

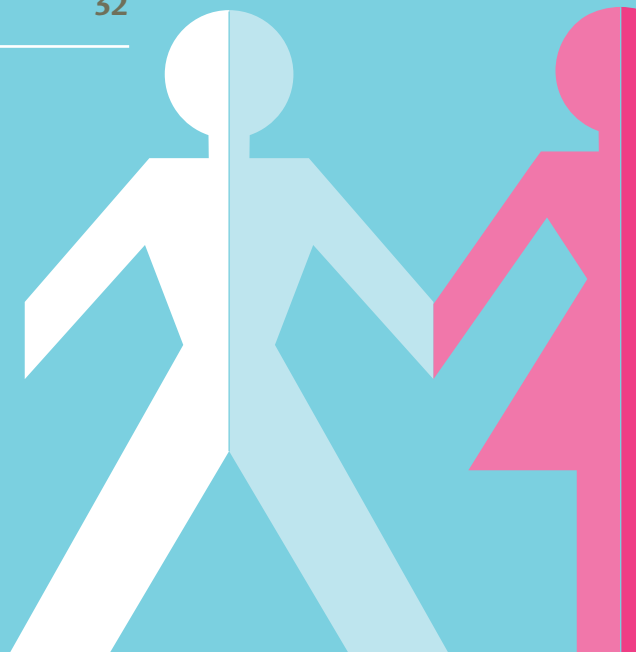


Annual Report and  
Financial Statements  
**2015**



# Contents

<b>Introduction</b>	<b>1</b>
<b>Report of the Chairman of the Board of Governors</b>	<b>2</b>
<b>Chief Executive's Report</b>	<b>4</b>
<b>Medical Director's Report</b>	<b>6</b>
<b>Director of Services Report</b>	<b>8</b>
<b>Communications and Advocacy Report</b>	<b>14</b>
<b>ICT, Development and Data Protection Report</b>	<b>18</b>
<b>Human Resources Report</b>	<b>20</b>
<b>Finance Director's Report</b>	<b>22</b>
<b>Appendix A - Peer Reviewed Research</b>	<b>29</b>
<b>Appendix B</b>	<b>32</b>



# Introduction

St Patrick's  
Mental Health Services



**When Jonathan Swift, Dean of St Patrick's Cathedral and noted author, founded St Patrick's Hospital 270 years ago, he was a pioneer in recognising that people with mental health issues needed a specialist service to provide care, treatment and a voice.**

Today his vision of holistic and humane care continues to drive St. Patrick's Mental Health Services, Ireland's leading not-for-profit mental health organisation.

Today, the majority of those using our services are seen in their own communities through our Dean Clinic network. In close liaison with primary care providers, the Dean Clinic network continues to expand and grow across the country, in close liaison with primary care providers. During 2015, there were over 3,000 admissions to our in-patient services and in excess of 14,200 daycare attendances, a further increase on the previous year's record figures.

We are committed to our not-for-profit status and philanthropic purpose, as laid out in the Hospitals Charter of 1745. In 2015 St Patrick's provided a philanthropic contribution of €1million towards providing access to care and treatment. We continued to support other NGO's and charities doing vital work in the area of mental health.

In 2015, SPMHS continued its vital work in raising awareness of mental health issues nationwide, and advocating for a society where all citizens are given equal opportunity to live mentally healthy lives. Our Walk in My Shoes fund-raising and education campaign was hugely successful, while Walk In My Shoes Radio produced over 140 hours of live radio.

In an effort to promote understanding of mental health issues in the classroom, SPMHS in conjunction with the National Parents Council (NPC), specifically developed and delivered a mental health training programme to 1,720 people in primary schools all over the country.

The organisation also developed educational videos for primary and secondary level which were distributed to every school in Ireland last year.

SPMHS made significant progress in its strategic objective of implementing an Electronic Health Record (EHR) in 2015, a key transformative programme that will be rolled out over the next two years. An objective of the EHR is to provide service users with electronic access to their own care plan, further empowering them to manage their own mental health.

SPMHS remains committed to teaching, learning and research and continued to progress its strategic objectives in these areas throughout 2015.



# Report of the Chairman of the Board of Governors

St Patrick's  
Mental Health Services



**It is my pleasure and privilege, on behalf of the Board of Governors, to present the 2015 Annual Report of St Patrick's Mental Health Services.**

Considerable progress has been made at every level in the organisation over the last twelve months, as we work to meet the ambitious targets set in our *Empowering Recovery 2013-2018* strategic plan. The ultimate goal of this strategy is to provide the highest quality of mental health care to as many people experiencing mental health difficulties in Ireland as possible.

Through the hard work and commitment of our Board of Governors and strong management team, and our dedicated staff and volunteers, we continue to maintain our position as one of the leading providers of mental health care, not only in Ireland but internationally.

In addition to expanding and enhancing our existing services in 2015, and introducing a number of new initiatives, the organisation has been active in raising public awareness of the problems faced by people with mental health difficulties, advocacy, research and training, and in the development of service user participation.

Our ongoing compliance with quality standards illustrates our commitment to the highest quality of care for our service users.

The Board, its sub-committees and management, invest considerable time to ensure that St Patrick's Mental Health Services maintain our high standards of corporate governance\*. The full implementation of the voluntary governance code for charitable and voluntary organisations was completed during 2015

*\*For full details on governance matters, see Appendix B on page 32.*

During 2015, the Board, which is comprised of 12 non-executive voluntary Governors met 10 times. The Board delegates the day-to-day management of the organisation to an executive management team, led by the Chief Executive, although certain matters are reserved for its decision.

I am confident that our joint efforts are securing the financial wellbeing of the organisation and ensuring the highest quality of care for our service users.





I also wish to extend my gratitude and appreciation to the donors, supporters and members of the St Patrick's Hospital Foundation for their invaluable input and sterling efforts on behalf of the organisation.

**Mrs Caroline Preston, Chairman**

**Each month, the Board appoints one of its members as Visiting Governor, who visits a specific area or service of the organisation, and reports to the Board at the next meeting. A service user representative also attends a meeting of the Board on a quarterly basis, and members of staff are invited to present various issues and topics to the Board.**

St Patrick's Mental Health Services is governed through a charitable trust set out by a Charter established in 1746. It receives no government funding, and is independently governed by a voluntary Board of Governors who receive no remuneration for their services. The Board is charged with the responsibility of administering the Trust on a not-for-profit basis.

I would like to take this opportunity to acknowledge the immense contribution provided again by the Governors of St Patrick's over the past year:

The Most Reverend Dr R. Clarke, The Most Reverend Dr M. Jackson, The Very Reverend Canon V. Stacey, The Very Reverend D. Dunne, The Hon. Mrs Justice S. Denham, The Hon. Mr Justice R. Keane, Mr M. Beresford, Mrs B. Godley, Mrs C. Gill, Dr J. Hillery, Mr D. Kitchen, Mr C. Killeen and Prof J. O'Connor.

**Our ongoing compliance with quality standards illustrates our commitment to the highest quality of care for our service users**

# Chief Executive's Report

St Patrick's  
Mental Health Services



Since the launch of our strategy, we are reaching out to and treating more people than ever before and the services we are offering continue to meet Mental Health Commission standards and regulations.

**Driven by a vision of a society where all citizens are given equal opportunity to live mentally healthy lives, St Patrick's Mental Health Services continues to develop and deliver a human rights-based, recovery model of mental health care.**

Guided by our *Empowering Recovery* five-year strategic plan, launched in 2013, we recognise and promote the rights of all to be treated with dignity and respect, and to obtain the highest quality mental health care.

Achieving our strategic goals involves providing a range of the highest quality services based on wellness and recovery principles, and attracting, retaining and supporting the highest quality staff. Most importantly, it involves working in partnership with service users to ensure that they are given the opportunity to determine and guide their own pathways to recovery.



Paul Gilligan and broadcaster Aine Lawlor at the launch of 'Raising Emotionally Healthy Children'

Advocating for the rights of people experiencing mental health difficulties has now become a central aspect of our strategic actions, with a focus on ensuring that Ireland ratifies the United Nations Convention on the Rights of People with Disabilities; that stigma regarding mental health within Irish society is confronted and ended; that awareness (particularly amongst young people) of mental health is enhanced, and that young people using mental health services are independently supported.

