



Mental Health Reform
Promoting Improved Mental Health Services

ANNUAL REPORT 2012



“Mental health can be a good thing or a bad thing; it can take your life or make your life. Nobody can say they’ll have good mental health for the rest of their lives, because it can be taken from you in a flash... If you don’t have good mental health, you have nothing.”

...Because It's Time, Mental Health Reform vox pop participant





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*An extract from the audited financial statements of
Mental Health Reform for the year ended 31st December 2012

Foreword

2012 – Looking back at a year of challenges and change

Welcome to Mental Health Reform's first annual report reflecting our first year's activity as a registered company and charity. Our membership has grown to 31 organisations and our voice for change is evident in the media and in our well researched policy positions. The message that people want to be listened to, to have a consistent supportive relationship with a professional and an offer of treatment that is more than medication still resonates in the conversations we have with people across the country.

We are committed to our goal of an Ireland where people with mental health difficulties recover their wellbeing and live a full life in their community. However, for this to happen, there need to be adequate supports and services in the community. This seemed under threat when €35 million in funding for community mental health services, committed to in the Programme for Government and pledged in Budget 2012, failed to materialise and there were delays in hiring the promised community mental health staff.

Mental Health Reform responded by mobilising a public protest and a nationwide pre-budget petition that was signed by 10,000 people. The outcome was a commitment by Government in December 2012 to

an additional €35 million for 2013, alongside the fulfilment of the 2012 staffing and funding promises. I would like to thank all of our campaign volunteers and the 10,000 supporters who helped us to keep mental health on the Government's agenda.

I would also like to thank all of our members for their support in 2012. Our diverse membership gives us a strong, united voice on mental health and it is heartening to see our membership continue to grow each year. Our work in building a movement for reform would not be possible without the support of our two funders, the One Foundation and The Atlantic Philanthropies, and credit is due to them for having the vision to nurture Mental Health Reform.

There are challenges ahead, of course, among them the slow progress towards the implementation of *A Vision for Change* and the on-going economic recession. More than ever, we need to mobilise for a final push for reform towards 2016, and beyond. With the support of our growing membership and of the public, we will keep fighting for mental health and hope that you will join us too.

—
Orla Barry, Director,
Mental Health Reform



Introduction

Message from our Chairman

How do we measure progress in advancing the interest of people with mental health difficulties in Ireland? It is a complex task, involving tracking visible improvements, such as the closure of old mental hospitals, and more subtle changes, such as the dilution of the pervasive stigma attached to mental health difficulties.

I was wrestling with this question when I spoke with a woman who had recently finished a charity run in which thousands of people had participated. She remarked, unprompted: "It was such an uplifting experience, all of those people out running for good causes. What I noticed most of all was how many of them were running on behalf of mental health organisations...mental health is now out in the open...we are talking about it, it's great".

It is great. The issue of mental health is now being treated more sensitively by the media; the topic now has a higher priority on the political agenda, though there is still a long way to go; young people are more ready to discuss mental health; and the general public is more aware of the need for reform. The optimist in me says that we have reached a 'tipping point' on our journey as a society in addressing what, for generations, was a taboo subject: the suffering and distress experienced by individuals

and their families due to mental health difficulties.

Mental Health Reform, a growing coalition of organisations calling for the implementation of *A Vision for Change*, is in the vanguard of this effort: *informing*, to empower people, *uniting*, to harness the collective power of our diverse membership and *advocating*, to influence policymakers and administrators.

As 2012 ended and we entered a new year, Mental Health Reform could look back at a number of significant achievements: the announcement, after a delay of 6 years, of a National Director for Mental Health and the protection, against the odds, of a €35 million commitment each year for community mental health services in 2012 and 2013. These are among the more visible indicators of progress, but they have only been possible because of the underlying shift in public opinion observed by my friend on the charity run.

—
Edmond Molloy, Chairman,
Mental Health Reform



Inform

We begin by informing ourselves. We ask ourselves what needs to change within mental health services in Ireland, what is and isn't working? We listen to those with experience of the services, build solid evidence, champion best practice and share what we learn with our membership.

In March 2012, following extensive consultation, Mental Health Reform published our Manifesto, *Guiding A Vision for Change*. Our intention, six years on from the publication of *A Vision for Change*, was to remind all concerned of the central recommendations of the policy, and to set out a focussed programme of action to push for its full implementation.

