

# Mental Health Matters

by Alison Lane

## Mental Health Matters Dean Clinic is a relatively new service providing Mental Health Care in the community setting.

St Patrick's Hospital was founded by the vision and bequest of Jonathan Swift, Dean of St Patrick's Cathedral. He saw, more than 250 years ago, the need to establish proper care, treatment and protection for sufferers of mental illness.

*"He gave what little Wealth he had,  
To Build a house for Fools and Mad:  
And Shew'd by one satiric touch,  
No Nation wanted it so much"*

Today, St Patrick's Mental Health Service (SPMHS - formerly St Patrick's University Hospital) is driven by that same combination of vision, energy and the will to provide the best and most effective treatments and services and promote and protect the rights of everyone who suffers from mental illness.

SPHMS is person-centred in its focus, striving to understand and meet the needs of people with mental health issues. We are keenly aware of our not-for-profit status and philanthropic purpose. The hospital is guided by the principles of its founder, Dean Swift, the values of the Mental Health Act 2001, the European Charter for Human Rights and the United Nations Principles for the protection of persons with mental illness and the improvement of mental health care. The hospital is committed to the principles of the Government's policy 'Vision for Change' and to meeting all of the Mental Health Commission's regulations and standards.

A Strategy called Mental Health Matters was developed and one of the main priorities was to increase access for people to mental health care within their own community.



A number of community mental health clinics have been established to date – in Dublin (St Patrick's, Lucan, Donaghmede, Capel St and Sandyford) and regional clinics in Cork and Galway.

There are also Associate Deans working in other areas to increase and improve access to the Community Service. These associate Deans include Dr Michelle Cahill, Glasnevin, Dublin 9, Dr Aideen Moran, Naas, Co Kildare and Dr Abbie Lane, Sandyford, Dublin.

A further Dean clinic in UCD was established in September 2013 where SPMHS provide the mental health service on campus as part of the Student Health Services and works in collaboration with the service's GPs. Dr Martina Ryan provides this service on behalf of SPMHS.

In Dean Clinic Cork we provide a service designed to meet the mental health needs of the community within a Multi-disciplinary setting. The MDT is comprised of Dr Treasa O'Sullivan, Consultant Psychiatrist, Alison Lane, Clinic Coordinator & Psychotherapist and two CBT Therapists, Dr Carmel Mc Auliffe and Edel Foley. An OT is due to join the team shortly.

The Multi-Disciplinary Team

operates on Recovery Principles (hope, personal responsibility, education, self-advocacy and support) thus ensuring the experience of the Service is one of empowerment, hope and recovery. The Dean Clinic is very committed to working closely with GPs and Practice Nurses, recognising the central role that the Primary Care Team plays in delivering mental health care. We also liaise closely with other professionals working with the people who attend our Service, eg Psychotherapists and Counsellors working in private practice.

High quality Mental Health Assessment and treatment for people over the age of 18 is provided. A wide range of mental health problems are catered for, including Depression, Anxiety, Eating Disorders, Bipolar Mood Disorder, Addiction and Stress Related Disorders.

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### Referral Pathway:

A referral is made by the GP. The clinic operates on an Appointment-Only basis. Referral forms can be downloaded from the hospital website [www.stpatricks.ie](http://www.stpatricks.ie). Alternatively the central referral line can be contacted on 01 2493535. All referrals go through a central pathway. An additional letter attached to the Referral Form with extra information is always helpful in preparing to meet the new client.

Once the referral is received, it is triaged and an appointment is sent to the client within a few days. Assessments are offered to suit geographical area. There is a 'Bundled Care' package with a defined care plan. This means the Initial Assessment (1 and ½ hours) is free of charge. A follow-up session is also free of charge if in-patient treatment is required. All other therapies and Consultant reviews are fee-based. Second Opinion is available at GP request.

### Initial Assessment:

A detailed mental health assessment will take place with one of the members of the MDT. A full background history is taken and a collateral history from a family member if available. Information is sought on presenting problems and relevant history, risk events history, medication use (current and previous), family history, childhood history, educational background, previous and current occupations, marital history, including children, alcohol/drug use, social circumstances, finances and debt, pre-morbid personality and mental state examination. The Consultant Psychiatrist will also meet the person as part of this Assessment.

Following the initial assessment, a range of treatment options will be considered. These include ongoing mood review, medication review (if applicable), general counselling, addiction counselling, psychotherapy, cognitive-behaviour therapy (CBT) and OT.

In collaboration with the client, the Multi-Disciplinary Team prepares an Individual Care Plan which usually incorporates one or more of these options. The Dean Clinic, Cork also has the full support of a range of day and in-patient specialist services on the campus of St Patrick's and St Edmundsbury Hospital, if required. Therefore if admission is required, it can be facilitated without undue delay.

We liaise regularly with the referring agent and other relevant Professionals involved in the provision of care through verbal and written correspondence, regarding progress of the client. It is often through this close liaison that meaningful insights develop and above all the client receives the highest quality of care.

It is important to mention 'Walk in My Shoes' which is St. Patrick's Mental Health Foundation's leading awareness and fund-raising campaign which was established after a 16-year-old attending St. Patrick's University Hospital said he wished his friends could put themselves in his shoes and gain a better understanding for mental health difficulties. 'Walk in My Shoes' raises funds to provide services, support and information to vulnerable young adults in Ireland with mental health difficulties. 'Walk in My Shoes' is a year long campaign promoting early intervention, offering mental health education and aiming to tackle the stigma that surrounds mental health.

Funds raised are directed to our one-of-a-kind national support and information line which is available to the public and manned by mental health professionals who can listen, support and offer professional advice to anyone, anywhere in Ireland. This is the only support service in Ireland manned by mental health nurses. Contact details - 01-2493333 or email at [info@stpatricks.ie](mailto:info@stpatricks.ie). Through our 'Walk in My Shoes' 2013 campaign, St. Patrick's Mental Health Foundation funded the St. Patrick's Support and Information line and

further services for vulnerable young adults in Ireland. The Support and Information line saw its busiest year in 2013 with calls increasing by 29% and email enquiries increasing by 46%.

Anyone can get involved in our campaign by sharing our mental health information packs, challenging the stigma and fundraising to support vulnerable young adults in Ireland. There is a really good new clip with Walk in My Shoes highlights-<http://vimeo.com/81636083>.

Much needed funds can be raised by hosting a 'funky shoe day' at work, in the community or in school/college. This year May 9th is Funky Shoe Day nationwide. Those taking part are asked to step out of their comfort zone and wear shoes they normally wouldn't for the day-wellies to work, slippers to school or mismatched shoes for the day. Each person donates just €2. There is also an official walk taking place in Cork and Dublin which we are hoping the public will support. The following is the message we are hoping to convey:

"Our message is simple. You don't have to wait to enjoy life again. Every day you live with a mental health difficulty that can be managed and resolved, no matter what stage it's at, is a day you haven't lived to its fullest. People experiencing mental health difficulties should not only believe that recovery is possible but should expect recovery. Everyone has a right to good mental health." *Paul Gilligan, CEO of St. Patrick's, (January 2014)*

For further information on this or any aspect of the Dean Clinic Cork, please contact Alison Lane, Dean Clinic Coordinator on 021-4614460, or email [admindeancork@stpatmail.com](mailto:admindeancork@stpatmail.com)

A quarterly newsletter is available by sending details to [communications@stpatricks.ie](mailto:communications@stpatricks.ie) 