

St Patrick's
Mental Health Services



Annual Report
and Financial
Statements

2023



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



Contents

Report of the Chairman of the Board of Governors	2	Other key activities and events	
Chief Executive Foreword	4	Evidence-based treatments for adults experiencing an eating disorder	28
SPMHS in numbers 2023	6	First Fortnight	29
Service delivery		Pride Month	29
Clinical activity	9	Culture Night	29
Day services	9	Founder's Day	29
Community care activity - Dean Clinics	10	Recovery Festival and strategy launch	29
Rights-based care and treatment	11	Research and training	
Clinical governance: Quality and excellence	11	Current studies	32
Outcomes measures	11	Training and professional development	33
Key service delivery developments		Collaborating with Dalhousie University	34
Psychiatry	12	Consultancy services	34
Nursing	12	Visit from Lithuanian Health Minister	35
Social Work Department	13	Staff education and development	35
Psychology Department	13	Ghanaian student placements	35
Pharmacy Department	14	Service user engagement	
Occupational Therapy Department	14	Service Users and Supporters Council	37
General activities	14	Service User and Supporter engagement networks	38
Digital and telehealth service developments	15	Remote Care User Advisory Forum	39
Service User Portal 2023	16	Academic Institute Steering Group	39
Hybrid meetings	17	Peer Support Workers working group	39
Data protection	17	Service User Experience Surveys	39
Human Resources Department	18	Consultative forums	39
Advocacy and education		Financial statements	
Advocacy Strategy 2023-2027: Key objectives	20	Income and expenditure account and other comprehensive income	40
National centre for mentally healthy living	20	Balance sheet	41
Advocating for human rights	21	Statement of changes in equity	41
Undertaking critical awareness-raising work	22	Cash flow statement	43
#NoStigma	23	Appendices	
Accept. Act. Adapt.	24	Appendix A - Board and committee attendances	44
Women's Mental Health Network	24	Appendix B - Peer-reviewed research	46
Smart D8	24		
GP Information Programme	25		
Annual Attitudes to Mental Health and Stigma Survey	25		
Resources to support Ukrainian refugees	25		
Walk in My Shoes (WIMS)			
WIMS Key Supporter 2023	26		
Transition Year programme	27		
Frame of Mind	27		
Mission Possible School Achievement Awards	28		
School Portal	28		



Report of the Chairman of the Board of Governors



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

During 2023, the development and launch of St Patrick's Mental Health Services' (SPMHS) new strategy, *The Future in Mind*, allowed us to take stock while also looking towards the future of our dynamic organisation. Even at this early stage in the strategy we saw significant progress on its objectives, exemplifying the palpable vigour and energy that our people have for the provision of quality mental health services.

Building for the future

The unique governance structure of SPMHS offers us complete autonomy when it comes to shaping and delivering our services. We are governed by a charitable trust set out by the 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, into improving and building the organisation and its service offering.

We believe this is reflected in the many markers of success we achieve, such as exemplary records in annual Mental Health Commission inspections and the positive feedback we receive every day from our service users and their families.

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 2023, with alternate meetings taking place in-person and virtually.



The day-to-day management of the organisation is delegated to our outstanding 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 are 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 included the Very Reverend William Wright Morton, the Most Reverend Doctor Richard Clarke, the Most

Reverend Doctor Michael Jackson, Prof Joyce O'Connor, Mrs Bernadette Godley, Ms Caroline Gill, Prof. Damian Mohan, Mr Michael Moriarty, and Mr Tom Godfrey. I would like to take this opportunity to make a special note of gratitude to Mrs Audrey Cunningham and Mr Geoff Scully who resigned during 2023 after several years on the Board.

The model of care offered by SPMHS is a unique one, and is only made possible by an agile and responsive workforce. Our staff, our volunteers, and our supporters have continued to actively demonstrate their commitment to SPMHS, working to realise our vision and mission, and providing quality care and support for our service users on a continual basis. The deep gratitude I feel for this dedication is matched only by the strong confidence I have in our future.

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





Chief Executive Foreword



St Patrick's Mental Health Services (SPMHS) has always been an organisation focused on continuously evolving and adapting to move forward with the times. This evolution has gained momentum in recent years and, as a result, SPMHS has undergone a significant transformation.

We believe SPMHS has achieved this transformation while remaining focused on its core vision - a society where everyone is empowered and given the opportunity to live mentally healthy lives.

St Patrick's Mental Health Services strives to continually be at the forefront of providing treatment and advocating for those experiencing mental health difficulties in Ireland. We recognise the immense value of being forward-thinking, which is reflected in our unique level of digitalisation and our ongoing efforts to futureproof the organisation for the long-term.

Indeed, SPMHS has never lacked ambition, and our new 2023-2027 strategy, *The Future in Mind*, lays out a clear roadmap for how our vision can be realised, taking our storied history and vast expertise and using it to build into the future. The new plan will see us further enhance our services, extend our reach and continue to embrace the possibilities of technology. We are confident that it will enable us to respond to continuing challenges and emerging issues impacting mental healthcare in Ireland. Our core values of quality care, human rights and innovation are articulated in the words and pillars of our strategy and progress was made on each of the key objectives of the strategy in 2023.

This, of course, must happen in parallel with the everyday challenges of running a large mental health service - as an independent entity, SPMHS is vulnerable to external pressures such as inflation - but 2023 saw much of this ambition begin to be realised. By consolidating our services and taking stock of our achievements, we have a solid foundation upon which our new strategy can build. This will involve expanding and further developing our service model, while modernising our facilities to allow the delivery of a 21st century mental health service.

During 2023, work continued apace on the development of a national centre for mentally healthy living, as well as ongoing work and investment in our campus and facilities.



In 2022, Dublin City Council granted planning permission to proceed with the first major phase of work to transform the historic building of the Dublin 8 campus into a national centre for mentally healthy living, and onsite investigative works continued throughout 2023. As of the end of the year 2023, close to 50% of the fundraising target was achieved.

We have continued to further integrate our Homecare service into our core service delivery model, and this was further consolidated in 2023, with the service now incorporated into all of the insurance contracts, and Homecare now accounting for almost one-fifth of our overall service provided.

Inpatient clinical activity increased in 2023, and targeted new care pathways and treatment interventions have been developed in response to clinical needs analyses throughout the organisation. The development of new services and programmes within day services continued in 2023.

Our advocacy efforts and critical awareness-raising endeavours also continued last year and saw high levels of engagement. A new Advocacy Strategy was devised to align with our new organisational strategy, and this will expand and build on our advocacy achievements to date. Of note was the launch of the *Accept. Act. Adapt.* public education campaign in October 2023 to coincide with World Mental Health Day. Work was also progressed on an interactive prevention and promotion education centre as a core part of a national centre for mentally healthy living, including consultation with key stakeholders.

The Academic Institute, which will form a part of the national centre, and strives to advance research in mental health, also progressed well during 2023.

SPMHS is at an advanced stage in its digital transformation, and during 2023, the widespread adoption of our service user portal, Your Portal, continued, and key enhancements were also made to our electronic health record, eSwift, to make it even more user-friendly.

In 2023, we hosted a number of campus promotion events, including art exhibition launches, our new strategy launch and Culture Night. Other major events such as the Walk in My Shoes, Mission Possible awards, and Transition Year graduation, as well as SPMHS' annual Founder's Day conference, were held online. Whether in-person, online or hybrid, we saw strong engagement and demand from our partners, fellow stakeholders, students and the general public for quality mental health information and engagement.

Our ongoing development and evolution have always been informed by the experiences and

insights of our service users, both past and present. 2023 saw these engagement structures fortified and expanded, with an action plan devised to address the findings of an independent evaluation conducted in 2022 and concluded in early 2023. Among these actions is the enhanced visibility of the outcomes of service user feedback and the establishment of an evaluation mechanism to assess the effectiveness of the service user and carer and supporters' involvement structures. These developments will hopefully encourage more service users and their families to become actively involved in the evolution of our services.

Philanthropy remains a key priority for SPMHS. In 2023, funding was continued for the National Parents Council's *Supporting Parents to Support their Children's Mental Health and Wellbeing* primary school programme, and funding was also provided to the ISPCC to enable the expansion of its Guided Digital Self-Care programme to 1,000 children and their carers.

The Mental Health Commission standards once again determined very high levels of compliance in its inspection of our three sites in 2023, with only one standard at St Patrick's University Hospital found to be non-compliant. This exemplary record is a testament to our dedicated team of clinical and non-clinical staff.

In 2023, we continued to invest heavily in the recruitment and retention, as well as management, motivation, reward, communication and learning and development of our valued people, who have shown significant resilience and commitment, particularly in recent years.

SPMHS continues to invest all of its financial resources, staff commitment and clinical expertise into ensuring those experiencing mental health difficulties are given the best opportunity to live fulfilling lives. Our new strategy clearly articulates how we plan to execute these ambitious goals, and we will continue its implementation with enthusiasm and energy. Underscoring this activity will be an acute focus on sustainability; a responsibility we know is shared by us all.

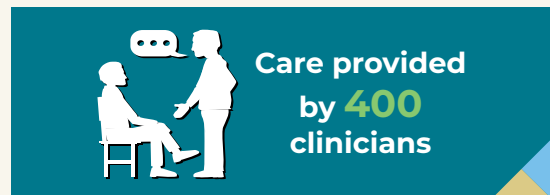
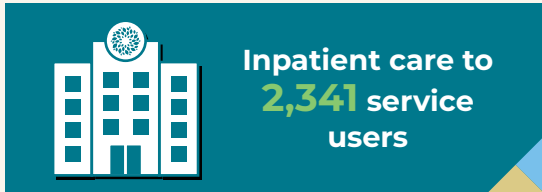
SPMHS has always been an organisation that is far greater than the sum of its parts. The dedication and commitment of our Board, our staff and our volunteers, and the trust afforded by our valued service users and their families has allowed SPMHS to stay true to its mission and vision, and we are excited by what the future holds for us all.

Paul Gilligan,
Chief Executive Officer,
St Patrick's Mental Health Services

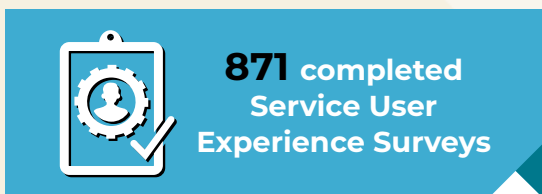
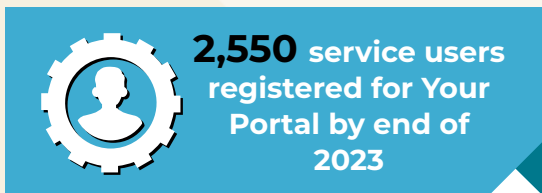
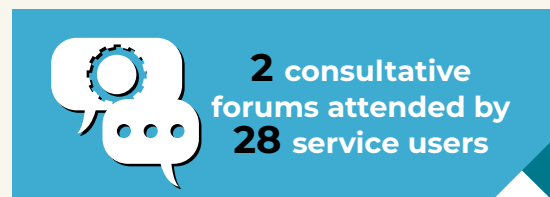


SPMHS in numbers 2023

Service delivery



Service user engagement





Advocacy and education



28 mental health promotion and advocacy events held and **20** campaigns run



971,757 pageviews across stpatricks.ie and walkinmyshoes.ie



4,850 event registrations and **2,387** attendances



21,000+ video views across YouTube channels



122 students participated in the Walk in My Shoes TY programme



12,628 subscribers to digital mailing lists



131 Walk in My Shoes School Portal registrations



10 advocacy submissions and consultations made/ contributed to

Research and training



23 Peer-reviewed papers published in international journals by SPMHS research teams



21 research presentations delivered to national and international conferences



9 new multidisciplinary research projects



Service Delivery

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

St Patrick's Mental Health Services (SPMHS) encompasses three Mental Health Commission-approved centres, including our two adult inpatient centres at St Patrick's University Hospital (SPUH) and St Patrick's Hospital, Lucan (SPL) and the Willow Grove Adolescent Unit (WGAU). Continuity of care for all of our service users on their journey to recovery is provided by our inpatient and day services, and we offer valuable services via our national Dean Clinics in Dublin 8, Lucan, Cork and Galway.