We have disseminated the Manifesto to our members, to key politicians and HSE staff, to the media and academics, and to the public via meetings, public libraries and online.

As well as the Manifesto, we published a shorter version of our recommendations, our Agenda for Action. Our briefing papers and submissions on mental health in 2012 included:



Eddie Molloy, Chairman of Mental Health Reform, Deirdre Purcell, author and broadcaster, Orla Barry, Director of Mental Health Reform and Martha Griffin, development worker.

- Don't Drop the Ball on Mental Health: Pre-Budget 2013 Submission
- A Response to the HSE Governance Bill
- A submission to the Mental Health Commission on Seclusion and Restraint Reduction Strategy
- An analysis of the Independent Monitoring Group's 6th annual report
- Comments on the HSE Consent Policy
- A submission to the Interdepartmental Group on Justice and Mental Health

All of Mental Health Reform's briefing papers and submissions can be accessed via our website, www.mentalhealthreform.ie/resources



Mental Health Reform before the Oireachtas

Towards the end of 2012, Mental Health Reform presented our pre-budget submission to the Oireachtas Joint Committees on Health and Children and on Finance, Public Expenditure and Reform. We put forward our recommendations for Budget 2013. We also shared with the Committee members the following comments from people with experience of the mental health services:

“If funding is cut, mental health services will not evolve. They will return to the old times that were experienced 15 years ago, with more readmissions and less care.”

“I don’t want mental health services to go backwards. It’s all very well for the Government to try to cut the mental health budget, but it does not realise the impact these cuts have on people on the ground.”

“It is helpful to have an opportunity to engage with and contribute to national debates through the umbrella of Mental Health Reform. It is also beneficial to be kept informed and up to date on emerging policy issues in mental health and society in general.”

– St. Patrick’s University Hospital

Public Consultation meetings – two way learning

In 2012, Mental Health Reform held public consultation meetings in Galway, Kilkenny, Portlaoise and Monaghan. Our aim was twofold – to introduce people to Mental Health Reform and our Manifesto, and to hear from people about their experience of the mental health services in their area.

These consultation meetings highlighted the uneven delivery of mental health services around the country. We heard about the value to the whole family of home-based care for people in distress, which allowed the person to recover in their own home and enabled their family members and carers to learn from the experience. However, we also heard about long waits for counselling services and lack of choice in terms of treatment.

“...Because It’s Time” – Mental Health Reform’s audio project

Central to the work of Mental Health Reform is promoting the voice of people with mental health conditions and their families, friends and carers. As part of our pre-budget campaign, we conducted interviews with a number of people – people with experience of mental health difficulties, family members, friends, and mental health advocates – about their experiences, their hopes for the future and their recommendations to the Government ahead of Budget 2013.



The resulting CD brings together voices, across generations and regions, to tell very personal stories about mental health in Ireland. These stories were played extensively on national and local radio in November and December 2012, part of Mental Health Reform’s efforts to keep the issue on the agenda.

Our thanks to all of the participants of “...Because It’s Time” for sharing their experiences with us, and to the CD Producer, Victoria Enright. The stories can be heard on www.mentalhealthreform.ie/because-its-time

“Mental Health Reform is an umbrella organisation we are proud to be a part of and we share their passion in improving mental health services and seeing A Vision for Change implemented in Ireland.”

– MyMind

Unite

We are building a movement of people and organisations who care passionately about the quality of mental health services in Ireland, starting with our member organisations. We provide education on what a good service should look like and training on how to advocate for change.

Mental Health Reform is a national coalition of voluntary organisations and professional associations with an interest in mental health. Together, we are building a movement for the transformation of Ireland's mental health services. You can hear more from our members on pages 10 & 11.

In 2012, we welcomed eight new members to the coalition:

- Console
- Irish Association of Social Workers
- Irish Council for Psychotherapy
- Irish Penal Reform Trust
- MyMind
- Samaritans
- SpunOut
- Threshold Training Tallaght



Mental Health Reform marks the 6th anniversary of the publication of *A Vision for Change*, January 2012.

