



# Mental Health Reform

Promoting Improved Mental Health Services

## Submission

### Public Consultation on Draft Legislation to Update the Mental Health Act, 2001

#### Introduction

My name is Alice McDonnell coordinator and peer educator for Longford Westmeath Transformative Recovery College.

#### Headings

##### 1. Definitions

##### 2. Guiding principles

##### 3. Criteria for detention

As a last resort people should be detained. Prevention, prevention, and prevention with more investment in community local based programme's and services to support those in crisis.

##### 4. Authorised Officers

More awareness of authorized officers to service users/ carer/ family and to ensure if the person is unwell they still have someone sitting in as there rep until they can or feel able to do so for themselves. Making the process more transparent and open.

##### 5. Interdisciplinary approach to care and treatment

On the area of treatment recovery plans need to be consistent and transferable to each service provider, e.g. from approved centers, into primary or rehab and recovery, to shared homes, or PLL. Currently the practices of work done with the person is disregarded once they move to another services or setting.

The transition of care from young adults into adult services need to be free and easy for both service user and carer/family in order to reduce stress and relapse due to unfilled prescriptions. GPs don't like prescribing medication to young adults unless directed from the services.

##### 6. Changing timeframes

##### 7. Enhancing safeguards for individuals

A regular independent person/body follows up on people who are discharged to evaluate their stay in approved centers, or engaged with local service with a clear focus on the recovery model within the framework for recovery. This ensure best

practice in meeting the cultural change in the service user experience and the recovery orientated service.

#### **8. Mental health tribunals**

#### **9. Change of status from voluntary to involuntary**

#### **10. Capacity**

#### **11. Consent to treatment**

#### **12. Information and individual care/recovery planning**

As above, the recovery planning needs to be the same experience and a progression marker for everyone, i.e. what they have agreed, what they have done and how can we support you to the next step... not rehashing and confusing to the person going through the service. Please make note that many places and different templates, policies and procedures. Where if there was simple national templates the person can understand and contribute too. Many still don't know about care plans or recovery plans.

#### **13. Inspection, regulation and registration of mental health services**

As above - regular independent person/body follows up on people who are discharged to evaluate their stay in approved centers, or engaged with local service with a clear focus on the recovery model within the framework for recovery. This ensure best practice in meeting the cultural change in the service user experience and the recovery orientated service.

#### **14. Mental health tribunals**

#### **15. Provisions related to children**

[Any comments you might have on changes to this aspect of the Act]

#### **16. Provisions related to the Mental Health Commission**

A change to services, we need a holding space for people in crisis that will give them access to local professionals, a space away from home or conflict, like with the drug treatment centers. We need to be supporting prevention and reduce hospitalisation with local voluntary center's to get away and get the right support, treatment, therapy at a timely fashion to prevent crisis.

### **Conclusion**

The following submission reflects the experiences of people engage with the service and their frustration. Prevention, prevention and prevention at local level accessible to all in a timely fashion.