



4th National Mental Health Nursing Conference

“Reflecting on the past to inform and sustain the future of Mental Health Nursing”

John Meehan

Assistant National Director Mental Health Planning & Head of the National Office for Suicide Prevention (NOSP)



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Strategic journey



1993

Decriminalisation of suicide in Ireland –
 one of the last countries in Western Europe to do so.
 The last person to be charged in Ireland for attempting suicide was in 1967.

1994

The Irish **National Suicide Research Foundation (NSRF)** was established.

1995-1988

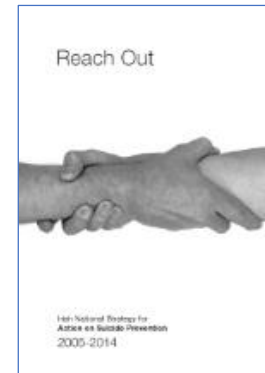
The minister for health set up Ireland's first **National Task Force on Suicide** which published its report in 1998 with 88 recommendations.

2005

The HSE **National Office for Suicide Prevention (NOSP)** was established.

2006

Reach Out
 Irish National Strategy on Suicide Prevention
Strategy period 2005 to 2014



2008

A Vision for Change
 Report of the expert group on Mental Health Policy



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Strategic journey

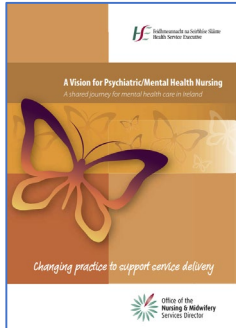
Models of Care for **National Clinical Programmes** for:

- Self Harm and Suicide related ideation (since 2016)
- Eating Disorders (since 2018)
- Early Intervention in Psychosis (since 2019)
- ADHD in Adults (since 2021)



2009

**A Vision for
Psychiatric/Mental Health
Nursing**
2012



2013

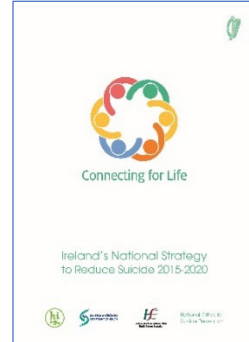
Healthy Ireland
2013-2025



2015

**Connecting for Life, Ireland's
National Strategy to Reduce
Suicide**
National Implementation Plan

17 x Local Action Plans



Initial strategy period 2015 to 2020
Extended to 2024

2017



Sláintecare Report
Committee on the
Future of Healthcare

2019

Connecting for Life
Interim Strategy Review

2020



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2024



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Strategic Mental Health Nursing Group

Formed in 2012 following consultation with respective stakeholders from MH services.

Work of the Group up to 2017 included:

- An Education and Training Review of Nurses Working in Child and Adolescent Mental Health Services (2015).
- Best Practice Guideline for Risk Assessment and Safety Planning in Mental Health Nursing, and ELearning Programme via HSEland (2016).
- NMPDU worked with the Irish Institute of Mental Health Nursing to facilitate Mastricht Interview training, hearing voices workshops and Psychosocial Programmes.



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Strategic Mental Health Nursing Group

Re-evaluated in 2018.

Work of the Group since 2018 includes:

- Perinatal Mental Health Care, Best Practice Principles for Midwives, Public Health and Practice Nurses, MIND MOTHERS PROJECT, in conjunction with colleagues TCD, E Learning Programme available via HSEland (2017)
- Clinical Supervision for Nurses Working in Mental Health Services (2018).
 - Clinical Supervision leaflet.
 - Clinical Supervision Frequently asked Questions.
 - Clinical Supervision A guide for Nurse Managers, Supervisors and Supervisees.
 - National Policy for Clinical Supervision in Psychiatric /Mental Health Nursing.



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Strategic Mental Health Nursing Group

2022

- Re-evaluation of the MIND MOTHERs programme to reflect the National Women and Infants' Health Programme and revised Best Practice Principles.
- A Guidance Document to provide Nurses and Midwives with evidence based information to aid decision making regarding the safe and holistic assessment and management of eating disorders in healthcare services.
- National Conferences hosted by NMPDU Dublin North/ONMSD in Dublin Castle 2013, 2015 and 2018. Scheduled for 2020 but now due 2023.
- Regional Centres for Nurse Education in conjunction with NMPDU/ONMSD facilitate a Clinical Supervision, Best Practice Guidance for Mental Health Services, WRAP and Certificate in Psychosocial Interventions for Nurses.