We bring together our members and the people using their services in a number of ways:

The Grassroots Forum is a panel of people with experience of mental health difficulties and family members, who share their first-hand experience of mental health services with Mental Health Reform, and who advise us and participate in consultations on our research topics. You can hear more from our Grassroots Forum members on page 17.

The Multidisciplinary Advisory Group consists of professional groups involved in the delivery of mental health services. This group communicates with Mental Health Reform on issues related to the different professions involved.

Mental Health Reform is also currently convening working groups on homelessness and ethnic minorities, in relation to mental health issues.

“People with mental health problems face persistent and pervasive discrimination, resulting in the denial of their human rights and profound social and economic exclusion. This is what destroys lives and makes society a poorer place.”

– Amnesty International Ireland

Education and Training

Part of Mental Health Reform's remit is to educate and train our members, the people using their services and the wider public, with the aim of uniting people behind the call for *A Vision for Change* to be fully implemented and for every citizen to have access to local, specialised and comprehensive mental health services provision that is of the highest standard.

In 2012, we carried out a number of training sessions, including:

- Training with the National Service Users Executive for Consumer Panels in Cork and Dublin on mental health policy and campaigning;
- Training for the Medical Council's newly appointed Case Officers;
- Training for employment investigators through the Institute of Arbitrators;
- Training for youth advocates from SpunOut on advocacy and campaigning.

“Mental health is a significant issue for people with an intellectual disability. The treatment of some people with an intellectual disability living in mental health services is often quite shocking. Mental Health Reform has the experience and expertise to articulate the views of civil society organisations. It is vitally important that the sector has a coordinated voice. Mental Health Reform provides this.”

– Inclusion Ireland

Public education

We also bring the debate on mental health to the wider public, via our growing social media network, opinion pieces in the national press and Letters to the Editor.

In 2012, we reached out to the public as never before, as part of our *Don't Drop the Ball on Mental Health* pre-budget campaign. Between October and December, we held 26 petition days all across the country, in shopping centres and third level institutions. Of the 10,000 signatures we gathered for the campaign, 6,000 were collected offline and represented a conversation about mental health.



SOCIAL MEDIA, THE NUMBERS:

2,300

followers on
Facebook & Twitter

5,000

Newsletter subscribers

Advocate

We are a credible voice for change and we advocate for the implementation of *A Vision for Change*. We use our knowledge and insight to attract key allies and to influence at national and local level for the following: the promotion of the recovery ethos, the modernising of mental health services and increased accountability, transparency and governance.

In 2012, we continued to advocate for improved mental health services across the country, and the support of the public was instrumental.

Early in the year, we asked people to email their local TDs to highlight the need for the appointment of the 414 staff promised for community mental health teams for 2012. We also asked them to call for the appointment of the Director for Mental Health, which was recommended by *A Vision for Change*. Finally, our email campaign stressed the need for an independent complaints mechanism for people using mental health services.

In July, media reports suggested that the €35 million earmarked for development of community mental health services could be used to shore up deficits within the HSE.



Mental Health Reform sends an end of term message to Oireachtas members about the need to implement *A Vision for Change* and fund community services. July 2012.

As the Dáil summer recess approached, Mental Health Reform decided that we needed to send a message to TDs that they should use the summer break to find out the plan in their local constituency for the recruitment of community mental health staff. We also asked for assurances from the Government that they would not row back on their commitment to invest in community services.

Mental Health Reform believes in the power of local advocacy and at our public consultation meetings and through our website, we encourage citizens to communicate with their local TDs on issues related to mental health. Our website has a constant "Email your TD" facility, where people can find their local TD and choose to either send a suggested email or to send their own email.

In regular meetings with Minister for Mental Health Kathleen Lynch and contact with key HSE staff, we continue to promote the type of mental health service envisaged by *A Vision for Change*, one that is community based, that involves people using the services, family and carers and that promotes recovery, equity, equality and human rights.

In September 2012, we were once again faced with reports that the €35 million promised for community mental health services was to be diverted.

We reacted quickly and mobilised a public protest, which was well attended by people using mental health services, professionals and the general public. We delivered letters to the Taoiseach, Minister Lynch and other key Government ministers, seeking assurances that the mental health budget would not be raided, as had happened in the past.

Minister Lynch responded with a statement that the €35 million would be delivered and the 414 staff would be appointed by the end of the year.