In recent years, SPMHS has carefully redesigned its model of care. Technology-enabled care is now a core element of our offering, and its use has been reinforced by consistent and effusive positive feedback from clinicians and service users alike. We continue to invest in our technology and our overall digitalisation across the entire spectrum of care delivery so that service users can have confidence in our ability to provide high-quality care without any compromise on quality, privacy or security.

New technology investments in 2023 allowed for convenient hybrid meetings, with some service users attending in-person and others preferring to attend online. Ensuring continuity of care and information flow across inpatient, outpatient and virtual settings is a priority for us.



Our innovative Homecare service has now become an embedded part of our care and treatment that we provide for people who use our services. In 2023, admissions to our Homecare service represented 19.6% of all admissions.



Executive Management team: (l-r): Paul Gilligan, CEO; Tom Maher, Director of Services; Tamara Nolan, Director of Communications and Advocacy; John Creedon, Director of Nursing; Orla Gogarty, Director of Digital Health, Transformation and Partnerships; Prof Paul Fearon, Medical Director; and Mary Farrelly, Director of Finance. Not pictured, Brendan Power, Director of Human Resources



We continue to review, monitor and refine the service to make sure it continues to meet the needs of our service users while allowing them to remain in their own homes.

The commitment of SPMHS to rights-based care and treatment is exemplified by our service user portal, Your Portal, which continued to progress during 2023, empowering even more service users with access to their online personal health records. A number of projects and initiatives were undertaken in 2023 to progress the integration and adoption of Your Portal across SPMHS' inpatient, day services, and outpatient care pathways. Our eSwift electronic health record allows the seamless flow of information across the entire organisation, and in 2023 this was integrated with Your Portal, enhancing direct communication options between clinicians and service users.

Clinical activity

SPMHS comprises three separate approved centres including SPUH with 241 inpatient beds, SPL with 52 inpatient beds and WGAU with 16 inpatient beds (including two Homecare admissions). SPMHS continues to experience a year-on-year increase in demand for our services.

While our provision of technology-enabled care continues to expand, in-person mental healthcare and treatment remains the cornerstone of clinical activities within SPMHS.

The table below shows the numbers and percentages of admission care/treatment delivered in 2023, providing a breakdown of the in-person inpatient care and Homecare.

No. (%) of inpatient admission days and Homecare admissions days 2023

	Total Adult	WGAU	Total
Homecare service days	18,336 (18.1%)	2,645 (49.4%)	20,981 (19.6%)
Inpatient admission days	82,232 (81.9%)	2,706 (50.6%)	85,938 (80.4%)
Total admission days	101,568	5,351	106,919

These numbers represent core activity within SPMHS during 2023 of the care and treatment provided by approximately 400 clinicians, as well as our Homecare admissions, which now represent almost one-fifth of our overall activity.

These activity figures incorporate the inpatient services funded by health insurance companies including Vhi, LAYA and Irish Life Health, and also

relate to care and treatment that SPMHS provides through long-standing agreements with the HSE.

Service agreements signed or renewed between the HSE and SPMHS in 2023 included HSE CHO5 (counties Wexford, Waterford, Laois, Kilkenny and Tipperary), CHO7 (Dublin Southwest and Kildare), HSE CHO3 (Clare, Limerick, and North Tipperary/East Limerick) and CHO8 (Laois/Offaly, Longford/Westmeath, Louth and Meath).

Day services

In addition to the provision of a number of recovery-oriented programmes, the Wellness and Recovery Centre also provides service users with access to a range of specialist clinical programmes which are available as a step-down service following inpatient or Homecare treatment or as a step-up service accessed from the Dean Clinics.

Throughout 2023, many day programmes continued to be delivered entirely or in part via technology-enabled care. Clinical activity in our day services decreased slightly in comparison with 2022 (a decrease of 5.64%); however, service user feedback remained extremely positive, with many expressing a preference for online programme delivery for a variety of reasons including work commitments, travel costs and convenience.



Pictured (l-r): Tom Maher, Director of Services at SPMHS with Dr Rachel Egan, Clinical Psychologist at SPMHS and Dr Richard Booth, former Head of Psychology at SPMHS at the launch of the Group Radical Openness: An Intervention for Overcontrol book



Clinical programmes are delivered by specialist multidisciplinary teams and focus primarily on disorder-specific interventions, psychoeducation and supports.

Day programme half-day attendances

SPMHS Day Service programmes	Total day programme attendances 2023
Access to Recovery	1,340
Acceptance and Commitment Therapy (ACT)	1,829
Addictions Programmes	2,173
Anxiety Programme	1,239
Bipolar Programme	520
Building Strength and Resilience	106
Cognitive Behavioural Therapy for Adolescents	13
Compassion Focused Therapy (CFT)	1,097
CFT Eating Disorders	235
Dialectical Behavioural Therapy	1,522
Depression Programme (including Building Healthy Self-Esteem programme)	875
Emotion-Focused Therapy (EFT) Programme for Young Adults	244
Eating Disorders Programme	2,137
Family Therapy for Anorexia	1
Formulation Group Therapy	460
Group Radical Openness	1,335
Living Through Psychosis (CFT-P)	97
Mindfulness-based stress reduction (MBSR)	208
Pathways to Wellness	1,593
Psychology Skills for Adolescents	199
Recovery Programme	681
Skills for Attention, Behaviour & Emotions (SABE) for Adolescents & Families	26
SAGE (CFT for Older Adults)	217
Schema Group Therapy	198
Trauma Group Therapy	334
Total	18,679

Community care activity - Dean Clinics



Our community care clinics - the Dean Clinics - are an essential component of service delivery in SPMHS, ensuring continuity of care and accessibility. The Dean Clinics allow SPMHS to fulfil its responsibilities under the Mental Health Act and regulations to ensure that a person who has undergone care and treatment in an approved centre is provided with the appropriate follow-up care in the community.

A total of 16,258 appointments were offered across our network of Dean Clinics in Dublin, Cork and Galway in 2023, presenting a marginal increase (0.7%) in appointments compared to 2022. 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, eating disorders, addictions, dementia and other psychological issues.

Technology-enabled care is an integral part of routine care in our Dean Clinics, and this was further consolidated during 2023. Some 51% of all Dean Clinic appointments were via video channels, 20% were delivered via telephone and 29% were provided in-person.



Rights-based care and treatment

2023 saw the full implementation of the Assisted Decision-Making (Capacity) Act 2015. This ensures, among other things, that a person admitted to an approved centre has their will and preferences in relation to care and treatment fully recognised and respected by those providing the care and treatment. SPMHS has worked hard to ensure clinicians in SPMHS are fully prepared and supported to ensure the rights of service users in relation to the new Act are fully upheld and respected.

SPMHS uses this Act, and its associated regulations, which provide the essential, human rights-based legislative foundation for the provision of 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



Willow Grove Adolescent Unit

The three approved centres in SPMHS are inspected on an annual basis by the Mental Healthcare Inspectorate within the Mental Health Commission. SPMHS welcomes this external scrutiny of the quality of our services and the ultimate validation provided by the inspectorate through the inspection process. 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 2023 annual inspection of SPMHS' three approved centres, St Patrick's Hospital, Lucan and Willow Grove Adolescent Unit 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 2023.

The non-compliant breach related to service users queueing for entrance to the dining room on wards (an occurrence emerging from COVID-19-related practices). These excellent results reflect the commitment of all staff working in SPMHS to delivering the highest standards of quality.

Outcomes measures



SPMHS was one of the first mental health organisations to collate, analyse and produce information relating to its outcomes on an annual basis. Wherever possible, validated tools are utilised throughout the annual *Outcomes Report*, and the choice of clinical outcome measures used are under continuous review. This ensures we are attaining the best possible standards of service delivery.

By measuring and publishing the outcomes of the services we provide, we strive to understand our strengths, and identify and monitor any perceived weaknesses. It also allows for independent scrutiny of our services. In 2023, SPMHS continued its ongoing monitoring and evaluation of the efficacy of its services through the measurement of specific outcomes, producing its 13th *Outcomes Report*.



Key service delivery developments

Treatment and care in St Patrick's Mental Health Services is provided through multidisciplinary teams comprised of consultant psychiatrists, registrars, nurses, social workers, psychologists and occupational therapists.

In addition, St Patrick's Mental Health Services (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 (MDT) in the provision of individually prescribed treatment plans tailored towards the needs of the service users. During 2023, 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.

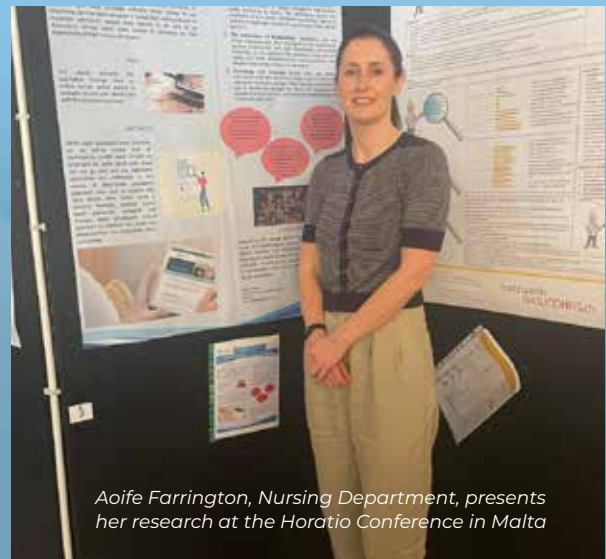
Nursing

The Nursing Department has mental health nurses working across various departments within 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 virtually as part of several programmes delivered organisationally. In October 2023, as part of the Homecare Service, the Homecare Nursing Hub was established. The Hub provides nursing support and input to the delivery of the multidisciplinary Homecare Service. The operation of the hub has been an unprecedented success and many SPMHS service users have been able to avail of this excellent service.

A number of initiatives come under the aegis of the Nursing Department. The Eating Disorder Programme Day Care team and Dietetics launched the new Binge Eating Disorder (BED) stream on programme in February 2023, while the 'Bipolar Support Seminar Series' for friends and family was also established in 2023. A 'Depression Support Seminar Series' for family and friends of service users with diagnosis of depression was also established.

The Nursing Quality Initiative Working Group continues to grow, and this group met regularly throughout 2023. Several quality initiatives were progressed including Dean Clinic Nursing Metrics, Medical Care Intervention Training, Saliva Drug testing, introduction of the Paediatric Early Warning Score (PEWS) to the adolescent service, Virtual Reality for Exposure Therapy and the introduction of the Primary Care Service Care plan library.



Aoife Farrington, Nursing Department, presents her research at the Horatio Conference in Malta

Nursing staff were involved in several publications in 2023 and made several oral presentations at conferences such as Trinity College Dublin's nursing conference, Royal College of Surgeons Ireland's nursing conference, Horatio Conference and the National Mental Health Nursing Conference.



The Nursing Department also held its second Nursing Symposium in 2023, which focused on the themes of the delivery of nursing services, nursing quality initiatives and nursing research in SPMHS.

The final report of an inspection by the Nursing Midwifery Board of Ireland of SPMHS in October 2022 was published by NMBI in 2023 and the feedback for the SPMHS Nursing Department was very positive.

Social Work Department

In 2023, the Social Work Department continued to contribute clinically to both multidisciplinary teamwork and therapeutic programmes within SPMHS, playing a lead role in the provision of family-focused interventions. The Family Connections programme, a programme to support family members of service users with a diagnosis of emotionally unstable personality disorder, was delivered on four occasions during 2023. In the Willow Grove Adolescent Unit, the Parents Plus programme was delivered throughout the year, providing skills and psychoeducation support to attendees. The Social Work Department also introduced an additional parental support group in the Willow Grove Adolescent Unit in 2023. The group aims to provide therapeutic support to help parents whilst they navigate the social, emotional and practical challenges of an inpatient admission of their child.

