NORTHUMBERLAND, TYNE AND WEAR
MENTAL HEALTH NHS TRUST

Profile of Learning Opportunities

Ashington Community Mental Health Team
(Working Age Adults)

The Clinical Placement
as a
Learning Zone
for all
Student Training

Compiled March 2004
Updated June 2009

Translating the practice
From a broad range of experiences into
a profile of learning opportunities
1. INTRODUCTION

Ashington Community Mental Health Team

History of the team

The current team was formed originally as part of the integrated pilot scheme on May 1st 1995. It was on June 30th 1995 that the teams moved into the ‘Greenside Centre’ in Ashington. The make up consisted of:

- Ashington Rehabilitation team
- Community Psychiatric Nurses and Social Workers from Ashmore House (Acute)
- Hospital Social Workers from St George’s Hospital
- Community Psychiatric Nurses for the Older Persons team

In 2001 the teams were re-organised into the Working Age Adults and Older Persons teams.

Due to the decommissioning of Ashington General Hospital the team was located outside of our catchment area and based in the Beaconhill Centre in Cramlington for two and a half years. In November 2005 we moved into Greenacres Centre, Green Lane, Ashington sharing new office accommodation with our colleagues in the Older Persons, Community Assessment & Intervention Service, Self Harm Liaison, Community Substance Misuse Service and Early Interventions in Psychosis teams.

In April 2006 the Primary Care CPN’s previously based at Coulson House or within GP practices joined us.

The team currently consists of Social Workers, Community Psychiatric Nurses, Approved Mental Health Professionals (previously known as ASW’s), an Occupational Therapist, Primary Care CPN’s, Clinical Psychologists, Consultant Psychiatrists and Admin staff.
What is the team for:

- Providing a comprehensive range of services to meet the individual needs of clients suffering from a variety of mental health problems including: *psychosis, anxiety, phobias, depression, post traumatic stress disorder, obsessive compulsive disorder, personality disorders, eating disorders*
- Working with service users in tiers 2, 3 & 4
- Working within the recovery model
- Working within the framework of Psycho Social Interventions
- Accessing packages of care to meet individual needs of clients and adapting them to changing needs
- Monitoring and administering medication
- Preventing hospital admission by maintaining people in their homes through crisis situations
- Working with families and carers providing education and support
- Working within legislation, Government Guidance and Departmental and Trust Policies
- Working within multi-disciplinary groups and forming links with other organisations in the locality
- Good mental health and physical health promotion
- Providing an ASW service and operating under the Mental Health Act
- Counselling
- Anxiety Management
- Triage of referrals
- Cognitive Behavioural Therapy
- Solution focussed
- Psycho-education
- Mental Health Review Tribunals
- Attend MDT meetings
Guidelines for referral

The team operates an open referral system where referrals can be received from GP’s, other mental health professionals, other health professionals, community services and the client can contact our service to self refer.

The areas that are covered by our team are that of the GP practices within Ashington, Lynemouth, Newbiggin, and Widdrington. The area covered includes Ashington, Newbiggin, Lynemouth, Ellington, and Widdrington.

Following the initial screening/assessment, if it is not appropriate for our team they will be forwarded to the appropriate service.
Examples of Client Needs encountered

Below is a list of some of the client needs, which have been identified by the team and which may be encountered whilst on placement. These can include social, occupational, medical physical, illness, and symptoms:

- Poor budget & finance skills
- Benefit problems
- Medication issues
- Social isolation
- Low motivation
- Poor daily structure
- Stressful family relationships
- Behaviour problems
- Disordered thinking
- Practical skills deficits
- Restricted employment opportunities
- Lack of support
- Poor insight/acceptance
- Denial of problems
- Illicit drug use
- Alcohol problems
- Low self-esteem
- Deliberate self-harm
- Suicidal ideation/intent
- Physical problems
- Literacy problems
- Communication problems
- Transportation/mobility problems
- Self-care problems
- Sexuality problems
- Vulnerability stress
- Abuse issues
- Limited coping strategies
- Anxiety
- Depression
- Psychosis
- Personality disorders
- Racism
- Eating Disorders
- Obsessive Compulsive Disorder
- Post Traumatic Stress Disorder
2. **HOURS OF OPERATION**

Monday to Thursday - 9.00am until 5.00pm  
Friday - 9.00am until 4.30pm

Meal breaks are included and study time can be negotiated with your supervisor.

