recognizes that individuals in forensic mental health settings have often faced significant adversity and understands the importance of providing a safe space for exploring personal narratives, challenges, and aspirations. Through the use of motivational interviewing techniques, the programme aims to foster a collaborative and empowering approach that honours individual autonomy and personal growth. Participants will be at varying stages of change regarding their substance use, and the implementation of motivational interviewing will assist in resolving ambivalence and moving ahead with behaviour change.

A special thanks to CNS Amy Cornelia for help in designing the STEAM project in consultation with Staff nurse Rachel Clooney.

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PATHWAY OF INTERVENTIONS

Substance Misuse Pillar

The Stream Project & Substance Misuse Treatment Programme (SUTP)
Frank Lynch, Advanced Nurse Practitioner in Dual Diagnosis

Substance Misuse Treatment Programme (SUTP)

According to the HSE's "Model of Care for People with Mental Disorder and Co-existing Substance Use Disorder" dual diagnosis treatment should be delivered within the mental health services. Dual Diagnosis (DD) is well known to be associated with poor outcomes due to the absence of, or limited level of services to cater to the complex needs of those with DD. In comparison with service users with a single disorder, those with DD show a higher psychopathological severity and increased rates of risky behaviour, which can lead to infection with diseases such as HIV, AIDS, HCV; psychosocial impairments (unemployment, homelessness), and criminal behaviour. In addition, those with DD are more prone to the risk of overdosing and often use multiple substances including prescription drugs. Taking this into account, the European Monitoring Centre for Drugs and Drug Addiction (EMCDDA) states that the burden on health and legal systems leads to higher costs for society.

Within the NFMHS the Pillar Three nursing department has developed an integrated care pathway from admission to discharge that is both hybrid in psychological modalities and graded in therapeutic intensity. Essentially this means that as the patient improves his/her recovery an integrated substance misuse and mental health intervention is delivered.

One of the most promising CBT-based programmes for forensic patients is the Substance Use Treatment Programme (SUTP; Miles, 2015).

The SUTP was refined and modified to consist of 12 two-hour, group sessions delivered weekly to medium secure forensic patients (Miles, 2015). Due to the restrictive environment, the study did not focus on abstinence rates but rather on measured cognitive change such as participants' adaptive beliefs around substance use and cravings. Significant pre- to post-treatment improvements were found, as well as high satisfaction levels with the programme (Miles, 2015).

The NFMHS had funded a workshop facilitated by Dr Helen Miles and hosted by Frank Lynch and Amy Cornelia in Oct 2023. It was attended by 18 colleagues from the nursing, O.T and social worker departments. The first phase of the SUTP has been successfully implemented and is near completion in the Medium Support Unit.

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DEPARTMENT UPDATE



Digital Front Door 'NFMHS -Patient Portal' Update

Professor Damian Mohan
Clinical Lead CMS Programme,
NFMHS

On the 14th February 2024, NFMHS was delighted to welcome speakers Mr. Kerry Stratton – Global Director, InterSystems Healthcare Solutions and Ms. Meredith Staszak – Product Manager (Patient Experience).

The speakers gave a presentation demonstrating how InterSystems technology can facilitate successful patient engagement using InterSystems' latest version of Personal Community (Patient Portal).

NFMHS is planning to implement the patient portal with an Early Adopter Group, who will be invited to a Demo of NFMHS Patient Portal once technical aspects have been completed.

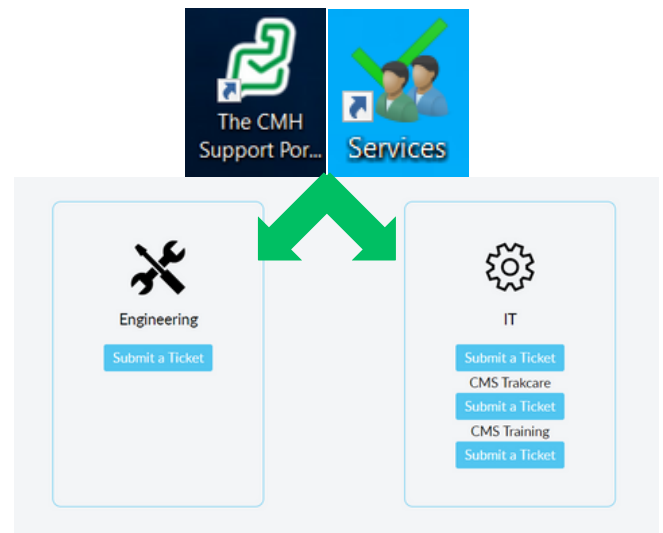


ICT, Maintenance & General Services

Reminder of how these
services can be contacted

Support Portal

Users can log ICT & Maintenance queries through the CMH Support Portal / Services icon on your desktop



Email

For General Services
generalservices.NFMHS@hse.ie

UPDATE FROM THE EVOLVE RECOVERY COLLEGE



Evolve Recovery college is currently running a course on goal setting which is the start of our 2024 programme. We are also starting our 8 week course on facilitation skills which if anyone is interested in learning new skills, knowledge or are looking to co-facilitate a course with us this might be of interest to you, you can contact emily.jones@hse.ie for further information.

Along side this we will be running a series of Wellness events which we will have posters up all the units with further information.

We are very excited to welcome a new facilitator to the team, her name is Inga and here is an Introduction to her.

Hello, my name is Inga and I have joined Evolve Recovery College in the NFMHS in December, just before Christmas. I could not be happier to have joined the team here.

I have recently obtained my master's degree in social science. Before that, I worked in an acquired brain rehabilitation centre and various nursing homes as an Activity Coordinator and truly loved what I did. I always was passionate about mental health and supporting others. Volunteering in various local groups gives me experience and understanding that there is so many different people with various paths in life and everyone deserves to be listened and heard.

I love nature and it was wonderful to see that every unit has been named by the Irish Peak name, most of them I have hiked with my family or friends. Looking forward meeting you all and you are welcome to pop in for a chat any time in the Recovery College in the Village Centre.

Inga Herman
Recovery Education Facilitator



CONTACT US

NFMHS Comms

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

If anyone would like to pass on a story or highlight the work of one of your colleagues, please send it to comms.nfmhs@hse.ie 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

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