

**St Patrick's**  
Mental Health Services



**Annual Report and  
Financial Statements**

**2022**



**St Patrick's Mental Health Services  
strives to fulfil our founder Jonathan  
Swift's vision of a society where all  
citizens are given the opportunity  
to live mentally healthy lives.**

# Contents

Report of the Chairman of the Board of Governors	2	Mission Possible School Achievement Awards	25
Chief Executive Foreword	4	Ways to Wellbeing	25
SPMHS in numbers 2022	6	WIMS 2022 Ambassador	25
		WIMS Live	25
		10 Days of WIMSmas	26
		School Portal	26
<b>Service delivery</b>		<b>Other key activities and events</b>	
Clinical activity	9	First Fortnight	26
Day services	10	Family Information Series	26
Community care - Dean Clinics	10	Recovery Festival	27
Rights-based care and treatment	10	Culture Night	27
Clinical governance: Quality and excellence	11	Founder's Day	27
Outcomes measures	11		
<b>Key service delivery developments</b>		<b>Research and training</b>	
Psychiatry	12	Mental health research	28
Nursing	13	Current studies	30
Social Work Department	13	Training and professional development	32
Psychology Department	14	Mental health training programmes	33
Pharmacy Department	14	Staff professional development	33
Occupational Therapy Department	14		
General Activity Department	15	<b>Service user engagement</b>	
Support and Information Service	15	Service User and Supporters Council (SUAS)	34
Digital and telehealth service developments	15	Service User Advisory Network (SUAN)	34
Service User Portal 2022	16	Service User Remote Care Advisory	35
Hybrid group pilot	17	Project participation	35
Data protection	17	Service User Experience Surveys	35
Human Resources Department	18	Consultative Forums	35
		<b>Financial statements</b>	
<b>Advocacy</b>		Income and expenditure account and	
Advocating for human-rights based		other comprehensive income	36
approaches to mental healthcare	20	Balance sheet	37
Undertaking critical awareness-raising work	21	Statement of changes in equity	38
Women's Mental Health Network	22	Cash flow statement	39
GP Information Programme	22		
Annual Attitudes to Mental Health and		<b>Appendices</b>	
Stigma Survey	23	Appendix A - Board and committee	
#NoStigma	23	attendances	40
Smart D8 partnership	23	Appendix B - Peer-reviewed research	42
<b>Walk in My Shoes (WIMS)</b>			
Transition Year programme	24		
Frame of Mind	24		
#MindYourSelfie	24		



# Report of the Chairman of the Board of Governors



**St Patrick's Mental Health Services continues to evolve and adapt to the changing needs of society while also remaining committed to our mission of ensuring those experiencing mental health difficulties are educated and empowered to live fulfilling lives.**

During 2022, changes introduced by necessity of the COVID-19 pandemic were consolidated and refined further, in line with service user feedback and best clinical practice. We continued to strengthen our Homecare service, which allows us to offer our services to a broader cohort of people in an efficient and person-centred manner.

Homecare is fully integrated with the rest of our services and last year we helped and empowered thousands of people through the enablement of remote mental healthcare.

## **Transparency and trust**

Our unique governance structure ensures that SPMHS has the utmost autonomy when it comes to shaping and delivering its services. We are governed by a charitable trust set out by a Charter established in 1746, an historical construct which works well to the present day and ensures full transparency. SPMHS receives no Government funding, instead operating as an independent not-for-profit entity. As a result, we continually invest our financial resources, as well as our staff commitment and clinical expertise, in to improving and building the organisation and its service offering.

## **Achieving high standards of governance**

SPMHS is independently governed by a voluntary Board of Governors, comprised of 12 non-executive voluntary members who receive no remuneration for their services. The Board, including its five subcommittees and management, assumes the responsibility of administering our charitable trust on a not-for-profit basis. Our high standards of corporate governance are capably upheld by the Board via its regular meetings.

In accordance with the charter, the Board met 10 times in 2022, with alternate meetings taking place in person and virtually. The day-to-day management of the organisation is delegated to our executive management team, led by the Chief Executive; although the Board has the final decision on policy matters.



Each month, the Board appoints one of its members as 'visiting governor'. This appointee visits a specific area or service and reports to the Board at the next meeting. Two members of the Board attend a Service User Consultative Forum every quarter and report back to the Board on the issues discussed.

### **The people who shape our organisation**

The SPMHS Board of Governors is a committed and involved group, and I am delighted to take the opportunity to thank them for their tenacity and dedication throughout the year. These include the Most Reverend Doctor Michael Jackson, the Very Reverend Dermot Dunne, the Very Reverend William Wright Morton, Mrs Audrey Cunningham, Mrs Caroline Gill, Mr Tom Godfrey, Mrs Bernadette Godley, Prof Damian Mohan, Mr Michael Moriarty, Prof Joyce O'Connor, and Mr Geoff Scully.

I would also like to take this opportunity to make a special note of gratitude to Mrs Caroline Preston, who resigned after more than two decades of service on the Board, having previously served as chairman; to Dr John Hillery, who has become chairman of the Mental Health Commission; and to the Most Reverend John McDowell.

Our changing model of care offers exciting opportunities for the organisation but also requires a level of adaptation and flexibility for those within it.

*Former Chair of the SPMHS' Board of Governors, Caroline Preston, was presented with the Swift Award in November 2022 in recognition of over 20 years' service on the SPMHS Board of Governors and her outstanding contribution to mental health.*

**I am proud to say that our staff, our Board, and our supporters have shown nothing less than 100% loyalty and commitment to the delivery of quality care and support for our service users during these dynamic and often turbulent times.**

As the organisation evolves, I am confident that this will continue.

### **Danny Kitchen**

Chairman, Board of Governors,  
St Patrick's Mental Health Services



# Chief Executive Foreword



**In 2022, St Patrick's Mental Health Services continued to play a vital role in the delivery of mental health services in Ireland that are high-quality, multidisciplinary, evidence-driven and human rights-based.**

As the year progressed, the worst of the COVID-19 pandemic was behind us, with most of the public health restrictions removed, although it remains an ongoing challenge for those of us working within healthcare.

While we have learned to co-exist with COVID, St Patrick's Mental Health Services (SPMHS) was not immune to other geopolitical events in 2022 such as the outbreak of war in Ukraine and the large spike in the inflation rate, which had an impact, as it did with almost every other organisation. Challenges new and old, expected and unexpected, do not deter us from our ongoing commitment to realising our vision; a society where all citizens are empowered and given the opportunity to live mentally healthy lives.

The shift to a remote homecare model was one born of necessity during the pandemic, but our award-winning Homecare service has now become an integral part of our offering. The Homecare service's provision of high-quality care and its service user-centred approach means it is well received and respected by those who access it, and their supporters. The continued development of Homecare, particularly in our adolescent service, is a key priority for the organisation, and 2022 found us further consolidating these remote service developments and embedding them more deeply within the organisation.

Alongside the provision of Homecare, which now accounts for 22% of all clinical activity, we continued to invest into and develop our inpatient care, outpatient care (Dean Clinics) and day programmes service. Some 85% of Dean Clinic appointments continued to be delivered through technology-enabled care, while some day programmes returned to on-site delivery where clinically indicated during 2022. Overall, in 2022, we saw an increase of 9% in clinical activity when compared to 2021.

With 2022 marking the final year of our *Changing Lives. Changing Minds.* strategy, our thoughts now move towards the next five years, during which we will be further advancing the development of a national centre for mentally healthy living, with further progress being made in 2022 to develop an interactive education centre as part of this.

The planning application, which involves a programme of conservation work and the transformation of the Historic building at our Dublin 8 campus into the new national centre, was approved by Dublin City Council and we enter the next stage with eager anticipation.

In 2022, SPMHS continued to leverage its technologies, innovatively supporting thousands of individual and group appointments across all care pathways.

This is exemplified by Your Portal, which marries our digital capabilities with our human-rights based approach to mental health services. Launched in 2020, Your Portal is a secure online platform that allows service users access to their health-related medical information. During 2022, the further integration and adoption of Your Portal across SPMHS' inpatient, day care and outpatient care pathways continued apace. By the end of December 2022, there were 2,060 registered users - a 25% increase on 2021 user numbers.

**SPMHS continually strives to be at the forefront of advances in the field of mental health and this is evidenced by our achievements in digital healthcare technology.**

A priority at SPMHS has always been amplifying the service user voice and incorporating it into our plans as we develop and futureproof our service. This meaningful engagement with current and past service users and their families continued in 2022, with the establishment of a new Family member, Carer and Supporters (FCS) Advisory Network last year.

Another key tenet of our work is our advocacy and awareness-raising endeavours. Our annual campaigns such as #NoStigma and WIMS Live again built on the previous year's successes and were well-received by service users, supporters, the media and wider public. Meanwhile, our efforts continued to tackle stigma and promote positive mental health through the running of the Walk in My Shoes; Mission Possible awards and Transition Year programme; First Fortnight; Culture Night; and Founder's Day all of which mainly ran online, with the welcome return of some in-person events with restricted numbers.

The long-standing partnership SPMHS has with the HSE continued in 2022 and a number of time-defined service agreements were put in place with CHO areas during the year.

The agreement with CHO5, which is the longest standing agreement, continues to work well.

The Mental Health Commission once again awarded extremely high levels of compliance in its inspection of all our sites in 2022, with Willow Grove Adolescent Unit and St Patrick's Hospital, Lucan achieving 100% compliance. Of all rules, codes and regulations applicable to St Patrick's University Hospital, just one standard was found to be non-compliant, and was subsequently resolved. This is a stellar record of compliance that we take great pride in.

Philanthropy will always be a core priority for SPMHS and last year we increased our philanthropic support by €50,000. We provided funding to the National Parent's Council to support the delivery of their 'Supporting Parents to Support their Children's Mental Health and Wellbeing' programme and also responded to a request from the ISPC to provide services such as a 24-hour telephone helpline and text/chat service to children and families arriving from Ukraine.

Our organisation may change and evolve but we will never lose sight of our mission: to strive to provide the highest quality mental healthcare; to promote mental wellbeing and mental health awareness; and to advocate for the rights of those who experience mental health difficulties. We aim to achieve this through a human rights-based approach to mental healthcare and the enhancement of evidence-based knowledge and being at the forefront of new initiatives and advances in the field.

**Our achievements were, as always, due to the hard work and tenacity of our people.**

While last year came with its challenges, it was also a year of significant progress.

Our people are at the heart of our organisation and its culture, and this is what ensures we are well placed to meet challenges and achieve our goals regardless. SPMHS is a unique organisation that has thrived for almost three centuries thanks to the dedication and commitment of our Board, our staff and our volunteers, and of course the faith shown in us by our valued service users and their families.

