

# University CMHT

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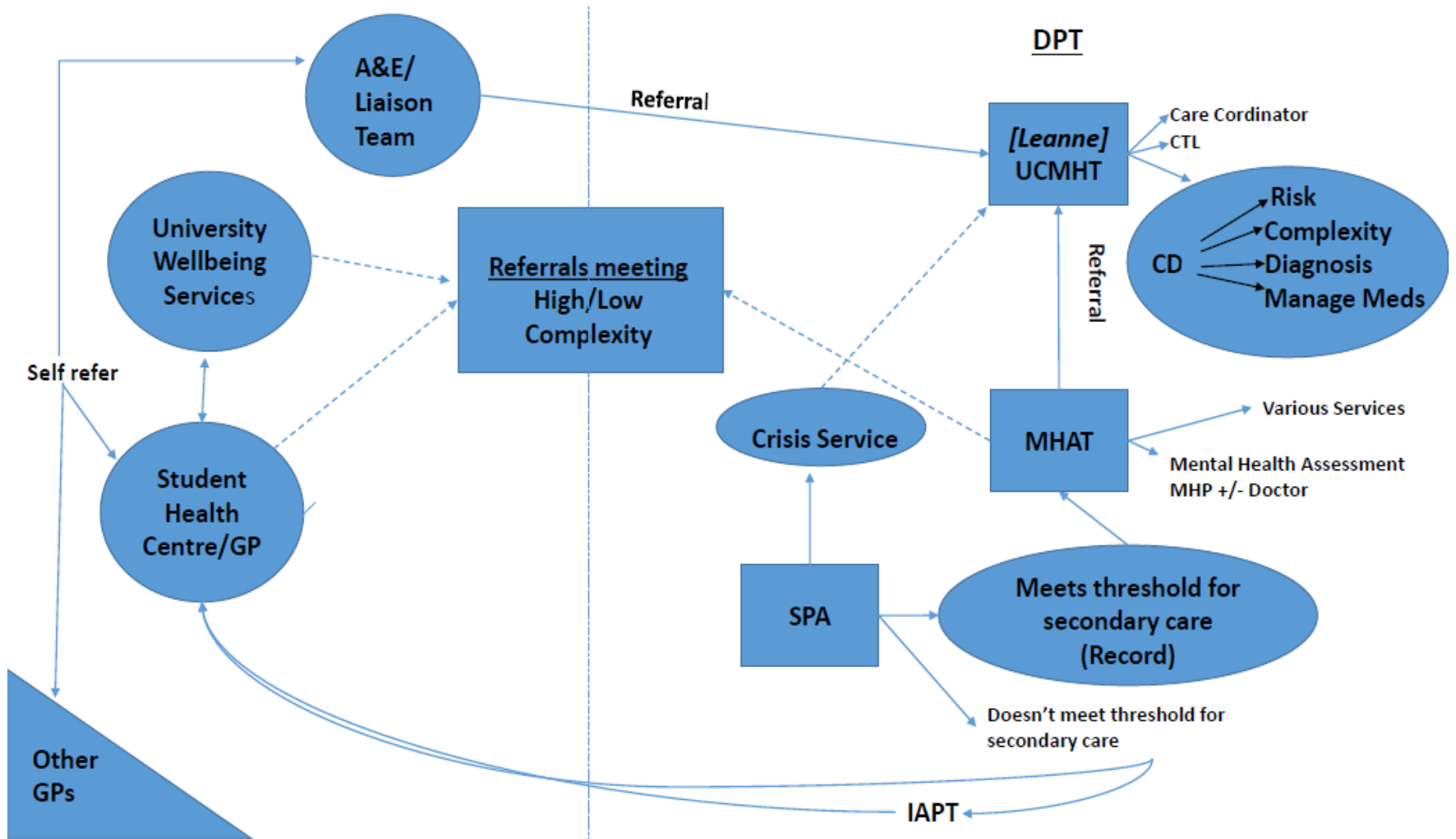
# Aims

- To provide excellent mental healthcare for the UoE student population
  - Reduce use of urgent care
  - Reduce suicide

# UCMHT

- Limb of existing Culm CMHT
- 3 band 7 mental health practitioners – care coordinators
  - From Devon, Bristol, Somerset
  - Case loads of 20, immediately filled
  - Caseloads increased to 25
  - In first year accumulated waiting list of 20 individuals
- Psychology input (pro bono)
  - 1 session to deliver group CAT
  - 1 session for reflective practice
  - 1 session for high intensity individual psychological therapy
- Consultant psychiatrist
  - 1 session (ha, ha, ha)
  - For issues of tricky diagnoses, medications management, complexity, high risk