The department also continued its delivery of the Family Information Series with the assistance of the Communications Department, with the final session of the series delivered in early 2023. This 12-part series aimed to address a wide range of questions and concerns that family members, carers and supporters may have in their support roles with recorded sessions available on SPMHS' YouTube channel.

The Social Work Department also contributed to the work of the Women's Mental Health Network, a SPMHS collaboration with the National Women's Council that aims to advance interdisciplinary and multi-agency collaboration around women's mental health issues. In addition, the Social Work Department provided professional training to external agencies aimed at improving responses to mental health service users experiencing domestic violence and abuse.

Psychology Department

The Psychology Department delivers a wide range of high-quality services across SPMHS, contributing to the MDT and working with service users in-person and within the Homecare service. Over 2023, the Psychology Department has engaged in four service review projects, a systematic review and a clinical audit to inform and improve service delivery.



Pictured (l-r) at the Compassion-Focused Therapy Conference in Birmingham in 2023: Deirdre Fay, expert in trauma therapy and Dr Clodagh Dowling, Directory of Psychology at SPMHS

During 2023, the Psychology Department began to pilot therapeutic personality assessments for inpatients and Homecare service users as part of their psychological formulation. This new initiative will be expanded on in 2024 and will include the team psychologists in Willow Grove Adolescent Unit.

Last year, the Compassion-Focused Therapy for Psychosis day programme provided an inpatient group for the Special Care Unit and Dean Swift Ward to help provide psychological supports to inpatient service users. This resulted in widespread positive feedback, with this being many service users' first introduction to psychological support. In line with SPMHS' commitment to a trauma-informed service, the Psychology Department has continued to train in and deliver eye movement desensitisation and reprocessing (EMDR) as an evidence-based and cost-effective trauma treatment. Comprehensive neuropsychological assessment is available to all SPMHS service users and is also a key component of the Memory Clinic Service in SPMHS.

In 2023, psychology staff continued to contribute to the delivery of a number of day programmes such as the Living Well with Mild Cognitive Impairment programme.

The Psychology Department has continued to contribute to the community by working closely with the Communications Department this year, helping to deliver a number of GP webinars. The Psychology Department also successfully applied for philanthropic funding for all departments to provide psychoeducation sessions for Ukrainian refugees, volunteers (many who are refugees too) and mental health professionals.





Pharmacy Department

St Patrick's Mental Health Services' pharmacists provide individual interventions to all service users, and group interventions as part of a number of programmes. The pharmacy team built, and consolidated, many medications safety and medicines information projects in 2023. Pharmacy team members also presented webinars and recorded several videos about medication and recovery for service users and the public, which were made available on the stpatricks.ie website, as well as presenting at several Weekly Academic Meetings in St Patrick's University Hospital.

In promoting medication safety, the Pharmacy Department continued to co-produce the *SPMHS Medication Safety Newsletter*, which provides opportunities for learning and updates for clinical staff.

Pharmacists also updated and added to the Medication Management Care plans in eSwift, providing new templates for appropriate medicines use in pregnancy, hyperprolactinaemia, chronic kidney disease and information on unlicensed medicines and crushing medications.



Ita Fitzgerald (left), Pharmacy Department at SPMHS, presents her research with UCC's Prof Laura Sahm at University College Cork School of Pharmacy Research Day 2023

Pharmacy staff also continue to support and actively participate in clinical trials such as the ongoing Karma-Dep 2 trial, and to engage in research and academic input for pharmacy, nursing and medical students and trainees.

Occupational Therapy Department

Occupational therapy is a core facet of the MDT. In 2023, the department provided group and/or individual interventions to approximately 30% of all inpatients and service users in the Homecare service. Face-to-face groups were facilitated on the Old Age Psychiatry Unit, the Special Care Unit, the Young Adult Programme, the Alcohol and Chemical Dependency and Dual Diagnosis Programmes and the Eating Disorder Programme. The department also facilitated technology-enabled care on a number of clinical programmes.

In response to service user feedback and evidence-based research, occupational therapy reintroduced the meal prep and grocery shopping group for inpatient service users on the Eating Disorder Service. Additionally, occupational therapy developed a community group for the Eating Disorders Day Programme.

In relation to creative arts therapies and following on from the successful pilot of a music therapy open group on Dean Swift Ward in 2022, the facilitation of a music therapy group on the Evergreen (over 65-year-old) Programme, Alcohol and Chemical Dependency and Dual Diagnosis Programmes and the Young Adult Programme was introduced with great success. Additionally, music and art therapy groups commenced in St Patrick's, Lucan.

Art therapy was introduced to service users on Dean Swift Ward, the Special Care Unit and the Eating Disorder Unit, as well as a virtual session for those service users on the Homecare service. A pilot dance and movement therapy group was initiated on the Dean Swift Ward and Special Care Unit in 2023. The group is proving so successful that an open dance and movement therapy group is planned for 2024 to allow for service users that benefitted from dance and movement therapy to continue after they are transferred from Dean Swift or the Special Care Unit to another ward within the hospital.

General activities

The general activities timetable was reviewed in 2023 to allow service users to access relaxation and other activities virtually. The inpatient activity programme had several new activities added over the year including a choir, candle-making and botanical plaster casting. The creative activity rooms (pottery, art and craft rooms) and other onsite groups such as gardening groups, mindful yoga, craft group, bingo, quizzes, Lego group and yoga nidra continued for service users to access in 2023.



Digital and telehealth service developments

Since 2017, SPMHS has been leading in the delivery of digital mental healthcare in Ireland, investing considerable time and resources into our digital capability, with a view to using technological innovation to ensure the best experience for our service users. Since the transition to a hybrid model of service delivery, technology has allowed SPMHS to deliver a seamless programme of remote services.



During 2023, we continued to strategically build on our already advanced digital capability and continue the innovative development, deployment and adoption of our technology suite. Hybrid technologies continued to be procured and deployed across a number of clinical programmes, along with meeting structures to provide choice to service users. This included advancements in Your Portal, such as the clinical integration of Your Portal into the inpatient and Homecare pathways, which progressed in 2023. Also in 2023, the Homecare Hub was digitally enabled with training and “How to” videos developed and deployed to support Homecare Hub digitally enabled nursing procedures.

Our eSwift electronic health record (EHR) was enhanced by the development team, and letter templates were developed and enabled within the SPMHS billing and eSwift systems. Automated scheduled reports were also developed on SPMHS' Qlik Business Intelligence App. This included automated reports for finance and facilities work order management.



Our new *Digital Transformation Strategy 2023-2027* was developed and reviewed during 2023 by the ICT Steering Committee, the Senior Management Team, the Clinical Governance Committee and the Remote Care User Advisory Forum. This co-created approach ensures that SPMHS' technology design decisions incorporate both service user and clinician views and preferences and Mental Health Commission compliance requirements.

The strategy describes how we will support the delivery of our organisational strategic objectives and commitments as set out in *The Future in Mind Strategy 2023-2027*. Through technological innovation and digital transformation, and our “Digital by Design - Digital First” mindset, we will enhance our services and support reaching more people across the country.

Our significant experience using technologies will also help to inform future building projects such as upgrading our inpatient services and developing the national centre for mentally healthy living, integrating “Digital by Design - Digital First” principles.



Service User Portal 2023

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 on the Rights of Disabled Persons (UNCPRD) 2006. In keeping with SPMHS's rights-based approach to service user care and treatment, SPMHS has committed to enabling service user access to key information and their ability to share information and communicate securely with their care teams in a phased manner.

During 2023, use of Your Portal continued to grow steadily. By the end of 2023, there were 2,550 service users registered to use Your Portal. Several projects and initiatives were implemented in 2023 to progress the integration and adoption of Your Portal across SPMHS, Homecare, inpatient, day care and outpatient care pathways. This included enhanced Your Portal integration with the SPMHS electronic health record, eSwift, allowing clinical staff to communicate with service users and enable simultaneous updating of the eSwift record.

This significantly streamlined the team's communication processes with service users, and has provided the ability to save time administrating the care processes.

The Your Portal for inpatients and Homecare pilot design was enhanced based on staff and service user experiences during the pilot. The new improved design of Your Portal for inpatients and Homecare can be used across all adult consultant-led MDTs since July 2023.

Other developments in 2023 that have benefited from the enhanced SPMHS digital enabling capabilities between Your Portal and eSwift include the first iteration of the Your Portal Psychology Personality Therapeutic Assessment process, and further inpatient and day services programmes using Your Portal for service users to complete their pre and post outcomes measures.

Furthermore, the ability to integrate service user-reported outcomes, submitted through Your Portal, within the SPMHS business intelligence tool has enabled the automation and visualisation of many clinical programmes pre and post outcome measurements. Through the enhanced integration in 2023, it has been possible to standardise how clinicians interact with Your Portal to send and receive information with service users. This has allowed for numerous training videos to be developed that are reusable across clinical care pathways.

Your Portal developments overview

	DAY SERVICES	DEAN CLINIC SERVICES	INPATIENT/HOMECARE ADMISSION SERVICES	CLINICAL REPORTING OUTCOME APPS
2020	<ul style="list-style-type: none"> Access to St Patrick's Mental Health Services appointment information Manual upload to the files area of Your Portal Your Portal Library Service user sharing access to their own Your Portal record Service user and staff portal registration Security, privacy and access controls 			
2021	<ul style="list-style-type: none"> Acceptance and Commitment Therapy (ACT) Programme Mindfulness Programme 	<ul style="list-style-type: none"> Building Strength and Resilience (BSR Programme) 		
2022		<ul style="list-style-type: none"> Dean Clinic administrators: Appointments, invoices and receipts 	<ul style="list-style-type: none"> Inpatient and Homecare Your Portal Pilot One MDT 	
2023	<ul style="list-style-type: none"> Recovery (WRAP) Programme Bipolar Recovery Programme Depression Recovery Programme Building Healthy Self-Esteem Programme Dialectical Behavioural Therapy Programme Focused Acceptance and Commitment Therapy (FACT) Programme 	<ul style="list-style-type: none"> Dean Clinic Homecare Admission Form 	<ul style="list-style-type: none"> Bipolar Recovery Programme Depression Recovery Programme CBT Inpatient Programme Therapeutic Assessment of Personality (Psychology) Inpatient and Homecare Your Portal for all MDTs 	<ul style="list-style-type: none"> Outcomes - BSR Programme Outcomes - Building Healthy Self-Esteem Programme Outcomes - CBT Programme Outcomes - Depression Recovery Programme Outcomes - FACT Outcomes - Mindfulness Programme Outcomes - Personality Review
2024 Q1/Q2	<ul style="list-style-type: none"> Eating Disorder Day Programme 	<ul style="list-style-type: none"> Dean Clinic nurse appointment summary letters 	<ul style="list-style-type: none"> Eating Disorder Inpatient Programme 	<ul style="list-style-type: none"> Outcomes - ACT Programme Outcomes - Bipolar Recovery Programme



In addition, further service user video guides and Your Portal information have been developed and published on the SPMHS website and in the Your Portal Library. This has been achieved in collaboration with the Remote Care User Advisory Forum, the Communications Department, and the SUITS team, among others.

Hybrid meetings

SPMHS operates in a hybrid environment and has endeavoured to ensure this model of working is seamlessly enabled by technology. In late 2022, a project was commenced to deploy Microsoft Teams hybrid rooms equipment onsite to support hybrid Teams meetings and clinical group programmes, with some attendees onsite in a meeting room and some attendees attending remotely on Microsoft Teams. This hybrid setup is widely known as a Microsoft Teams Room (MTR). Feedback was overwhelmingly positive and pilot meetings proved successful. All clinical programmes are now set up to facilitate in-person, hybrid or fully remote attendance.

Data protection

Data privacy and cybersecurity are of paramount importance to SPMHS. Cognisant that we deal with especially personal and sensitive health data, we take our requirements under the various data protection legislation very seriously. This includes the regular introduction of new security initiatives and continually upskilling our staff in order to ensure the highest quality of information security.



All Data Subject Access Requests in 2023 were processed by the Data Protection Office in compliance with our obligations under Section 91(1) of the Data Protection Act which gives further effect to the GDPR and internal SPMHS Data Protection Policies.