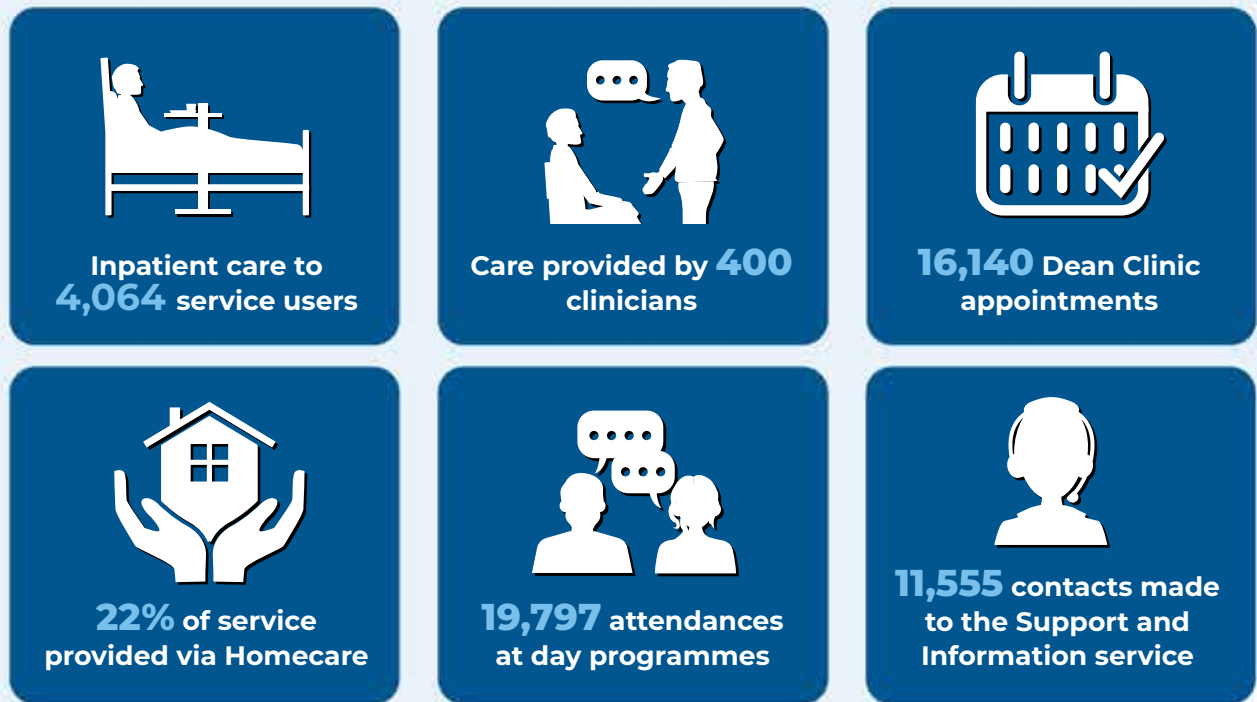
**Paul Gilligan**

Chief Executive Officer  
St Patrick's Mental Health Services



# SPMHS in Numbers 2022

## Service Delivery



## Research and Training





## Advocacy



**27** mental health promotion and advocacy events held



**112** Walk in My Shoes School portal registrations



Over **1,000,000** pageviews on stpatricks.ie



**2,000+** attendances at events



**19** advocacy submissions and consultations



**125** TY students participating in the Walk in My Shoes TY programme

## Service User Engagement



**12** SUAS meetings



**2,060** service users registered for Your Portal by end of 2022



**20** Information Café sessions delivered\*



**1,219** completed Service User Experience Surveys



**3** consultative forums attended by **77** service users



**6** Remote Care User Advisory Forums

*\*in July 2022, the Information Café became part of the Pillars of Wellness Programme*



# Service Delivery

**An independently governed, not-for-profit mental health service, St Patrick's Mental Health Services (SPMHS) offers care and treatment for service users from all over Ireland via a specialised range of integrated services.**

## **Our services**

SPMHS encompasses three Mental Health Commission approved centres, including St Patrick's University Hospital [SPUH] and St Patrick's Hospital Lucan, as well as the Willow Grove Adolescent Unit. Continuity of care for all of our service users on their journey to recovery is provided by our inpatient, Homecare and Day Services, and we offer valuable community services via our national Dean Clinics in Dublin 8, Lucan, Cork and Galway.

The necessary changes to our models of care instigated by the onset of the COVID-19 pandemic were further embedded into the fabric of our service offering throughout 2022.



As the role of technology in society continues to grow, and its importance in educating and supporting those with mental health difficulties becomes more pertinent, SPMHS has sought to invest considerably in technology to support the delivery of care and treatment. The rapid deployment of technology-enabled care, initially in response to the pandemic and associated public health advice, has now been seamlessly integrated and embedded into our suite of services, as well as in supporting operations across the organisation. Our remote care service offerings have been consistently well-received, and feedback has been overwhelmingly positive from service users.

Our Homecare service is designed to provide comprehensive mental health support to people, while enabling them to remain in familiar surroundings, without having to travel to hospital.



As part of the Homecare service, the multidisciplinary treating team remains clinically responsible for the safety and care of a person, and the person's mental healthcare and treatment remains the clinical responsibility of the hospital. In 2022, this was further consolidated as a core element of our service.

Progress on our service user portal, Your Portal, also advanced during 2022, empowering even more service users with access to their online personal mental health record and information, with a number of key developments enhancing the usability and value of the portal. The embedding of our eSwift electronic health record across our services has enabled the seamless flow of information across the entire organisation regardless of location or time.

In 2022, SPMHS continued its close partnerships with a number of Health Service Executive (HSE) Community Health Organisations (CHOs), delivering services such as mental health assessments, outpatient treatment of children and adolescents, and provision of inpatient care to adults. Through these agreements, we provide seamless care for service users of theirs that require our services.

### Clinical activity

SPMHS continues to experience a year-on-year increase in demand for our services, and in 2022, there was a 9% increase in clinical activity overall. SPMHS comprises three separate approved centres including St Patrick's University Hospital (SPUH) with 241 inpatient beds; St Patrick's Hospital, Lucan (SPL) with 52 inpatient beds; and Willow Grove Adolescent Unit (WGAU) with 14 inpatient beds.

The table below shows the numbers and percentages of admission care/treatment days delivered in 2022, providing a breakdown of the inpatient care days versus Homecare days.

*No. (%) of Inpatient Admission Days and Homecare Admissions Days 2022*

	Total Adult	WGAU	Total
Homecare admission days	23,440 (23.5%)	3,297 (59.1%)	26,737 (25.4%)
Inpatient admission days	76,349 (76.5%)	2,279 (40.9%)	78,628 (74.6%)
Total admission days	99,789	5,576	105,365

These numbers represent the core activity of the care and treatment delivered to 4,000 admissions, provided by approximately 400 clinicians, as well as our Homecare admissions, which now represents a quarter of our overall activity. This care is provided by the wide range of excellent multidisciplinary teams and programmes. These activity figures also incorporate the inpatient services that we provide via several long-standing agreements with the HSE. Service agreements signed or renewed between the HSE and SPMHS in 2022 included HSE CHO5 (counties Wexford, Waterford, Laois, Kilkenny and Tipperary) and CHO7 (Dublin Southwest and Kildare).



## Day Services

Some Day Services returned to in-person delivery during 2022, while many continued to be delivered remotely, or via a combination of remote and in-person attendance, namely a hybrid delivery approach. Our continued adherence to public health guidelines, together with service users' preferences, prompted the sustained use of technology-enabled care across many of our day programmes. Clinical activity in our Day Services increased by 12.9% in comparison to 2021. Service user feedback was extremely positive, with many expressing a preference for online programme delivery for a variety of reasons including infection control, travel costs and convenience.

SPMHS Day Programmes	Attendances 2022
Acceptance and Commitment Therapy (ACT)	1,827
Access to Recovery	1,292
Addictions Programmes	2,622
Anxiety Programme	1,405
Bipolar Programme	473
Building Strength and Resilience	187
Cognitive Behavioural Therapy for Adolescents	155
Compassion Focused Therapy (CFT)	1,281
CFT Eating Disorders	221
Dialectical Behavioural Therapy	1,697
Depression Programme	884
Eating Disorders Programme	1,988
Emotion-Focused Therapy (EFT) Programme for Young Adults	219
Family Therapy for Anorexia	78
Formulation Groups	400
Living Through Psychosis	143
Mindfulness	240
Pathways to Wellness	1,178
Psychology Skills for Adolescents	247
SAGE	159
Radical Openness	1,233
Recovery Programme	1,246
Schema Therapy	2,228
Trauma Group Therapy	291
<b>Total</b>	<b>19,797</b>

## Community care - Dean Clinics

A total of 16,140 appointments took place across our network of Dean Clinics in Dublin, Cork and Galway in 2022, which compares similarly to 2021. This figure represents community-based provision of care and treatment to thousands of people for a variety of mental health difficulties such as anxiety, depression, trauma, eating disorders, addictions, dementia and other psychological issues.



Clinical activity in our Dean Clinics includes multidisciplinary team assessments, psychology, cognitive behavioural therapy, social work, dietetic and occupational therapy sessions. The majority of Dean Clinic appointments during 2022 (85%) continued to be delivered via technology-enabled care.

## Rights-based care and treatment

SPMHS continued to admit service users under the Mental Health Act 2001. SPMHS uses this Act, and its associated regulations, to create the essential legislative foundation to provide care and treatment to those experiencing mental health difficulties. These regulations ensure that individuals experiencing a mental health difficulty can access healthcare in a way that is equitable and protects their human rights.



### **Clinical governance: Quality and excellence**

Since the establishment of the Mental Health Commission, SPMHS has maintained an exemplary record in consistently achieving the highest quality standards in mental healthcare service provision.

During the 2022 annual inspection of SPMHS' three approved centres; St Patrick's University Hospital, Willow Grove Adolescent Unit and St Patrick's Hospital, Lucan achieved full compliance with all applicable rules, codes and regulations.

Of all rules, codes and regulations applicable to St Patrick's University Hospital, one standard was found to be non-compliant in 2022. These excellent results reflect the commitment of all staff working in SPMHS to delivering the highest standards of quality.

### **Outcomes measures**

In 2022, SPMHS continued to assess and monitor the efficacy of its services through the measurement of specific outcomes. SPMHS was one of the first mental health organisations to collate, analyse and produce this information relating to its outcomes on an annual basis.

These reports present outcomes relating to clinical care, clinical governance processes, clinical programmes and service user experience and satisfaction rates, and we believe this data is central to the organisation's promotion of excellence in mental healthcare. By measuring and publishing the outcomes of the services we provide, we strive to understand our strengths and identify and monitor any perceived weaknesses.

Wherever possible, validated tools are utilised throughout the *Outcomes Report*, and the choice of clinical outcome measures used is under regular review. This ensures we are attaining the best possible standards of service delivery. Despite the ongoing challenges of the pandemic, SPMHS collated the necessary information for the publication of our twelfth *Outcomes Report* in 2022.





*(L - R): Paul Gilligan, CEO, St Patrick's Mental Health Services; and Paul Fearon, Medical Director, St Patrick's Mental Health Services*

## Key service delivery developments

**Treatment and care in SPMHS is provided through multidisciplinary teams comprised of consultant psychiatrists, registrars, nurses, social workers, psychologists and occupational therapists.**

In addition, SPMHS has a range of qualified psychotherapists and counsellors working with teams, and also facilitates a wide range of activities, which are designed to promote both physical and mental wellbeing. These activities include art, pottery, physical exercise and gardening.

### **Psychiatry**

Consultant psychiatrists within SPMHS lead the multidisciplinary team in the provision of individually prescribed treatment plans tailored towards the needs of the service users. During 2022, our 23 consultants worked across our Homecare, inpatient, outpatient and day services, providing comprehensive care and treatment to people experiencing moderate to severe mental health difficulties, including presentations of complex and enduring mental illness.

Our service continues to train and employ over 20 junior doctors from both the College of Psychiatrists and also Primary Care training schemes.

## Nursing

The Nursing Department has mental health nurses working across various departments at SPMHS. This includes mental health nurses at ward level, in our Dean Clinics, in programme delivery at both inpatient and outpatient level, in the referral and assessment service, as well as team liaison nurses on multidisciplinary teams. Our mental health nurses provide individual interventions to all service users, and regular group interventions both face-to-face and virtual as part of a number of programmes delivered organisationally.

In 2022, the nurse prescribing cohort increased, and nurses are now prescribing in the Dean Clinics; this adds to the number already on a number of multidisciplinary teams at inpatient level. The Nursing Quality Initiative Working Group was established, and this group met regularly throughout 2022.

