

# Mental Health Today Wales

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**“Getting People’s Voices into Care and Treatment Plans”**

*Darren O’Connell  
& Christine Wilson*

## Introducing the Care and Treatment Plan

If you live in Wales and you are receiving secondary mental health services - for example from a psychiatrist, community psychiatric nurse, social worker or other member of the Community Mental Health Team - **you now have a legal right to a Care and Treatment Plan.**

## Darren's experience as the Care and Treatment Planning Champion at Llanarth Court. (Pre CTPC role)

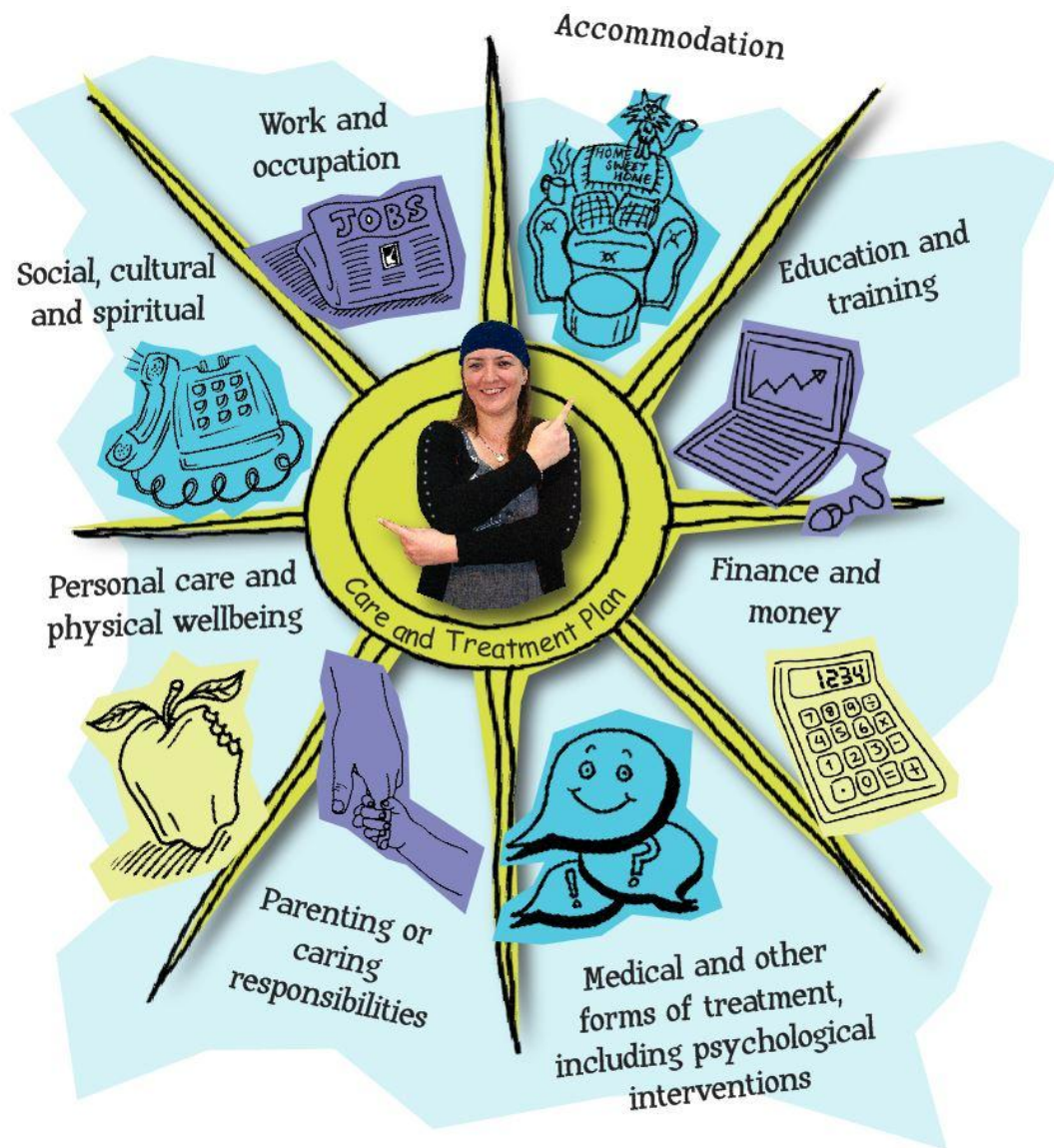
- Limited patient insight into MHM and CTP
- Patient apathy about their future aims/goals (CPA)
- Patient voice not in careplans
- 90% of patients unaware of their Care Coordinator

## Darren's experience as the Care and Treatment Planning Champion at Llanarth Court. (Post CTPC role)

- Empowerment of patients to 'take control' of **their** plan
- Improving of service delivery and positive patient outcomes
- The identification of goals and the short steps towards these
- The identification of Care Coordinators
- 'Patients voice' consistent throughout careplans

There is a standard Care and Treatment Plan which is used across Wales.