A total of 388 data subject access requests (SARs) were received in 2023, a marginal increase of four SARs (1%) on the previous year. 99% of the SARs (380) were reviewed and processed internally by the Data Protection Office, with four SARs 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 SAR was applicable under section 12(3) of the GDPR. The highest volume of requests (179) came from service users; this was followed by doctor-to-doctor requests (52), solicitors (48) and health insurers (33).

A Data Incident Register continued to be maintained in 2023 for all data incidents and data breaches and each incident was managed in line with our Data Breach Management Policy (DP 0004). This policy was reviewed in 2023 and now includes a definition on what a significant data breach entails. A total of 81 data incidents were reported internally in 2023, compared to 76 in 2021. All data incidents were risk-assessed by the Data Protection Officer (DPO) and 48 were classified by the DPO as a data breach, of which, four reached the threshold as reportable to the Data Protection Commission (DPC).

The DPO investigated all data incidents and completed outcome reports on all, which were submitted to the Clinical Governance Committee (CGC), Information Governance Committee (IGC) and to the DPC where applicable. The DPO liaised with the DPC on the four 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 in regard to three of the four data breaches. The DPO is awaiting response from DPC in regard to the fourth data breach reported, which relates to the loss of a paper clinical record.

A working group was established in 2023 by the Information Governance Committee (IGC) to review recommendations and implement actions arising from a systematic review carried out by the administration manager in 2022 concerning postal correspondence errors resulting in data breaches.

Standard operating procedures have now been created, training provided to staff and templates for correspondence to both referrers and service user have, and continue to be, developed for use on eSwift. A working group was also set up by the IGC to review clinical information contained in emails and to provide guidance to staff in how to minimise clinical information sent by email.



This guidance was disseminated to stakeholders during 2023 and is now ready for review by CGC. Finally, two data protection videos were developed for staff training purposes, which provide guidance on how to prevent data breaches when working on postal correspondence or emails. The videos are classified as essential training for all staff.

In 2023, the Data Protection Office continued to implement an information governance programme in line with the organisation's Information Governance Framework and in collaboration with the Information Governance Committee. This work is focused on ensuring the organisation remains compliant with data protection legislation.

Human Resources Department

SPMHS delivers care and services to our service users through our staff of more than 700 who work 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 SPMHS 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 commercial objectives. This embodies the vision and mission of our *Human Resources Management 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 skills base. To this end, the Human Resources (HR) Department continued to lead and support the organisation in meeting these recruitment challenges across all departments and disciplines against the backdrop of an increasingly competitive labour market.

Retention of our dedicated and experienced staff is thus a key focus and our staff turnover rate experienced a significant decrease in 2023, decreasing to 4.10% compared with a rate of 5.4% for 2022. The Interdepartmental Nurse Recruitment Working Group remained proactive in 2023, deploying several initiatives to support agile and effective recruitment. SPMHS has continued to embrace the positive benefits of remote working and is committed to continuing to enable staff achieve and maintain improved work-life balance through the continued utilisation of remote working to the benefit of both the organisation and our staff.

The Keep Well Mark

SPMHS underwent a full re-assessment by IBEC in 2023. The organisation retained the Keep Well Mark and again feedback was very positive, recognising the importance placed by the organisation on the overall wellbeing and constructive management of employees.



Pictured (l-r): Shane Kirwan (Nursing Department), Vicki Walsh (Nursing Department), Emma Cunningham (HR Department) and Dominique Smith (HR Department) at the RDS Recruitment Fair



Advocacy and education

St Patrick's Mental Health Services is committed to providing education on mental health and advocating for the rights of those who experience mental health difficulties.

The objectives of the strategy are fundamentally aligned with European and international child and adult mental health advocacy goals, and clearly reflect our overarching vision of a society where all people are given the opportunity to live mentally healthy lives. Our Advocacy Committee strives to contribute to all relevant consultations issued by Oireachtas Committees, Government departments and other national and international bodies.

At the crux of this is ensuring mental healthcare, prevention strategies and promotion efforts are grounded in human rights and adhere to key human rights conventions.

We see our advocacy endeavours as a crucial element within our broader role of helping to build a society in which the rights of those experiencing mental health difficulties are protected, and in which the stigma attached to mental health difficulties is combatted. By enhancing general understanding of mental health, we can aid in reducing stigma, help raise awareness and improve responsiveness to the mental health needs of all sections of society. Our busy programme of annual awareness campaigns and initiatives underpin this work, bringing our mission to life and seeking to effect change at a wider societal level.

In 2023, following consultation with Advocacy Committee members, staff and service users, St Patrick's Mental Health Services (SPMHS) launched and commenced implementation of its new Advocacy Strategy, which will span the period from 2023 to 2027. The new Advocacy Strategy builds on our extensive advocacy work to date and articulates clear goals while allowing an agile response to changing needs in mental health and wellbeing, including service user consultation and participation.



We remain committed to building on existing relationships and consolidating a partnership network of mental health organisations, including continued development of the Women's Mental Health Network, while also supporting existing partners and advocacy alliances' work and implementing partner projects. The advocacy team also contributes to the Communications Department's overall strategy via the Walk in My Shoes (WIMS) campaign and other relevant activities.

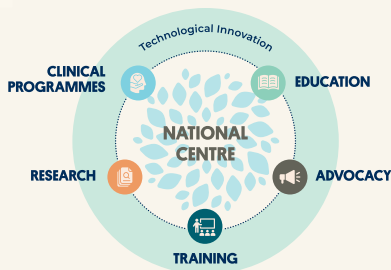
Our targeted and engaging media strategy continues to position SPMHS as a trusted source of information and expertise on mental health issues of national and international interest. Last year, this strategy resulted in 460 media items featuring SPMHS or WIMS across print, online and broadcast media. This occurred in parallel with strong activity on our website and social media channels, which significantly extend the reach of our advocacy and awareness campaigns. Traffic to the SPMHS website was strong and consistent throughout 2023.



Advocacy Strategy 2023-2027 key objectives:

- Mental healthcare for children and adults in Ireland will be grounded in human rights and compliant with key human rights conventions, with a human rights-based approach to mental healthcare being promoted and supported at organisational, national and international level.
- Mental health and wellbeing for all, and at all ages, will be encouraged and promoted, in line with the objectives of the WHO Pan-European Mental Health Coalition.
- Stigma and discrimination related to mental health will be reduced, and understanding of mental health and wellbeing across the lifespan, and in relation to diverse and emerging needs, will be enhanced.
- The Mental Health Matters Advocacy Centre will be developed and established as part of a national centre for mentally healthy living.

National centre for mentally healthy living



Plans to progress the development of the advocacy centre and interactive education centre, both of which will

be key components of a new national centre for mentally healthy living, which is being developed in the historic building on the Dublin 8 campus, continued during 2023.

Interactive education centre

The interactive education centre will tackle misinformation about mental health; challenge stigma; and educate people, particularly young people, about practical tools to support their wellbeing and mental health. The centre will initially be targeted at young people, opening up to other age cohorts over time, and the programme will be offered free of charge.

In 2022, Dublin City Council granted planning permission to proceed with this project. Jack Morton, a global brand experience agency, was appointed in January 2023 to design and construct the fit-out of the Education Centre, and a design concept for the centre was completed.

A key principle of the design approach - and in line with organisational strategy - is to incorporate the feedback of key stakeholders in the design of the centre. With this in mind, consultation for this project continued throughout 2023, with school students and other key stakeholders and experts, including teachers, SPMHS staff and Board, service users, mental health promotion experts, archivists and historians, and national and international museums involved.

A total of 186 students were consulted with in 2023, including 125 participants on the WIMS Transition Year Programme who presented their feedback and ideas for the education centre. In addition, a new Education Centre Student Advisory Committee, comprising 20 Transition Year students from across Ireland, was established in September 2023. The students played a key role in providing feedback on design elements of the centre, in addition to co-creating content for the new mentally healthy living programme. By taking a co-creation approach and including the student perspective throughout all stages of the development process, we aim to create a meaningful and relevant learning experience that will empower visitors to the centre to apply their learnings, such as resilience skills and wellbeing tools, from the experience to their own daily lives.



A new Student Advisory Committee will be established each academic year to ensure content and the visitor experience is kept fresh, engaging and relevant. Meetings were also held with SPMHS' Service Users and Supporters (SUAS) Council and the Service User Advisory Network (SUAN) to seek feedback on the creative proposal for the centre and input on the visitor journey. Consultation with service users will form an integral part of the development process as this project progresses in 2024, ensuring any representations of mental health journeys are reflective of lived experience and are effective in challenging stereotypes and misinformation.

A number of site visits and meetings to discuss and explore the availability and possibility of borrowing artefacts for display in the centre took place, including to the Royal Irish Academy, the Irish Heritage Council of Ireland, the National Archives of Ireland and the Royal College of Physicians in Ireland.

Advocating for human rights



A total of 10 consultations were contributed to in 2023, including new European Commission mental health initiatives, a national migrant integration strategy, a policy framework for youth participation in decision-making, guidance for schools on the development of Transition Year programmes and a national framework for mental health recovery.

Some 28 events relating to mental health, disability and/or advocacy activities were attended by members of the Advocacy Committee over 2023 to represent SPMHS and to build on the network of mental health organisation partnerships established. Advocacy activities by Mental Health Reform and the Children's Rights Alliance (CRA) were also supported throughout the year.

SPMHS continued its participation in mental health advocacy at international level throughout 2023. Membership of the WHO Pan-European Mental Health Coalition continued, and has been extended until the end of 2025 to align with the timeline of the *WHO European Framework for Action on Mental Health 2021–2025*.

SPMHS also continued its participation in the Global Mental Health Advocacy Network during 2023, taking part in member calls and attending webinars and the annual meeting.

A visit to St Patrick's University Hospital in December from the WHO Unit Head of Policy, Law, and Human Rights at the Department of Mental Health and Substance Use and a Technical Officer with the WHO Mental Health Policy and Service Development team was facilitated.

Our philanthropic efforts were ongoing throughout 2023. Funding was continued for the National Parents Council's *Supporting Parents to Support their Children's Mental Health and Wellbeing* primary school programme, with over 2,000 parents attending 114 sessions over the course of the year. An eLearning version of the module was also produced for publication in 2024. Funding was also provided to the ISPC to enable the expansion of its Digital Mental Health and Wellbeing programme to 1,000 children and their carers, and to make five children and young people-specific programmes available with digital CBT service provider, SilverCloud Health.

The Exchange House initiative continued, with one day per week of cognitive behavioural therapy to recipients of care linked to Exchange House. In addition, translation services were funded to provide a psychoeducation programme to Ukrainian refugees in Ireland, and volunteers and mental health professionals working with Ukrainian refugees. Funding for the purchase of a display elephant as part of the 'Elephant in the Room' initiative, which aims to encourage open conversations around mental health, was also provided.



St Patrick's Mental Health Services' elephant display, which was decorated and painted by a former service user as part of the 'Elephant in the Room' campaign



Undertaking critical awareness-raising work

During 2023, SPMHS and WIMS developed and rolled out some 20 different campaigns and initiatives, as well as 28 events as part of our efforts to engage, support and educate schools, GPs, mental healthcare professionals and members of the public about mental health, wellbeing, stigma and human rights.

SPMHS continued to be viewed as a trusted source of information and commentary on mental health issues during 2023, with organic requests received regularly from media outlets for SPMHS' clinicians and experts to participate in print articles, TV and radio shows. Press releases and media notices were issued in 2023 and these received widespread coverage across print, broadcast and online media.

Steady traffic to the organisation's websites, stpatricks.ie and walkinmyshoes.ie, was observed, with a total of 329,387 users and 971,847 views recorded across both websites. Traffic to the SPMHS website was strong throughout 2023. This indicates steady interest in content available on the website. Over one-quarter of views went to the Care and Treatment section, suggesting a strong interest in learning about SPMHS' services.

With more than one in 10 users going to the Media Centre, particularly its Blogs and Articles section, users also demonstrated interest in content relating to mental health information and lived experience. Together, these results reflect a trust in SPMHS' services and expertise and underline the importance of continuing to regularly review and update content internally to ensure its accuracy; of optimising content and accessibility; and of exploring and improving the user experience.