A number of quality initiatives were established and are ongoing, including a Pilot Transdiagnostic Inpatient CBT programme; the introduction of nursing students to phlebotomy; the Primary Care Service Care Plan Library; and Systematised Nomenclature of Medicine (SNOMED) education sessions - SNOMED is an electronic dictionary that enables healthcare practitioners to categorise medical conditions in a standardised way.

Nursing staff were involved in a number of publications in 2022, and made several oral presentations at conferences such as the Trinity College Dublin's nursing conference, The Royal College of Surgeons Ireland's nursing conference and the European Conference of Mental Health. The Nursing Department also held its successful inaugural Nursing Symposium Day in 2022, which focused on the themes of the delivery of nursing services, nursing quality initiatives and nursing research in SPMHS.

## Social Work Department

In 2022, the Social Work Department continued to contribute clinically to both multidisciplinary teamwork and therapeutic programmes within SPMHS. The Social Work Department continues to play a lead role in the provision of family-focused interventions. Five programmes of the modified version of the Family Connections programme were delivered during 2022. This programme supports family members of service users with a diagnosis of emotionally unstable personality disorder. The Social Work Department also commenced provision of the Parents Plus programme in Willow Grove Adolescent Unit in 2022. Plans are underway to deliver a pilot parental support group in Willow Grove Adolescent Unit in 2023.



The Social Work Department also contributed to a Women's Mental Health Network Webinar in collaboration with the National Women's Council on the mental health needs of LGBTQ+ women, as well as coordinating the Family Information Series, which is outlined in further detail on page 26 of this report.



## Psychology Department

Access to psychology services continues to be high in demand across SPMHS, and in 2022, developments were made to expand the department while maintaining an innovative and supportive environment to work in. The Psychology Department's day programmes have continued to tackle programme waiting times. Additional resources have been efficiently deployed, expediting service user recovery time. For example, Compassion-Focused Therapy (CFT) now has a three to six-month waitlist as opposed to 15 months. Group Radical Openness (GRO) has also continued to reduce their waitlist from 18 months, to two to six months. In 2022, the Psychology Department began the new innovative Emotional-Focused Therapy for Young Adults (EFT-YA) day programme; the team won first poster prize at the Annual Psychology Society Ireland Conference, where they summarised their effective outcome data. 2022 also saw the launch of the much-needed Compassion-Focused Therapy for Older Adults (CFT-OA) programme, which addresses the contribution of shame and self-criticism to mental health difficulties in older adults. The programme will finish its first cycle in 2023 and initial feedback from service users is positive.

The Psychology Department, following a direct request from a Ukrainian psychology colleague, volunteered to work with a Ukrainian psychologist and translator to deliver several psychoeducation sessions on the theme of CFT in Eating Disorders (CFT-E) and Multi-Family Therapy for Anorexia Nervosa (MFT-AN) to Ukrainian refugees, volunteers and mental health professionals working with refugees. The Communications Department supported this volunteer work, and it reached a significant number of refugees in the Ukraine and around Europe. The organisation supported the funding of the Ukrainian psychologists and translator, and some further funding from SPMHS' philanthropic projects fund was approved to continue and expand this support in 2023.

## Pharmacy Department

Clinical pharmacists were fully aligned to our multidisciplinary teams in January 2022, a move that was enthusiastically welcomed by clinicians at SPMHS. This development ensures streamlined communication and enhanced access to specialist medicines information for clinical staff and service users.

SPMHS pharmacists provide individual interventions to all service users, and group interventions as part of a number of programmes.

In 2022, pharmacists audited the time taken for minor amendments required for clarity and safe prescribing and, with the support of the Clinical Governance Committee, introduced a policy to allow electronic amendments of the medication record by pharmacists. The audit demonstrated savings of over 5.5 hours per week of clinical time for prescribers and pharmacists, further improving the safety and quality of service user care in SPMHS.

A key development in 2022 was upskilling some of our senior pharmacy technicians to qualify as accuracy checking pharmacy technicians thereby using technician skills to release the dispensary pharmacist from certain technical tasks to improve efficiency and quality of the pharmacy service.

## Occupational Therapy Department

Occupational therapy continues to be a valued part of the multidisciplinary teams at SPMHS, and the department continues to provide group and/or individual interventions to approximately 35% of all inpatient hospital admissions and service users admitted to the Homecare service, both in-person and virtually. The Occupational Therapy Department also provides interventions to services users in the Dean Clinics.

In response to demand for increased occupational therapy services for young adults in 2022, the Occupational Therapy Department worked with the multidisciplinary team to develop additional resources. The result has provided an increased occupational therapy allocation for young adult inpatients and outpatients.

A pilot music therapy group was initiated on Dean Swift Ward in 2022. The group proved so successful that an open music therapy group was started to allow for service users that benefited from music therapy to continue after they were transferred from Dean Swift to another ward within the hospital.



## General Activity Department

The timetable for general activities was reviewed in 2022 to allow service users to access relaxation and other activities virtually. The virtual programme was expanded to include loving-kindness meditation and sleep yoga, and all virtual groups are available to inpatient service users and service users admitted to the Homecare service. All service users receive a daily email with the virtual programme for the day. The inpatient activity programme has several new activities added over the year including sound meditation, Tai Chi, candle making, flower arranging and calligraphy. The creative activity rooms (pottery, art and craft rooms) and other on-site groups such as gardening groups, mindful yoga, craft group and yoga Nidra are available for service users to access with appropriate infection controls in place.

## Support and Information Service

SPMHS operates a confidential support and information telephone and email service, staffed by experienced mental health nurses from 9am-5pm, Monday to Friday, with an answering and call-back facility outside of these hours. There is also an online support and information form that can be filled out on our website. The volume of contacts received by our Support and Information Service remained high in 2022, at 11,555 contacts.

## Digital and telehealth service developments

The transition to new models of service delivery which were accelerated by the COVID-19 pandemic have since become integrated and consolidated across all our inpatient, day patient and outpatient services.

Following the at-scale transition to remote service delivery, during 2022, SPMHS continued to advance the innovative development, deployment and adoption of its own technology suite. This included advancements in Your Portal, such as the clinical integration of Your Portal into the inpatient and Homecare pathways, which was progressed in 2022.

The ICT Department also continued to collaborate with the Remote Care Service User Advisory Forum and the Service User Engagement Lead, as well as clinicians and the Clinical Governance Committee to ensure that SPMHS' technology design decisions take account of service users and clinicians' views and preferences, and Mental Health Commission compliance requirements.





## Service User Portal 2022

Service users' right to access their own information is enshrined in the Irish Data Protection Act 2018, EU GDPR and is in line with the European Union's Convention of Rights of Disabled Persons 2006. In keeping with SPMHS' rights-based approach to service user care and treatment, SPMHS has committed to enabling service user access to key information and to share information and communicate securely with their care teams in a phased manner via Your Portal, the SPMHS service user portal.

During 2022, several projects and initiatives were implemented to progress the integration and adoption of Your Portal across SPMHS' inpatient, day care and outpatient care pathways. All initiatives were developed in conjunction with the Remote Care User Advisory Forum and relevant clinical teams to define, review and develop proof of concept scenarios and test cases to identify and evidence additional benefits.

The Your Portal Inpatient Pilot Project, which commenced in 2022, aims to improve how service users can contribute to, and monitor, their mental health individual care plans.

These new features developed in Your Portal aim to support and empower service users to communicate as effectively and efficiently as possible with their MDT and to be highly involved in their care plan. This is in line with our human rights, recovery-focused ethos at SPMHS, which is focused on empowering service users to control and guide their own treatment and mental healthcare.

Another new feature enables service users to complete the Service User Views and Opinions form online each week. This form asks the service user to give their thoughts on how their care plan or treatment is progressing.

One key Your Portal feature, piloted last year, is the ability for the service user's key worker to send updated care plans to the service user through the portal. Between each MDT meeting, a copy of the service user's current care plan is sent to Your Portal so that they always have access to their most up-to-date plan. In addition, a copy of each update to the care plan remains in Your Portal so that service users can review past versions at any time if they choose to. Other portal enhancements were introduced in 2022 to enable service users to receive written correspondence through Your Portal.

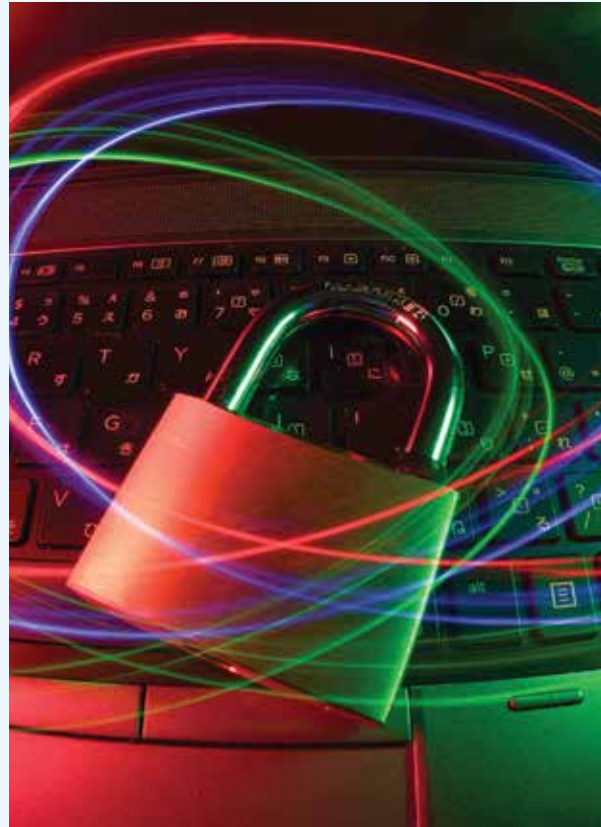
### Hybrid group pilot

In 2022, a hybrid group pilot saw the establishment of a cross-functional working group, made up of ICT, clinical psychology, the Service User IT Support Service (SUITS) and environmental services initially, to scope out the requirements in delivering a hybrid model of care which is made up of in-person and remote service users attending a clinical psychology group together.



The requirements gathering process from the pilot has been completed and a procurement process is underway which will see the purchase of affordable and state-of-the-art technology to support hybrid group participation. Undergraduate students from the National College of Art and Design Technology (NCAD) will research how SPMHS installs and sets up the equipment for optimal service user experience.

This collaboration arose from an NCAD invitation circulated by SmartD8 to offer their students real-world technology design challenges.



### Data protection

SPMHS is extremely vigilant with respect to its data privacy and cybersecurity responsibilities. We take our statutory responsibilities in these areas seriously and consistently review and update the privacy and security controls required to protect our service users' information. This also includes updating staff training to ensure the highest level of awareness when processing service user information across the organisation.

All data subject access requests in 2022 were processed by the Data Protection Office in compliance with our obligations under Section 91(1) of the Data Protection Act 2018, which gives further effect to the GDPR and internal SPMHS data protection policies. A total of 384 data subject access requests were received in 2022, which was an increase of 24 subject access requests (6.66%) on the previous year. 99% of the subject access requests (380) were reviewed and processed internally by the Data Protection Office, with four subject access requests being reviewed by our external legal experts.



All requests were completed within the calendar month GDPR deadline or within the further two-month extension where the respective subject access request was applicable under section 12(3) of the GDPR. The highest volume of requests (142) came from service users; this was followed by doctor-to-doctor requests (61), solicitors (54) and health insurers (44).

A Data Incident Register continued to be maintained in 2022 for all data incidents and data breaches, and each incident was managed in line with our Data Breach Management Policy. Seventy-six data incidents were reported internally in 2022, representing a small decrease on 2021 when there were 79. All breaches were risk-assessed by the Data Protection Office and 44 were classified by the office as a data breach; of which five reached the threshold as reportable to the Data Protection Commission (DPC).