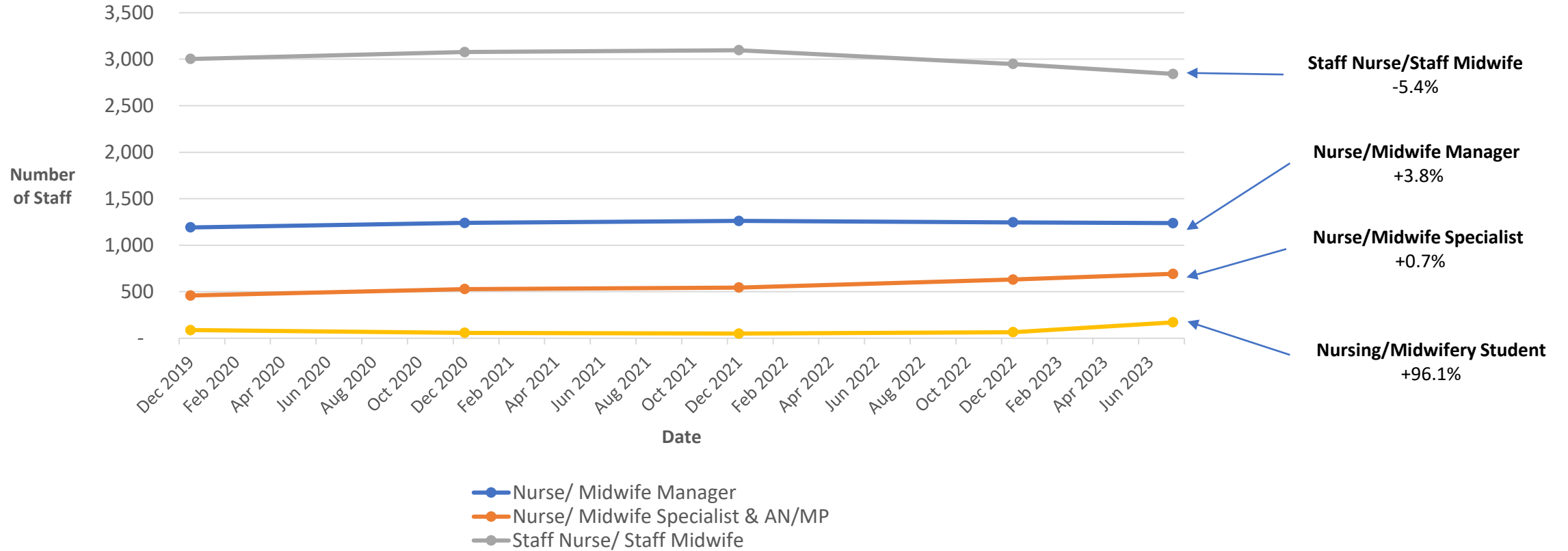


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Nursing Staffing Trends within Mental Health Services

Mental Health Services: Nursing Staff Numbers by Post Classification



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HSE Resourcing Strategy - Challenges

The Nursing & Midwifery EIG is comprised of clinicians and non-clinicians from across the services including representation from the Group Chief Directors of Nursing & Midwifery, Area Directors of Mental Health Nursing, Directors of Public Health Nursing, Disabilities, Older Persons Services, the Office of the Nursing & Midwifery Services Director (ONMSD) and Human Resources.

Current Challenge Overview

EIG members identified substantial challenges in their ability to resource their Nursing & Midwifery services. Challenges were identified in resourcing to General Nursing roles and specialisms such as **Children's, Intellectual Disability, Mental Health Nursing** and **Midwifery**. The complexity of challenges within the specialisms requires focused work on each specialism, which is due to commence in 2023. Significant challenges were also identified in relation to nursing retention, both within the services and from third-level training programmes. The significant gap between the supply of nurses from domestic programmes and the demand for qualified nurses across the services was also identified as an area requiring focused action.





HSE Resourcing Strategy - Actions

High Service Impact Actions

As the Steering Group considered EIG-specific actions, they identified two High Service Impact Actions to be prioritised for delivery.

- Establishing a focused workstream to address issues arising in relation to each division of the NMBI register – commencing with Midwifery and **Mental Health**
- Addressing issues associated with the current gap between supply and demand regarding Public Health Nurses



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Mental Health Nursing Service Developments

Developments/outputs in 2022 include

- Launch of **Sharing the Vision** Implementation Plan (April 2022).
- Implementation of **National Clinical Programmes**
 - 4 ADHD teams in place
 - 3 Specialist Eating Disorder Teams hubs in place
 - Early Intervention in Psychosis expanded to 5 teams
 - Additional 6 Suicide Crisis Assessment Nurses (SCAN) allocated
 - 3 pilot sites in place for Mental Health for Older Persons;
 - 2 further Dual Diagnosis Pilot sites established in 2022 bringing the total to three.