As part of our public awareness activities, SPMHS has developed, in conjunction with the National Parents Council (NPC), a mental health training programme specifically for primary school parents. In 2015, the NPC trainers delivered 65 sessions of the programme to 1,720 parents in primary schools all over the country.

Paul Gilligan, with Senator Eamonn Coghlan and Christine Hegarty from the Road Safety Authority at the launch of the SPMHS Driving Simulator





**Achieving our strategic goals involves providing a range of the highest quality services based on wellness and recovery principles and attracting, retaining and supporting the highest quality staff**

Research and professional training remain an important aspect of our activities. Producing outcomes-based research has become an integral part of our service delivery model which we ensure is driven by evidence-based best practice.

Led by our Chairman, Caroline Preston, the organisation continues to adhere to the highest corporate governance standards. We are keenly aware of and are committed to our not-for-profit status and philanthropic purpose, as intended by the Hospital's founder and laid out in its Charter of 1746.

In addition to providing €1 million of free mental health care every year, we continue to support other charities and organisations doing vital work in the area of mental health such as the Peter McVerry Trust, Exchange House, Children's Rights Alliance, Pieta House and the See Change project. As we enter 2016, we will seek to build on the significant achievements of 2015. We remain committed to providing the highest quality mental health care, promoting mental health awareness and advocating for the rights of people experiencing mental health difficulties.

**Paul Gilligan, Chief Executive Officer**

*Therese Duggan, Angela Walsh, Tom Maher, Paul Gilligan, broadcaster Miriam O' Callaghan, Deirdre O'Sullivan and Aine Lynch (NPC), at the launch of the SPMHSINPC mental health training programme for primary school parents.*



# Medical Director's Report

**The fact that more people experiencing mental health issues from all four provinces of Ireland are seeking the help of our services year on year is a very positive development, as it reflects a growing level of awareness within society.**

St Patrick's Mental Health Services have been at the forefront in focusing the spotlight on this most pressing national need, and we are also acutely conscious of the need for actions to follow on from positive awareness.



During 2015, we continued to develop and expand our holistic range of mental health services based on a human rights and recovery ethos, and grounded in evidence-based best practice. It was another year of considerable achievement for the organisation, from both a clinical and operational perspective.



As the largest centre for the training of mental health disciplines in the country, we have been investing heavily in training people to the highest professional standards to work in the Irish mental health services.

The bulk of our patients are now seen in their own communities for a full range of mental health issues as our Dean Clinic network continues to expand and grow across the country, in close liaison with primary care providers. In an effort to improve access to proper assessment in the community, we provided 700 free assessments through our Dean Clinics in 2015 alone.

Our organisation is unique among health services in publishing an annual outcomes report which highlights the very real difference that we are making to the lives of our service users. We are providing more and more free services in an effort to help as many people in mental health distress as possible.



**St Patrick's**  
Mental Health Services





In an effort to improve access to proper assessment in the community, we provided 700 free assessments through our Dean Clinics in 2015 alone

## Founder's Day

Our annual Founder's Day is a really important event which celebrates the core values of our founder Jonathan Swift. The theme of our very successful 2015 Founder's Day, which took place in October, was Mental Health and Homelessness. The keynote address was given by Fr Peter McVerry, who stressed the urgent need to address the current homelessness crisis being faced by Irish society. His speech reinforced the importance of our support of his service in the form of a mental health worker.

## Practitioner Health Matters

We were involved in the launch of the Practitioner Health Matters programme which provides appropriate care and support for health professionals in Ireland who may have a substance misuse problem or other mental health issues.

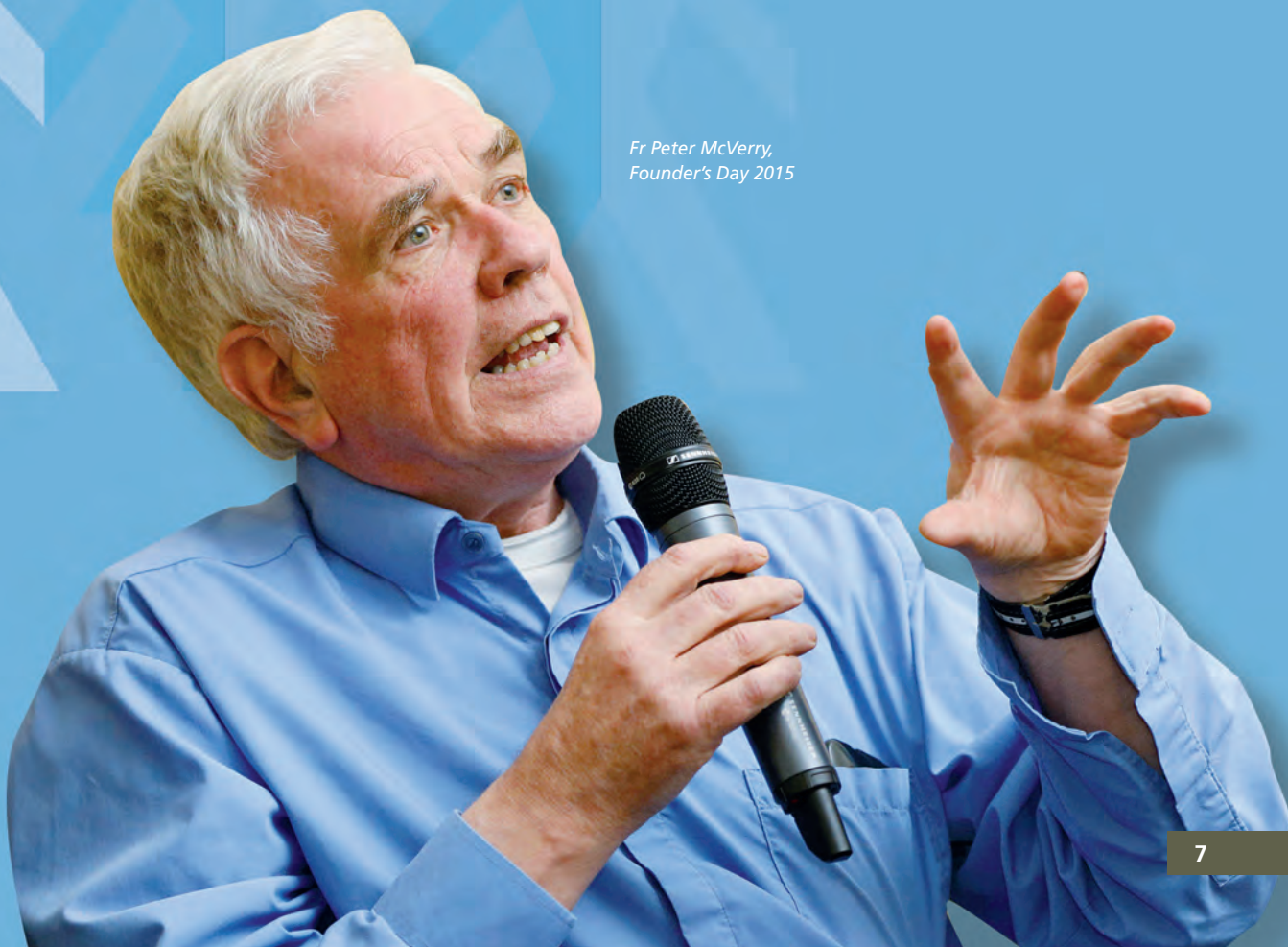
## Leading the Field of Research

St Patrick's Mental Health Services, in conjunction with the TCD School of Psychiatry and the Jonathan Swift ward at St. James's Hospital have developed a vigorous and broad-based programme of clinical research over the past 30 years. Current research projects include a study into the biological factors of mood disorders, measuring quality of care in an Irish mental health service, research aimed at improving diagnostic sensitivity and therapeutic effectiveness in Alzheimer's disease and other forms of cognitive impairment in the elderly.

For a full list of peer reviewed research, see Appendix A on page 29.