HSE Governance Bill

In July 2012, the Government published the HSE Governance Bill, which paved the way for the abolition of the HSE. Mental Health Reform, while welcoming the Government's intention to improve the accountability of the HSE, had concerns that the Bill would not ensure that a Director for Mental Health who had the competence to drive implementation of the Government's mental health policy would be appointed.

We made a submission to Government, which was sent to key ministers and disseminated to all Oireachtas members in meetings and by email in September 2012. We called for the new Director to be empowered by law to plan, budget for and report on implementation of mental health policy. Recruitment for the Director for Mental Health began in February 2013.

Don't Drop the Ball on Mental Health

In October 2012, we launched our pre-budget submission, *Don't Drop the Ball on Mental Health*, which we sent to the Taoiseach Enda Kenny, to Ministers Reilly, Noonan and Howlin and to Minister for Mental Health Kathleen Lynch. We called for:

- An additional allocation of €35 million in 2013 for community mental health services as promised in the Programme for Government;
- No further funding cuts for mental health and related voluntary and community organisations;
- Funding for innovative peer-led groups.

Our public campaign was launched by former Ireland and Munster rugby star Alan Quinlan, now a prominent advocate on mental health. The campaign was received very positively everywhere we went. A petition calling for the Government to continue investing in community mental health services was signed by 10,000 people from all across Ireland. The signatures were handed over to Minister Kathleen Lynch at the end of November, just days before Budget Day on 5th December 2012.

Following on from the campaign, we welcomed the Government commitment in Budget 2013 to invest an additional €35 million in 2013 for the continuing development of community mental health teams. In particular, we welcomed the fact that this funding would be separate to the salaries for the staff for community mental health teams promised for 2012.



In the words of our Members

We asked our Members to tell us why they feel that being a Member of Mental Health Reform is important for their organisation, and this is what they said:

“Headstrong’s aim is to change how Ireland thinks about mental health, particularly that of young people, and we believe that being part of Mental Health Reform is one of the ways we can achieve that.”

– Headstrong

“SpunOut.ie is a member of Mental Health Reform because we believe in the strength in numbers approach to ensure that mental health stays on the State’s agenda. It is a way for SpunOut.ie to share, grow and learn with and from Mental Health Reform’s members and to feed in the experiences of young people working with SpunOut.ie to the lobbying, advocacy and policy development aspects of the coalition.”

– SpunOut

“We are a service provider for people with mental health issues for the Dublin West/South West area. We are small and do not have a lot of resources. Therefore we lean on Mental Health Reform to help us network with other organisations, to get word out about what we do, to give us a stronger voice and to give us the bigger context so that we don’t lose sight of the bigger picture.”

– Threshold Training Network

“As a not for profit mental health services provider that is committed to improving mental health in Ireland we have found the Mental Health Reform website a valuable resource in keeping up to date with the latest developments in the sector.”

– MyMind

“As Ireland’s largest independent mental health service provider, St. Patrick’s is committed to ensuring that all citizens have the opportunity to lead mentally healthy lives. The organisation is committed to working collaboratively and co-operatively with organisations who share this ethos.”

– St. Patrick’s University Hospital

"Inclusion Ireland has actively supported the advocacy campaigning of Mental Health Reform. The Don't Drop the Ball campaign was very effective."

– Inclusion Ireland

"Mental Health Reform has been remarkably successful in keeping the resourcing and reform of mental health services in the public eye and holding Government to account for its commitments. It is the key organisation advocating for reform and adequate resources for mental health services, so it is important for us to add our voice to its demands and to learn from colleagues concerned with similar issues."

– Focus Ireland

"Mental Health Reform provides an invaluable platform for a coordinated and effective lobby to ensure mental health services in Ireland are improved."

– Amnesty International Ireland

"Mental health issues are at the core of dementia care. The Alzheimer Society of Ireland as an advocacy organisation for people with dementia believes in the power of partnerships. Mental Health Reform adds value to what we do, by providing good quality, evidenced based policy analysis, by creating the necessary conditions to do good advocacy for the collective voice, by building good alliances and forging relationships."

– The Alzheimer Society of Ireland

"Our advocacy services are person centred. Mental Health Reform provides us with an inroad to lobbying and collective advocacy, in utilising our experience and knowledge of advocacy cases to inform the future direction of mental health services in Ireland."