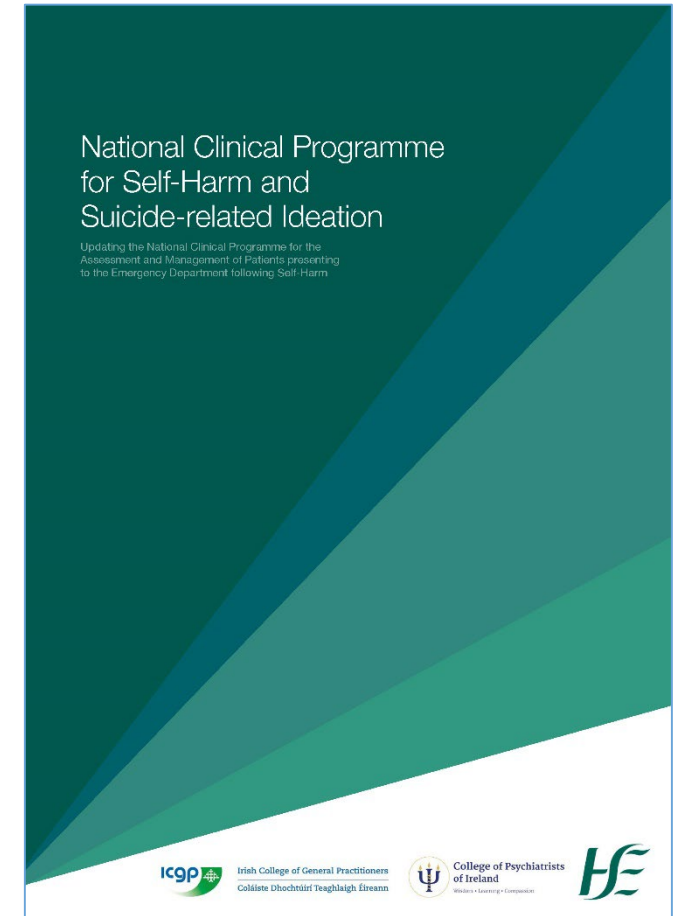


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HSE National Clinical Programme for Self-harm and Suicide-related Ideation

- The HSE's **National Clinical programme for Self-Harm and Suicide-related Ideation** (NCPSHI) was introduced to acute hospital emergency department (ED) settings in 2016.
- It had the overall aim to provide a caring and expert professional response to people presenting in self-harm crisis. The programme is now implemented in all **26 adult and one paediatric hospital ED** setting that operate on 24/7 basis.
- Currently, **49 Clinical Nurse Specialists (CNS)** funded through the programme, are dedicated to a role whereby all patients who present to the ED following self-harm or with suicidal ideation:
 - receive a prompt biopsychosocial assessment
 - their next of kin receive support and advice on suicide prevention
 - the patient is linked with the next appropriate step in follow up, and
 - both the patient and their general practitioner receive a written plan of care.



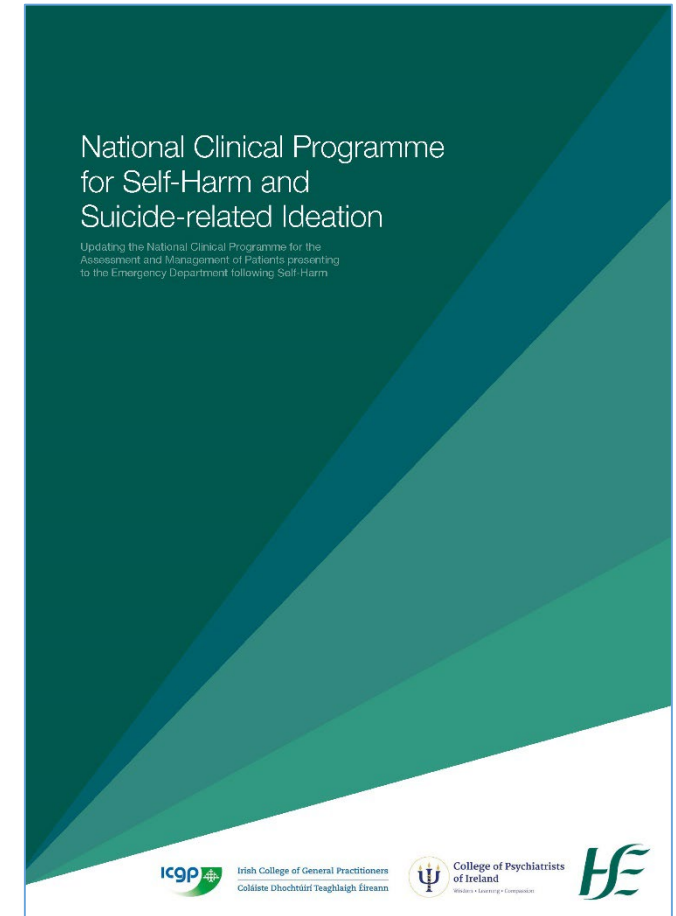
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HSE National Clinical Programme for self-harm and suicide-related ideation