**Professor Jim Lucey, Medical Director**

*Fr Peter McVerry,  
Founder's Day 2015*



# Director of Services Report



**The central focus of St Patrick's Mental Health Services has always been and continues to be the delivery of excellent care and treatment to those in need of care. In 2015, St Patrick's continued its commitment to provide the highest quality care attainable.**

Consistent maintenance of high quality care demands an ongoing insistence on the highest standard of clinical governance and these high standards have been clearly identified through independent Inspectors of Mental Health Services who noted evidence of "robust and appropriate governance structures" (Mental Health Commission Inspection, 2015). The achievement of such high standards of quality is not possible without a dedicated, highly skilled, expert workforce. In 2015, employees in St Patrick's continued to demonstrate a strong commitment to quality care.



Our key developments section on page 10 outlines our continued development and growth in key service delivery areas and identifies developments in existing services that are essential to maintain our progression towards excellence. The report also provides a comprehensive overview of the integrated range of services provided by SPMHS.

## Clinical Activity

### Inpatient Care and treatment

During 2015, there were 2,434 admissions to St Patrick's University Hospital, 480 admissions to St Edmundsbury Hospital in Lucan, and 86 admissions to Willow Grove Adolescent Unit.

### Day Services

The type and range of day services were expanded in 2015 with the enhancement of existing programmes and the addition of nurse-led and psychology-led interventions. There was a 7% increase on 2014 in day service attendances at our Wellness and Recovery Centre, with treatment provided by multidisciplinary teams of highly qualified professionals.

This represents a 42% increase over the five year period from 2011 to 2015. Calls to the Support and Information Service totalled 4,328, an increase of 46% on 2014, and there was also an increase in emails and web forms.

### Dean Clinics

Since 2008, we have established a network of seven community-based Dean Clinics, the expansion and development of which is in keeping with national mental health policy as set out in A Vision for Change.

The range and number of mental health services delivered across the Dean Clinic network continued to grow in 2015 with over 14,600 out-patient appointments provided, the highest figure since their establishment. In addition, nearly 700 mental health assessments were provided free of charge through the network, underlining our commitment to improve access to mental health care.



Our satellite Dean Clinic, based in Ennis, Co Clare, continued to operate a monthly mental health clinic, with its consultant psychiatrist working collaboratively with a GP.

In 2015, we opened two new adolescent mental health services at our Dean Clinics in Cork and Galway in response to the demand for services in the 13-17 years age group. A wide range of mental health difficulties are catered for by these services including anxiety disorders, mood disorders, addictions and eating disorders.

**The achievement of such high standards of quality is not possible without a dedicated, highly skilled, expert workforce who demonstrate a strong commitment to care**

*Nurses' Graduation Ceremony 2015*



# Key developments in 2015



## Clinical Governance

In June 2015, the Mental Health Commission implemented the Judgement Support Framework as a guidance document to legislative requirements for Approved Centres. The Framework provided detailed criteria for inspection under the headings of defined processes, staff training, monitoring of compliance, and evidence of compliance and is a much welcome initiative which further allows us to measure and improve the care and treatment we provide.



The major challenge of meeting the standards within the Framework required an extensive response across all clinical and support services within the organisation which, following independent inspections of our three approved centres, resulted in successful achievement of compliance. This is a great outcome for our organisation and is testament to the commitment and ability of our staff.

## General Practice Service

To enhance the care and treatment of physical illness of our service users, St Patrick's established a General Practice service on the University Hospital campus in 2015. General Practice doctors from the Coombe medical practice provide GP sessions each weekday. The service is supported by two General Practice nurses who work full-time in St Patrick's.

## WRAP

In 2014 SPMHS, through the leadership of the nursing department, successfully piloted a project to deliver Wellness and Recovery Action Planning (WRAP) in one inpatient area. The Wellness and Recovery Action Plan (WRAP) is a personalised wellness and recovery system born out of and rooted in the principles of self-determination.

Service user engagement with this recovery-based intervention has been encouraging and feedback from the service users is positive. This WRAP process was introduced to three more wards in 2015. This is facilitated by highly skilled and experienced, specially trained ward-based nurses.

## Nursing Metrics

A Nursing Metrics system was introduced in 2015. These metrics are process performance quality indicators that provide a framework for measuring aspects of care considered fundamental to nursing. Quality care metrics aim to highlight the efficiency and effectiveness of care. Quality in healthcare involves reaching and exceeding a standardised level of care through the provision of a safe and effective service.

The metrics are audited on a monthly basis by a team of auditors and acted upon by senior nurse management.

## Therapeutic Garden and Pet Area

A new therapeutic garden and pet area for service users was opened in the Hospital grounds in 2015. This idea was in response to feedback from service users in recognition of the importance of gardening, and contact between service users and their pets while in hospital. Family and friends can bring pets into the pet area to visit their owners while they are in hospital.



The therapeutic garden consists of a raised bed garden which service users can use as part of their inpatient care and treatment. The vegetable area produces food to eat during various cooking groups. The horticulture area provides flowers and plants that can be used to decorate the Hospital. The Shomera area has a sheltered gazebo space where service users can sit and enjoy the outdoors, meditate or socialise.

### ECTAS\* Accreditation

The ECTAS accreditation standards have been drawn from key documents including the ECT Handbook (Royal College of Psychiatrists, 2005), the NICE Appraisal of ECT (National Institute of Clinical Excellence, 2003) and the Scottish National Audit of ECT (CRAG Working Group on Mental Illness, 2000). They have been subject to extensive consultation with all professional groups involved in ECT and with service users and their representatives. The standards are intended to provide staff with a clear and comprehensive description of best practice in the administration of ECT.

In March 2015, the ECT Department in St Patrick's University Hospital received ongoing ECTAS accreditation from the Royal College of Psychiatrists' Combined Committee for Accreditation. The unit was accredited with continuing excellence for Year 3 of the three year cycle.

### Service User Participation

The Consumer and Carers Council provides an advisory service to the Hospital which plays a key role in policy formation, service development and recruitment. In 2015, the Consumer Council strengthened its membership and continues to actively recruit new members. A service user nominee to the Board acts in an advisory capacity to the Board of Governors and attends four meetings per year.

*\*Electroconvulsive Therapy Accreditation Services*



*Anything Goes Art Exhibition, 2015*

Service users are actively encouraged to participate in their care and treatment through individual care planning, being involved in feedback surveys and being given the opportunity to complete a service user satisfaction survey. They continue to participate on interview panels and to deliver peer talks on the Wellness and Recovery Programme and to facilitate the Connections Cafe, an aftercare group for the Wellness and Recovery programme.

In 2015, the Consumer Council created and launched a Carers and Supporters booklet to provide easily accessible information for family members and supporters of service users.



*Favourite Painting Art Exhibition, 2015*





### **CRAFT (Community Reinforcement Approach and Family Training)**

The Addiction Services have developed a new eight-week family training programme for concerned others living with addiction called Community Reinforcement Approach Family Training (CRAFT).

CRAFT is a comprehensive cognitive-behavioural programme designed to empower any family member or concerned significant other (CSO) living with addiction.

The programme teaches the skills to train and prepare any family member/CSO to influence their loved one, whether they are in treatment or resisting treatment. Those who attend the CRAFT programme also benefit by becoming more independent and reducing their depression, anxiety and anger symptoms, even if their loved one does not enter treatment.

### **Lithium Patient Information**

An online learning package has been developed by SPMHS to provide information on lithium therapy in an easily accessible multimedia format to all service users, carers and family relatives. The core content of the information was developed and literacy-proofed using National Adult Literacy Agency principles. The expected outcomes include a positive impact on the participant's knowledge and understanding of lithium therapy, and the optimising of therapy adherence.

## **Outcomes Measures Report**

**Consistent with the practice of leading healthcare providers internationally, SPMHS publishes an extensive outcomes report annually.**

The outcomes report provides valuable information to enable service users and referrers to make informed choices when selecting services. It also provides valuable information about the efficacy of the programmes and services delivered in SPMHS.

This measurement of efficacy enables informed evaluation of how well services address identified needs, where improvements are required and the effect of any subsequent changes made.

The highlights of the 2015 report include:

- The introduction of outcomes measures for the Living Through Psychosis Programme. Improvements indicate a reduction of psychotic symptoms, delusions and hallucinations. There was also an increase in the ability of service users to regulate their emotions, a reduced fear of reoccurrence, and significant improvement in their overall recovery scores.
- As well as the numerous programmes that have been added to the report in the past three years, a number of programmes with established outcomes measures have now reported consistently positive outcomes since 2012. These include the Acceptance and Commitment Therapy Programme, Anxiety Disorders Programme, Living through Distress Programme, Radical Openness Programme, and the Psychosis Recovery programme.
- Service user satisfaction ratings demonstrate that service users' perceptions of SPMHS are consistently good across the service, in keeping with the ethos of person-centred care.