**THE OFFICE IS CLOSED WEEKENDS AND PUBLIC HOLIDAYS**

3. **DRESS**

Dress is informal; clothing should be clean tidy, and suitable for the work you will undertake.

4. **TRANSPORT**

An essential pre-requisite will be that you are expected to work within a community. On most occasions this will mean that you will accompany senior personnel on their visits to clients' homes, provider services, or voluntary agencies. At other times you may have to rely upon your own transport or public resources e.g. buses.

5. **DIRECTIONS**

We are currently based within the Greenacres Centre, Green Lane, Ashington.
### Key Elements

#### Assessment Skills
- Interview
- Observation
- Documentation
- Individual staff roles / expertise

#### Learning Opportunities
- Care Coordination
- Care Management
- Risk Assessment
- Becks Inventory
- Activities daily living
- Relapse prevention
- PSI techniques
- Lunser's
- Carers Assessment
- CBT
- Specialist OT Assessments
- HONOS

### Resources
- Nurses
- Social Workers/AMHP's
- Occupational Therapists
- Psychiatrists
- Early Intervention team
- Administrators
- Crisis Resolution Home Treatment Team
- Primary Care CPN's
- Psychology
- Deliberate Self Harm
- Community Substance Misuse

### Assessment & Tools
- All members of the team
Key Elements

Roles of the Interdisciplinary team

- Liaison with members of MDT and visits to relevant 'units' as part of induction
- Joint visits - different disciplines

Collaborative Care Planning & Delivery

- Care Coordination Care plan and Policy CPA
- Psychology Intervention
- Drug and Alcohol problems related mental illness
- Administration of depot injections
- Review and evaluation of care plans
- MDT working
- Empowerment of users and carers
- Activities daily living
- Purchasing services
- Users rights
- Ethics and equality
- Carers meetings
- Recovery model

Health & Safety at work

- Personal risk
- Access Trust policy
- Awareness to risk assessments
- Collaborative working
- Local procedures (Part of induction)
- Lone Worker policy

Learning Opportunities

- All staff

Resources

- All members of Integrated team including appropriate resources such as Psychiatry, Early Intervention, In-patient, Crisis Resolution Home Treatment Team, Primary Care, Assertive Outreach team, ASW's and other students

- Trust policies
- All staff
### Key Elements

**Communications**
- Assessment & process
- Therapeutic intervention with clients, family & carers
- MDT reviews
- CPA meetings
- Ward rounds
- Mental Health Act tribunals
- Team meetings / client reviews
- Information giving/Duty
- Record keeping
- Patient info services (SWIFT / RiO)
- Critical Incident meeting
- Interview skills
- Team members
- Office procedures

**Community facilities & Resources**
- Diverse range of services and alternative pathways

### Learning Opportunities

### Resources
- All members MDT
- Restricted access to computers
- Administration staff

These include:
- Employment projects
- Housing projects
- Voluntary sector
- Drug & alcohol services
- Day services and Drop In facilities
Key Elements

**Maintaining Client safety**

- Care Coordination Face Risk Assessment, which includes physical, psychological & social factors e.g.
  1. Exploitation
  2. Self-harm
  3. Suicide
  4. Accident
  5. Violence to others
  6. Self neglect

- Local policies (team specific)

**Nursing/Social Work / Occupational Therapy**

- Working as a Nurse / Social Worker / Occupational Therapist within an Community team

**Systems & structures within a Community Mental Health team**

- All Care Coordinators

- Qualified Nurses / Social Workers / Occupational Therapists and other members of the Community team

**Personal Development & Training**

- When available and is appropriate students may have access to in-house training
- Statutory and Mandatory training

**Resources**

- Trust / Staff Development Training department
- Training provided in-house by team members or guest speakers
- In-house library resource
**Key Elements**