Overall, the WIMS website had a positive year in 2023. The numbers of users and views rose by 25% and 4% respectively, suggesting that the website continued to attract audiences with an interest in its content. Analytics showed that interest in mental health information grew in 2023, while interest in content and resources for schools also remained strong in 2023, pulling similar levels of traffic to the previous year.

SPMHS and WIMS each have their own Facebook and Twitter/X channels. They share an Instagram channel, while SPMHS also runs a LinkedIn channel. These social media channels reported a steady performance in 2023. Although the numbers of impressions and engagements dropped by 32% and 13%, there were 16% and 28% improvements in the number of link clicks and the overall engagement rate respectively.



Maia Dunphy, Television Broadcaster and Niamh McDonnell, Life Coach, at the 2023 Recovery Festival and Strategy Launch

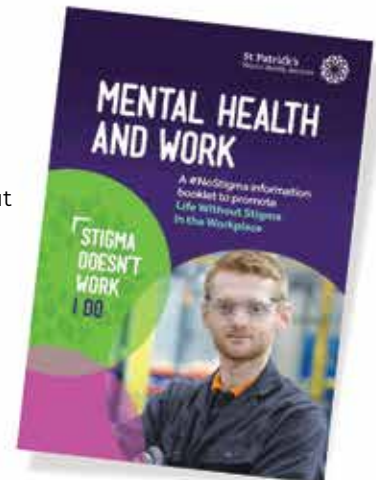


Growing interest in video content was apparent, with more than 3,040 people subscribed to the SPMHS and WIMS YouTube channel by the end of the year, giving a total of 221,173 views and 7,047.3 hours of watch time recorded, with 61 new videos added. Videos released to the SPMHS channel in 2023 included information on SPMHS; overviews of the inpatient and Homecare services, multidisciplinary teams and service user engagement structures; information on mental health difficulties; a series on key features and functions of Your Portal; a series on service user experience of care and treatment and more. Videos released to the WIMS YouTube channel included overviews of WIMS and its Transition Year Programme, and animated videos exploring what mental health means, what stress is, and how to support someone going through a mental health difficulty.

The organisation operates five discrete digital mailing lists; the SPMHS general public and GP network lists, the WIMS general mailing list, and the WIMS primary school and secondary school lists. By the close of 2023, a total audience of 12,628 subscribers were signed up to the five lists, marking an increase of 1,530 subscribers in 2023 compared with 2022 and a 13.7% growth in audience. An increase in engagement across all mailing lists was also observed.

#NoStigma

The #NoStigma campaign, originally launched in 2020, focused on life without mental health stigma in the workplace. Activities included a webinar to promote “a life without stigma in the workplace”, which heard from people with lived experience, as well as speakers from EmployAbility, the Open Doors Initiative and the Rehab Group. The webinar coincided with the launch of a suite of resources that aimed to provide practical guidance on combatting mental health stigma in the workplace.



These included an information booklet on mental health rights and supports in the workplace, developed in collaboration with the OT Department; a blog highlighting positive experiences of work-life in mental health recovery; and a video focused on rights under the Employment Equality Acts, including reasonable accommodations as they relate to mental health difficulties.



Accept. Act. Adapt.

The *Accept. Act. Adapt.* public education campaign was a new campaign run by SPMHS in 2023. It was launched during October to coincide with both World Mental Health Day and the launch of SPMHS' new five-year strategy.

As part of the campaign, a hybrid online and in-person event brought together a panel of experts, including those with lived experiences, to discuss acceptance of mental health difficulties; taking action for your mental health; and adapting to maintain recovery and wellness in daily life. A temporary exhibition also ran in Arnotts Townhouse for five days, which involved a projection experience featuring reflections on mental health that over 100 members of the public, staff of SPMHS and service users and supporters, contributed to. A media and online campaign were run as part of the overall campaign launch, and it resulted in strong coverage across print, online and broadcast media.

Women's Mental Health Network

The Women's Mental Health Network (WMHN) is in its sixth year and 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.

Two WMHN events took place in 2023: a networking event in March to coincide with International Women's Day, and an in-person event in June to coincide with the launch of the National Women's

Council's report, *Gender-sensitive approaches to healthcare*, and further showcased recent reports on women's experiences of mental health and service engagement by the HSE Mental Health Engagement and Recovery Office. SPMHS attended an Áras an Uachtaráin Garden Party to mark the 50th Anniversary of the National Women's Council on 21 June.

Smart D8

SPMHS continued its collaboration with the Smart D8 initiative during 2023, renewing its partnership with the project for a further two years. Smart D8 is an ongoing initiative that focuses on the health and wellbeing of the local community, bringing 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 together to achieve this.

During 2023, SPMHS worked with the National College of Art and Design and its interactive design bureau to inform the setup of our hybrid technologies to improve the therapeutic milieu for hybrid therapy groups. SPMHS also participated in the evaluation of submissions to the Smart D8 pilot call in June. Following this, guidance and support was provided to the Smart D8 selected project "Menopause and the City" (MATC) to enable digital scale-up. Dr Louise Fitzgerald, MATC lead, facilitated a MATC/SPMHS staff workshop as part of the pilot project.





GP Information Programme

The GP Information Programme continued to run throughout 2023 to inform GPs about changes to services; to provide educational support to GPs for 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.



The six-part GP Webinar Series, now in its fourth year, covered a range of topics across various clinical disciplines within SPMHS such as pharmacology and medication management in mental health, medical emergencies in eating disorders, and older adult mental health. There was close to 750 registrations across six webinars, with positive feedback received from attendees. On average, the webinar series received a rating of 4.3 out of five from attendees. There were also more than 81,500 impressions of the associated social media posts.

Annual Attitudes to Mental Health and Stigma survey

The *Attitudes to Mental Health and Stigma Survey*, which aims to track and highlight public awareness of, and attitudes towards, mental health difficulties was carried out again in 2023, surveying a nationally representative sample of 800 people in Ireland over the age of 18. The 2023 findings revealed a high prevalence of self-stigma and indicated that the Irish public are more likely to treat friends and loved ones experiencing mental health difficulties with compassion and understanding than they would themselves.

Despite 91% of respondents saying they would not see it as a sign of weakness if a friend/colleague or family member sought help for a mental health difficulty, only 78% said they would not consider it a sign of weakness if they themselves sought treatment for a mental health difficulty. And although 92% of respondents to the survey accepted that mental health difficulties can affect anyone, and seven in 10 agreed that someone who uses mental health services can fully recover, the responses also showed that one in two people who have experienced mental health difficulties did not seek treatment due to stigma or embarrassment.

The findings were released to the media, and on the SPMHS website, during December 2023, and the campaign resulted in widespread coverage across print, online and broadcast media.

Resources to support Ukrainian refugees



As part of SPMHS' commitment to supporting greater responsiveness to the mental health needs of diverse groups in society, the Communications and Psychology Departments worked with other clinical departments throughout SPMHS during 2023 to provide a series of psychoeducation sessions and resources for Ukrainian refugees, volunteers and mental health professionals working with refugees.

A number of resources and blogs were translated into Ukrainian and added to a dedicated Ukrainian resources page on the St Patrick's website, and live online psychoeducation sessions covering a range of topics such as anxiety, trauma and grief, stress resilience and compassion-focused therapy were delivered by SPMHS clinicians throughout the year. A total of 27 blogs, articles or resources were made available, alongside the delivery of 10 psychoeducation sessions.





Walk in My Shoes

Walk in My Shoes is the flagship awareness-raising and education campaign of St Patrick's Mental Health Services.

Throughout 2023, Walk in My Shoes continued to develop new resources and run campaigns and initiatives, which were guided by an advisory panel of students, teachers and parents, and supported by the WIMS Key Supporter.

As work progresses on the development of a new interactive Education Centre, 50% of the WIMS teams time was dedicated to research and development for the new Education Centre project in 2023 so the campaign ran fewer events and initiatives.

WIMS Key Supporter 2023

The WIMS Key Supporters play an important role in raising awareness, educating young people about mental health and wellbeing and tackling stigma. Every year WIMS invites a new supporter to help us promote the aims of WIMS, encourage engagement and create awareness about available resources.



WIMS Key Supporter, Cormac Ryan, physiotherapist, endurance cyclist and former minor and under-21 hurler for Dublin GAA

The new key supporter, appointed in September 2023, was Cormac Ryan, a physiotherapist and endurance cyclist who is also former minor and under 21s hurler for Dublin GAA. Cormac has spoken openly about his journey with depression and an eating disorder following serious cardiac surgery.



Pictured (l-r): Rebecca Gaynor, WIMS Assistant Campaign Manager; Tamara Nolan, Director of Communications and Advocacy; and Amanda McCardle, WIMS Campaign Manager at the 2023 Frame of Mind Awards Ceremony in St Patrick's University Hospital



Winning students of the Frame of Mind Photography competition with judge and photographer Ruth Medjber

Transition Year programme

The WIMS TY Programme continued to run throughout 2023. There were more than 300 applications for the programme, with 122 students taking part over five separate weeks. During the hybrid programmes, students engaged in approximately five sessions each day, focusing on various aspects of mental health, and also took part in a mock multidisciplinary team meeting.

Frame of Mind

The Frame of Mind initiative aims to harness students' creativity to help improve mental health awareness and challenge stigma. For 2022/2023, the format was changed from a short-film competition to a photography competition, with secondary school students invited to capture their meaningful moments through photographs.

A total of 137 entries were received, far exceeding predictions, and an awards ceremony to celebrate the winning students' photographs was held in March. There were almost 4,000 views of Frame of Mind pages on walkinmyshoes.ie during 2023, and 40,307 impressions of Frame of Mind social posts and 3,278 engagements.



Mission Possible School Achievement Awards

The Mission Possible School Achievement Awards recognises the role schools play in promoting positive mental health and celebrates the different projects and supports in primary and secondary schools across Ireland to raise awareness of mental health and reduce stigma in school and the community. For the 2023 initiative, schools were invited to create their own Mission Possible Wellbeing Walls in their schools, with pictures of schools' Wellbeing Walls, and information about the related wellbeing initiatives, then added to the WIMS School Portal. Over 200 schools registered to complete their Mission Possible Wellbeing Walls, with 50 entries to the Mission Possible awards; a significant increase on 2022 numbers.

School Portal

The WIMS School Portal is a secure, private online platform that allows primary and secondary school 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.



Over 2023, work continued on optimising the School Portal and promoting its use across WIMS channels and newsletters. There were 131 new teacher registration requests approved, bringing the total number registered to 621. In total there were 375 resources shared, an increase of 54 on 2022. Engagement in relation to the School Portal was particularly strong, with almost 3,000 link clicks on social media posts relating to the School Portal, and 952,869 impressions and 13,006 engagements from eight posts across Facebook, Twitter, Instagram and LinkedIn.

Other key activities and events

Throughout 2023, SPMHS/ WIMS hosted a total of 28 online, hybrid or in-person events. These provided key opportunities for the public, schools, healthcare professionals, staff and service users to hear and learn from experts in mental health, and encouraged networking and information sharing. All events were well-attended and enthusiastic feedback was received from attendees.

Evidence-based treatments for adults experiencing an eating disorder

To mark Eating Disorders Awareness Week during 2023, members of the multidisciplinary Eating Disorders Programme team at SPMHS delivered a webinar to explore treatments for adults experiencing an eating disorder such as cognitive behavioural therapy, medical management and compassion-focused therapy for eating disorders. Over 200 people attended the webinar live, and this was followed by more than 900 views of the webinar recording on SPMHS' YouTube channel, with 139 hours watch time.



First Fortnight

SPMHS once again partnered with mental health festival First Fortnight in 2023, collaborating for a number of online mental health arts events as part of the festival programme. These included an online music and storytelling event, an online mental health in the movies quiz and online art workshops.

Pride Month



SPMHS organised a number of Pride Month activities in June 2023. These included a presentation by Collette O'Regan from LGBT Ireland, a movie screening for service users of the film *Queen of Ireland* and a temporary re-design of the SPMHS logo on the website to the rainbow colours for the month of June. SPMHS also became a PRIDE at Work Partner for 2023.

