

# MENTAL HEALTH AND LEARNING DISABILITY REVIEW

*News Letter No 3 – October 2004*

## FROM THE REVIEW CHAIRMAN

The Review is now two years old and at the monthly Steering Committee meeting on 28 September we paused to take stock of both process and progress. There was a general consensus that we are meeting our targets, with the Adult Mental Health draft report out to stakeholder consultation and the Learning Disability draft report about to be issued to stakeholders. Copies of the draft reports are available on our website, [www.rmhdni.gov.uk](http://www.rmhdni.gov.uk).

Of equal importance, however, was the view that we are sticking firmly to our principles of inclusivity and open access. The resulting collective ownership of our recommendations will give them both higher validity and integrity. Several further reports will be available during the first half of 2005. These are:  
Alcohol and Substance Misuse;  
Mental Health Promotion;  
Forensic Mental Health;  
Child and Adolescent Mental Health;  
Social Justice and Citizenship.  
Later on in 2005 our final reports will also be completed. These are Legal Issues and Dementia and Mental Health Issues of Older People.

I must also mention the sterling work of the Needs and Resources Committee, which has the complex task of costing the recommendations of each expert Working Committee. This is another challenging task within the Review and I am indebted to Brian Dornan (convenor) and his colleagues.

Despite a certain level of “review fatigue” across committees, I continue to be amazed by the energy and commitment given by so many people to our deliberations. The reference groups of service users and carers epitomise this sense of dedication and collective determination to finalise proposals which will have a decisive impact.

The Review has reached an exciting point in its history, with regular “product” available through the phasing of reports for consultation. I thank everyone sincerely for their efforts.

**David Bamford**

## ALCOHOL AND SUBSTANCE MISUSE WORKING COMMITTEE

This Working Committee has been busy over the summer months although the number of formal meetings has decreased over this time. The Committee has expanded to allow greater representation of professionals from the Learning Disability field. We have commissioned a study on the level of alcohol and drug misuse amongst the school leaving population of people with Learning Disability. We hope that this will guide us to make recommendations which may shape future services.

The completion of a needs assessment on Young Peoples Drug and Alcohol Services, commissioned by the Drug and Alcohol  
*(continued overleaf)*

Strategy Team, has enabled review of this provision across Northern Ireland. This will, in conjunction with available UK and other review material, allow us to make recommendations for the development of appropriate services in this Province.

Many people will be aware of the new Substitute Prescribing Services in Northern Ireland, which commenced on 1 March 2004. The Alcohol and Substance Misuse Working Group intends to review the implementation of these Services and to make recommendations on future development. The 4 Health and Social Services Boards have completed a major review on the Statutory Provision of Drug and Alcohol Services and this has been instrumental in guiding us to form a view of current need and shortfall in the Services. We have looked widely at the existing evidence base with a view to advising on Services in Northern Ireland which will be fit for the 21<sup>st</sup> Century.

At the request of users and carers we have widened the scope of our group's remit to address issues including employability of people with alcohol and drug problems and the difficult issue of cigarette smoking in residential psychiatric settings.

We have been heartened by submissions from service users, carers and professionals working in the field. My sincere thanks to all of you who have contributed so far. We are still keen to hear the views of any interested parties and suggest you write directly to the Review or use the freephone message line to contact us.

**Diana Patterson**

## **CHILD AND ADOLESCENT MENTAL HEALTH WORKING COMMITTEE**

The Child and Adolescent Mental Health (CAMH) Committee has now met on ten occasions. In that time membership of the Committee has increased to include experts in many fields, as well as a carer, a person who uses a Mental Health service, and a young person advocate. The committee continues to work to the principles it adopted at its formation.

An update on the work of the sub-groups:

**Psychological and Social Wellbeing Sub-group** (*previously known as Marginalised and At Risk sub group*)

The recent focus of this group has been on the wider over-arching principles, methods of intervention, models and inclusion. The sub-group sees its role as concerned with the psychological and social well being of all children in Northern Ireland.

The objectives of the sub group are to:

- Create a co-operative universal system involved with children and their families
- Increase and improve the capacity of universal services to lessen the pressure and direct referrals to specialist services
- Identify the missing specialist services and recommend models and/or commissioning of Services

*(continued overleaf)*

- Recommend the piloting of a universal inter-disciplinary assessment tool that can also be used to commission services and provide a wider context and meaning to children's lives.

### **Tier 1&2 Sub-group**

The tier 1&2 subgroup is preparing a paper on the main areas of concern for those services. There is a debate on whether the four-tier model should be maintained. The group also wishes to explore the new Primary Care strategy and the proposals for primary care services and enhanced primary care services. Discussion is ongoing about person-centered services being delivered and ensuring that adequate training and resources exist to deliver them effectively.