Ongoing development of the programme in ED settings is endorsed in the [Sharing the Vision Implementation Plan 2022–2024](#) and the HSE has approved the expansion of the Suicide Crisis Assessment Nurse (SCAN) service into primary care as outlined in the NCP SHI Updated Model of Care (2022).

The revised model of care provides for a rapid service response for people presenting to their GP in suicidal crisis who do not require to be seen in an ED setting for medical reasons. Existing SCAN services are now under NCP SHI auspices and in 2022 six new SCAN CNS posts were funded with a view to national rollout as further funding becomes available.



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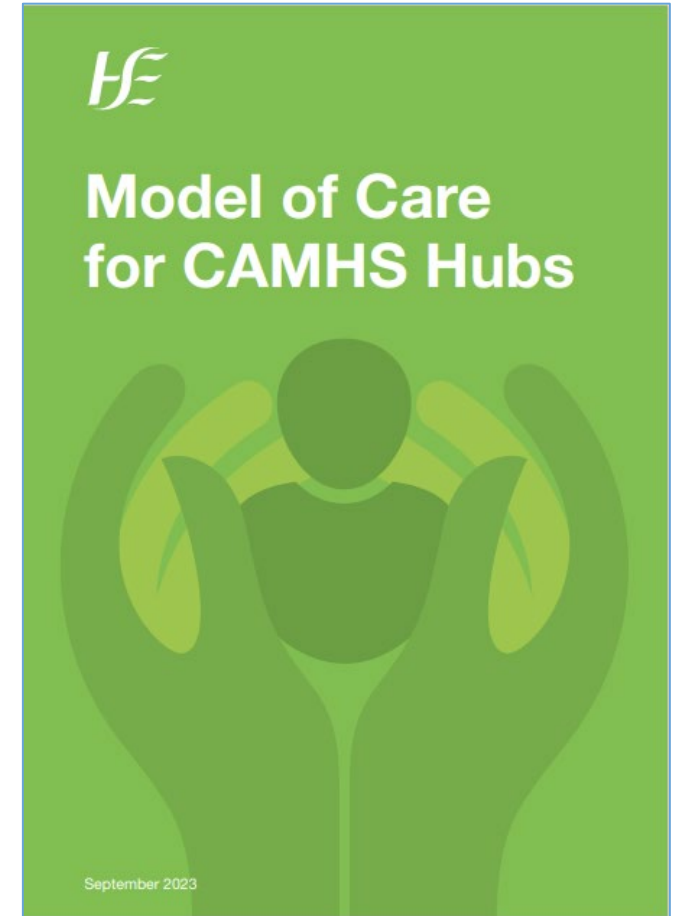


HSE Model of Care for CAMHS Hubs

“To provide intensive brief mental health interventions to support CAMHS Teams in delivering enhanced responses to children, young people and their families or carers, in times of acute mental health crisis”.

CAMHS Hub will support Community CAMHS Teams by providing an enhanced level of brief intervention mental health support for children and young people aged up to 18 years, experiencing an acute mental health crisis, where it is determined the needs of the child or young person require a rapid response, time-bound intensive brief intervention.

The Model of Care for CAMHS Hubs was published and formally launched September 2023. It will be tested and piloted across five pilot learning sites in CHO 2, CHO 3, CHO 4, CHO 6 and CHO 8. There will be an independent evaluation of the pilot implementation of these services over the testing phase (18 to 24 months) in line with the Standard Operating Procedures and the Model of Care. This evaluation will inform plans to develop CAMHS Hubs in the future.