The Data Protection Office investigated all data incidents and completed outcome reports on all incidents, which were submitted to the Clinical Governance Committee and to the DPC where applicable. The Data Protection Office liaised with the DPC on reported breaches and the DPC acknowledged our investigations and our actions to remediate and mitigate the impact of each of these breaches. As a result, no further actions were suggested by the DPC. All breaches reported in 2022 have been closed by our Clinical Governance Committee - since January 2022, the Data Protection Office does not close breaches.

In addition, the Data Protection Office continued to implement a governance programme during 2022 to ensure the organisation's compliance with data protection legislation.

## Human Resources Department

SPMHS employs over 700 staff across a range of disciplines, both clinical and non-clinical. To ensure we are always able to deliver the highest standards of care, we are committed to creating and maintaining a working environment within which all staff are empowered and encouraged to reach the fullest extent of their potential.

We realise this vision by working in partnership with the wider organisation to provide leadership, support and guidance in the development and implementation of the policies, procedures and practices required to assist SPMHS in the achievement of our clinical and strategic objectives.

SPMHS is fully committed to the vision and mission of its HR strategy.

Part of meeting these objectives is our being able to respond to recruitment challenges in a timely manner and in maintaining and developing our existing staffs' skills base. During 2022, the HR Department continued to lead and support the organisation in meeting recruitment challenges across all departments and disciplines, against the backdrop of an increasingly competitive labour market within Ireland and globally. All vacant posts that were required to be filled in 2022 were filled. Overall staff turnover for 2022 stood at 5.4%, which was a very slight increase on the figure for 2021 (5.2%).

Notwithstanding the fact that it was COVID-19 that required organisations to be more agile in terms of finding ways and means to function during prolonged lockdowns, SPMHS has embraced the positive benefits of remote working, both for the organisation and staff. SPMHS is committed to continuing to enable staff achieve and maintain improved work-life balance through the continued utilisation of remote working.

## The Keep Well Mark



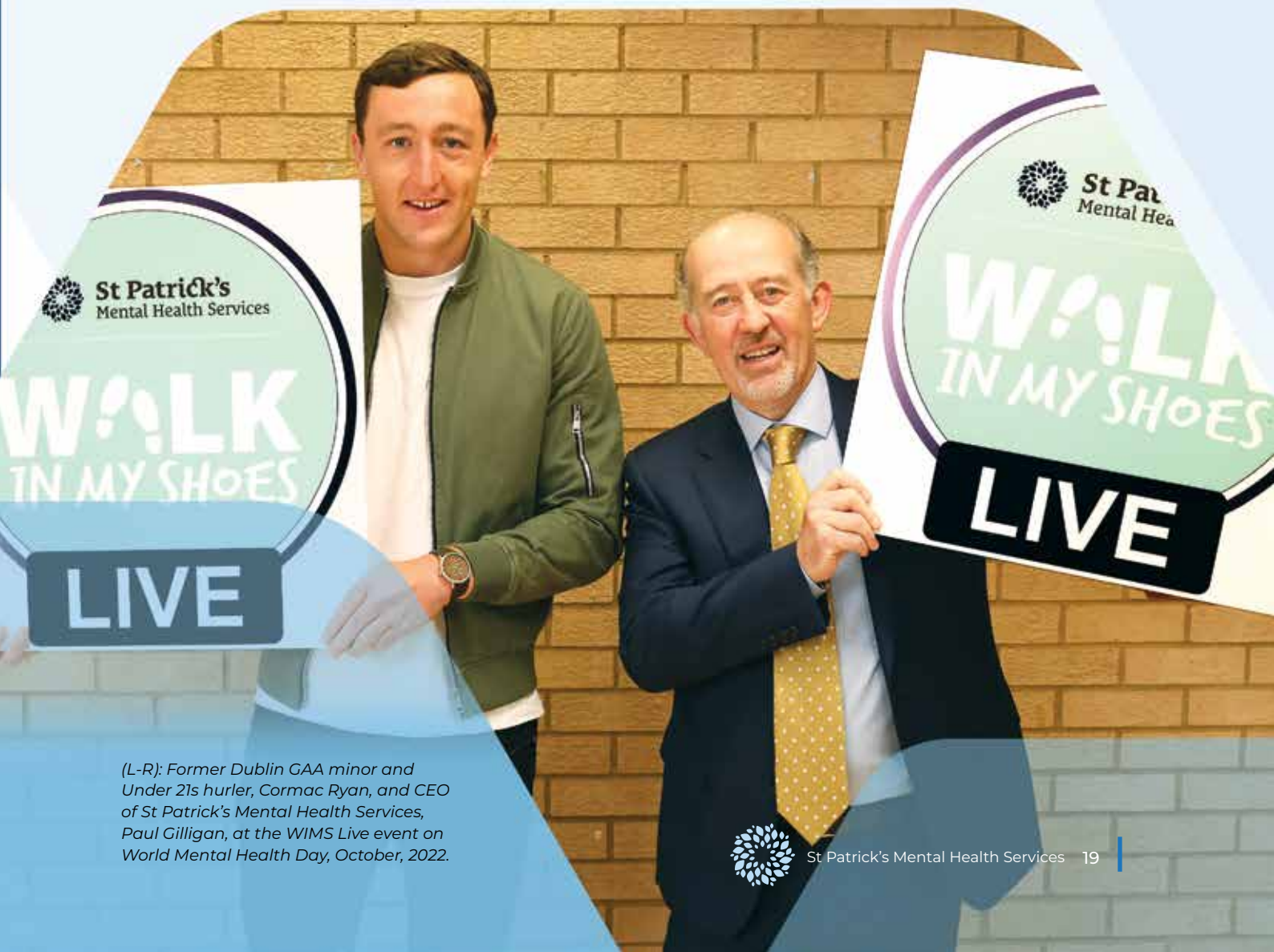
SPMHS underwent the Ibec Keep Well Mark mid-term assessment during 2022 following re-accreditation with the Keep Well Mark in 2021. The mid-term assessment was very positive and recognised again the importance placed by the organisation on the overall wellbeing and constructive management of employees.

# Advocacy

**St Patrick's Mental Health Services is committed to promoting mentally healthy living and mental health awareness across the community, and to advocating for the rights of those who experience mental health difficulties.**

The aim of our active advocacy function and our annual awareness-raising campaigns and initiatives, such as Walk in My Shoes (WIMS), is to help build a society in which the rights of those experiencing mental health difficulties are protected and enhanced, and in which positive mental health and wellbeing is promoted. We seek to improve the public's understanding and awareness of mental health so that they are equipped with tools and resources to support their wellbeing; to reduce stigma; and to improve responsiveness to the mental health needs of diverse groups.

Our dedicated Advocacy Strategy, in consultation and partnership with service users, seeks to enhance and further develop our ongoing advocacy work to date and aims to be responsive to emerging issues.



*(L-R): Former Dublin GAA minor and Under 21s hurler, Cormac Ryan, and CEO of St Patrick's Mental Health Services, Paul Gilligan, at the WIMS Live event on World Mental Health Day, October, 2022.*





The objectives of the strategy are fundamentally aligned with European and international child and adult mental health advocacy goals and conventions, and reflect an overarching vision of a society where all people are given the opportunity to live mentally healthy lives.

Our Advocacy Committee contributes to all relevant consultations issued by Oireachtas Committees, Government departments and other national bodies.

During 2022, implementation of the 2019 to 2022 Advocacy Strategy continued via contributions to consultations and engagement with national and international bodies; supporting existing partners and advocacy alliances' work; implementation of partner projects; implementation of the #NoStigma advocacy campaign; progressing the Women's Mental Health Network; progressing planning and development of the interactive Education Centre; and contributing to the Communications Department's overall awareness-raising strategy via Walk in My Shoes and other relevant activities. Additionally, preparation, consultation for, and drafting of, the next SPMHS Advocacy Strategy took place, alongside an evaluation of the 2019 to 2022 Advocacy Strategy.

The proactive media strategy employed in 2022 resulted in almost 400 media items featuring SPMHS and WIMS across print, online and broadcast media. Our social media channels amplify our advocacy efforts and campaigns, most of which took place virtually, and these continued to engage people of all ages. The SPMHS website attracted a growing and well-engaged audience in 2022, with pageviews surpassing one million for the first time in its history. Analysis of both websites indicates a strong level of interest in and trust of content from SPMHS, with higher audience retention than in previous years.

### **Advocating for human-rights based approaches to mental healthcare**

All relevant calls for submissions were responded to, with a total of 19 consultations in various forms completed in 2022; an impact review of 12 months of submissions from July 2021 to June 2022 was completed. The Advocacy Manager represented SPMHS at a total of 27 events related to mental health, disability and/or advocacy activities over 2022, building on the network of mental health organisation partnerships established.

The SPMHS Director of Advocacy met with the Minister for Education, Norma Foley, alongside the CEO of the National Parents Council (NPC), regarding the potential for the implementation of primary schools-based mental health supports. In November, SPMHS CEO, Paul Gilligan, presented alongside the NPC CEO to the Joint Committee on Education, Further and Higher Education, Research, Innovation and Science with reference to the report entitled 'The mental health of primary school children: A human rights imperative'. In the 2022 Budget, Minister Foley announced that a €5 million pilot mental health counselling service was to be launched in Irish primary schools from September 2023. The Advocacy Manager was a signatory to an open Mental Health Reform letter to the Taoiseach concerning the Assisted Decision Making (Capacity) (Amendment) Act and the current exclusion of involuntary patients from Advance Healthcare Directives.

SPMHS also continued to contribute to international mental health advocacy efforts throughout 2022. SPMHS continued its participation in the Global Mental Health Advocacy Network and was accepted as a member of the WHO Pan-European Mental Health Coalition in 2022, attending three coalition meetings. We contributed to the Children's Rights Alliance (CRA) report to the UN Committee on the Rights of the Child. In January, the Advocacy Manager attended a roundtable discussion hosted by Maria Walsh, MEP, concerning a European Parliament file on mental health and the digital workplace, for which Maria Walsh is a rapporteur. A meeting of the MEP Alliance for Mental Health on 'Preparing for dedicated EU level action on mental health' was also attended by the Advocacy Manager in October.

Our philanthropic efforts were ongoing throughout 2022. A philanthropic project evaluation was completed with the National Parents' Council for the mental health awareness training programme for parents, and a further year of funding was approved, which included funding for the development of an e-learning version of the module. SPMHS also approved a request from the ISPCC for funding for the provision of services to children and families arriving from Ukraine.

## Undertaking critical awareness-raising work

During 2022, SPMHS and WIMS employed a range of tactics to engage, support and educate schools, GPs, mental healthcare professionals and members of the public about mental health, wellbeing, stigma and human rights.

SPMHS staff were invited to speak at a number of external events and webinars in 2022. Partner campaigns by Mental Health Reform, First Fortnight and the Children's Rights Alliance were further supported via submissions, attendance and participation at events, and support through SPMHS or WIMS' social media channels.

SPMHS cemented its position as a trusted source of information on mental health issues during 2022, with multiple requests from media outlets for SPMHS clinicians and experts to participate in print articles, TV and radio interviews. A total of 16 media releases were issued in 2022, including 12 press releases and four media notices - all received widespread coverage across print, broadcast and online media. Close to 400 media items relating to SPMHS or WIMS appeared across various channels in 2022.