# Embedded within Devon mental health services



# What we offer

- Case mix
  - Approximately 50% eating disorder, 50% emotional dysregulation
  - Few with severe depression / bipolar disorder
- Service
  - Care coordination and referral to community eating disorders team
  - PD change for emotional dysregulation
  - Outpatient psychiatric care / diagnostic review / medicines management

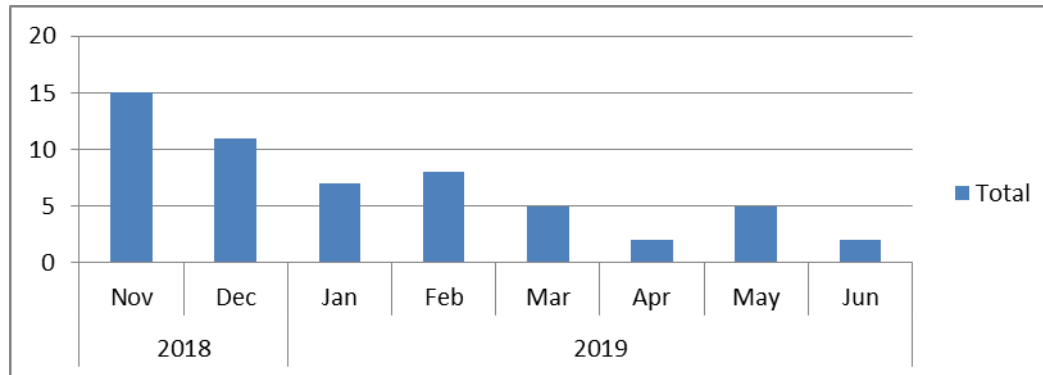
# Also

- Linking closely with University GP practice / well-being service
  - Advice on assessment and management of high risk patients (phone)
  - ? Early intervention for
    - Emotional dysregulation / self-harm
    - Eating disorders

# What we have got right!

- We are positive, collegiate, hard-working
- Link with fantastic GPs / great well-being service
- Flexible in approach

A/E attendances by month since service established



# Challenges

- Work force
  - 1 care coordinator has left
  - 1 care coordinator has been on sick leave
  - Has severely limited what we offer
- Accommodation
  - Outgrown space
- Communication difficult
  - Separate from DPT structures / governance
  - No administrative support



# Stepped care

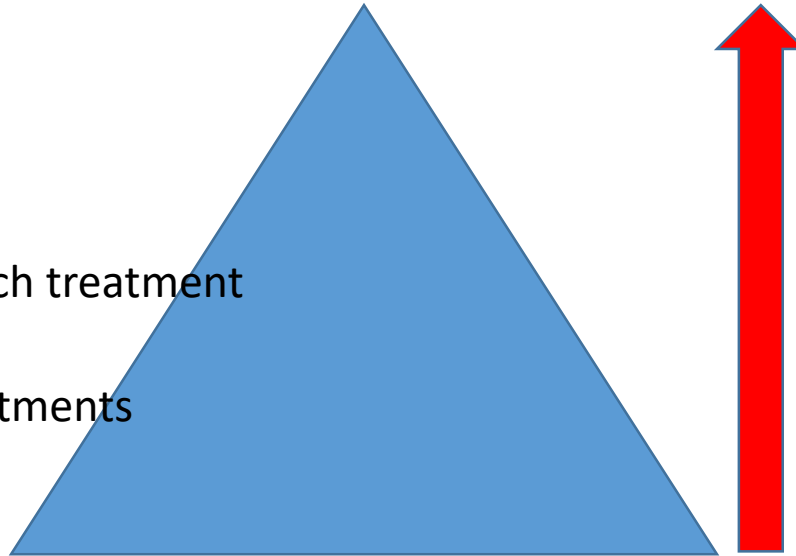
Step 5 – inpatient care

Step 4 – specialist care

Step 3 – High intensity psych treatment

Step 2 – Low intensity treatments

Step 1 – self-help



- Increasing severity
- Increasing intensity

# University Well-being review

Step 5  
Step 4  
Step 3  
Step 2  
Step 1



- Increasing severity
- Increasing intensity