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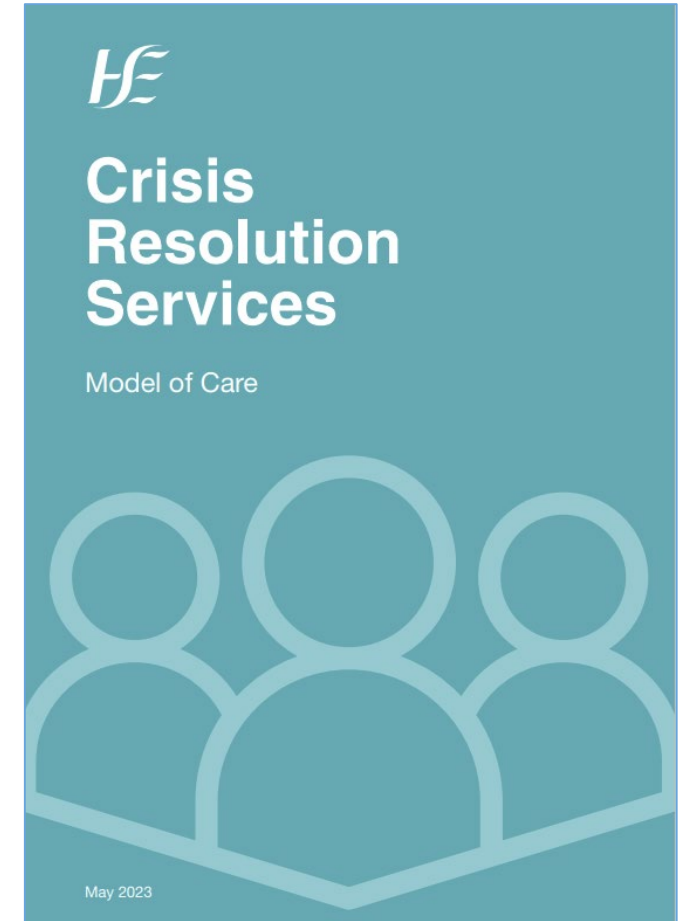


HSE Model of Care for Crisis Resolution Services (CRS)

“To provide integrated Crisis Resolution Services to people referred – with the right response, at the right time, for the right amount of time – to enable and empower them on their recovery journey”.

Crisis Cafés. Crisis Cafés – called ‘Solace Cafés’ – will provide an out-of-hours friendly and supportive crisis prevention and response service. They will run in partnership with different community agencies across the country. The Cafés will often be open in the evenings and at weekends.

Crisis Resolution Teams. Crisis Resolution Teams will be community-based multidisciplinary teams providing rapid assessment and intensive support to people (aged 18 and older) who are in a mental health crisis. Support from these teams will be time-limited and the teams have flexibility to respond to different service user or carer needs, for an average period of up to six weeks.



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Mental Health Service Enhancements:

Eating Disorder Services:

- In January 2018, the HSE launched its Model of Care for Eating Disorders. This aims to establish 16 teams (8 Child and Adolescent Mental Health Service and 8 Adult) across the country that will provide specialist eating disorder services serving populations of 500,000 and greater.
- In late 2021, funding for 20 WTEs (1.7m full year costs) was released to commence recruitment of 3 new teams in CHO 2 (CAMHS), CHO 4 (Adult) and CHO 9 (Adult).

Enhanced in-patient capacity:

- Significant investment into the creation of a dedicated high observation suite within the existing Eist Linn CAMHS in-patient unit was completed in 2020.
- This facility provides much needed capacity for Eist Linn to have the capacity to assess, treat and manage difficult and challenging behaviours expressed as a result of their mental illness in young people, thereby significantly reducing the need to move such children outside of their catchment area.





Mental Health Service Enhancements

Primary Care Mental Health Services:

- In 2013, the remit of the National Counselling Service (NCS) expanded with the establishment of the Counselling in Primary Care (CiPC) service, which plays a critical role in providing nationwide access to counselling for medical card holders over 18 years of age.
- A total of €8m development funding has been invested in building the capacity of CiPC to meet an increasing demand. CiPC receives an average of 19,000 referrals per annum reaching approximately 28% of the Adult GMS population

Access to Talking Therapies:

- In line with StV and the preference of many service users, family members and carers to have meaningful alternatives to medication, a Model of Care for adults accessing talking therapies while attending specialist Mental Health Services (2021) was developed.
- Funded with €2.5m, this model is currently being implemented in General Adult CMHT demonstration sites across five CHO areas.



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Mental Health Service Enhancements

Office of Mental Health Engagement and Recovery

- Michael Ryan - Head of Service

Specialist Services:

- As part of the overall enhancement of specialist services, significant investment has been made in the development and implementation of nationally consistent Models of Service for those with mental health difficulties and intellectual disabilities (€7.7m).