Culture Night

An in-person event was held at the St Patrick's University Hospital campus as part of Culture Night on 23 September. Attendees were offered insights on the history and construction of Ireland's first psychiatric hospital, the original St Patrick's Hospital, by historian and archivist Andrew Whiteside, and also given a short walking tour of the historic grounds.

Founder's Day



The annual Founder's Day conference is held each year to recognise the legacy of SPMHS' founder Jonathan Swift and to promote excellence in mental healthcare.

The 2023 Founder's Day conference explored migrant and refugee mental health from a broad perspective, both in terms of the needs of migrants and refugees and of the most appropriate responses. Over 200 people attended the online event.

Recovery Festival and strategy launch

To mark the launch of the SPMHS new five-year strategy, *The Future in Mind*, and to celebrate recovery, staff and service users, and their families, as well as partner organisations were invited to a wellness-themed, festival-style event in the garden of St Patrick's University Hospital. Activities on the day included the official launch of the new strategy; a performance by spoken word artist Stephen James Smith; wellness workshops such as sound baths and yoga; wellbeing and mental health talks; and family activities and entertainment.



Paul Gilligan, CEO, SPMHS and Prof Paul Fearon, Medical Director, SPMHS at the launch of the SPMHS new strategy *The Future in Mind*



Research and training

St Patrick's Mental Health Services (SPMHS) places immense value on clinical research and education, viewing it as a key element of our wider remit. A robust research environment is integral to the work carried out in SPMHS and complements our everyday clinical and advocacy work, as well as having a broader societal impact.

Our service user steering group helps set our research agenda to ensure it is highly relevant to those who use mental health services, and our collaborations with Trinity College Dublin (TCD) and other research institutes help ensure our research output is of the highest quality, as well as the utmost integrity. The establishment of the Academic Institute is testament to SPMHS' commitment to being a leader in mental health research, both nationally and internationally.

The SPMHS *Research Strategy 2023-2027* is closely aligned with the organisational strategy, *The Future in Mind 2023-2027*, and seeks to address both the opportunities and the challenges in conducting research at SPMHS.

The strategy promotes a positive culture for service user-led research with the idea that, with the right supports for researchers, we can continue to make significant contributions to the knowledge of and treatment of people experiencing mental health difficulties.

Through consultation with staff, service user and carer representatives throughout 2023, the Academic Institute identified five priorities to help guide the agenda for the *Research Strategy*:

- Establish a framework for research governance
- Provide clear and supportive pathways to conduct research
- Devise new ways to communicate research
- Develop research partnerships and resources
- Prioritise public and patient involvement in research.



Presenters at the 2023 Nursing Symposium

Central to the development of the Institute is the establishment of a research governance framework in line with national developments. This framework sets up the context for the development of an appropriate environment of research that will place service users, their families, and carers, at the centre of research activity, while supporting staff and enabling the organisation to comply with ethical, legal and regulatory requirements.

Throughout 2023, the Institute continued to consolidate real time research outputs, projects commenced and ongoing, and funding attracted. Communication is a central tenet of the *Research Strategy* and a separate communications strategy that will seek to promote and increase visibility of our research endeavours is now being implemented.

The Academic Institute has worked across all departments to support the review and renewal of memorandums of understanding (MOUs) between SPMHS and academic departments, with the aim of promoting educational and research opportunities between institutions. This includes agreements with our Pharmacy Department, UCC and TCD; Nursing Department and TCD; Medical Department and TCD; Occupational Therapy Department and TCD; and our Psychology Department and UCD.

A Training Governance Committee has been set up to track and monitor these MOUs. The Academic Institute is also a partner in a 2023 Wellcome Trust grant application led by Professor Maggie O'Neill at University College Cork and involving partners from UK and Ireland.

Current studies

During 2023, members of SPMHS research teams were named as authors or co-authors on a total of 23 published papers in high-impact journals, as well as a book chapter in *Obesity in Adults: A 2022 Adapted Clinical Practice Guideline for Ireland (2022 adaptation)*. There was also 21 external conference presentations delivered by SPMHS researchers both in Ireland and abroad over 2023.

SPMHS researchers are involved in a number of ongoing multidisciplinary research projects. One of these, a randomised controlled pilot trial of psilocybin with psychological support for cocaine use disorder, commenced in December 2023, having received a coveted Health Research Board Definitive Interventions and Feasibility Award.



Nursing Symposium research prize winners (l-r): Mary Needham, Toni O'Connor and Gráinne Donohue with Director of Nursing, John Creedon



Research Ethics Committee

SPMHS' Research Ethics Committee (REC) is a multidisciplinary and independent committee reporting to SPMHS' Board of Governors. The REC is responsible for reviewing research involving human participants, their samples or their data, in order to ensure that their dignity, rights, and welfare are protected. The REC assesses the potential benefits of the research which may be balanced against the degree of risk and potential harm. The committee also safeguards the health, welfare and rights of service users and researchers. To gain ethical approval, research must be necessary and of a design that minimises predictable risk to both the service user (research participant), the researcher and SPMHS. The REC has a duty to promote responsible research conduct so that research infuses the culture of SPMHS.

A total of nine studies were approved by the SPMHS Research Ethics Committee in 2023. These include:

- Does hope matter? A mixed method analysis of the experience of hope for service users in Brief-Intensive Dialectical Behaviour Therapy and Dialectical Behaviour Therapy informed skills groups.
- Autobiographical Memory Consistency in Depression
- Formulation in Compassion-Focused Therapy for Psychosis: An Investigation of Service User and Clinician Experiences.
- Personality difficulties as predictors of response and cognitive side effects following electroconvulsive therapy: a retrospective cohort study (PROFILE)
- Genomics of depression and response to electroconvulsive therapy - Dublin group (GenECTic-DUB)
- Adverse childhood experience, trauma symptoms, personality disorder and heart rate variability in an inpatient psychiatric hospital population
- Adaptations to the COVID-19 pandemic in medical student education - assessment of the impact of a move to 'blended' learning for medical students during COVID-19
- Exploring the experience of research participation in Basic Specialist Training (BST) trainees
- Adolescent Homecare 2022 Retrospective Chart Review.



Class of 2023: SPMHS celebrates its 2023 nursing graduates at a ceremony in St Patrick's University Hospital in November



2023 nursing graduates

Training and professional development

SPMHS is committed to developing the competencies of those committing to working in mental healthcare and in 2023, the SPMHS *Training Office Strategy for 2023 to 2027* was approved by the Business Development Committee. This strategy outlines the development of professional training activities based on the resources available within the organisation and in line with the organisational strategy to provide training to improve society's awareness and support of mental health at a citizen, employer, employee, health professional and government level.

In addition, the Training Governance Committee was established in 2023 to develop, implement and audit processes pertaining to the delivery and management of training requests and agreements with external organisations.

A supporting Training Governance Policy, and associated procedures, have been developed to align training activities with SPMHS' mission and values and with ethical business practices in line with SPMHS human rights-based approach to mental healthcare.



Shane Kirwan, Nurse Practice Development Coordinator

Collaborating with Dalhousie University

In 2023, SPMHS signed a collaboration MOU with Dalhousie with a view to investigating professional training links with University of Alberta and Dalhousie University, Nova Scotia. Further projects may include the development of an international fellowship, which will be explored in 2024.

Consultancy services

As part of our ongoing services to the Department of Foreign Affairs (DFA), SPMHS provided two conflict zone seminars to staff working on the ground in regions experiencing war and conflict. Staff in the Embassies in Kyiv and Addis Abba received information delivered by the SPMHS Medical Director offering advice on keeping well during stressful working conditions, vicarious stress and how to support colleagues and reach out for help and support if required. Additionally, SPMHS developed a bespoke referral pathway option for DFA personnel who may require medical intervention and treatment.

Last year also saw the completion of the DFA Mental Health Support Programme, with the remainder of the closed group workshops supporting the Dublin-based Consular Support Team and the DFA Crisis Intervention Teams. Delivery continued online as the workshops and individual seminars increased participation and feedback from DFA management and the programme facilitators reports a more wholesome engagement from individual participants.

Additional bespoke seminars were also provided in 2023 including one on Compassion-Focused Therapy when dealing with DFA clients requiring support, dealing with clients presenting with symptoms on mental illness and a seminar on families in crisis. SPMHS also provided additional resources on how to deal with the families of Irish citizens who may be in contact with the consular services.



Visit from Lithuanian Health Minister

SPMHS welcomed Lithuanian Minister for Health, Arūnas Dulkys, and colleagues accompanied by representatives from the Irish Department of Health in October 2023 for a tour of the facilities and discussions on how Ireland and Lithuania could work together on future projects relating to mental health.

Staff education and development

As a teaching hospital aligned with Trinity College Dublin, SPMHS invests heavily in staff education and ongoing professional development. The Human Resources Department designs, co-ordinates and ensures delivery of in-house staff and management training programmes. It also supports ongoing continuing professional development (CPD), nurse training and external training programmes across all clinical and non-clinical disciplines. Staff are also encouraged and supported to engage in additional external CPD. The annual combined spend on non-mandatory and mandatory training in 2023 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.

Since 2012, SPMHS has had a formal management training programme in place. The programme is continually adapted to address areas of specific concern for management and the organisation, and continues with the purpose of equipping managers to deal with the increasingly complex area of people management. The 2023 Management Training Programme was a comprehensive programme of management training that combined elements directly linked to legislative compliance with the “softer” skills required as a manager.

Specific absence management training was again provided in-person and focused support and training were also provided to managers by the Human Resources Department to assist in dealing with specific challenges arising from the ongoing impact of COVID-19. This support and training will continue over the course of 2024.

Ghanaian student placements

In August 2023, SPMHS resumed the facilitation of observational clinical placements for Ghanaian medical students who were winners of their Medical School Debating Competition. The competition for these students, which is sponsored by SPMHS, aims to increase awareness of psychiatry and mental health as a career among medical students in Ghana. These had been deferred for a number of years due to pandemic travel restrictions.



Service User Engagement

The development of St Patrick's Mental Health Services (SPMHS) is fundamentally shaped by the insights, opinions and perspectives of our past and present service users. The SPMHS organisational strategy for 2023 to 2027, *The Future in Mind*, outlines this continued commitment to partnering with service users and ensuring that service users' voices and views are reflected in every aspect of SPMHS' operations and services.

Meaningful engagement with service users and supporters necessitates transparency and visibility of the outcomes of feedback provided by service users and their supporters, so in 2023 SPMHS worked with service users to clearly demonstrate the impact of their feedback and encourage future engagement. Our service user engagement structures are continually refined and improved so that our service users remain at the core of everything we do.

During the year we worked to strengthen service user engagement structures, including our Service Users and Supporters (SUAS) Council, by addressing the recommendations of the independent evaluation commenced in 2022; the results of which were made available in mid-2023. A new development plan was agreed for service user engagement and partnership, and an evaluation mechanism was identified to assess the effectiveness of the service user and supporters' involvement structures. Efforts were also made to progress the proposal to introduce peer support working in SPMHS.

Service user engagement remains of paramount importance for SPMHS as it evolves and plans for the future. The voice of the service user, both past and present, informs our decision-making at every stage of our development so that we continue to offer a comprehensive high-quality mental health service that is both proactive and responsive when it comes to the changing needs of society.



Service User and Supporters Council (SUAS)

The Service User and Supporters (SUAS) Council was established by SPMHS in 2005 as a forum to facilitate extensive service user participation and thus directly inform how we as an organisation develop and refine our services. The main focus of SUAS is to listen to and represent the thoughts and opinions of our service users, as well as those who support them. This ensures that their needs are at the centre of every aspect of the care and treatment that we deliver.

SUAS meets remotely on the first Wednesday of each month and met 11 times during 2023. In 2023, SUAS welcomed three new members, with the Council comprising eight members by the end of 2023. SUAS members were particularly active during 2023 and offered feedback on a range of initiatives and projects across SPMHS.

