

Nurse Led Sleep Clinics



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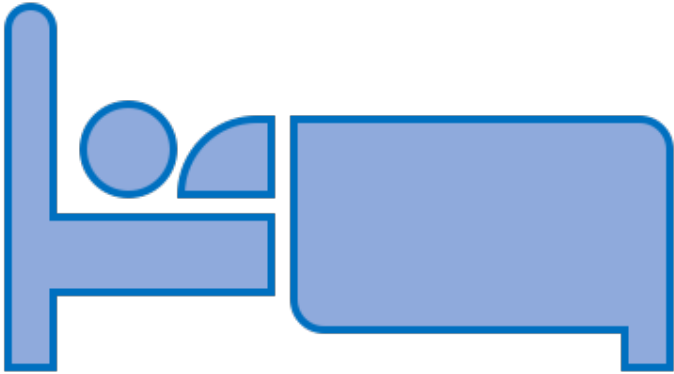


Sleep Counsellors

- We completed a 5 day training course with Sleep Scotland funded by the NMPDU
- We are the only nurses on a MHID or CAMHS-ID team to have this qualification
- Benefit of nursing skills, holistic perspective, creation of a positive therapeutic milieu



Sleep Clinic



Provided supports for children and adults ranging in age from 9 years to 58 years.

Ranging from mild to severe ID

Referred from MHID/CAMHS with recognised Mental Health diagnosis

Offering assessment, treatment plan, support and training

A Bad Nights Sleep



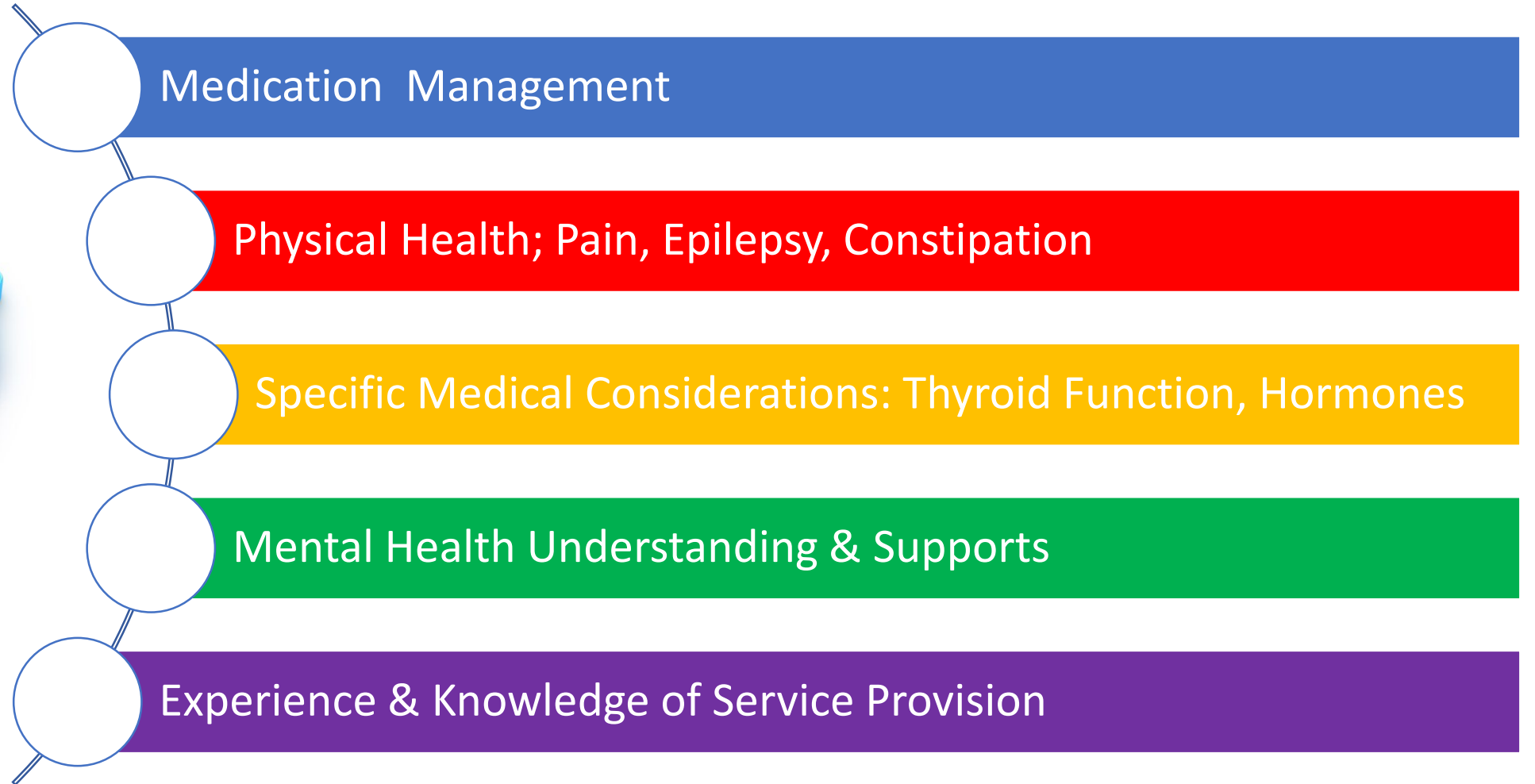
- Think about a night where you could not get to sleep or you kept waking up during the night...
- How did you feel the next day????



Supports



Nursing Supports



Sharing the Knowledge



- Joint working with MHID and CAMHS-ID to develop a hub of universal sleep resources digitally accessible through the SMH website
- Liaising with CNDT, Paediatricians, Psychiatrists in a complex sleep group
- Supporting the development of adult sleep resources and training with Sleep Scotland
- Training for front line staff and families

What is Next?



- Advocate for the expansion of current services to more adequately meet the significant needs of children and adults with a mental health concerns and sleep difficulties.
- Audit of service need
- Further workshops for staff and families
- Development of more resources
- Research on the benefits of sleep supports
- Consultation in development of adult sleep counselling training.

**THANK
YOU**

Contact Details



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www.sleepscotland.org