Forensic Services:

- Development of the new state-of-the-art facility in Portrane, North County Dublin which opened in 2022 with an initial 110 beds, will eventually provide care for up to 170 individuals and will continue to provide services both in the community and in prisons

Establishment of the Office of Child & Youth Mental Health (September 2023)

- Dr. Amanda Burke – Clinical Lead
- Donan Kelly – Assistant National Director - Head of Service



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Suicide Prevention

Suicide Prevention:

- In line with *Connecting for Life (CfL)*, Ireland's national strategy to reduce suicide (2015 – 2024) and its associated implementation plans, significant investment has been made in enhancing suicide prevention capacity through the National Office for Suicide Prevention (NOSP) and recruitment of Resource Officers for Suicide Prevention (ROSPs).
- In the first quarter 2023 4,203 people participated in NOSP's suicide prevention programmes and 110 people attended the Suicide Bereavement for Professionals Workshop (data is quarterly in arrears).
- Co-ordinated by NOSP, quarterly CfL progress reports are prepared and published, detailing both statutory and NGO implementation progress. Since 2012, a total of €8.2m development funding have been directed to suicide prevention through NOSP.



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The HSE National Office for Suicide Prevention (NOSP)

- The annual budget of the NOSP is €13.8m, which has increased from ~€5m in 2012. This is ‘suicide-prevention’ specific, and is outside the annual spend of €1b+ on ‘mental health’ in Ireland.
- The work of the HSE NOSP encompasses Strategy Coordination, Education and Training, Research and Evaluation, and Communications.
- A significant portion of NOSP resources (~50% of expenditure) is to over 20 agencies, charities or non-governmental organisations, to deliver on work aligned with the goals and actions in Connecting for Life, Ireland’s National Strategy to Reduce Suicide.
- Co-ordinated by NOSP, quarterly CfL progress reports are prepared and published, detailing both statutory and NGO implementation progress.



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Connecting for Life

Agencies

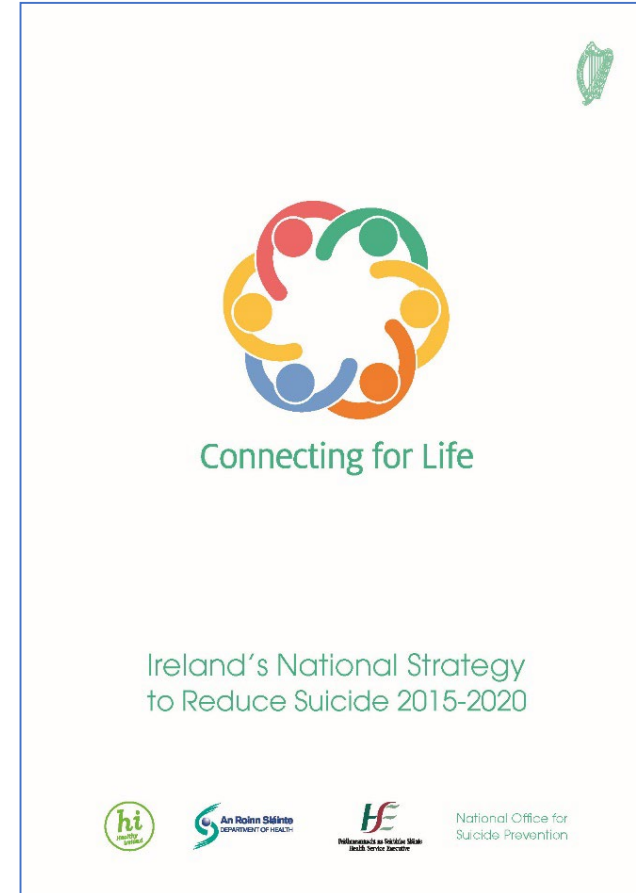
7 Goals - 69 Actions

22 Lead Agents including;

- Department of Education and Skills
- Department of Agriculture, Food & the Marine
- Department of Health
- Department of Communications, Climate Action & Environment
- The Press Council of Ireland
- Department of Justice and Equality
- Department of Children and Youth Affairs
- Department of Defence
- Department of Social Protection