## A Continuum of care

**The highest standard of mental health care is provided to our patients through a range of integrated services delivered by highly trained and experienced mental health professionals.**

The development and enhancement of these services continued during 2015 at St Patrick's and St Edmundsbury Hospitals, and Willow Grove Adolescent in-patient unit.

The SPMHS continuum of care incorporates in-patient and day services, and the Dean Clinic network, ensuring continuity of the most appropriate care and treatment for our service users on their journey to recovery.

### **In-patient Care**

St Patrick's and St Edmundsbury Hospitals and the Willow Grove Adolescent in-patient unit provide high quality, 24-hour care and treatment for people who are acutely ill and need in-patient care. Ward-based nursing care is an essential component of in-patient care within an approved centre.

### **Multidisciplinary Team-based Services**

Our in-patients access both group and individualised therapy through a variety of programmes, and individual sessions with mental health professionals.

Our highly skilled staff work within multidisciplinary teams to comprehensively address all areas of a person's life affected by their emotional and psychological distress.

### **These teams include:**

- occupational therapists
- nurses (experienced ward-based nurses, clinical nurse specialists, advanced nurse practitioners)
- consultant psychiatrists and junior hospital doctors
- clinical psychologists
- counsellors
- social workers
- cognitive-behavioural psychotherapists
- systemic therapists
- pharmacists

### **Day Services**

The Wellness and Recovery Centre provides an alternative to admission for many service users. In 2015, our day services continued to facilitate service users in their ongoing journey towards recovery, following an in-patient stay or as a more intensive intervention after an assessment in one of our Dean Clinics.

These services help to shorten in-patient stays through the delivery of recovery-focused day programmes, allowing people to get back to their normal lives sooner.

### **Tom Maher, Director of Services**



# Communications and Advocacy Report



**Raising awareness of mental health issues nationwide, and advocating for a society where all citizens are given equal opportunity to live mentally healthy lives, is a core role of St Patrick's Mental Health Services.**

Our communications strategy involves combatting the stigma that can surround mental health issues and continuing to build awareness in schools and with the public and to campaign at government level. There was a significant increase in the activity of the Communications Department in 2015, in line with the increase in clinical activity.

## **Achievements 2015:**

- **Transition Year Programme:** The week-long TY programme welcomed 100 secondary school pupils to the campus to enhance their knowledge of mental health. The number of schools applying for the programme continues to increase year on year.

- **Walk in My Shoes Radio:** Broadcasting live from St Patrick's University Hospital for five days in March of last year and again in October, WIMS Radio was manned by 110 volunteers and well known presenters and produced over 140 hours of radio. The dual objective of this novel initiative is to promote positive mental health on the airwaves and to encourage people to seek support and professional advice as soon as possible.



- **Walk in My Shoes:** The 2015 mental health fundraising and education campaign was hugely successful, raising a total of €236,000, and generating media coverage worth more than €4.5m. Events included the annual WIMS Ball, charity lunch, golf classic, Women's Mini Marathon and Schools' Funky Shoe Day.



*Launch of Walk in My Shoes Radio 2015*



**Our communications strategy involves combatting the stigma that can surround mental health issues and continuing to build awareness in schools and with the public, and to campaign at government level**

- **Public education and awareness campaigns:** The organisation enhanced its media, web and social media presence, and continued to run a series of awareness-raising radio advertisements. Public information events were held in Galway, Ennis and Cork. A short film celebrating 270 years of St Patrick's Mental Health Services was made in 2015 and is attached to every outgoing email from the organisation. The film can be viewed at <http://www.stpatricks.ie/history-archives>
- **Schools' Awareness Videos:** In an effort to promote understanding of mental health issues in the classroom, we developed educational videos for primary and secondary schools, which were distributed to every school in Ireland in 2015. The results of an online survey of teachers who watched the videos were positive.

Eight awareness initiatives and 67 Funky Shoe Day fundraisers were held in schools across the country in 2015, and thousands of emails were sent as part of our schools awareness e-campaign.

- **Events and Exhibitions:** The circus-themed Summer Family Fun Day opened the campus to the wider public in a positive and inclusive way, and five art exhibitions were held in the art space at SPUH throughout the year.
- **PR coverage:** In 2015, SPMHS attracted a significant amount of PR coverage including 542 print articles mentioning the services, 11 TV appearances and 72 radio interviews.
- **Social Media:** The use of social media has become an increasingly powerful tool in our promotion of mental health awareness, as well as our own events and services. In 2015, we published 300 Facebook posts, 661 tweets and 15 blogs through our social media channels.
- **Youth Empowerment Service:** 2015 was a busy year for the Youth Empowerment Service (YES). In addition to providing an advocacy service to support the young people that are current service users of Willow Grove Adolescent Unit, the YES panel held the first ever Adolescent Mental Health Fair in September 2015, represented the service at the International Youth Mental Health Conference in Montreal, Canada, in October 2015 and successfully performed their youth drama MASKS at the First Fortnight Festival and at the Association of Child and Adolescent Mental Health conference.

*Transition Year Programme, 2015*



- **School Teacher Data Survey:** A national survey of primary school teachers carried out by SPMHS in 2015 to capture data revealed that anxiety and depression were the two primary mental health concerns among their pupils. The preferred mental health resources for educating students and staff were a classroom resource pack for teachers and a youth mental health trainer visiting schools.
- **Chats for Change Campaign:** First launched in 2013 in collaboration with See Change and Union of Students in Ireland, thousands of Chats for Change tea packs were again distributed across college campuses nationwide in 2015 to spark open conversation around mental health.
- **Eolas Information Portal:** In order to enhance accessibility to up-to-date information and in response to the ever increasing use of digital devices, the Eolas online information portal has been developed for all service users and their families/visitors during their stay in St Patricks Mental Health Services. The portal at <http://eolas.stpatricks.ie> contains information on service users rights, the A-Z of mental health, the hospital journey and self-care, as well as a section on daily activities and events.
- **GP and Public Information Strategy:** GP information evenings were delivered free of charge around the country, and public awareness surveys were conducted with GPs, the public and service-users. Mental health awareness presentations were made in 13 schools and colleges during 2015, and there were 36 further requests for presentations.
- **Literacy-friendly Initiatives:** SPMHS engaged with the National Adult Literacy Agency over the course of 2014 and 2015 as we worked towards becoming a literacy-friendly organisation with accessible information available to all service users. In addition to the development of a Literacy Friendly Practice Policy in 2015, our service user information guide was revised using the NALA guidelines on Plain English, a new appointment letter template was developed, and we embarked on an initiative to standardise signage throughout the organisation.



*Launch of the SPMHS/NPC mental health training programme for primary school parents*



Paul Gilligan with 2015 Short Film Competition winner, Jason Reddan and judges Tony Tormey, Michael Doherty and Sylvia Thompson

## New Fundraising Structure at SPMHS

Building on the achievements of St Patrick's Mental Health Foundation in supporting the development of SPMHS into Ireland's leading independent mental health service provider, the organisation's fund-raising activities have been restructured and refocused.

From 2016, all fundraising activity at St Patrick's will centre on our capital development programme. We will also accept donations from third party organised events for the running of our Public Education Programme and Mental Health Partnership Initiatives.

Our Capital Development Programme is one of the most ambitious ever produced by the organisation. We plan to establish the Jonathan Swift Institute for Mentally Healthy Living, a world-renowned institute that promotes mentally healthy living as well as raising standards and expectations for the care of those experiencing mental health difficulties across the world. This centre will provide a hub of research, training, education and public awareness with a special focus on promoting human rights, recovery-focused, evidence-based mental health best practice.

**Sarah Surgenor,**  
**Head of Communications and Fundraising**

## Mental Health Education Film for School Teachers



# ICT, Development and Data Protection Report



## Information and Computer Technology (ICT) Developments

2015 was another year of development and expansion for ICT within the organisation. ICT's continued focus is to strategically support the organisation to achieve its mission of delivering the highest quality of mental health services in Ireland through enabling technologies.