### **Tier 3&4 Sub-group**

The tier 3&4 subgroup is drafting a paper outlining the main areas of concern in community and inpatient services, as well as considering links with all stakeholders. Also the sub-group is referencing models of good practice that have been published to inform recommendations in this area. We hope to liaise and consult with social services and Education as well as the main committee.

### **Work update:**

- Two separate two day events were held in June and September to receive presentations and submissions from key stakeholders. These were emotive and exciting events.

- Prof. Bamford, Moira Davren and Dr. Harry Rafferty met with Dr. J Hunter from DENI to discuss issues in education of interest to the committees work. Many issues of joint interest were discussed.
- The committee has made efforts to engage with people having experience of similar review processes, seeking best practice examples and work practice.
- Moira Davren met with members for an afternoon event on the 1<sup>st</sup> September of CiNI to discuss an overview of the Review.

### **Planned work**

- The committee plans to meet with key policy makers and stakeholders throughout Northern Ireland and beyond, ensuring maximum input into its deliberations. These meetings will be with experts in forensic services and human rights as well as service users, carers and policy makers and front line workers across the spectrum of CAMH and Health & Social Services as a whole.
- A mapping exercise is to be undertaken on services for Tier 1-4 across the four Boards in Northern Ireland.
- Plan to have each of the sub-groups produce initial reports by end of November, allowing sub-group reports to be collated and drafted into an elemental CAMH report in December/January.

**Moira Davren**

## **FORENSIC SERVICES WORKING COMMITTEE**

The Forensic Services Committee has continued to meet regularly and several new members have joined - Brian Archer, Solicitor; Noel McKenna, carer representative; and Angela Bell, Northern Ireland Office.

The Committee has produced several draft papers and work is continuing on refining these and producing others.

Meetings and other contacts have taken place to explore interfaces with other committees in an effort to ensure a comprehensive and integrated approach across the committees. As a result of one of these meetings a joint workshop is being held with the Child & Adolescent Committee. In addition a Forensic Learning Disability Sub-Committee is being established, led by Dr Colin Milliken.

Subjects recently discussed by the Forensic Services Committee include:

1. Principles guiding the development of Forensic Services.
2. Needs of all the stakeholders.
3. The formation of a managed clinical network.
4. Assessment and treatment of people with mental disorder in police stations, on bail, at court and in prisons.
5. The management of people with personality disorders.

I am grateful to all those who have contributed so far to the work of the Committee. We will welcome any further submissions before the end of November 2004.

**Fred Browne**

## **MENTAL HEALTH PROMOTION WORKING COMMITTEE**

The Committee has now met on 9 occasions and a number of papers and personal presentations have informed our deliberations.

We have had input on mental health promotion in relation to suicide, general practice, stigma, trauma, and education.

We have also had communication on interface issues with other Expert Working Committees, particularly Adult Mental Health, Substance Abuse, Social Justice, Learning Disability and Children and Adolescents.

We have also circulated for consultation a questionnaire to further canvas views on mental health promotion from stakeholders and are very encouraged by the response.

Coincidentally with all the above, we have been developing a structure for our report that will allow us best to take account of all issues raised and also to make recommendations with regards to the way forward. We are particularly concerned to address the issue of structures in Health and Social Services which will allow the delivery of effective mental health promotion programmes. But importantly we are also anxious to explore, and make recommendations on, the way in which Government in Northern Ireland must see mental health as a public health issue which requires a whole population approach alongside targeted action for high risk groups. Mental health promotion needs to be a cross cutting objective of public policy in every arena.

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We are hopeful that our deliberations will conclude and that we will be in a position to present our report to the Steering Committee for consideration early in 2005.

**Alan Ferguson**

### **SOCIAL JUSTICE AND CITIZENSHIP WORKING COMMITTEE**

The Human Rights and Equality sub-group, which is part of this Committee, held a seminar on advocacy on 25 September, to which other review members were invited. About 40 people, many of them service users and carers, attended. In her introduction to the seminar, Lady Christine Eames acknowledged that there were different types of advocacy which suited different circumstances.

Papers presented covered the advocacy needs of people with mental health problems or a learning disability, the particular needs of children and ethnic minorities, a professional perspective and the human rights and equality issues around advocacy.

The points raised in discussion will be given further consideration by the Human Rights and Equality sub-group. These included:

- accessibility of advocacy services;
- need for advocacy services to be independent, co-ordinated, regulated and financially viable;
- need for a variety of types of advocacy;
- relationships between carers, advocates and staff.