**Supervision**
- Formal & informal individual supervision with mentor
- Peer supervisonal support (Formal & informal)
- Critical Incident discussion at team meetings

**Learning Opportunities**
- Working under the supervision of qualified senior staff

**Working within a Statutory Legislation**
- Working under the supervision of qualified senior staff

**Resources**
- Mentor and all members of team
- Policies and guidelines
- Mental Health Act
- Community Care Legislation

**Additional Information**
- Support is available for students on placement via practice placement facilitator, Clinical Link Tutor Guidance facilitator, Unit Lead Care Manager, Mentor and all staff
- Should you have any concerns or queries regarding your placement please do not hesitate to contact the Ashington Community Mental Health team
MDT - Ashington

Every Wednesday 9.00am - 10.30am
All Members of staff are expected to attend

Ashington Working Age Adult Community Mental Health team

OT

Psychology input

Primary Care CPN's

Ashmore House

Psychiatric input

Ward input
ASHINGTON COMMUNITY MENTAL HEALTH TEAM

Working Age Adults
Northumberland, Tyne & Wear Mental Health NHS Trust &
Northumberland County Council Social Services Directorate

Team Manager

Administration

Approved Mental Health Professionals
- Care Coordinators
- Carer Support Worker
- Community Psychiatric Nurses
- Consultant Psychiatrists
- Primary Care CPN’s
- Occupational Therapist
- Social Workers
- Psychologists
ASHINGTON WORKING AGED ADULTS
COMMUNITY MENTAL HEALTH TEAM

Team Structure

Gillian Fairfield - Chief Executive
Russell Patton - Director of Adult Services
Paul Bamber - Divisional Manager - Planned Care
Penny Bowman - Service Manager, North of Tyne
Mandy Soulsby – Locality Clinical Manager

Alan Smith - Clinical Lead
Working Age Adults

Community MH Team
- Alan Brown - CPN
- Alison Cuthbertson - CPN
- Laura Miller - Occupational Therapist
- Christopher Hardy - Approved Mental Health Professional
- Gemma Jones - CPN (Part-time)
- Gail Lawson - Approved Mental Health Professional
- Patricia Short - Social Worker
- Norma Smailes - CPN
- Joyce Smith - CPN (Part-time)
- Diane Warrander - Carer Support Worker

Primary Care CPN's
- Calum Dodd
- Bev Hegarty
- Sheila Machnicki

Administration
- Debi Fieldson
- Sandra Bradley (Job Share)
- Barbara Jefferson (Job Share)

Psychology - 8 Sessions
Jenny Johns / Andrew Callcott
/ Frank Charlton

Psychiatry - 0.7 wte
Mike Shaw / John Pankiw
Jan Smith - Medical Secretary

Jan Smith – Medical Secretary

Primary Care CPN’s
<table>
<thead>
<tr>
<th>CONSULTANT</th>
<th>BASE</th>
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</table>
| (.4) Dr John Pankiw  
*Covers Ashington Area (excluding Hirst): Guidepost, Bedlington* | *Greenacres Centre*  
*Green Lane*  
*Ashington*  
*NE63 8BL* |
| (.3) Dr Mike Shaw  
*Covers Hirst ward of Ashington, Newbiggin, Linton, Widdrington, Cresswell, Ellington & Lynemouth* | *Greenacres Centre*  
*Green Lane*  
*Ashington*  
*NE63 8BL* |
| (.5) Dr Sarah Brown /  
(.2) Dr John Pankiw  
*Covers Bedlington, Guidepost, Seaton Delaval, New Hartley, Morpeth, Seaton Sluice, East Hartford, East Cramlington* | *St George’s Park*  
*Morpeth*  
*Northumberland*  
*NE61 2NU* |
| Dr Faheem Ahmad  
*Assertive Outreach Central and Blyth Valley* | *Assertive Outreach Team*  
*Beaconhill Centre*  
*163 Langdale Drive*  
*Ashington*  
*NE23 8EH* |
## Inpatient Consultants