The new departmental structure is now well established with three areas of differentiated but integrated functions:

1. ICT Project Management: to oversee, manage and plan the roll-out of new ICT projects
2. Operations: to support the day-to-day running of the organisation and the associated technologies it depends on
3. ICT Services: to ensure that all ICT requests and incidents are responded to effectively, consistently and efficiently

## Key ICT Projects 2015

ICT delivered a number of important projects across the organisation in 2015 including:

- An upgrade of the Laboratory Information Systems to allow for a more efficient blood testing service
- The implementation of a complaints management system to support the Clinical Governance function of the organisation in monitoring and managing incidents and complaints
- The roll-out of mobile medication ordering within the Pharmacy Department
- The provision of voice recognition software and training to clinicians in a number of Dean Clinics to support efficient clinical work flows
- The roll-out of an online survey management tool enabling departments and services to survey staff and service users' views quickly and efficiently

## Electronic Health Record (EHR)

SPMHS made significant progress in its strategic objective of implementing an Electronic Health Record (EHR) in 2015. The EHR Steering Committee made a decision to re-tender for an EHR solution. This re-tendering process was concluded in December 2015, and a preferred vendor chosen with contract negotiations progressed to an advanced stage at year end.

The EHR project is a key transformative programme that the organisation will implement over the next two years. This new technology will enable clinicians, administrators and the finance department to simultaneously record, access and share information on service users' care in one shared electronic record accessible at any time and any location.

A significant objective of the EHR is to provide service users with electronic access to their own care plan, further empowering them to manage their own mental health.

## ICT Operations

Over the last eight years, SPMHS has significantly expanded its service offerings. Our services are now delivered from geographically dispersed locations around the country and the numbers of staff and service users using our wired and wireless networks has almost doubled in this timeframe. This increases the organisation's dependency on its ICT infrastructure for normal operations.

In 2015, a review of the organisation's wired and wireless network was carried out to ensure these networks are sufficiently robust, resilient and secure for both current operations and the roll-out of our EHR project in 2016/2017. This review has informed an infrastructure improvement programme for 2016 with significant investment committed.

While it is essential to maintain a clear strategic focus, the Operations team of engineers worked throughout the year to maintain and support all of our existing systems while at the same time, supporting the delivery of new projects.





## ICT Recruitment

Committing to the delivery of Strategic Technology Projects, along with our increasing organisational dependency on technology to provide our current services, also requires an appropriate ICT resource mix. In 2015, the ICT team continued to recruit and expand to ensure this skill and experience mix is available to support the organisation's required technologies.

A new ICT Operations and Service Manager was appointed in 2015 in addition to a Technical Architect, Business Analysts and a Project Manager.

In addition, the organisation demonstrated its commitment to the successful implementation of the EHR by seconding three senior clinicians to the project team on a full-time basis - a Consultant Psychiatrist, Chief Pharmacist, and Clinical Nurse Manager. This facilitates the collaboration of technical and clinical skills in delivering our ICT agenda.

## Data Protection

Data Protection continues to be an important legislative and compliance imperative for the organisation, particularly as we are responsible for handling the personal sensitive information of our service users who entrust their care to us.

In 2015, our Data Protection Office processed 175 data access requests, involving close liaison with service users and the clinicians who delivered their care, to ensure that all information made available was done so in a transparent and secure way.

In addition, the content of a new data protection staff awareness programme was completed and plans are at an advanced stage to roll this programme out across the organisation.

## New Opportunities

In 2015, SPMHS was approached by a number of public and independent sector organisations requesting our assistance in providing mental health services to their populations. Arising from these discussions, a number of service agreements were established with HSE catchment services, including two child and adolescent mental health services.

In addition, the new and progressive Practitioner Health Matters Programme launched its service from our Dean Clinic in Sandyford. This service provides confidential help to any doctor, dentist or pharmacist who has a concern about a mental health or substance misuse problem. The programme is funded primarily by voluntary contributions and professional organisations.

Finally, the two new child and adolescent clinics established last year, in Mahon, Cork and Galway city, contribute to our strategic objective to provide a truly national adolescent mental health service and increase access points around the country.

We are continuing to respond to service requests through the development of service agreements with other public and independent service providers.

**Orla Gogarty, Director of ICT, Development and Data Protection**

# Human Resources Report

St Patrick's  
Mental Health Services



**The Human Resources function in St Patrick's Mental Health Services had a busy and productive year in 2015 as we continued to support the organisation in meeting the strategic clinical and operational challenges it faces.**

The most significant HR milestone last year was the development of our Human Resources Management (HRM) strategy, 2016-2019, which provides a road map for the management of the organisation's human resources function. This comprehensive strategy, which was adopted by the Board in December 2015, will begin to be rolled out in 2016, and we will continue to work on delivering this project until the end of 2019.

The purpose of the HRM strategy is to ensure that what we are doing in respect of staff education and development, recruitment and retention is in line with the organisation's *Empowering Recovery strategy 2013-2018*.

Another key development that took place in 2015 was the restructuring of the Human Resources Department into two units, Human Resource Management (HRM) and Industrial Relations. Under the new structure, dedicated staff have been assigned to deal with industrial relations issues within the organisation, while HRM staff focus on the delivery of the strategy and day-to-day HR activities.

Nurses' Graduation, 2015





We are looking forward to the delivery of the HRM strategy over the course of 2016 to further support our objective to be the preferred employer of choice in our sector

## Education and Development

As a teaching Hospital aligned with Trinity College Dublin, St Patrick's Mental Health Services invest heavily in staff education and development, most particularly in respect of clinical and allied professional staff. The HR Department is responsible for the coordination and delivery of a wide range of in-house and external training programmes.

The in-house training programmes delivered by HR focus primarily on management up-skilling and training. We also support ongoing CPD, nurse training and external training programmes. A key strategy objective of the HR department is that our learning and development processes and procedures are designed to support the overall mission of the organisation.

## Recruitment Challenges

We pride ourselves on our very low staff turnover and on offering good payment, terms and conditions to our employees. There was a slight decrease in staff turnover in 2015 from the previous year, and staff numbers continue to increase as we meet the needs of the organisation's strategies and expanding services.

The recruitment of staff, both clinical and non-clinical, was a key challenge for the organisation in 2015, despite our terms and conditions of employment. Other organisations have begun to recruit again after years of cutbacks, leading to a tightening of the labour market.

We are responding accordingly to this challenge with a very clear focus on the recruitment of clinical and IT staff in particular, and will continue to keep the situation under close observation.

The huge developments on the IT front within the organisation, including the Electronic Health Record project, and an increased number of enterprise projects, have led to an expansion of our IT Department, and we continue to recruit in this very competitive market.



2014/15 Transition Year Programme Graduation

Human Resources plays a vital role in this organisation, quietly leading from behind. We are looking forward to the delivery of the HRM strategy over the course of 2016 to further support our objective to be the preferred employer of choice in our sector, and ensure that we have the talent required to deliver on our overall clinical and commercial objectives.

**Brendan Power, HR Director**

# Finance Director's Report

**Our *Empowering Recovery* strategy sets out ambitious objectives for the five-year period 2013-2018, and 2015 marked another year of steady progress in the achievement of those objectives. As an independent not-for-profit organisation that receives no statutory funding from Government, a key enabler in the achievement of this plan will be to maintain and improve our financial position to ensure those objectives are realised, and that new service initiatives and existing services are delivered in a financially sustainable manner.**

Further progress was made during the year as we continued to expand while consistently delivering high quality services in keeping with our strategic objectives. This is a significant achievement for an organisation with limited financial resources and is a testament to the commitment of all stakeholders to our shared objectives, not least our staff and the increasing number of service users that continue to place their trust in SPMHS.

## Financial Results

During the year, demand for our services continued to grow resulting in an overall increase in clinical activity levels as noted earlier in the Director of Services report. There were 3,000 admissions to inpatient adult and adolescent services, marginally down on the previous year and more than 14,300 day care attendances, which was higher than the previous year by 7%. The Dean Clinic network of community-based services recorded continued growth during 2015 as activity levels for our seven clinics throughout the country increased by just under 10% overall with total visits in excess of 14,600 for the year.