*WIMS Live Campaign wins an award for the best communications campaign by a not-for-profit or NGO at the 2022 Awards for Excellence in Public Relations, jointly run by the Public Relations Consultants Association (PRCA) and the Public Relations Institute of Ireland (PRII).*



The SPMHS website attracted a growing and well-engaged audience in 2022. There were almost 328,000 unique visitors to the website; a 29% increase on the previous year. Users were interested in content relating to supporting people going through mental health difficulties; giving practical information for people going through mental health difficulties; or breaking down specific types of mental health difficulties and symptoms. During 2022, we also leveraged existing content on the SPMHS and WIMS website, repurposing blogs and articles to reach more audiences. The repurposing of content performed strongly, demonstrating the value of leveraging existing content to meet users' needs and interests and to maximise audience reach.

While the WIMS website drew a 13.5% higher audience in 2022, overall engagement levels stayed steady and more consistent with 2021. Analytics results show upsurges in interest around blog and article content, as well as around information about different mental health difficulties, indicating a growing demand for constructive knowledge around mental health.

Social media channels for SPMHS and WIMS reported a steady performance in 2022, with the combined audience for all channels growing by 6%. SPMHS and WIMS each have their own Facebook and Twitter channels. They also share an Instagram channel, while SPMHS also runs a LinkedIn channel. Impressions, engagements, link clicks and the overall engagement rate for these channels recorded rises when compared to 2021. The SPMHS Facebook recorded more than 5,208,000 impressions, and there is also a growing interest in mental health and wellbeing-related content shared on our YouTube channels. Higher spend on social advertising; more events; new campaigns and the release of mental health information, such as blogs and articles, contributed to these increases.

The organisation operates five digital mailing lists; the SPMHS general public list, the GP network list, the WIMS' general mailing list and the WIMS primary school and secondary school lists. At the end of 2022, a total audience of 11,098 people were subscribed to these mailing lists, a 10.4% audience growth compared with 2021. Click through rates and engagement with newsletter content were once again up on previous years and the mailing lists continued to perform strongly when considered against email campaign standards for the healthcare sector.

## Women's Mental Health Network

Now in its fifth year, the Women's Mental Health Network is a joint initiative developed by SPMHS and the National Women's Council of Ireland. It functions as a forum for information-sharing and networking as part of efforts to advance interdisciplinary and multi-agency collaboration on women's mental health issues.

The Network held three well-attended events during 2022, including a networking event and two seminars; one focusing on the mental health needs of LGBT+ women, and another on the mental health and resilience of migrant women. Three newsletters were also circulated, covering topics such as information on perinatal mental health; supports for menopause and perimenopause; research, resources and services available for the LGBTIQ+ community; and services and supports for asylum-seekers and refugees.

## GP Information Programme



The GP Information Programme ran throughout 2022 to inform GPs about changes to services; to educate GPs on managing mental health presentations in their surgeries; and to encourage GPs to attend or engage with SPMHS' online events and resources, such as the GP portal. Six webinars featuring SPMHS clinicians were held, covering topics including psychological formulation and addiction; compassion-focused therapy; bipolar affective disorder; psychosis; depression; and the role of group programmes in treating mental health difficulties. Attendance increased compared with the previous year, with 249 GPs registering for six webinars, and feedback was consistently high at 4.7 out of 5.





# STIGMA DOESN'T WORK I DO

## Annual Attitudes to Mental Health and Stigma survey

Amárach Research was commissioned by SPMHS to undertake the annual Attitudes to Mental Health and Stigma Survey, which aims to highlight public awareness of, and attitudes towards, mental health difficulties. This survey is carried out annually so that we can track change in attitudes over time. Key 2022 findings of the survey, to which there were more than 800 respondents, included that four in ten Irish adults have been treated for a mental health difficulty, yet two-thirds of Irish adults believe that being treated for a mental health difficulty is still seen by Irish society as a sign of personal failure. Just over one-fifth of respondents said they would see it as a sign of weakness if they sought help for a mental health difficulty. Meanwhile, 91% of Irish adults think there is a worrying level of anxiety in Irish society. The 2022 survey's findings illustrate significant improvements over the last five years, but also highlight the need for increased education and understanding around mental health is still required to tackle persistent stigma.

The full survey results are available online in the Media Centre of the SPMHS website.

## #NoStigma

The 2022 #NoStigma campaign activities included the development of an information booklet on reasonable accommodations and supports for people with mental health difficulties in the workplace; publication of a blog highlighting positive experiences of work life in mental health recovery; and production of a film focused on employees' rights under the Employment Equality Act. These materials were publicised and disseminated in early 2023.

## Smart D8 partnership



In 2022, SPMHS continued its collaboration with the Smart D8 initiative; an initiative that focuses on the health and wellbeing of the local community in Dublin 8. Smart D8 brings together partners from academia (Trinity College Dublin, National College of Art and Design), research, healthcare (SPMHS, St James Hospital, Children's Health Ireland), the community and the technology sector (the Tyndall Institute, Digital Hub, Guinness Enterprise Centre) to work collaboratively to promote health and wellbeing. In 2022, we began our participation in a Dublin City Council-wide pilot, whereby two technology-enabled beehives were located on our Dublin 8 campus and a series of educational sessions were provided to service users on beekeeping and its benefits.



## Walk In My Shoes (WIMS)

### Transition Year Programme

The Transition Year (TY) programme provides mental health education for TY students, with a number of sessions on various mental health topics delivered by SPMHS clinicians. In 2022, the week-long placements were a hybrid arrangement where the students were welcomed to the SPMHS campus for two days and did the remaining three days online. Last year, there were more than 300 applications, with 124 students participating across five programme cycles. Participating students return to their school as mental health champions; last year, more than 90% of programme participants said the programme positively changed their understanding and perception of mental health.

### Frame of Mind

Now in its eighth year, Frame of Mind offers entrants the opportunity to produce a short film, with the proviso that it aims to improve awareness of mental health, promote positive mental health and reduce the stigma associated with mental health difficulties. Entrants are invited to submit short films of between two and three minutes in length in either the 'Secondary School' or 'General' category.

Last year there were 43 entries, with the winners announced in February 2022. The overall award winners' film was viewed over 1,160 times on the WIMS YouTube channel.

### #MindYourSelfie

#MindYourSelfie is one of the most popular initiatives run by WIMS. Now in its seventh year, #MindYourSelfie Day is the initiative's related social media campaign to promote the release of a new resource. As well as highlighting the new resource, the campaign invites social media users to engage with it by posting a selfie online which shares a message of what they do to mind their mental health. In 2022, the theme was 'climate change and mental health', and a #MindYourSelfie nature-based mental health promotion resource for secondary school students was developed. In addition, a #MindYourSelfie meditation film was created for primary schools that received 572 views. During May 2022, the #MindYourSelfie hashtag reached 260,280 screens and achieved 949,188 social media impressions across Facebook, Twitter and Instagram.

*Launch of #MindYourSelfie day in May 2022, with guidance counsellor, Trish Harrington and students from St Patrick's Cathedral Grammar School, Dublin 8; and staff of SPMHS*



## Mission Possible School Achievement Awards

Our Mission Possible School Achievement Awards seek to recognise and celebrate the crucial role that schools play in promoting positive mental health among young people. Teachers entering the competition share evidence of their school's initiatives with WIMS, such as photos, posters, presentations and website links. In 2022, 36 entries from schools across Ireland were received. All participating schools were recognised with a certificate of participation, and WIMS hosted a live online event to announce the winners, which had 350 views on YouTube.

## Ways to Wellbeing



Ways to Wellbeing was originally launched in 2021 and is a school mental health project that aims to support students in learning about wellbeing by engaging with older people in their communities. They then produce a podcast, video, photo project or written story based on these interactions and what they learned about mental health. Four schools participated in a pilot project in 2021 and an exhibition and digital display showcasing some projects was held in St Patrick's University Hospital in February 2022. In October 2022, the project was rolled out nationwide to schools across Ireland.

## WIMS 2022 Ambassador



WIMS Ambassador 2022/2023 Grace Mongey Gernon

The WIMS ambassadors play an important role in raising awareness, educating young people about mental health and wellbeing, and tackling stigma. Every year WIMS invites a new ambassador to help us promote the aims of WIMS, to encourage engagement and to create awareness about available resources. The new ambassador, appointed in September 2022, was Digital Content Creator, Grace Mongey Gernon who is an advocate for positive mental health and has spoken openly and honestly online to her social media followers about her own mental health experiences.

## WIMS Live



WIMS Live event, October 2022, with former Dublin GAA minor and Under 21s hurler, Cormac Ryan; mental health advocate Charlotte Frorath; RTÉ's Jan Ní Fhlanagáin and See Change ambassador Gary Anderson

Introduced for the first time in 2020, WIMS Live gathers Ireland's top mental health experts, wellbeing ambassadors and special guests to explore a wide range of mental health topics across a varied programme of online wellbeing events, activities and curated content to celebrate World Mental Health Day on October 10 each year. The focus of the 2022 campaign was on learning more about mental health by exploring lived experiences; considering how we can support people; and talk about ways we can improve understanding and help to end stigma.



In addition to other events and activities, each day of WIMS Live saw a new short film launched on the WIMS website, each one exploring different mental health difficulties such as bipolar disorder, personality disorder, eating disorders, psychosis and schizophrenia and youth mental health.

Every film was accompanied by blogs from people with lived experience of the mental health difficulty. These films resulted in over 17,000 combined views on YouTube between October and December, and the campaign received 459,288 impressions across social media posts and ads. This was the third year of the WIMS Live campaign, which won the award for the best communications campaign by a not-for-profit or non-governmental organisation (NGO) at the Public Relations Institute of Ireland and The Public Relations Consultants Association's Awards for Excellence in Public Relations in 2022.

### 10 Days of WIMSmas

In 2022, WIMS celebrated its 10-year anniversary with a special 10-day social media initiative, which involved looking back at WIMS' highlights and sharing helpful mental health resources from the last decade. The first ever WIMS ambassador, and long-time friend and supporter, U2's Adam Clayton, sent a video message to commend WIMS on this milestone and to launch the 10 Days of WIMSmas campaign. There were close to 60,000 views of the campaign film during campaign period.

### School portal

The WIMS School Portal is a secure, private, online platform for primary and secondary teachers and school staff in Ireland to highlight and share what they are doing in their schools, classrooms and communities to promote positive mental health and wellbeing. The portal aims to be a central hub of ideas and resources to help schools across the country in their wellbeing and mental health promotion. In 2022 there were 112 registration requests, with 488 teachers registered by the end of the year. There are 321 resources currently shared on the portal, and last year saw a 27% growth in pageviews on the Upload Resources page of the portal.

## Other key activities and events

SPMHS held 27 events in 2022, providing opportunities for the public, schools, healthcare professionals, staff and service users to learn from leading experts in the mental health arena and to build connections with others.

### First Fortnight

SPMHS once again partnered with mental health festival First Fortnight in 2022, collaborating for three events. A screening of the 2019 adaptation of Little Women was held on 6 January for inpatients of SPUH, while an online showing of Cistin also took place. Art workshops were also held online with service users as part of the festival.

### Family Information Series

In 2021, the Social Work Department of SPMHS, supported by the Communications Department, launched a new family information webinar series - Mental Health Recovery: A Family Perspective. The webinar series, which continued in 2022, aims to provide practical information and helpful advice for families and supporters of service users on a number of key themes.

Some themes covered in the 2022 series included an overview of eating distress; adolescent mental health; understanding bipolar affective disorder; supporting a loved one with anxiety; and personality disorders and recovery.

### Recovery Festival

Alongside an in-person event for service users of St Patrick's University Hospital (SPUH), a programme of online events took place in August for the 2022 Recovery Festival, which aims to celebrate mental health recovery and promote wellbeing. These included webinars on celebrating carers in the mental health recovery journey and caring for yourself as a young carer. A virtual creative writing workshop for inpatient and Homecare service users was also held. The festival also saw a programme of music and games in the garden at St Patrick's University Hospital for inpatients.