In addition, SUAS members continued to deliver a pre-discharge session on a fortnightly basis as part of the Pillars of Wellness programme, which provided the opportunity for former service users to share their experience of leaving hospital and to talk about SUAS. These sessions are attended by an average of 20 current service users.

SUAS also hosted a consultative forum in June to gather feedback from members of the Service User Advisory Network (SUAN) and the Family, Carers and Supporters (FCS) Advisory Network on their proposal to introduce peer support workers in SPMHS. Following this forum, a working group was established, with members of SUAN and FCS Advisory Network invited to join.

Four members of SUAN and one FCS Advisory Network member joined the group along with two SUAS members, eight staff member representatives and the HSE Mental Health Engagement Lead. Through 2023, the working group worked to address queries raised by SPMHS staff on the proposal and to shape a plan to implement a pilot of the project.



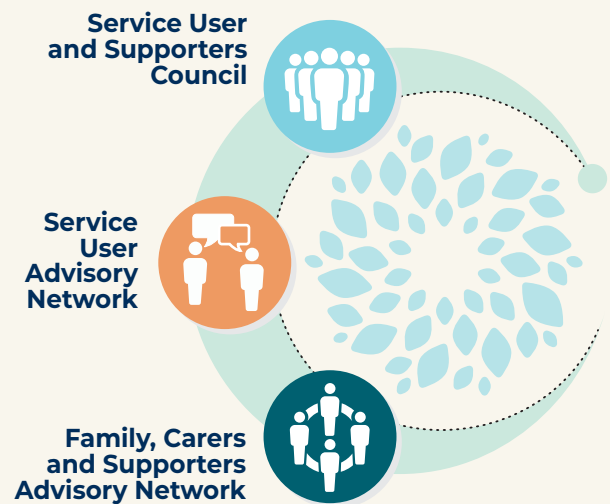
Throughout 2023, the SUAS Chair attended monthly meetings with the CEO, and in December attended a meeting in SPMHS with the CEO of the Mental Health Commission, John Farrelly; Dr Michelle Funk, Unit Head of Policy, Law, and Human Rights at the Department of Mental Health and Substance Use, World Health Organisation; and Natalie Drew, Technical Officer with the Mental Health Policy and Service Development Team, World Health Organisation. During this meeting, the Chair had an opportunity to promote SUAS and SPMHS' commitment to service user engagement.

In September, SUAS produced a *Changing Treating Team* information leaflet. This is available as a digital download from the library section in Your Portal and in printed format from the Information Centre in St Patrick's University Hospital. Five blog articles exploring themes of lived experience and recovery journeys were written by a SUAS member and were published on the SPMHS website during 2023.

In addition, SUAS members completed Committee Skills training which helped to clarify the strategic role SUAS plays and how members can effectively utilise their resources to achieve their objectives. In a bid to encourage even higher levels of participation, a "news for service users" webpage was established on the SPMHS website to provide updates about service user engagement activity and information about SUAS meetings, and a new video about service user engagement structures was published.

Service User and Supporter engagement networks

Established in 2018, the Service User Advisory Network (SUAN) gives current and former service users the opportunity to provide input and play an active role in the strategic development of the organisation. By the end of 2023, SUAN had a membership of 145. The objective of SUAN is to build on the work being done by SUAS, providing opportunities for service users to engage in a time-limited, project-driven way. Members can take part in surveys or focus groups or join an advisory group. SUAN offers service users the opportunity to participate in ways that suit them and to get involved in projects that are of interest to them.





The Family, Carer and Supporter (FCS) Advisory Network was established in 2022 to ensure that the family members and supporters of the people who use our services can also be involved in helping to shape and inform our services. The FCS Advisory Network now has 32 members.

Some 18 members from these networks joined three internal strategic project groups in 2023, and members of these networks also participated in webinars, research, events and initiatives organised by SPMHS. Service users can get involved in diverse ways; for example, SUAN members took part in a focus group to provide feedback on the character personas that will form part of the visitor journey in the new education centre, and also completed a survey issued on behalf of the Mental Health Commission that is aiming to produce practical evidence-informed guidance for Irish mental health services on a human rights-based approach to care and treatment.

A total of 16 newsletters were sent to SUAN and FCS Advisory Network members in 2023, with an average open rate of over 67%.

Remote Care User Advisory Forum

The Remote Care User Advisory Forum met monthly from March to November 2023, providing input on communications about digital health and to help increase use of Your Portal among service users. This collaborative project group has 16 SUAS and SUAN members, along with representatives from the Digital Health and Digital Communications teams.

In May, a SUAN member who is a member of this group took part in the Irish Platform for Patient Organisations, Science and Industry Conference on Health Data Sharing in the Health Sector.

Academic Institute Steering Group

The Academic Institute steering group met twice in 2023. This is a collaborative group with four SUAN members and one FCS Advisory Network member, as well as the CEO, Medical Director, Academic Institute Programme Manager and Director of Communications and Advocacy.

Peer Support Worker working group

The Peer Support Worker working group began meeting in September 2023. This new collaborative group has members representing SUAS, SUAN and the FCS Advisory Network, as well as staff from our MDTs and others with expertise in this area. The purpose of this working group is to drive forward and develop the proposal made by SUAS to introduce peer support workers in SPMHS.

Service User Experience Surveys

Our Service User Experience Surveys are a key tool for the ongoing assessment and evaluation of our services across our suite of offerings. There are four surveys for the adult service, which are: inpatient, Homecare, day programmes and Dean Clinics. There are also five surveys for adolescent services, and these are: Willow Grove satisfaction surveys for young people and for parents, Willow Grove Homecare satisfaction surveys for young people, for parents and adolescent Dean Clinics.

In 2023, it was decided to commence presenting an overview of key points and trends from the feedback provided via the service user experience surveys to the Senior Management Team twice per year. Actions are agreed to address issues highlighted by service user feedback.

Consultative forums

Two consultative forums took place in 2023. The first took place in March and focused on the topic of "Your Portal: What's Next?". The forum in June was hosted by SUAS and covered the topic of "The Introduction of Peer Support Workers in SPMHS".

Some 97 service users, family members, carers and supporters registered to attend consultative forums, and forums were also attended by representatives of the Board, the CEO and the Senior Management Team. A structure to provide feedback to service users on issues raised at consultative forums was fully implemented in 2023.



Income & expenditure account and other comprehensive income

for the year ended 31 December 2023

Extract from Financial Statements

	2023	2022
	€'000	€'000
Income - continuing operations		
Maintenance and treatment fees	90,106	83,253
Other income	194	161
	90,300	83,414
Expenditure		
Salaries and wages	(64,515)	(58,379)
Establishment and administration expenses	(17,097)	(15,343)
Other operating costs	(5,840)	(5,885)
Depreciation	(3,136)	(3,034)
	(90,588)	(82,641)
Operating surplus	(288)	773
Interest payable and similar charges	(133)	(204)
Gain on Disposal of Fixed Assets	1,133	-
Surplus for the year	712	569

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 2023

	2023 €'000	2022 €'000
Fixed assets		
Tangible fixed assets	23,262	25,136
Financial assets	4	4
	<u>23,266</u>	<u>25,140</u>
Current assets		
Stocks	107	83
Debtors	17,176	14,320
Cash at bank and on hand	22,442	17,799
	<u>39,725</u>	<u>32,202</u>
Creditors		
Amounts falling due within one year	(24,146)	(18,885)
Net current assets	<u>15,579</u>	<u>13,317</u>
Total assets less current liabilities	38,845	38,457
Creditors		
Amounts falling due after more than one year	(3,067)	(3,391)
Net assets	<u>35,778</u>	<u>35,066</u>
Capital and special funds		
Capital account	<u>35,778</u>	<u>35,066</u>



Statement of changes in equity

for the year ended 31 December 2023

	Capital Account €'000	Total €'000
Balance at 1 January 2022	34,497	34,497
Total comprehensive income for the year		
Surplus for the year	<u>569</u>	<u>569</u>
Total comprehensive expense for the year	<u>569</u>	<u>569</u>
Balance at 31 December 2022	<u>35,066</u>	<u>35,066</u>
	Capital Account €'000	Total €'000
Balance at 1 January 2023	35,066	35,066
Total comprehensive income for the year		
Surplus for the year	<u>712</u>	<u>712</u>
Total comprehensive expense for the year	<u>712</u>	<u>712</u>
Balance at 31 December 2023	<u>35,778</u>	<u>35,778</u>





Cash flow statement

For the year ended 31 December 2023

	2023 €'000	2022 €'000
Cash flows from operating activities		
Surplus for the year	712	569
<i>Adjustments for:</i>		
Depreciation	3,136	3,034
Interest payable and similar charges	133	204
Gain on Disposal of Fixed Assets	(1,133)	-
	<u>2,848</u>	<u>3,807</u>
(Increase)/decrease in trade and other debtors	(2,857)	595
Increase in stocks	(25)	(9)
Increase in trade and other creditors	5,812	2,686
	<u>2,930</u>	<u>3,272</u>
Net cash from operating activities	<u>5,778</u>	<u>7,079</u>
Cash flows from investing activities		
Acquisition of tangible fixed assets	(1,876)	(1,414)
Proceeds from Sale of Assets	1,747	-
Net cash from investing activities	<u>(129)</u>	<u>(1,414)</u>
Cash flows from financing activities		
Loan repayments	(873)	(873)
Interest paid	(133)	(204)
Net cash from financing activities	<u>(1,006)</u>	<u>(1,077)</u>
Net (Decrease)/increase in cash and cash equivalents	4,643	4,588
Cash and cash equivalents at beginning of year	17,799	13,211
Cash and cash equivalents at end of year	<u>22,442</u>	<u>17,799</u>



Appendix A - Board and committee attendances

Present at Board meetings during 2023

GOVERNORS	2 Feb	2 Mar	6 Apr	4 May	1 Jun	7 Jul	7 Sept	5 Oct	2 Nov	7 Dec
Mr Danny Kitchen (Chairman, Board of Directors)	YES	YES	YES	YES	YES	YES	YES	YES	YES	YES
Ms Caroline Gill	YES	NO	YES	YES	YES	YES	YES	NO	YES	YES
Prof Joyce O'Connor	YES	NO	YES	YES	YES	YES	YES	YES	YES	YES
Ms Bernadette Godley	YES	YES	YES	YES	YES	YES	YES	YES	YES	YES
Ms Audrey Cunningham*	NO	YES	YES	NO	NO	NO	NO	NO	NO	NO
Mr Michael Moriarty (Chairman, Finance & Audit Committee)	YES	YES	YES	YES	YES	YES	NO	YES	YES	YES
Mr Tom Godfrey	YES	YES	YES	YES	NO	YES	YES	YES	YES	YES
Prof Damian Mohan	YES	YES	YES	YES	YES	YES	NO	YES	YES	YES

**Ms Audrey Cunningham resigned in November 2023.*



**Present at Board meetings during 2023**

EX-OFFICIO GOVERNORS	2 Feb	2 Mar	6 Apr	4 May	1 Jun	7 Jul	7 Sept	5 Oct	2 Nov	7 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	YES	NO	NO
The Very Reverend Dermot Dunne	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO

EXECUTIVE DIRECTORS	2 Feb	2 Mar	6 Apr	4 May	1 Jun	6 Jul	7 Sept	5 Oct	2 Nov	7 Dec
Mr Paul Gilligan (Chief Executive Officer)	YES	YES	YES	YES	YES	YES	YES	YES	YES	YES
Prof Paul Fearon (Medical Director)	YES	YES	NO	YES	YES	NO	YES	YES	YES	YES
Mr Brendan Power (Director of Human Resources/Company Secretary)	NO	YES	YES	YES	NO	YES	NO	NO	NO	NO
Ms Mary Farrelly (Director of Finance)	YES	YES	YES	NO	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 papers

Whole blood mitochondrial DNA copy number in depression and response to electroconvulsive therapy.

Ryan, K. M., Doody, E., & McLoughlin, D. M. (2023). Progress in Neuro-Psychopharmacology and Biological Psychiatry, 121, 110656.

The experiences of mental health nurses working through COVID-19: an analysis of long-term support needs.