The financial results for the year show that the organisation achieved a surplus (before interest and pension) of €2.7m compared to a surplus of €4.2m for the corresponding period in 2014.



Overall income amounted to €64.75m (marginally below 2014 income) and total expenditure amounted to €62.1m, resulting in a surplus (before interest and pension items) for the year of €2.7m. The increase in expenditure is largely driven by an increase in salaries and wages (+€1.3m) as a result of continued investment in our services by employing more staff, resulting in a modest surplus for the year.

Overall staff numbers increased by 4% during the year and whole time equivalents (WTE) amounted to 630 at year end.

Our programme of reducing and containing costs and achieving better value for money while seeking to improve and expand services, delivered positive results again during 2015.

Our balance sheet position as measured by net assets (excluding pension liability amounting to €38.3m) showed an improvement of €1.6m year on year.





To meet the objectives of our *Empowering Recovery* strategy, we will remain focused on delivering and expanding high quality services in a cost-effective and efficient manner...

Once the pension liability of -€9m is included, the overall net asset position amounted to €29.3m at year end. The pension liability deficit at year end improved from -€10.3m for the previous year due to changes in accounting treatment, higher corporate bond yields and the payment of contributions under the funding agreement between the organisation and the pension scheme. It is important to note that the scheme continues to be in surplus under the minimum funding standard basis and on the ongoing funding basis as at December 31, 2015.

The defined benefit pension scheme is now closed to future service accrual since January 1, 2014 and current pension costs for the organisation are on a defined contribution basis.

There was an improvement in the net cash position amounting to €11m at the end of the year compared to the previous year of €8.6m, due to the improvement in the underlying operating surplus and other components of working capital.

During the year, a decision was made by the Board to set aside €4m as a reserve amount as noted overleaf. The remaining funds will be re-invested in our services and will be used to partially fund key capital investment projects.

## Reserves Policy

The term reserves refers to the funds that are available to the organisation on a discretionary basis that are easily converted into cash funds to cover planned future events and unforeseen events or changes in its operating circumstances. The Board of Governors has deemed it appropriate and prudent to maintain a level of reserves to safeguard against any unforeseen events into the future while balancing the various competing demands on its limited resources.

*Family Fun Day 2015*



The Board of Governors, on the recommendation of the Finance and Audit Committee, reviews and considers on an annual basis the certainty of future income and associated expenditure being different from that budgeted, planned activity levels and risks facing the organisation. As part of its review for the forthcoming year, the Board has also considered the current working capital profile of the organisation, available banking facilities and likely future capital commitments, and set a reserve level of €4m for the 2016 financial year. The review and setting of the reserve policy is an integral part of the organisation's planning, budgetary and forecasting cycle and is a matter reserved for the Board of Governors.

Bank borrowings reduced during the year as scheduled interest and capital repayments were made. Total long-term bank borrowings at the year-end amounted to €2.5m, of which €1.9m is repayable after one year.

During the year, capital expenditure amounted to €1.4m, and related to the continued upgrading and refurbishment of the organisation's facilities and assets, and continued investment in communications and technology infrastructure.

Extracts from the audited financial statements for the year ended December 31, 2015 are set out on the following pages in this report. However, this report and the extracts should be read in conjunction with audited financial statements and accompanying notes together with the Governors' and Auditors' reports that are available on our website. In addition, our outcomes report for 2015 sets out in greater detail information relating to clinical activity levels and related outcomes and is also available on our website.

## Outlook 2016

We anticipate that demand for our services will continue to be strong during 2016. To meet the objectives of our *Empowering Recovery* strategy, we will remain focused on delivering and expanding high quality services in a cost-effective and efficient manner to ensure greater access to our service by more people in the future.

**Frank Byrne, Finance Director**

## Income & Expenditure Account

for the year ended 31 December 2015

Extract from Financial Statements

	2015 €'000	Restated 2014 €'000
<b>Income - continuing operations</b>		
Maintenance and treatment fees	64,158	64,392
Other income	598	662
	<u>64,756</u>	<u>65,054</u>
<b>Expenditure</b>		
Salaries and wages	(48,519)	(47,254)
Establishment and administration expenses	(8,840)	(8,949)
Other operating costs	(2,849)	(2,769)
Depreciation	(1,926)	(1,861)
	<u>(62,134)</u>	<u>(60,833)</u>
<b>Operating surplus</b>	2,622	4,221
Gain on disposal of financial asset	81	-
<b>Surplus before interest and pension</b>	2,703	4,221
Interest receivable and similar charges	8	-
Interest payable and similar charges	(46)	(150)
Pension finance charge	(394)	(240)
<b>Surplus for the year</b>	<u>2,271</u>	<u>3,831</u>

## Statement of Comprehensive Income

for the year ended 31 December 2015

	2015 €'000	Restated 2014 €'000
Surplus for the year	2,271	3,831
Remeasurement of net defined benefit pension liability	645	(11,756)
<b>Total recognised gains and losses for the year</b>	<u>2,916</u>	<u>(7,925)</u>

## Balance Sheet

at 31 December 2015

Extract from Financial Statements

	2015 €'000	Restated 2014 €'000
<b>Fixed assets</b>	<b>26,279</b>	26,793
<b>Financial assets</b>	<b>4</b>	86
	<b>26,283</b>	26,879
<b>Current assets</b>		
Stocks	71	72
Debtors	13,291	13,002
Cash at bank and on hand	11,035	8,639
	<b>24,397</b>	21,713
<b>Creditors:</b>		
Amounts falling due within one year	(10,479)	(9,367)
<b>Net current assets</b>	<b>13,918</b>	12,346
<b>Total assets less current liabilities</b>	<b>40,201</b>	39,225
<b>Creditors:</b>		
Amounts falling due after more than one year	(1,871)	(2,538)
<b>Net assets excluding pension liability</b>	<b>38,330</b>	36,687
Net pension (liability) / asset	(9,036)	(10,309)
<b>Net assets</b>	<b>29,294</b>	26,378
<b>Capital and special funds</b>		
Capital accounts	29,294	26,378

## Statement of Changes in Equity for the year ended 31 December 2015

*Extract from Financial Statements*

	<b>Capital Account €'000</b>	<b>Total €'000</b>
Balance at 1 January 2014	34,303	34,303
<b>Total Comprehensive income for the year</b>		
Surplus for the year (restated)	3,831	3,831
Other comprehensive income (restated)	(11,756)	(11,756)
Total comprehensive expense for the year	(7,925)	(7,925)
<b>Balance at 31 December 2014</b>	<u>26,378</u>	<u>26,378</u>

	<b>Capital Account €'000</b>	<b>Total €'000</b>
Balance at 1 January 2015	26,378	26,378
<b>Total Comprehensive income for the year</b>		
Surplus for the year (restated)	2,271	2,271
Other comprehensive income (restated)	645	645
Total comprehensive expense for the year	2,916	2,916
<b>Balance at 31 December 2015</b>	<u>29,294</u>	<u>29,294</u>

## Cash Flow Statement

For the year ended 31 December 2015

Extract from Financial Statements

	2015 €'000	Restated 2014 €'000
<b>Cash flows from operating activities</b>		
Surplus for the year	2,271	3,831
<i>Adjustments for:</i>		
Depreciation, amortisation and impairment	1,926	1,861
Interest receivable and similar income	(8)	-
Interest payable and similar charges	46	150
Gain on disposal of financial assets	(81)	-
Pension finance charge	394	240
	<u>4,549</u>	<u>6,082</u>
Increase in trade and other debtors	(289)	(642)
Decrease in stocks	1	22
Increase in trade and other creditors	1,118	1,123
Decrease in provisions and employee benefits	(1,022)	(1,022)
	<u>4,356</u>	<u>5,563</u>
<b>Net cash from operating activities</b>	<u>4,356</u>	<u>5,563</u>
<b>Cash flows from investing activities</b>		
Proceeds from disposal of financial assets	163	-
Interest paid	(46)	(150)
Acquisition of tangible fixed assets	(1,412)	(1,138)
	<u>(1,295)</u>	<u>(1,288)</u>
<b>Net cash from investing activities</b>	<u>(1,295)</u>	<u>(1,288)</u>
<b>Cash flows from financing activities</b>		
Repayment of borrowings	(673)	(586)
Interest received	8	-
	<u>(665)</u>	<u>(586)</u>
<b>Net cash from financing activities</b>	<u>(665)</u>	<u>(586)</u>
Net increase in cash and cash equivalents	2,396	3,689
Cash and cash equivalents at 1 January	8,639	4,950
<b>Cash and cash equivalents at 31 December</b>	<u>11,035</u>	<u>8,639</u>