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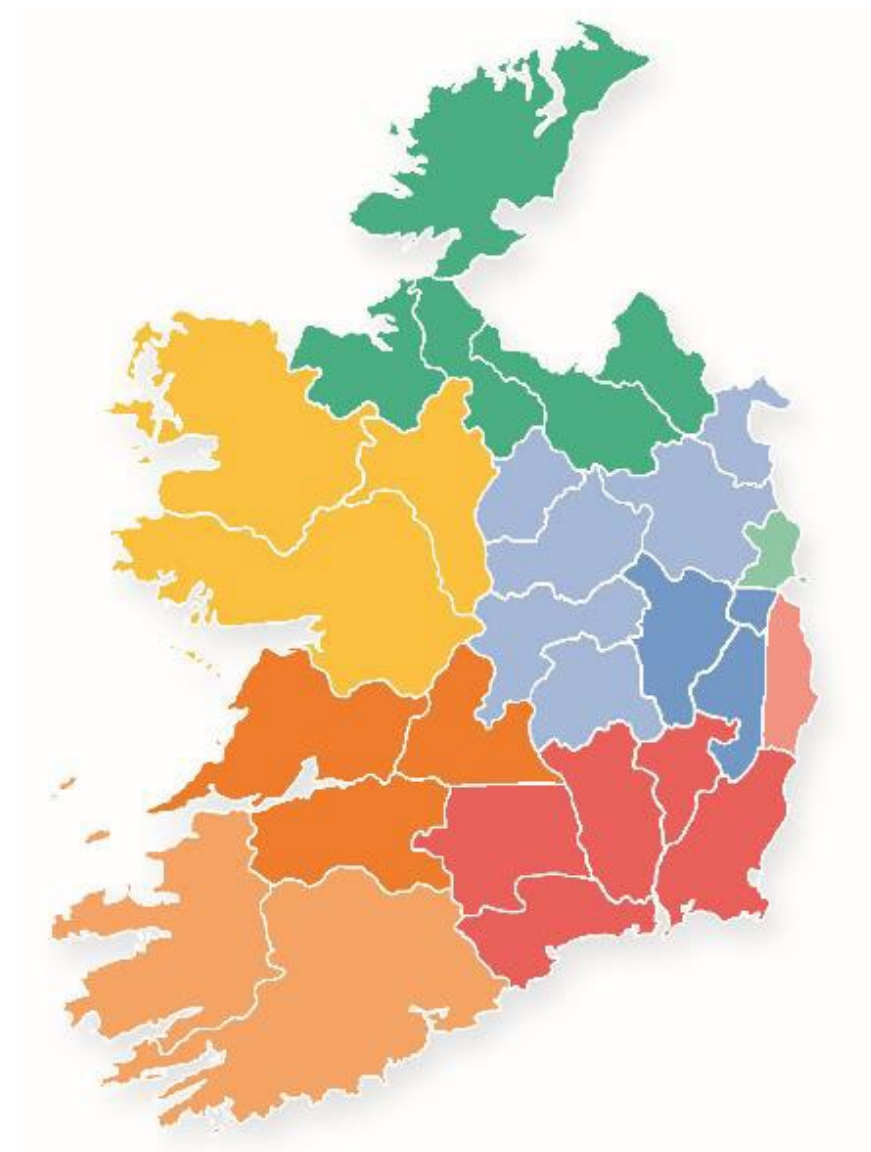


Connecting for Life

Locally

Local implementation plans and structures are supported by 21 regional HSE Resource Officers for Suicide Prevention, employed within local health service structures, and funded by the NOSP.

For the current implementation period, **17** local Connecting for Life Action Plans have now been consolidated into **10**, reflecting CHO structures and in preparation for new Regional Health Authorities (RHAs) in 2023.



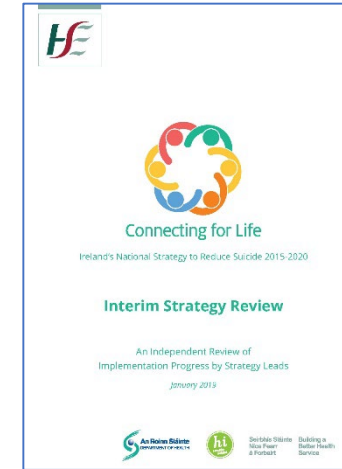
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Successes

Independent evaluation of implementation progress, mid-way through the strategy's lifetime.

[Connecting for Life Interim Strategy Review Document - HSE.ie](#)



Sequential implementation plans to outline milestones for every action, as agreed with lead agencies and action owners.

[Implementation - HSE.ie](#)



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Successes

Resourcing a world-class independent, multi-disciplinary research unit that investigates the causes of suicide and self-harm in Ireland.