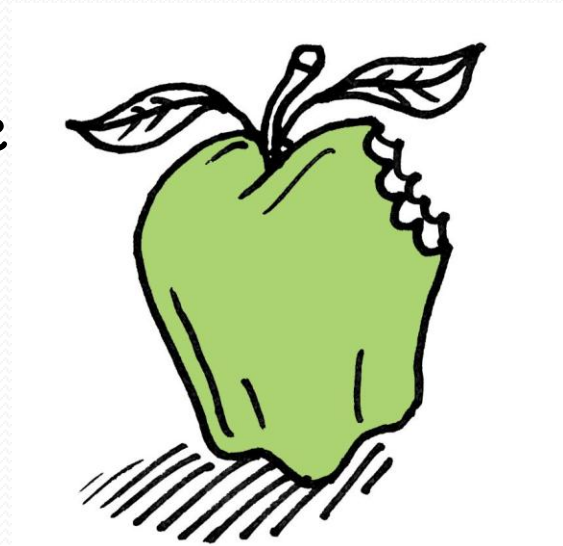
It covers all of the eight areas of life:



## Personal care and physical wellbeing

This session will focus mainly on one part of the Care and Treatment Plan, "Personal care and physical wellbeing".

However, it will also cover issues that can be applied equally to all eight areas of the Plan.



# What makes a healthy lifestyle?

For example, think about:

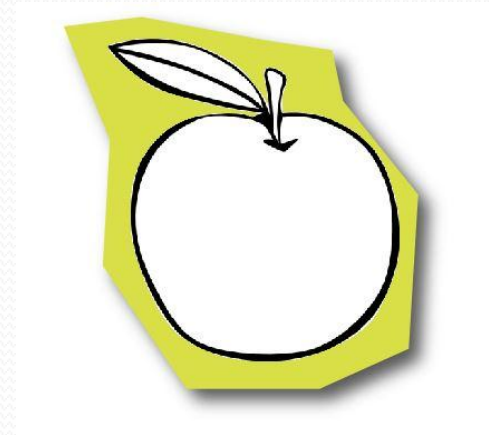




# Key advice on healthy living

## 1. DIET

- > Eat lots of fruit and vegetables!
- > Cut down on saturated fat and sugar.
- > Base your meals on starchy foods.
- > Eat more fish.
- > Eat less salt.



## Key advice on healthy living

### 2. DRUGS AND ALCOHOL

- > Women should not regularly drink more than 2 to 3 units of alcohol a day and men should not regularly drink more than 3 to 4 units.
- > You should avoid smoking.
- > You should avoid illegal drugs.



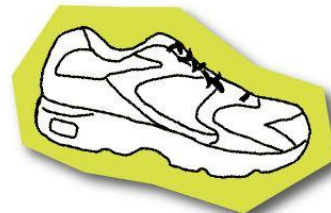


## Key advice on healthy living

### 3. EXERCISE AND PHYSICAL ACTIVITY

Adults aged 19-64 should try to be active daily and should do:

- > At least 2 hours and 30 minutes of moderate-intensity aerobic activity such as cycling or fast walking every week
- > Muscle-strengthening activities on two or more days a week that work all major muscle groups



## Group Exercise:

In groups,

- 1- Establish the profile of the person who you are going to write a part f. of the Care and treatment plan.
- 2- Develop the plan
- 3- Feedback to the main group



f) personal care and physical well- being	Outcome to be achieved	What services are to be provided, or actions taken	When	Who by



Hafal, Suite C2 William Knox House,  
Britannic Way, Llandarcy, Neath SA10 6EL

**Tel:** 01792 816600

**Email:** [hafal@hafal.org](mailto:hafal@hafal.org)

**Facebook/Twitter:** search for 'Hafal'

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