## Walk in My Shoes 2012 - 2022

*A look back at some of the highlights of Walk in My Shoes as it celebrated its 10-year anniversary in 2022*

### Founder's Day

The annual Founder's Day conference, held each year to recognise the legacy of SPMHS' founder Jonathan Swift and to promote the SPMHS brand of excellence in mental healthcare, was held online on 25 November, 2022. The theme was 'Minding Young Minds: Promotion and Prevention Strategies in Youth Mental Health'. Professor Patrick McGorry, Professor of Youth Mental Health at the University of Melbourne and Director of Orygen Youth Health and Orygen Youth Health Research Centre in Victoria, Australia, delivered the keynote address, while the opening address was delivered by Minister for Mental Health, Mary Butler. 359 people registered to attend the conference, with 187 attending live on the day. A recording of the event was added to SPMHS' YouTube channel.

### Culture Night

An in-person event was held at the SPUH campus as part of Culture Night on 23 September. The event offered attendees the chance to visit the Boardroom in the historic building of SPUH and view a unique exhibition of Jonathan Swift's personal belongings and historical artefacts, including his own writing desk. Historian and archivist at SPUH, Andrew Whiteside, presented the artefacts and talked through Swift's life and ongoing legacy in empowering people in Ireland to lead mentally healthy lives.



# Research and Training

**As one of its core strategic objectives, St Patrick's Mental Health Services places significant emphasis on its involvement in clinical research and education; we strive to be at the forefront of new research in the field of mental health, while also supporting those committing to work in mental health to develop their competencies.**

## **Mental health research**

Our research agenda is shaped and monitored by a service user steering group, while close collaboration with Trinity College Dublin and other relevant research bodies ensures our research output is of the utmost quality and has the most impact.

The establishment of the Academic Institute was one of the key pillars of the *Changing Minds. Changing Lives.* 2018-2022 SPMHS strategy, and significant progress on its development was made in 2022. Our aim is that the Institute will play a crucial role in exploring how best to deliver and improve mental health treatment and evidence-based practice.

The steering group for the Institute was established in 2022 and comprises the SPMHS Medical Director, CEO, Director of Communications, Academic Institute Programme Manager, as well as service user and carer representatives. This group will meet twice a year and terms of reference have been agreed.





2022 nursing graduates

A Clinical Advisory Group was also established, comprising the Medical Director, the heads of clinical Departments and the Professor of Research, with this group meeting twice in 2022. The new Programme Manager of the Academic Institute, Gráinne Donohue, commenced in post in September 2022 and is taking a lead within the Institute in the role of research governance and the responsibilities of the research officer.

The SPMHS Research Ethics Committee (REC) remained active during 2022 under its Chair, Prof Joyce O'Connor. Significant work was ongoing to update the Standard Operating Procedures of the REC and to formalise and recognise its place within the overall governance of the organisation.

Throughout this period of transition, the REC has continued to deliver on its core function

of scrutinising and approving several studies which fall within its and the overall service's remit and, in general, to support and promote research excellence within the organisation.

In 2022, SPMHS was also invited to contribute to, and collaborate in, an expression of interest submission to Science Foundation Ireland to establish a funded health spoke within the ADAPT TCD Technology Research centre. SPMHS is listed as research collaborators in a number of proposed research work packages, including the development of data leak infrastructure for secondary research purposes and how technology can bridge the gap between the hospital and community care. The outcome of this submission is expected in the first quarter of 2023.





*(L-R): Paul Gilligan, CEO, SPMHS; Adam Byrne, 2022 SPMHS nursing graduate; and John Creedon, Director of Nursing, SPMHS at the Nurses' Graduation Ceremony in St Patrick's University Hospital November 2022*

## Current studies

A total of 23 studies either commenced or continued across the service and across disciplines in 2022; at least two of which are supported by external grants or scholarships. A total of eight new studies were approved by the SPMHS Research Ethics Committee (REC). These include:

- Exploring the extent to which Child and Adolescent Mental Health Services (CAMHS) are prepared to introduce trauma-informed care
- A qualitative exploration of participant experiences attending a psychological formulation programme
- Service users' experiences of receiving a diagnosis of personality disorder: A qualitative survey
- An exploration of cognitive behavioural therapists' perceptions of group cognitive behavioural therapy for generalised anxiety disorder
- Managing antipsychotic-induced weight gain: Patient experiences, perspectives and suggestions for change - a qualitative descriptive study
- Exploring the experience of family members and significant others who provide support to people attending treatment for complex trauma
- CARE-Dep: Clinical predictors of therapeutic outcome in electroconvulsive therapy for depression
- Secondary analyses of anonymised data from four historical studies of electroconvulsive therapy.



During 2022, members of SPMHS research teams were named as authors or co-authors on a total of 29 published papers, as well as a book chapter in *Obesity in Adults: A 2022 Adapted Clinical Practice Guideline for Ireland (2022 adaptation)*. SPMHS researchers also presented at 19 external conferences.

Of note, the Electroconvulsive Therapy (ECT) Research Group, headed by Prof Declan McLoughlin, was cited last year as being ranked within the top 10 ECT research groups worldwide; as having the sixth most cited paper, an influential clinical trial (Semkowska et al 2016); and as having a further two papers ranked in the top 25 citations.



## Training and professional development

In its *Changing Minds. Changing Lives.* strategy, SPMHS reaffirmed its commitment to developing the competencies of those committing to work in mental health and of the organisations providing mental healthcare. A number of training and professional development projects took place over 2022.

### Erasmus+ Better Act Than React Project (BATR)

In 2022, the Better Act than React project was completed, with the development of an app and accompanying curriculum materials designed for youth workers and young people to help them implement Acceptance and Commitment Therapy principles and tools into their own lives/lives of the young people they work with. Opportunities to pilot the app and materials to test the efficacy and usefulness of the materials in an Irish context are currently being explored. The project was funded by Erasmus+.

## International CPD Programme for Chinese Medical Specialists

In 2018, St Patrick's Mental Health Services and Beijing Dongfang Guokang Foundation signed an agreement for the delivery of a continuous professional development programme for Chinese doctors and nurses working in mental health. During the pandemic, we began planning for an online programme to replace the onsite, in-person clinical placements, and a successful three-month online programme was delivered to Chinese medical specialists in 2022.

*Class of 2022: Nursing students graduate in November from St Patrick's Mental Health Services*



## Mental health training programmes

Following a further successful tender to the Department of Foreign Affairs and Trade (DFAT) in July 2022 to deliver a mental health support programme to the consular support service, SPMHS began delivery of a new online programme in September 2022, with a series of eight closed group workshops for the Dublin-based consular support team. Additionally, a further four bespoke seminars which were open to other DFAT departments, including the consular crisis surge team, were delivered. Online delivery continues to be the preferred method of training for the mental health awareness programme and the individual seminars.

SPMHS also provided regional training for Irish and local staff in DFAT Global Consulates in the areas of engaging with someone presenting with symptoms of mental illness; resilience; and self-care. The 10 week-long training events operate in different time zones and SPMHS delivers two modules for each of the 10 training events. SPMHS also delivered additional workshops for other sections, teams and services within the broader DFAT, including a wellness workshop to human resources staff, and advice and clinical solutions to Irish and local consular staff in areas experiencing additional turbulence due to their place of work or specific duties.

A request from the Irish Ambassador to Ukraine enquired about additional support that could be offered to Irish and local personnel working in very stressful conditions in the Kyiv-based Embassy, which led to the development of a customised referral pathway, overseen by the Medical Director, to meet any urgent referrals sent on behalf of Kyiv-based staff working in the Irish Embassy upon their return to Ireland.

## Staff professional development

As a teaching hospital aligned with Trinity College Dublin, St Patrick's Mental Health Services invests heavily in staff education and ongoing professional development.

The HR Department designs, co-ordinates and ensures delivery of in-house staff and management training programmes. The HR Department also supports ongoing continuous professional development (CPD) among staff, nurse training and external training programmes across all clinical and non-clinical disciplines. As a matter of course, staff are also encouraged and supported to engage in additional external CPD. The annual combined spend on non-mandatory and mandatory training in 2022 was more than €500,000. This investment by SPMHS in staff education and development is critical to the overall delivery of the mission of the organisation, and an integral part of our working environment where staff are supported, empowered and encouraged to reach their full potential.

During 2022, the organisation delivered a comprehensive programme of management training, combining aspects directly linked to legislative compliance, case law and the "softer" skills required as a manager.

Topics covered included managing the probationary period, interview skills, how to have meaningful conversations with employees and protective leaves. Additionally, six managers were selected from applicants for one-to-one coaching, and successfully completed a series of individually tailored sessions.



# Service User Engagement

**The evolution of St Patrick's Mental Health Services is fundamentally shaped by the insights, opinions and perspectives of our past and present service users.**

Enhanced service user participation continues to be a strategic priority for SPMHS and service user engagement is a key tenet in each of the 17 different projects outlined in our 2018-2022 strategic plan *Changing Minds. Changing Lives*.

During 2022, improvements to our service user engagement structures and Service User and Supporters Council (SUAS) continued to be consolidated. SPMHS recognises the value of service user engagement as it plans for the future and builds on its achievements. Our goal is to ensure the service user's voice is represented at every stage of our development so that we continue to offer a service that fulfils the changing needs of society.

## Service Users and Supporters Council (SUAS)

Established by SPMHS in 2005, the Service User and Supporters Council (SUAS) is a voluntary committee consisting of former service users, and their carers and supporters, who have attended or received services provided by SPMHS. As a forum for service user participation, the purpose of SUAS is to enhance the journey of SPMHS' services users and their supporters, ensuring their experience is positive throughout all aspects of their care and treatment.

SUAS met 12 times during 2022 via MS Teams. There are currently seven members on the SUAS Council, with four new members joining in 2022. The Service User Engagement Lead delivered eight morning lectures during 2022. These lectures provide current service users with information about SUAS, the role and function they fulfil, opportunities to join SUAS and how to get involved via the Service User Advisory Network (SUAN).

SUAS members also developed and delivered a presentation on the topic "Peer Support Workers in SPMHS" for one of the Weekly Academic Meetings held for staff of SPMHS. This resulted in members being asked to draft a proposal for the introduction of peer support workers, which is now due to be considered by SPMHS.

SUAS developed and presented a webinar in August 2022 as part of the Recovery Festival. The topic of the webinar was 'Celebrating carers in the mental health recovery journey.' This was well attended, and the video of the event has received 93 views.

During 2022, social media activity took place to increase awareness of the role SUAS plays within SPMHS. This included a "meet the team" article featuring the Service User Engagement Lead, which was shared on the SPMHS website and our various social media channels.

As part of our efforts to enhance service user participation, a UK-based consultancy was contracted in late 2022 to complete an independent evaluation of service user structures within SPMHS and SUAS. A full report into the findings is expected in 2023, and a further five-year development plan for service user engagement and partnership will then be agreed based on recommendations of the report.



## Service User Advisory Network (SUAN)

The Service User Advisory Network (SUAN) gives current and former service users the opportunity to provide input and get involved in the strategic development of the organisation. The objective of SUAN is to build on the work being done by SUAS. This is achieved by engaging with network members through consultations and seeking their views and opinions, which are representative of those who have engaged with SPMHS' services.

By the end of 2022, SUAN had a membership of 125 people, including 13 new members who joined during the year. In addition, a new Family Member, Carer and Supporters (FCS) Advisory Network was established in June 2022, recording 22 members to date.