[National Suicide Research Foundation \(nsrf.ie\)](http://nsrf.ie)



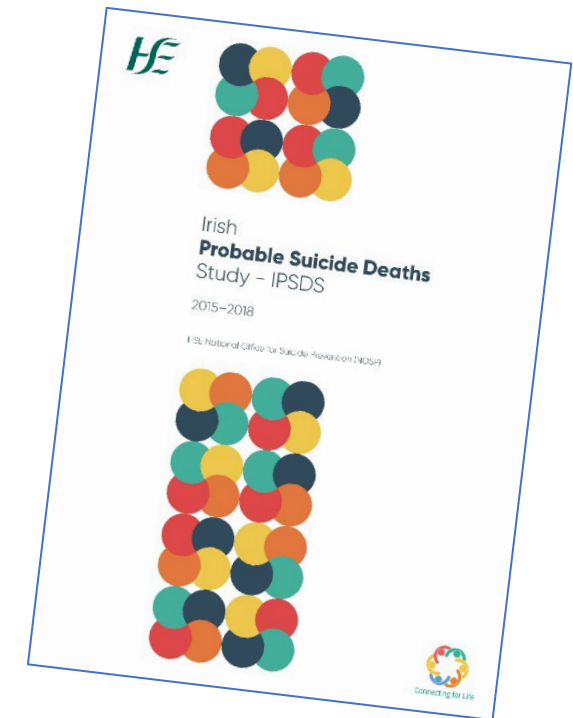
National Suicide
Research Foundation

The Irish Probable Suicide Deaths Study (IPSDS) presents information on probable suicide deaths in Ireland, for a four year period from 2015 to 2018.

[Irish Probable Suicide Deaths Study - HSE.ie](http://HSE.ie)

The first Grant Scheme for Collaborative Research projects on priority groups in Ireland.

[Grant Scheme for Collaborative Research Projects - HSE.ie](http://HSE.ie)



Connecting for Life

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Successes

Defining and agreeing quality and standards across education and training programmes.

[NOSP National Education and Training Plan - HSE.ie](https://www.nosp.ie)

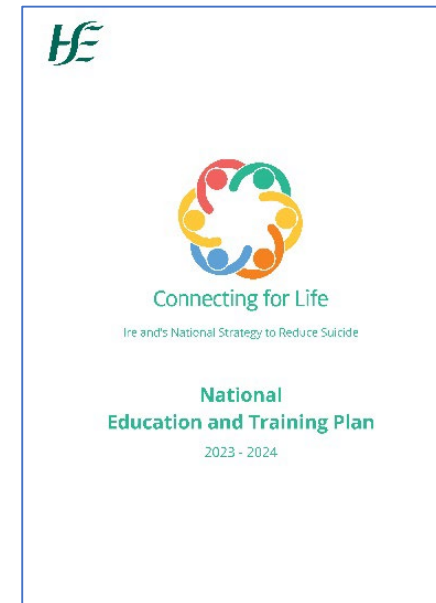
Gatekeeper training in suicide prevention is available to anyone over the age of 18 years in Ireland, free of charge.

In 2022, over 12,000 people availed of programmes including LivingWorks Start, safeTALK, ASIST, STORM, Suicide Bereavement Training and Understanding Self-harm Training.

www.nosp.ie/training



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Successes

Supporting a diverse NGO sector of front line service providers, supports, initiatives and campaigns (~50% of budget)

[Mental health supports and services - HSE.ie](https://www.hse.ie/eng/ourwork/mentalhealth/mentalhealthsupportandservices/)

Transparent, annual reporting of all activities and finances.

[About NOSP - HSE.ie](https://www.hse.ie/eng/ourwork/mentalhealth/aboutnosp/)



Connecting for Life

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Connecting for Life, Ireland's National Strategy to Reduce Suicide

Some current priorities

The HSE NOSP is also presently focused on enhancing our understanding of **health inequalities, social and commercial determinants of health** in the context of suicide prevention. We need to ensure there is greater alignment and prioritisation of all our functions/programmes of work (and in the next suicide prevention strategy) through a social determinants of health lens – one where poverty, socio economic disadvantage and the impact the of cost of living challenge, are better understood.

It is important that we take account of approaches to address inequalities in related strategies as well as to ensure alignment with the Sláintecare Healthy Communities Programme to address inequalities, the Public Sector Equality and Human Rights Duty and the Government of Ireland's Well-being Framework for Ireland.



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Connecting for Life

Partnership NGOs





Thank You

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www.connectingforlifeireland.ie

www.nosp.ie



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