Farrington A, King M, Donohue G, McCann E. (2023). British Journal of Mental Health Nursing. <https://doi.org/10.12968/bjmh.2021.0045>.

An exploration of patient experiences of transitioning to a remote day programme following inpatient treatment in an adult eating disorder service.

O'Connor, P., Donohue, G., Morrissey, J., Needham, M., Hargadon, L., & O'Toole, C. (2023). Journal of Psychiatric and Mental Health Nursing, 00, 1–11. <https://doi.org/10.1111/jpm.12949>.

A study of Irish secondary school student's views on mental health supports in school.

Kenneally, A., Begley, T., & Donohue, G. (2023). Irish Journal of Psychological Medicine, 1-6. doi:10.1017/ipm.2023.34.

Evaluation of the home care service: a remote inpatient service for people requiring mental health care.

Doyle, C., King, M., Kirwan, S., Jennings, B., Farrington, A., Keogh, B., & Donohue, G. (2023). British Journal of Mental Health Nursing, 12(3), 1-10.

An Occupation-Based Lifestyle Lecture Intervention as Part of Inpatient Addiction Recovery Treatment: Exploring Occupational Performance, Balance and Personal Recovery.

Ryan D., Naughton M., de Faoite M., Dowd T., Morrissey A-M. (2023). Substance Abuse: Research and Treatment. 2023;17. doi:10.1177/11782218231165123.

Predicting antipsychotic-induced weight gain in first episode psychosis – A field-wide systematic review and meta-analysis of non-genetic prognostic factors.

Fitzgerald, I., Sahm, L., Byrne, A., O'Connell, J., Ensor, J., Ní Dhubhlaing, C., . . . Crowley, E. (2023). European Psychiatry, 66(1), E42. doi:10.1192/j.eurpsy.2023.2417.

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

Willis, D. N., Dowling, C., Deehan, T. & O'Reilly, P. G. (2023). European Journal of Trauma & Dissociation, 7, 100308.

Consensus on the Perceived Presence of Transtheoretical Principles of Change in Routine Psychotherapy Practice: A Survey of Clinicians and Researchers.

Twomey, C., O'Reilly, G., & Goldfried, M. R. (2023). Psychotherapy. Advance. online publication. <https://dx.doi.org/10.1037/pst0000489>.

Editorial: Appropriateness and safety of using cannabinoid and psychedelic medicines as treatments for psychiatric disorders.

Blest-Hopley G, Amit BH, O'Neill A and Ruffell SGD (2023). Front. Psychiatry 14:1191970. doi: 10.3389/fpsy.2023.1191970.

Implementation and evaluation of STOPP/START criteria to address polypharmacy in older adults in an inpatient psychiatric setting.

Burke, A., O'Driscoll, M., Crowley, E. K., & Dhubhlaing, C. N. (2023). Exploratory research in clinical and social pharmacy, 9, 100245. <https://doi.org/10.1016/j.rcsop.2023.100245>.



Clinical pharmacy services in mental health in Europe: a commentary paper of the European Society of Clinical Pharmacy Special Interest Group on Mental Health.

Stuhec, M., Hahn, M., Taskova, I. Fitzgerald, I et al. (2023).
Int J Clin Pharm <https://doi.org/10.1007/s11096-023-01643-4>.

Personality Difficulties as a Predictor of Electroconvulsive Therapy Response in Depression.

Finnegan, M., Galligan, T., Jelovac, A., & McLoughlin, D. M. (2023).
Journal of ECT, 39(3), 204–205. <https://doi-org.elib.tcd.ie/10.1097/yct.0000000000000945>.

Study protocol for Ketamine as an adjunctive therapy for major depression (2): a randomised controlled trial (KARMA-Dep [2]).

Jelovac, A., McCaffrey, C., Terao, M., Shanahan, E., Mohamed, E., Whooley, E., McDonagh, K., McDonogh, S., Igoe, A., Loughran, O., Shackleton, E., O'Neill, C., & McLoughlin, D. M. (2023).
BMC psychiatry, 23(1), 850. <https://doi.org/10.1186/s12888-023-05365-9>.

Worsening of mental health outcomes in nursing home staff during the COVID-19 pandemic in Ireland.

Brady, C., Ellie Shackleton, E., Fenton, C., Loughran, O., Hayes, B., Hennessy, M., Agnes Higgins, A., Iacema Leroi, I., Shanagher, D., McLoughlin, D. (2023).
PLoS One. Sep 26;18(9):e0291988. <https://doi.org/10.1371/journal.pone.0291988>.

Exploratory study of ultraviolet B (UVB) radiation and age of onset of bipolar disorder.

Bauer M., Glenn T., Achtyes ED., Alda M., McLoughlin DM. (2023).
Int J Bipolar Disord. Jun 22;11(1):22. doi: 10.1186/s40345-023-00303-w. PMID: 37347392.

Changing tactics: Does switching improve electroconvulsive therapy outcomes?

Sienaert, P., & McLoughlin, D. M. (2023).
Acta psychiatrica Scandinavica, 147(4), 319–321. <https://doi.org/10.1111/acps.13540>.

PARP1 and OGG1 in medicated patients with depression and the response to ECT.

Ryan KM., McLoughlin DM. (2023).
Int J Neuropsychopharmacol. Feb 14;26(2):107-115. doi: 10.1093/ijnp/pyac078 PMID: 36472850.

Electroconvulsive Stimulation in Rats Induces Alterations in the Hippocampal miRNome: Translational Implications for Depression.

Ryan KM., Smyth P., Blackshields G., Kranaster L., Sartorius A., Sheils O., McLoughlin DM. (2023).
Mol Neurobiol. Mar;60(3):1150-1163. doi: 10.1007/s12035-022-03131-8. Epub 2022 Nov 22. PMID: 36414911.

Whole blood mitochondrial DNA copy number in depression and response to electroconvulsive therapy.

Ryan KM., Doody E., McLoughlin DM. (2023).
Prog Neuropsychopharmacol Biol Psychiatry Mar 8;121:110656. doi: 10.1016/j.pnpbp.2022.110656. Epub 2022 Oct 7. PMID: 36216200.

Dublin hospital workers' mental health during the peak of Ireland's COVID-19 pandemic.

Brady C., Fenton C., Loughran O., Hayes B., Hennessy M., Higgins A., McLoughlin DM. (2023).
Ir J Med Sci. Jun;192(3):1293-1302. doi: 10.1007/s11845-022-03056-0. PMID: 35732873.

A meta-analysis of targeted interventions for reducing suicide-related behaviour and ideation in adolescents: Implications for trial design.

Gaynor, K., O'Reilly, M. D., Redmond, D., Nealon, C., Twomey, C., & Hennessy, E. (2023).
Comprehensive psychiatry, 122, 152374. <https://doi.org/10.1016/j.comppsy.2023.152374>.

Parenting interventions, ADHD and homework: a systematic review.

Gavin, G., Twomey, C., Minihan, E., O'Reilly, G. & McNicholas, F. (2023).
Irish Educational Studies, DOI: 10.1080/03323315.2023.2174572





Peer-reviewed book

Group Radical Openness: An Intervention for Overcontrol.

Booth, R., & Egan, R. (2023).
Taylor & Francis.



Conference presentations

Service user experience of remote inpatient admission to mental health hospital.

Kirwan, S, Donohue, G, Doyle, C, Jennings, B, Farrington, A, King, M, Keogh, B (2023).
TCD Conf, March 2023.

Service user experience of remote inpatient admission to mental health hospital.

Kirwan, S, Donohue, G, Doyle, C, Jennings, B, Farrington, A, King, M, Keogh, B (2023).
CUH, Cork, Feb 2023.

Service user experience of remote inpatient admission to mental health hospital.

Kirwan, S, Donohue, G, Doyle, C, Jennings, B, Farrington, A, King, M, Keogh, B (2023).
RCSI Conference, Feb 2023.

Your Portal: Building Strength and Resilience Clinical Programme - effective remote care delivery.

Murphy, N, Prendergast, F. (2023).
Remote Care Conference A New Era in Mental Healthcare Delivery.

St Patrick's Mental Health Services' Homecare Service. Remote Care Conference A New Era in Mental Healthcare Delivery.

Fearon, P (2023).
SPMHS, Dublin.

The role of enabling technology in mental health service delivery. Remote Care Conference, A New Era in Mental Healthcare Delivery.

Gogarty O. (2023).
SPMHS, Dublin.

Your Portal, the role of the Remote Care User Advisory Forum and the Service Users IT Support Service (SUITS). Remote Care Conference, A New Era in Mental Healthcare Delivery.

Prendergast, F (2023).
SPMHS, Dublin.

Cybersecurity and data protection considerations in the context of remote care. Remote Care Conference, A New Era in Mental Healthcare Delivery.

Devins, R, Woods, J (2023).
SPMHS, Dublin.



Mental health - leading the health data sharing charge. IPPOSI Conference ‘Building a data sharing health sector in Ireland.’

Prendergast, F (2023).
May, Dublin.

Data sharing with patients and carers- Panellist IPPOSI Conference “Building a data sharing health sector in Ireland.’

Gogarty, O (2023).
May, Dublin.

Overarching service structure of the SAGE programme; complex emotional needs and overcontrol.

Looney, K., Gleeson, A. (2023).
British Psychological Society, Division of Clinical Psychology, Faculty of the Psychology of Older People Annual Conference (online).

Tell Les I said hello’. The first year and a half of EFT-G at St Patrick’s Mental Health Services.

McElvaney J. Moore, D. (2023).
International Society for Emotion Focussed Therapy, Conference, Porto, Portugal.

Exploration of randomised breathalysing as a deterrent for alcohol relapse in an inpatient unit for addiction.

McCullough, P, Lannigan, D, Kirwan, S, Donohue, G, Keogh BJ (2023).
THE Conf, TCD, March 23.

Competence builds Confidence when using SNOWMED in Electronic Health Records.

McEntee, O, Kirwan, S. (2023).
THE Conf, TCD, March 23.

Service user experience of remote inpatient admission to mental health hospital: A qualitative Analysis.

Farrington, A, Kirwan, S, King, M, Doyle, C, Jennings, B, Donohue, G, Keogh, B (2023).
Horatio Conference, Malta, March 23.

Implementation of Advance Supply of Maintenance ECT(mECT) Medications.

Stenson, N, Curley, N, Ni Dhubhlaing, C, (2023).
UK’s College of Mental Health Pharmacy Conference, Oct 23.

Predicting antipsychotic-induced weight gain in first episode psychosis - are non-genetic prognostic factors useful?

Fitzgerald, I, Sahm, LJ, Byrne A, O’Connell, J, Ensor, J, Ní Dhubhlaing, C, O’Dwyer, S, Crowley, EK (2023).
UK’s College of Mental Health Pharmacy Conference, Oct 23.

Implementation of Advance Supply of Maintenance ECT (mECT) Medications.

Stenson, N, NiDhubhlaing, C (2023).
CMHP Conference, UK.

A Novel Group Programme Responding to the Mental Health Needs of Young Adults in an Adult Psychiatric Mental Health Service.

Heffernan, G (2023).
International Society for Emotion Focussed Therapy Conference, Porto, Portugal.

Predicting antipsychotic-induced weight gain-are non-genetic prognostic factors (clinical, sociodemographic, biological variables useful?

Fitzgerald, I, Sahm, LS, Byrne, O’Connell, J, Ni Dhubhlaing, C, O’Dwyer, S (2023).
UK’s College of Mental Health Pharmacy Conference.

Using a Quality Improvement Framework and Extensive Research Studies to Develop an Integrated Creative Art Therapy Service within a Specialist Rehabilitation Interdisciplinary Programme at the National Rehabilitation Hospital Dublin.

Quinn, L, O’Connor, R, Gray, D, Cassidy, S (2023).
Frontiers All Ireland Creative Arts Therapies/Arts Therapies Conference and Convocation, Oct 23.

St Patrick's
Mental Health Services



James' Street, Dublin 8, Ireland
phone: +353 1 249 3200
fax: +353 1 679 8865
visit: www.stpatricks.ie