SUAN members were invited to join the new Academic Institute Steering Group which was established in November 2022, while 10 SUAN members re-joined the Remote Care Users Advisory Forum. In February 2022, a member of SUAN took part in a webinar organised by Patient and Public Involvement in Irish Health Research (IPPOSI) as a service user representative on the topic of 'Involving the public and the patient in the digitalisation of health care and research', while in October, a member of SUAN, as a service user representative, took part in an event organised as part of the National Public Patient Involvement Festival on the topic of experience of living with depression.

### Service User Remote Care Advisory

The SPMHS Service User Remote Care Advisory Forum continued in 2022 to engage service users in the evaluation and use of innovative technologies, including the design and integration of the service user portal, Your Portal, into the inpatient setting for sharing of information between group facilitators and clinical programme participants, and for the completion of psychological psychometric assessments. The Forum also contributes to the ongoing enhancement of remote services.

In October 2022, members of the Remote Care Users Advisory Forum took part in research conducted by Mental Health Reform into the 'Digital Divide in Mental Healthcare'.

### Project participation

Engagement with members of SUAS and the Remote Care Users Advisory Forum and the Digital Health team was strengthened in 2022, with service users invited to provide input and feedback on text and video content developed for the service user portal and website.

In July 2022, the Information Café, which is the non-clinical discharge information-sharing process, became incorporated into the Pillars of Wellness programme. This takes place twice per month on the last session on day six of the programme. The average attendance at the sessions is now 20, having increased from three. These sessions are delivered by a panel of SUAS members and co-facilitated by the service user engagement coordinator.

### Service User Experience Surveys

Our Service User Experience Surveys are an important tool for the ongoing assessment and evaluation of our services. There are three surveys: Inpatient and Homecare, Day Programmes and the Dean Clinics. In January 2022, use of printed versions of the surveys were phased out in accordance with SPMHS' aim to go paperless where possible. All service users with an email address on file now receive an invitation to complete the survey online. Where service users have no email address on file, they receive a letter that outlines their options for how they can access and complete the survey. This includes the option to be sent a printed version of the survey by post.

This approach has significantly increased survey participation. The number of surveys returned between January and December 2022 for the Dean Clinics was 775, representing a 143.7% increase on 2021. For inpatient and Homecare it was 342, a 30.5% increase on 2021, while for day services, it was 102, which represented a 31% decrease on the same period in 2021.

Two reviews of service user feedback were completed by the Service User Engagement Lead in 2022, using feedback received via the Service User Experience Surveys. These reviews were shared with management and staff to help improve service delivery.

### Consultative Forums

Three Consultative Forums took place in 2022. Consultative Forums offer management the opportunity to consult with members of SUAS and SUAN, and other service users on a wide range of matters. These sessions are held at least three times a year and are attended by representatives of the SPMHS Board of Governors. They provide feedback to the Board, sharing members' awareness of the opinions and points of view of service users. Two forums were held as part of the organisational strategy consultation process, with 49 service users registering to attend these sessions. Another forum was held in July to address the decline in positive responses received by service users in regard to their experience of inpatient dining, and 28 service users registered to attend. This represented a 20.3% increase on the number who registered to attend forums in 2021.



# Income & expenditure account and other comprehensive income

for the year ended 31 December 2022

Extract from Financial Statements

	<b>2022</b>	2021
	<b>€'000</b>	€'000
<b>Income - continuing operations</b>		
Maintenance and treatment fees	<b>83,253</b>	79,359
Other income	<b>161</b>	156
	<b>83,414</b>	79,515
<b>Expenditure</b>		
Salaries and wages	<b>(58,379)</b>	(56,378)
Establishment and administration expenses	<b>(15,343)</b>	(13,321)
Other operating costs	<b>(5,885)</b>	(5,230)
Depreciation	<b>(3,034)</b>	(3,093)
	<b>(82,641)</b>	(78,022)
<b>Operating surplus</b>	<b>773</b>	1,493
Interest payable and similar charges	<b>(204)</b>	(229)
<b>Surplus for the year</b>	<b>569</b>	1,264

The organisation had no recognised gains and losses in the financial year or previous financial year other than those dealt with in the above profit and loss account, and as such have not prepared a separate statement of other comprehensive income.

# Balance sheet

as at 31 December 2022

	2022 €'000	2021 €'000
<b>Fixed assets</b>		
Tangible fixed assets	25,136	26,756
Financial assets	4	4
	<u>25,140</u>	<u>26,760</u>
<b>Current assets</b>		
Stocks	83	74
Debtors	14,320	14,914
Cash at bank and on hand	17,799	13,212
	<u>32,202</u>	<u>28,200</u>
<b>Creditors</b>		
Amounts falling due within one year	(18,885)	(16,199)
<b>Net current assets</b>	<u>13,317</u>	<u>12,001</u>
<b>Total assets less current liabilities</b>	<b>38,457</b>	38,761
<b>Creditors</b>		
Amounts falling due after more than one year	(3,391)	(4,264)
<b>Net assets</b>	<u>35,066</u>	<u>34,497</u>
<b>Capital and special funds</b>		
Capital account	<u>35,066</u>	<u>34,497</u>



# Statement of changes in equity

for the year ended 31 December 2022

	Capital Account €'000	Total €'000
<b>Balance at 1 January 2021</b>	<b>33,233</b>	<b>33,233</b>
<b>Total comprehensive income for the year</b>		
Surplus for the year	1,264	1,264
Total comprehensive expense for the year	1,264	1,264
<b>Balance at 31 December 2021</b>	<b>34,497</b>	<b>34,497</b>
	Capital Account €'000	Total €'000
<b>Balance at 1 January 2022</b>	<b>34,497</b>	<b>34,497</b>
<b>Total comprehensive income for the year</b>		
Surplus for the year	569	569
Total comprehensive expense for the year	569	569
<b>Balance at 31 December 2022</b>	<b>35,066</b>	<b>35,066</b>



# Cash flow statement

For the year ended 31 December 2022

	2022 €'000	2021 €'000
<b>Cash flows from operating activities</b>		
Surplus for the year	569	1,264
<i>Adjustments for:</i>		
Depreciation	3,034	3,093
Interest payable and similar charges	204	229
	<u>3,807</u>	<u>4,586</u>
Decrease in trade and other debtors	595	2,527
(Increase)/decrease in stocks	(9)	6
Increase in trade and other creditors	2,686	3,298
	<u>3,272</u>	<u>5,830</u>
<b>Net cash from operating activities</b>	<u>7,079</u>	<u>10,416</u>
<b>Cash flows from investing activities</b>		
Acquisition of tangible fixed assets	(1,414)	(1,506)
<b>Net cash from investing activities</b>	<u>(1,414)</u>	<u>(1,506)</u>
<b>Cash flows from financing activities</b>		
Loan repayments	(873)	(906)
Interest paid	(204)	(229)
<b>Net cash from financing activities</b>	<u>(1,077)</u>	<u>(1,135)</u>
Net increase in cash and cash equivalents	4,588	7,776
Cash and cash equivalents at beginning of year	13,211	5,436
<b>Cash and cash equivalents at end of year</b>	<u>17,799</u>	<u>13,211</u>



# Appendix A - Board and committee attendances

## Present at Board meetings during 2022

GOVERNORS	3 Feb	3 Mar	7 Apr	5 May	2 Jun	7 Jul	1 Sept	6 Oct	3 Nov	1 Dec
Ms Caroline Preston*	NO	YES	NO	YES	YES	NO	NO	N/A	N/A	N/A
Mr Danny Kitchen (Chairman, Board of Directors)	YES	YES	YES	YES	YES	YES	YES	YES	YES	YES
Ms Caroline Gill	YES	YES	YES	NO	NO	YES	YES	YES	YES	YES
Dr John Hillery** (Chairman, Quality Governance Committee)	NO	NO	NO	NO	NO	N/A	N/A	N/A	N/A	N/A
Prof Joyce O'Connor	YES	YES	YES	YES	YES	YES	NO	YES	YES	NO
Ms Bernadette Godley	YES	YES	YES	YES	YES	YES	YES	YES	YES	YES
Mr Geoff Scully	NO	YES	YES	YES	NO	YES	NO	YES	NO	NO
Ms Audrey Cunningham	NO	YES	YES	YES	YES	NO	NO	YES	NO	NO
Mr Michael Moriarty (Chairman, Finance & Audit Committee)	YES	YES	YES	YES	YES	YES	YES	YES	YES	YES
Mr Tom Godfrey	YES	YES	YES	YES	YES	YES	NO	YES	YES	YES
Prof Damian Mohan (joined on 2 December, 2022)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	YES

\*Ms Caroline Preston resigned 9 September, 2022.

\*\*Dr John Hillery resigned 2 June, 2022.

## Present at Board meetings during 2022

EX-OFFICIO GOVERNORS	3 Feb	3 Mar	7 Apr	5 May	2 Jun	7 Jul	1 Sept	6 Oct	3 Nov	1 Dec
The Most Reverend Dr Michael Jackson	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
The Very Reverend William Wright Morton	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
The Very Reverend Dermot Dunne	YES	NO	NO	NO	NO	NO	NO	YES	NO	NO
The Most Reverend John McDowell*	NO	NO	NO	NO	NO	NO	NO	N/A	N/A	N/A

\*The Most Reverend John McDowell resigned 4 October, 2022.

EXECUTIVE DIRECTORS	3 Feb	3 Mar	7 Apr	5 May	2 Jun	7 Jul	1 Sept	6 Oct	3 Nov	1 Dec
Mr Paul Gilligan (Chief Executive Officer)	YES	YES	YES	YES	YES	YES	YES	YES	YES	YES
Prof Paul Fearon (Medical Director)	YES	YES	YES	YES	YES	YES	YES	YES	YES	YES
Mr Brendan Power (Director of Human Resources/Company Secretary)	YES	YES	YES	YES	YES	YES	YES	YES	YES	YES
Ms Mary Farrelly (Chief Finance Officer)	YES	YES	YES	YES	YES	YES	YES	YES	YES	YES

No meetings were held in January or August.

## Executive management team

Mr Paul Gilligan	Chief Executive Officer
Prof Paul Fearon	Medical Director
Ms Mary Farrelly	Director of Finance
Mr Tom Maher	Director of Services
Mr Brendan Power	Director of Human Resources, Company Secretary
Mr John Creedon	Director of Nursing
Ms Orla Gogarty	Director of Digital Health, Transformation and Partnerships
Ms Tamara Nolan	Director of Communications and Advocacy



# Appendix B - Peer reviewed research

## Peer reviewed publications

### **The Ketamine Side Effect Tool (KSET): A comprehensive measurement-based safety tool for ketamine treatment in psychiatry**

Bayes, A., Short, B., Zarate, C. A., Park, L., Murrough, J. W., McLoughlin, D. M., ... & Loo, C. K. (2022). *Journal of Affective Disorders*, 308, 44-46. doi: 10.1016/j.jad.2022.04.020. Epub 2022 Apr 9. PMID: 35405177; PMCID: PMC9133168.

### **Obesity in Adults: A 2022 Adapted Clinical Practice Guideline for Ireland**

Breen, C., O'Connell, J., Geoghegan, J., O'Shea, D., Birney, S., Tully, L., Gaynor, K., O'Kelly, M., O'Malley, G., O'Donovan, C., Lyons, O., Flynn, M., Allen, S., Arthurs, N., Browne, S., Byrne, M., Callaghan, S., Collins, C., Courtney, A., Fitzgerald, I., O'Dwyer, S., Crotty, M., ... Yoder, R. (2022). *Obesity facts*, 15(6), 736-752. <https://doi.org/10.1159/000527131>.

### **Further development of the intolerance of uncertainty model of GAD: a case series**

Chigwedere, C. and J. Moran (2022). *The Cognitive Behaviour Therapist*, 15: e2. doi:10.1017/S1754470X21000374.