**Bill Halliday**

### **DEMENTIA AND MENTAL HEALTH ISSUES OF OLDER PEOPLE WORKING COMMITTEE**

The Working Committee, composed of 25 people, has now identified a multitude of issues which need to be explored. Before any thought is given to how services can be shaped and developed, it has been decided to consult with the general public and interested parties. The identified issues will be presented to the public during November and December through a series of 14 workshops spread across Northern Ireland.

Only after this exercise is complete will the Committee begin to make decisions about how services should be developed over the forthcoming years. Good practice examples are being identified and literature reviews are being compiled or obtained. These will evidence base the conclusions of the final report. The Committee continues to receive presentations and input from various service user, carer, professional and interest groups.

Karen Campbell (DHSSPS) has been helping identify expenditure on dementia and mental health services in the over 65 age group.

**Nevin Ringland**

## **EQUAL LIVES**

### **Learning Disability Working Committee Report Published**

This month saw the publication of the Learning Disability Working Committee's review of policy and services for people with a learning disability in Northern Ireland. This report is the combination of over a year's work by committee members and many others from across Northern Ireland who contributed to consultation events, submitted written papers and made presentations to various committees and task groups.

### **Equal Lives Values**

The report sets out 5 values which should underpin all future service planning and delivery in Northern Ireland.

- Social Inclusion – people with a learning disability are part of the community and should live their lives alongside everyone else.
- Citizenship – a person with a learning disability is just as important and as valuable as any other person and has the right to be treated the same.
- Empowerment – people with a learning disability should have a say about what happens to them and how they live their lives.
- Working Together – people with a learning disability, their families and service providers need to work together.
- Individual Support – everyone is different and has different needs. People should get the support that meets their individual needs.

## **Equal Lives Conclusions**

The Equal Lives Review sets a series of high level objectives that should provide a framework for future planning and policy in relation to people with a learning disability in their families. The 12 objectives relate to:

- support for children and young people
- enabling people to live fuller lives
- accommodation and support needs
- health issues
- support needs of people as they become older
- ensuring that services are person centred
- staffing
- implementation

### **Consultation Arrangements**

An independent facilitator has been appointed who will arrange a series of meetings in November for people with a learning disability and family carers to be given an opportunity to share their views on the report.

In addition, the report has been circulated widely to agencies throughout Northern Ireland who have been asked to make a response by 31 December 2004.

In order to support access to the Review findings an accessible version of the report has also been produced and is available on the Review website.

We look forward to hearing the views of people from across Northern Ireland on the contents of the Equal Lives Review. All comments will be considered by the Learning Disability Committee in January 2005 with a view to producing a final report in the early spring.

**Siobhan Bagues**

## **NEEDS AND RESOURCES WORKING COMMITTEE**

The Costings sub-committee has been working closely with the Learning Disability Working Committee to cost recommendations. As the recommendations involve making more use of services outside health and social services, other Departments will be engaged in some of this work.

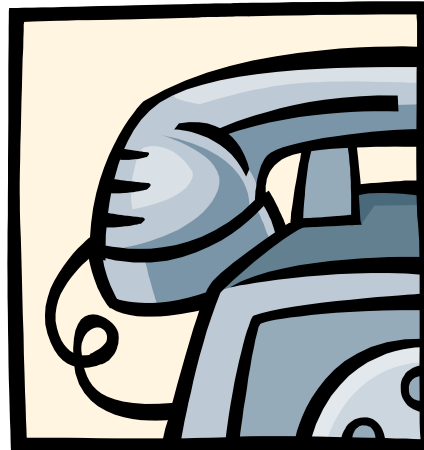
The Committee has been considering the implications of the Fourth Report of the Capitation Formula Review Group, which is out for consultation. This determines how resources are allocated between Health and Social Services Boards. A presentation has been made to the convenors to inform them of the proposals.

Data are currently being analysed on the resources in mental health services for older people and for people with dementia. We hope to have information on expenditure trends over several years. This information will be provided to the Working Committee on Dementia and Mental Health Problems of Older People.

**Brian Dornan**

## **MENTAL HEALTH AND LEARNING DISABILITY REVIEW FREEPHONE MESSAGE LINE**

**0800 328 4260**



The review wants to know what people with a mental health problem or a learning disability think about the services provided for them. We also want to hear from family and friends who care for people with a mental health problem or a learning disability.

If you want to tell us something, you can leave a message on this freephone number. You do not have to tell us your name if you don't want to.

Review Team can be contacted at:

*Annexe 6, Castle Buildings*

*BELFAST BT4 3PP*

Phone: 028 9052 3480

Review website at [www.rmhdni.gov.uk](http://www.rmhdni.gov.uk)