# Appendix A - Peer Reviewed Research

---

## Research Report

**Prof Declan McLoughlin**  
**PhD MRCPI MRCPsych FTCD**  
**Dept of Psychiatry & TCIN, Trinity College Dublin**  
**St Patrick's University Hospital**

Web page: <http://www.medicine.tcd.ie/psychiatry/research/projects/depression-neurobiology.php>

- Research within SPMHS is aligned with the organisation's *Empowering Recovery* strategy, with a focus on improving patient care and clinical outcomes as well as obtaining a better understanding of the biology of major mental health disorders.
- Our research is multidisciplinary and involves medical doctors, psychologists, nurses and basic scientists working on a wide range of topics, including mood disorders, addiction, eating disorders, and translational molecular neuroscience.
- Our work is also supported by Trinity College Dublin, which provides laboratory facilities in the Trinity College Institute of Neuroscience (TCIN), information and communications technology, and administration expertise.
- In 2016 we will be developing a new one-year degree course with TCD - the Certificate in Biological Psychiatry. We expect this new course will attract high-calibre Psychiatry trainees from Ireland and abroad to work in SPMHS.

---

## Recent Funding

**2014 NARSAD Young Investigator Grant, Brain & Behavior Research Foundation (USA; Grant ID: 22498)**

Victoria Dalton, Declan McLoughlin (Sponsor)

**Title:** Epigenetic regulation of a stress response modulator, FKBP5, in depressed patients before and after electroconvulsive therapy

**Duration:** 2 years, 2016-2018

**Value:** \$60,000

---

**2014 NARSAD Young Investigator Grant, Brain & Behavior Research Foundation (USA;)**

Karen Ryan, Declan McLoughlin (Sponsor)

**Title:** MicroRNAs and the antidepressant response - towards novel biomarkers for depression

**Duration:** 2 years, 2015-2017

**Value:** \$50,000

---

**Health Research Award 2014, Health Research Board (HRA-POR-2014-604)**

Declan McLoughlin, Andrew Harkin

**Title:** Ketamine for depression relapse prevention following electroconvulsive therapy: a randomised pilot trial

**Duration:** 2.5 years, 2014-2017

**Value:** €286,000

---

**Health Research Award 2014, Health Research Board (HRA-POR-2014-598)**

Conor Farren, Vincent Agyapong, Declan McLoughlin (co-applicant), Cathal Walsh

**Title:** Single blind randomised trial of supportive text messages for patients with alcohol use disorder and a comorbid depression

**Duration:** 3 years, 2014-2017

**Value:** €330,000

---

**Health Research Board /MRCG Joint Funding Scheme (MRCG/2008/9)**

Paul Fearon, Declan McLoughlin, Craig Morgan

**Title:** Measuring Quality of Care in an Irish Mental Health Service Context'

**Duration:** 4 years, 2010-2015

**Value:** €300,000

---

## Recent Publications

### **Bitemporal versus high-dose unilateral twice-weekly electroconvulsive therapy for depression (EFFECT-Dep): a pragmatic, randomised, non-inferiority trial.**

*Semkowska M, Landau S, Dunne R, Kolshus E, Kavanagh A, Jelovac A, Noone M, Carton M, Lambe S, McHugh C, McLoughlin DM (2016). Am J Psychiatry [in press].*

### **The Effects of Chronic Electroconvulsive Stimulation on the Rodent Hippocampal Proteome.**

*Sinead M. O'Donovan SM, Dalton VS, Dunn MJ, McLoughlin DM (2016). Current Proteomics [in press].*

### **Task shifting - perception of stake holders about adequacy of training and supervision for community mental health workers in Ghana. Agyapong VA, McLoughlin DM (2015).**

*Health Policy and Planning [in press].*

### **Clinical predictors of involuntary detention among voluntary inpatients in St Patrick's University Hospital (SPUH).**

*Masood B, O'Ceallaigh S, Thekiso T, Nichol M, Kowalska-Beda P, Murphy M, Creedon J, Maher T, McLoughlin D, Kennedy N. Ir J Psychol Med / FirstView Article / September 2015, pp 1 – 6. DOI: 10.1017/ijpm.2015.32, Published online: 10 September 2015*

### **Serum BDNF as a peripheral biomarker of treatment-resistant depression and the rapid antidepressant response: a comparison of ketamine and ECT.**

*Allen AP, Naughton M, Dowling J, Walsh A, Ismail F, Shorten G, Scott L, McLoughlin DM, Cryan JF, Dinan TG, Clarke G (2015) J Affect Disord Nov; 186: 306-311. PMID: 26275358*

### **Autobiographical memory specificity in major depression treated with electroconvulsive therapy.**

*Jelovac A, O'Connor S, McCarron S, McLoughlin DM (2015) J ECT Aug 6. [Epub ahead of print] PMID: 26252557*

### **(2015) SEQUenCE: a service user-centred quality of care instrument for mental health services.**

*Hester L, O'Doherty LJ, Schnittger R, Skelly N, O'Donnell M, Butterly L, Browne R, Frorath C, Morgan C, McLoughlin DM, Fearon P. Int J Qual in Health Care Aug;27(4):284-90. PMID: 26082461*

### **Neurocognitive remediation therapy for depression: a feasibility study and randomised controlled pilot protocol testing.**

*Semkowska M, Lambe S, O'Lonargáin D, McLoughlin DM (2015). J Nerv Ment Dis Aug;203(8):609-16. PMID: 26153888*

### **(2014) The persisting effects of electroconvulsive stimulation on the hippocampal proteome. Brain Research.**

*O'Donovan SM, O'Mara S, Dunn MJ, McLoughlin DM. 1593C: 106-116. doi: 10.1016/j.brainres.2014.10.020. PMID: 25451099*

### **(2014) Acute phase plasma proteins are altered by electroconvulsive stimulation.**

*Glaviano A, O'Donovan SM, Ryan KM, O'Mara S, Dunn MJ, McLoughlin DM. J Psychopharmacol Dec;28(12):1125-34.2014 Sep 29. PMID: 25271216*

### **(2014) When less is more - microRNAs and psychiatric disorders.**

*Kolshus E, Dalton VS, Ryan KM, McLoughlin DM. Acta Psychiatrica Scand 129(4):241-56. PMID: 23952691*

### **(2014) Construction and updating of a public events questionnaire for repeated measures longitudinal studies.**

*Noone M, Semkowska M, Carton M, Dunne R, Horgan JP, O'Kane B, McLoughlin DM. Front Psychol. 2014 Mar 19;5:230. doi: 10.3389/fpsyg.2014.00230. eCollection 2014. PMID: 24678306*

### **(2014) Effects of brief pulse and ultrabrief pulse electroconvulsive stimulation on rodent brain and behaviour in the corticosterone model of depression.**

*O'Donovan S, Dalton V, Harkin A, McLoughlin DM. Int J Neuropsychopharmacol 17(9):1477-86. PMID: 24607259*

### **(2014) Retrograde autobiographical amnesia following ECT: on the difficulty of finding the baby and clearing murky bathwater.**

*Semkowska M, McLoughlin DM. J ECT 30(3):187-8. PMID: 24755723*



**(2014) Trends in use of electroconvulsive therapy in South London from 1949 to 2006.**

Lambe S, Mogg A, Eranti A, Pluck G, Hastilow S, McLoughlin DM. *J ECT* Dec;30(4):309-14. PMID: 24625707

---

**(2014) Validation of the Face-Name Pairs Task in Major Depression: Impaired recall but not recognition.**

Smith KJ, Mullally S, McLoughlin D, O'Mara SM. *Frontiers in Psychology* Feb 12;5:92. doi: 10.3389/fpsyg.2014.00092. PMID: 24575068

---

**(2014) Epigenetics and depression: return of the repressed.**

Dalton VS, Kolshus E, McLoughlin DM. *J Affect Disord.* Feb;155:1-12. doi: 10.1016/j.jad.2013.10.028. PMID: 24238955

---

**(2013) Quality of care in psychosis and bipolar disorder from the service user perspective.**

Skelly N, Schnittger R, Butterly L, Frorath C, Morgan C, McLoughlin DM and Fearon P. *Qual Health Res.*23(12):1672-85. PMID: 24163347

---

**(2013) Relapse following successful electroconvulsive therapy for major depression: a meta-analysis.**

Jelovac A, Kolshus E, McLoughlin DM. *Neuropsychopharmacology*; 38: 2467-2474. PMID: 23774532.