### **The transition of a mental health facility to a COVID-19 isolation ward and unit to deliver remote inpatient mental health care**

Corrigan M, Curran M, Kirwan S, Donohue G, Keogh B, (2022). *British Journal of Mental Health Nursing*, <https://doi.org/10.12968/bjmh.2022.0028>.

### **Adult Mental Health Social Work and Housing: A Position Paper**

Curran, L., Cowman, J., Egan, M., Lane, J., Nagwadia, N. and Guckian, P. (2022). Dublin: Irish Association of Social Workers.

### **Telomere length in patients with anorexia nervosa**

Doody E, Ryan, K. M., O'Toole C, & McLoughlin, D. M. (2022). *Psychiatry Research Communications*, 2(1), 100022, <https://doi.org/10.1016/j.psycom.2022.100022>.

### **Inpatient Prescribing and Monitoring of High Dose Anti-Psychotic Therapy Before and After Introduction of an Electronic Health Record**

Doody, E., Dhubhlaing, C. N., & O'Ceallaigh, S. (2022). *Irish Medical Journal*, 115(6), P612.

### **Patient Experience of Physical Restraint in the Acute Setting: A Systematic Review of the Qualitative Research Evidence**

Douglas, L, Donohue, G & Morrissey, J (2022). *Issues in Mental Health Nursing*, 43:5, 473-481, DOI: 10.1080/01612840.2021.1978597.

### **Predicting antipsychotic-induced weight gain in first episode psychosis - a protocol for a field-wide systematic review of non-genetic prognostic factor studies**

Fitzgerald, I, Crowley, E, Byrne, A, O'Connell, J, Ensor, J & Dhubhlaing, C & O'Dwyer, S & Sahm, L. (2022). *Int. Journal of Clinical Trials*, 9 (4) <https://doi.org/10.18203/2349-3259.ijct20222691>.

### **Ketamine as an adjunctive therapy for major depression - a randomised controlled pragmatic pilot trial (Karma-Dep Trial)**

Gallagher, B., Foley, M., Slattery, C. M., Gusciute, G., Shanahan, E., & McLoughlin, D. M. (2022). *HRB Open Research*, 3. doi: 10.12688/hrbopenres.13182.2. PMID: 35036831; PMCID: PMC8729188.

### **Development of the Student Nurse Subjective Evaluation of Completed Clinical Practice Placement Instrument**

Kavanagh, A, Prentice, G, Donohue, G., Farrington, A, Doyle, C, King, M, Jennings, B (2022).  
Journal of Nurse Education, Oct;61(10):559-569. doi: 10.3928/01484834-20220803-10. Epub 2022 Oct 1. PMID: 36197302.

### **'Finding my Hard Hat': Reflections of recovery from a service user and caring professional**

Kiernan, G., Donohue, G., & Kirwan, S. (2022).  
Journal of Psychiatric and Mental Health Nursing. <https://doi.org/10.1111/jpm.12873>.

### **Interrogating Associations Between Polygenic Liabilities and Electroconvulsive Therapy Effectiveness**

Luykx, J. J., Loef, D., Lin, B., van Diermen, L., Nuninga, J. O., van Exel, E., ... & Rutten, B. P. (2022).  
Biological Psychiatry, 91(6), 531-539. <https://doi.org/10.1016/j.biopsych.2021.10.013>.

### **Bringing Lived Lives to Swift's Asylum: a psychiatric hospital perspective**

Malone, K. M., Cleary, E., Kelleher, C. C., Jefferies, J., Lane, A., Lucey, J. V., & McGuinness, S. (2022).  
Wellcome Open Research, 6:85 (<https://doi.org/10.12688/wellcomeopenres.15588.3>).

### **Comparing People's Experience of Therapy for Complex Trauma Across Three Modalities: Face-to-Face, Mixed, and Online**

Maloney E, Dowling C, Deehan T, Reilly G. (2022).  
OBM Integrative and Complementary Medicine, 7(4):18; doi:10.21926/obm.icm.2204051.

### **Parenting an Adolescent Who is Using a Mental Health Service: A Qualitative Study on Perceptions and Management of Stigma**

McKeague, L., Hennessy, E., O'Driscoll-Lawrie, C., & Heary, C. (2022).  
Journal of Family Issues, 43(9), 2317-2338. <https://doi.org/10.1177/0192513X211030924>.

### **ECT is evidence-based - a commentary on depression: why drugs and electricity are not the answer**

Meechan, C. F., et al. (2022).  
Psychological Medicine: 1-3. doi: 10.1017/S003329172200085X. Epub 2022 Jun 8. PMID: 35674232.

### **A critique of narrative reviews of the evidence-base for ECT in depression**

Meechan, C., Laws, K., Young, A., McLoughlin, D., & Jauhar, S. (2022).  
Epidemiology and Psychiatric Sciences, 31, E10. doi:10.1017/S2045796021000731.

### **Nurses' experiences of managing vulnerability when working with seriously ill children**

Nugent, A., Donohue, G, Higgins, A. (2022).  
Nursing Children and Young People, 34(4): 19-25.

### **International pooled patient-level meta-analysis of ketamine infusion for depression: In search of clinical moderators**

Price RB, Kissel N, Baumeister A, Rohac R, Woody ML, Ballard ED, Zarate CA Jr, Deakin W, Abdallah CG, Feder A, Charney DS, Grunebaum MF, Mann JJ, Mathew SJ, Gallagher B, McLoughlin DM... (2022).  
Molecular Psychiatry. 27(12):5096-5112. doi: 10.1038/s41380-022-01757-7. Epub 2022 Sep 7. PMID: 36071111; PMCID: PMC9763119.

### **Microglia and their LAG3 checkpoint underlie the antidepressant and neurogenesis-enhancing effects of electroconvulsive stimulation**

Rimmerman, N., Verdiger, H., Goldenberg, H., Naggan, L., Robinson, E., Kozela, E., ... & Yirmiya, R. (2022).  
Molecular Psychiatry, 27(2), 1120-1135. <https://doi.org/10.1038/s41380-021-01338-0>.



**Peripheral blood inflammatory markers in depression: Response to electroconvulsive therapy and relationship with cognitive performance**

Ryan, K. M. and D. M. McLoughlin (2022).  
Psychiatry Research, 315: 114725, doi: 10.1016/j.psychres.2022.114725. Epub 2022 Jul 16. PMID: 35870295.

**Exploring the Impact of Trauma and the Role of Compassion Before and After a Phase-Orientated Intervention for Complex Trauma**

Willis, N., Dowling, C., Deehan, T., & O'Reilly, G. (2022).  
European Journal of Trauma & Dissociation, 100308,  
<https://doi.org/10.1016/j.ejtd.2022.100308>.

**Stabilisation and Phase-Orientated Psychological Treatment for Posttraumatic Stress Disorder - A Systematic Review and Meta-Analysis**

Willis, N., Dowling, C., & O'Reilly, G. (2022).  
European Journal of Trauma & Dissociation, 100311.  
<https://doi.org/10.1016/j.ejtd.2022.100311>.

**Conference presentations**

**Implementation and Evaluation of STOPP/START Criteria to address polypharmacy in Older Adults in an Inpatient Psychiatric Setting**

Burke, A (2022).  
College of Mental Health Pharmacy International Conference, Oct 22.

**Developing Research Capacity in Mental Health Nurses: the impact of a collaborative model between St Patrick's Mental Health Services and Trinity Centre for Practice and Healthcare Innovation**

Donohue, G., Kirwan, S., Keogh, B. (2022).  
TCD Conf, March 2022.

**Developing Research Capacity in Mental Health Nurses: the impact of a collaborative model between St Patrick's Mental Health Services and Trinity Centre for Practice and Healthcare Innovation**

Donohue, G., Kirwan, S., Keogh, B. (2022).  
European Conference Mental Health, Sept 22, Lisbon.

**Patient Experience of Physical Restraint in the Acute Setting: A Systematic Review of the Qualitative Research Evidence**

Douglas, L., Donohue, G., & Morrissey, J. (2022).  
TCD Conf, March 2022.

**Mental health service users' experiences of a virtual admission: Qualitative findings from an online evaluation**

Farrington, A, Kirwan, S, Donohue, G. Keogh B.  
Doyle, C., Jennings, B, King, M. (2022).  
TCD Conf, March 2022.

**Collaborative Development of a Specialist Psychiatric Medication Safety Newsletter**

Fitzgerald, I, Regan, S., Brooks, M., NiDhubhliang, C. (2022).  
NPSO Patient Safety Conference, Oct 22.

**Emotion-Focused Group Therapy for Young Adults: Preliminary Investigation of a Novel Group Programme in a Psychiatric Population**

*Heffernan, G., McElvaney J., Moore D (2022).*  
Poster presentation at the All-Ireland Psychological Conference (Won 1st prize at the PSI Annual conference 2022).

**Psychological Impact of the COVID-19 Pandemic on Mental Health Nurses**

*King, M, Farrington, A, Donohue, G, McCann, E (2022).*  
European Conference Mental Health, Sept 22, Lisbon.

**Service User Evaluation of Receiving Remote Inpatient Mental Health Treatment via the 'Homecare Service'**

*Kirwan, S, Keogh, B, Doyle, C., Jennings, B, King, M., Farrington, A., Donohue, G (2022).*  
TCD Conf, March 2022.

**Receiving Remote Inpatient Mental Health Treatment via the 'Homecare Service'**

*Kirwan, S. Keogh, B, Doyle, C., Jennings, B, King, M., Farrington, A., Donohue, G (2022).*  
Mental Health Reform. Brave New Connections - Good practice for remote mental health service provision, Jan 2022.

**Nursing leadership in response to the COVID-19 crisis in an Irish independent mental health service**

*Kirwan, S. Cunningham, P. Creedon, J. Keogh, B., Donohue, G (2022).*  
TCD Conf, March 2022.

**Comparing people's experience of therapy for complex trauma across three modalities: face-to-face, mixed, and online**

*Maloney, E., Dowling, C., Deehan, T., & O'Reilly, G. (2022).*  
Compassionate Mind Foundation 11th International Conference. Edinburgh, Scotland.

**The Role of Mental Health in Obesity Management - Adaptation of the Canadian Adult Obesity Clinical Practice Guidelines for Ireland**

*O'Dwyer, S., Fitzgerald, I., Burke, A, Moore, S. (2022).*  
College of Mental Health Pharmacy International Conference, Oct 22.

**Psychotherapies for depression - what works. Novel Treatments for Severe Depression**

*Twomey, C (2022).*  
TCD Conversations Café, Oct 22.

**Consensus on core psychotherapy principles. A survey of clinicians and researchers**

*Twomey, C., & O'Reilly, G. & Goldfried, M.R. (2022).*  
Society for Psychotherapy Research UK conference, April 2022, Leeds, UK.

**Consensus on core psychotherapy principles. A survey of clinicians and researchers**

*Twomey, C., & O'Reilly, G. & Goldfried, M.R. (2022).*  
Society for Exploration of Psychotherapy Integration 38th annual meeting, April 2022, Lausanne, Switzerland.

**Exploring the Impact of Trauma and the Role of Compassion Before and After a Phase-Orientated Intervention for Complex Trauma**

*Willis, N., Dowling, C., Deehan, T. O' Reilly, G (2022).*  
Compassionate Mind Foundation 11th International Conference. Edinburgh, Scotland.



**St Patrick's**  
Mental Health Services



James' Street, Dublin 8, Ireland  
phone: +353 1 249 3200  
fax: +353 1 679 8865  
email: [info@stpatricks.ie](mailto:info@stpatricks.ie)  
visit: [www.stpatricks.ie](http://www.stpatricks.ie)