

## **Press Release**

**Tuesday 15<sup>th</sup> November, 2016**

### **New acute mental health day-hospital service opens in North Dublin**

**Patients can access all in-patient mental health services at Highfield Healthcare, while staying connected to home and community**

**Facility officially launched by Minister for Health and Older People, Helen McEntee, TD**

Minister for Mental Health and Older People, Helen McEntee, TD, will officially open the Hampstead Clinic Day Hospital on behalf of Highfield Healthcare today.

The facility is the first independent, acute, mental health, Day Hospital service in North County Dublin. It is supported by all private health insurers and will allow patients to access consultant-led treatment as a day-patient.

The Day Hospital is an expansion of Highfield Healthcare's Hampstead Clinic, an acute inpatient unit dealing with a wide range of psychiatric illnesses and mental health disorders for over 18s upwards.

In future, Highfield Healthcare may consider developing further Day Hospitals around the country. This will provide greater access and better choices in response to the growing demand for support of people's mental health and wellbeing.

Studies have found that at least one in five patients admitted to inpatient care could feasibly be cared for in an acute day hospital. They have also found that caring for people in acute day hospitals is as effective as inpatient care in treating acutely ill psychiatric patients, and that patients treated in a day hospital had the same levels of treatment satisfaction and quality of life as those cared for as inpatients<sup>1</sup>.

---

<sup>1</sup> Caring for people in acute day hospitals is as effective as inpatient care in treating acutely ill psychiatric patients.  
**DAY HOSPITAL VERSUS ADMISSION FOR ACUTE PSYCHIATRIC DISORDERS.**

The concept is very much in line with Mental Health Reform's 'A Vision for Change', the Government's Strategy for Mental Health, which advocates for more care to be administered in the community.

Initially the Day Hospital service will deliver 12 Whole Time Equivalent (WTE) places and provide the same services as the Highfield Healthcare's 10-bed inpatient unit through an additional multi disciplinary team, led by consultant psychiatrist Dr Miriam Kennedy.

Minister Helen McEntee said:

"Highfield Healthcare is a widely recognised leading provider for those with enduring mental health disorders, including complex issues associated with Neuropsychiatric Disorders and Dementia".

She added: "The expansion of the Hampstead Clinic mirrors the fundamental principles and objectives of our national mental health Policy – *A Vision for Change* - and accords with models of best national and international practice."

"This is a significant development in acute psychiatric care and is something we believe will deliver positive results for our patients," said Stephen Eustace, CEO, Highfield Healthcare.

"Day hospitals are a less restrictive alternative to inpatient admission for people who are acutely or severely mentally ill. Allowing patients to stay within their communities and in their own homes, gives them a continued connection with their lives while receiving treatment," he added.

**ENDS**

**For further media information please contact:**

Catherine Logan /// 086 811 4785 /// catherine@stratcom.ie

## **About the Day-Hospital Service at Highfield Healthcare:**

Highfield Healthcare's programme runs from Monday to Friday, 10am-4pm. A comprehensive range of treatments are provided through a Multidisciplinary Team, led by a Consultant Psychiatrist, and including a Clinical Psychologist, Social Worker, a Nurse Therapist, and an Occupational Therapist.

Following a full assessment by this team an integrated care plan is jointly agreed with the patient – focused on setting and meeting realistic goals towards recovery.

This approach specialises in treatment and care for a range of acute mental health difficulties, with a particular expertise in depression, anxiety disorders, bipolar affective disorder, psychosis, comorbid depression and Obsessive Compulsive Disorder (OCD).

The Day Hospital does not provide care for primary alcohol or drug dependency, eating disorders, sexual disorders or dementia and behavioural problems (the latter being provided for at our Highfield Private Hospital).

All treatments follow a best practice evidence-based approach to treatment, using a multidisciplinary and holistic biopsychosocial model.

There are some restrictions: the patient must be within commuting distance and must be able to travel independently; and the patient must not be considered a danger to either themselves or others.

## **Highfield Healthcare:**

Overall, Highfield Healthcare has over 313 places between Highfield Private Hospital (100), the Alzheimer Care Centre 154 and Elmhurst Nursing Home (49). The 12 placed in the Day hospital will be in addition to these.

Highfield Healthcare has been caring for patients with mental or age related illnesses for nearly 200 years. Current management is the sixth generation of the Eustace family to run the facility which provides acute adult mental health services and also cares for older people, some of whom also have complex mental health issues.

Highfield Healthcare is the umbrella organisation under which a number of areas of expertise are covered including:

- The Highfield Hospital (a special intensive care unit for patients with age related illness)
- the Hampstead Clinic Services which include
  - a 10-bed acute psychiatric unit for people over the age of 18
  - a Day Hospital with 12 places (which is being launched today)
- the Alzheimer Care Centre - a purpose built dementia specific centre
- the Elmhurst Nursing Home a safe and secure facility, set in 65 acres of unspoiled parkland and farm for more mobile population of older persons requiring residential care