---

**(2013). Mauling of the "Celtic Tiger": Clinical characteristics and outcome of first-episode depression secondary to the economic recession in Ireland.**

Thekiso TB, Heron EA, Masood B, Murphy M, McLoughlin DM, Kennedy N. *J Affect Disord.* 151: 455-460. PMID: 23948630.

---

**(2013) Six-month outcomes of a randomised trial of supportive text messaging for depression and comorbid alcohol use disorder.**

Agyapong VI, McLoughlin DM, Farren CK. *J Affect Disord*; 151(1):100-4. PMID: 23800443

---

**(2013) Electroconvulsive stimulation alters levels of BDNF-associated microRNAs.**

Ryan KM, O'Donovan SM, McLoughlin DM. *Neurosci Lett*; 549: 125-129. PMID: 23721784.

---

**(2013) Use of codeine-containing medicines by Irish psychiatric patients before and after regulatory limitations on their supply.**

Agyapong VIO, Singh K, Savage M, Thekiso TB, Finn M, Farren CK, McLoughlin DM. *Ir J Psychol Med*; 30: 7-12.

---

**(2013) Perception of patients with alcohol use disorder and comorbid depression about the usefulness of supportive text messages.**

Agyapong VI, Milnes J, McLoughlin DM, Farren CK. *Technol Health Care*;21(1):31-9. PMID:23358057

---

**(2013) Measuring retrograde autobiographical amnesia following electroconvulsive therapy: historical perspective and current issues.**

Semkowska M, McLoughlin DM. *J ECT* 29(2):127-33. PMID: 23303426

---

**(2014) DBT-informed skills training for deliberate self-harm.** Gibson, J., Booth, R., Davenport, J. & Keogh, K. *Behaviour Research and Therapy*, 60, 8–14.

---

**(2014) Living Through Distress: a skills training group for reducing deliberate self-harm.** Booth, R., Keogh, K., Doyle, J. & Davies, T. (2014) *Behavioural and Cognitive Psychotherapy*, 42, 156 – 165.

---

**(2015) Individuals with current suicidal ideation demonstrate implicit fearlessness of death.** Hussey, I., Barnes-Holmes, D., & Booth, R. *Journal of Behaviour Therapy and Experimental Psychiatry*, 51, 1-9

---

**(2016) The Radical Openness Group: A controlled trial with three month follow-up.** Karen Keogh, Richard Booth, Katie Baird and Jennifer Gibson. *Practice Innovations (American Psychological Association)* In press

---

# Appendix B

As noted in the Chairman's report, The Board, its sub-committees and management invest considerable time to ensure that St. Patrick's Mental Health Services maintain our high standards of corporate governance. The implementation of the voluntary governance code was completed during the year and in conformance with that code the following matters are now set out opposite.

## Statement on Compliance - Governance Code

We comply with the Governance Code for community, voluntary and charitable organisations in Ireland. We confirm that a review of our organisation's compliance with the principles in the Code was conducted during 2015. This review was based on an assessment of our organisational practice against the recommended actions for each principle. The review sets out actions and completion dates for any issues that the assessment identifies need to be addressed. As the organisation is not a limited company by guarantee, the role of secretary to the Board is performed by the Chief Executive and this is considered appropriate to the organisation's structure and requirements.

www.stpatricks.ie

St Patrick's  
Mental Health Services



### The Governance Code: Principles of Good Governance

We, the Board of Governors (the governing body), of St. Patrick's Mental Health Services commit to:

#### Principle 1 Leading our organisation

We do this by:

- 1.1 Agreeing our vision, purpose and values and making sure that they remain relevant;
- 1.2 Developing, resourcing, monitoring and evaluating a plan to make sure that our organisation achieves its stated purposes;
- 1.3 Managing, supporting and holding to account staff, volunteers and all who act on behalf of the organisation.

#### Principle 2 Exercising control over our organisation

We do this by:

- 2.1 Identifying and complying with all relevant legal and regulatory requirements;
- 2.2 Making sure there are appropriate internal financial and management controls;
- 2.3 Identifying major risks for our organisation and deciding ways of managing the risks.

#### Principle 3 Being transparent and accountable

We do this by:

- 3.1 Identifying those who have a legitimate interest in the work of our organisation (stakeholders) and making sure there is regular and effective communication with them about our organisation;
- 3.2 Responding to stakeholders' questions or views about the work of our organisation and how we run it;
- 3.3 Encouraging and enabling the engagement of those who benefit from our organisation in the planning and decision-making of the organisation.

#### Principle 4 Working effectively

We do this by:


- 4.1 Making sure that our governing body, individual board members, committees, staff and volunteers understand their role, legal duties, and delegated responsibility for decision-making;
- 4.2 Making sure that as a board we exercise our collective responsibility through board meetings that are efficient and effective;
- 4.3 Making sure that there is suitable board recruitment, development and retirement processes in place.

#### Principle 5 Behaving with integrity

We do this by:

- 5.1 Being honest, fair and independent;
- 5.2 Understanding, declaring and managing conflicts of interest and conflicts of loyalties;
- 5.3 Protecting and promoting our organisation's reputation.

We confirm that our organisation is committed to the standards outlined in these principles. We commit to reviewing our organisational practice against the recommended actions for each principle every year.

  
Chairman of the Board  
Date: 9/10/2015

  
Secretary of the Board  
Date: 9/10/2015

St. Patrick's Mental Health Services  
Central Referral Line (01) 249 5555  
Please reply to: St Patrick's Mental Health Services P.O. Box 136, James's Street, Dublin 8  
Mental Health Support & Information Service: Telephone (01) 249 5555 Email: info@stpatricks.ie  
St. Patrick's Mental Health Services is an independent not-for-profit charitable trust. Registered in Ireland CHY209

## Attendances 2015

Name	Board of Governors Meetings	Finance & Audit Committee	Quality Governance Committee	Campus Development PSG Committee
Mrs Caroline Preston, Chair Board of Governors	9/10	4/4	3/4	0/1
Mr Danny Kitchen, Chair Finance & Audit Committee and Campus Development Committee	9/10	4/4		1/1
Mrs Caroline Gill	7/10		4/4	
Dr John Hillary*	3/10		2/4	
The Very Revd. Victor Stacey (ex-officio)	7/10			
Professor Joyce O'Connor	10/10			
Mr Conor Killeen	6/10	2/4		0/1
Mrs Bernadette Godley	2/10			
The Most Revd. Dr Michael Jackson (ex-officio)	0/10			
The Most Revd. Dr Richard Clarke (ex-officio)	2/10			
The Most Revd. Dermot Dunne (ex-officio)	1/10			
Mr Marcus Beresford, Chair Quality Governance Committee	5/10		3/4	
The Hon. Mr Justice Ronan Keane*	6/6			
The Hon. Mrs Justice Susan Denham (ex-officio)*	0/6			
Mr Michael Walsh				1/1
In attendance				
Mr Paul Gilligan, Chief Executive Officer	10/10	4/4	4/4	1/1
Professor Jim Lucey, Medical Director	8/10	3/4	3/4	1/1
Mr Frank Byrne, Finance Director	10/10	4/4	4/4	1/1
Mr Tom Maher, Director of Services			4/4	
Mrs Evelyn McCarthy, Director of Nursing			4/4	

\*Resigned, July 2015



**St Patrick's**  
Mental Health Services



**St Patrick's Mental Health Services**

James' Street, Dublin 8, Ireland.

t: +353 1 249 3200. f: +353 1 679 8865.

e: [info@stpatmail.com](mailto:info@stpatmail.com)

[www.stpatricks.ie](http://www.stpatricks.ie)