<table>
<thead>
<tr>
<th>Consultant</th>
<th>Location</th>
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<tbody>
<tr>
<td><strong>Dr Nolan</strong></td>
<td><strong>Covers Recovery Ward - Warkworth Alnemouth - Low Secure Unit</strong></td>
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<td></td>
<td><strong>St George’s Park Morpeth Northumberland NE61 2NU</strong></td>
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<tr>
<td><strong>Dr Graham Ingram / Dr Bill Grant</strong></td>
<td><strong>Covers Admission Ward - Newton</strong></td>
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<td><strong>Dr Grant also covers Embleton for Blyth patients only</strong></td>
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<tr>
<td></td>
<td><strong>St George’s Park Morpeth Northumberland NE61 2NU</strong></td>
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<tr>
<td><strong>Dr Van den Bergh</strong></td>
<td><strong>Only for clients involved with CRHT</strong></td>
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<td></td>
<td><strong>Crisis Resolution Home-Treatment Team</strong></td>
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<td></td>
<td><strong>Greenacres Centre Green Lane Ashington NE63 8BL</strong></td>
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<tr>
<td><strong>Dr Josie Quinn - Bluebell Court, Community Rehabilitation, Blyth Star</strong></td>
<td><strong>St George’s Park Morpeth Northumberland NE61 2NU</strong></td>
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<tr>
<td><strong>Dr Richard Fisher</strong></td>
<td><strong>Covers Acacia House, The Willows, Easterfield Court, Howburn Close</strong></td>
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<td><strong>St George’s Park Morpeth Northumberland NE61 2NU</strong></td>
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<tr>
<td><strong>Dr Angela Walsh</strong></td>
<td><strong>Covers Beadnell Ward (M&amp;B Unit)</strong></td>
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<td><strong>St George’s Park Morpeth Northumberland NE61 2NU</strong></td>
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<tr>
<td><strong>Dr Tim Oakley - Assistant Medical Director</strong></td>
<td><strong>Embleton Recovery Ward, Treatment Centre</strong></td>
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<td><strong>St George’s Park Morpeth Northumberland NE61 2NU</strong></td>
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### Other Consultants Information

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<tr>
<th>Consultant</th>
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<tbody>
<tr>
<td>Dr Alison Conway - Blyth</td>
<td>Beaconhill Centre</td>
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<td>Blyth Valley Community</td>
<td>163 Langdale Drive</td>
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<td></td>
<td>Cramlington</td>
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<td></td>
<td>NE23 8EH</td>
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<tr>
<td>Dr Sarah Brown</td>
<td>St George’s Park</td>
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<tr>
<td>Cramlington Community Psychiatry</td>
<td>Morpeth</td>
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<td></td>
<td>Northumberland</td>
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<td></td>
<td>NE61 2NU</td>
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<tr>
<td>Dr Jayne Healicon</td>
<td>Hawkhill Business Park</td>
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<tr>
<td>Community Psychiatry Rural North</td>
<td>Lesbury</td>
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<tr>
<td>(Alnwick) incl AOT and Crisis</td>
<td>NE66 3PQ</td>
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<tr>
<td>Dr Teresa O’Dwyer</td>
<td>Anderson Court</td>
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<tr>
<td>Community Psychiatry Rural North</td>
<td>51 Hide Hill</td>
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<tr>
<td>(Berwick) incl AOT and Crisis</td>
<td>Berwick upon Tweed</td>
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<td>TD15 1EQ</td>
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<td>Dr Sue Reynolds</td>
<td>Addictions Service</td>
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<td>Substance Misuse</td>
<td>Greenacres Centre</td>
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<td>NE63 8BL</td>
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<td><strong>Covering Elderly clients:</strong></td>
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<tr>
<td>Dr Rory O’Shea</td>
<td>St George’s Park</td>
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<td>Dr Jenny Reid</td>
<td>Morpeth</td>
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<tr>
<td>Dr Ruth Adams</td>
<td>Northumberland</td>
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<tr>
<td>Dr Celia Marshall</td>
<td>NE61 2NU</td>
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<td>Dr Chris Massey</td>
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