– Irish Advocacy Network

"There is sense in having one body with one large voice with many members pushing for implementation of *A Vision for Change*, its ethos, philosophy and internationally rated recommendations agreed by all stakeholders in mental health services."

– The College of Psychiatry of Ireland

Accounts

Income and Expenditure Account

	€
Income	307,609
Administrative expenses	309,562
Operating deficit	(1,953)
Interest receivable	1,953
Surplus on ordinary activities before taxation	
Tax on surplus on ordinary activities	–
Surplus for the financial period	–

All of the activities of the company are classed as continuing. The company has no recognised gains or losses other than the results for the period as set out above. These financial statements were approved by the directors on 25th of March and are signed on their behalf by: Edmond Molloy, and Collette Nolan, Directors.

Balance Sheet

Current assets	
Debtors	192
Cash at bank	209,051
	209,243
Creditors: Amounts falling due within one year	209,243
Net current assets	–
Total assets less current liabilities	–
Reserves	–
Members' funds	–

These financial statements were approved by the directors and authorised for issue on 25th of March 2013, and are signed on their behalf by: Edmond Molloy, and Collette Nolan, Directors.

Accounts

Cash Flow Statement

€

Net cash inflow from operating activities	207,098
Returns on investments and servicing of finance	
Interest received	1,953
Net cash inflow from returns on investments and servicing of finance	1,953
Increase in cash	209,051

Basis of accounting

The financial statements are prepared in accordance with generally accepted accounting principles under the historical cost convention and comply with financial reporting standards of the Accounting Standards Board, as promulgated by the Institute of Chartered Accountants in Ireland, and Irish statute comprising the Companies Acts, 1963 to 2012.

Income

The income shown in the income and expenditure account represents grants from funders, deposit, interest, training and membership income invoiced during the period.

Accounts

We have audited the financial statements of Mental Health Reform for the period ended 31st December 2012 which comprise the Income and Expenditure Account, Balance Sheet, Cash Flow Statement, Accounting Policies and the related notes. These financial statements have been prepared on the basis of the accounting policies set out therein.

RESPECTIVE RESPONSIBILITIES OF DIRECTORS AND AUDITOR

As described in the Statement of Directors' Responsibilities (on pages 2 to 6 of the Fully Audited Accounts), the company's directors are responsible for the preparation of the financial statements in accordance with applicable law and Generally Accepted Accounting Practice in Ireland including the accounting standards issued by the Accounting Standards Board and published by the Institute of Chartered Accountants in Ireland.

Our responsibility is to audit the financial statements in accordance with relevant legal and regulatory requirements and International Standards on Auditing (UK and Ireland).

This report is made solely to the company's members, as a body, in accordance with Section 193 of the Companies Act, 1990. Our audit work has been undertaken so that we might state to the company's members those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the company and the company's members as a body, for our audit work, for this report, or for the opinions we have formed.

We report to you our opinion as to whether the financial statements give a true and fair view, in accordance with Generally Accepted Accounting Practice in Ireland, and are properly prepared in accordance with the Companies Acts, 1963 to 2012. We also report to you whether in our opinion: proper books of account have been kept by the company; whether, at the balance sheet date, there exists a financial situation requiring the convening of an extraordinary general meeting of the company; and whether the information given in the directors' report is consistent with the financial statements. In addition, we state whether we have obtained all the information and explanations necessary for the purposes of our audit and whether the financial statements are in agreement with the books of account.

We also report to you if, in our opinion, any information specified by law regarding directors' remuneration and directors' transactions is not disclosed and, where practicable, include such information in our report.

We read the Directors' Report and consider the implications for our report if we become aware of any apparent misstatement within it.

BASIS OF AUDIT OPINION

We conducted our audit in accordance with International Standards on Auditing (UK and Ireland) issued by the Auditing Practices Board. An audit includes examination, on a test basis, of evidence relevant to the amounts and disclosures in the financial statements. It also includes an assessment of the significant estimates and judgements made by the directors in the preparation of the financial statements, and of whether the accounting policies are appropriate to the company's circumstances, consistently applied and adequately disclosed.

Accounts

We planned and performed our audit so as to obtain all the information and explanations which we considered necessary in order to provide us with sufficient evidence to give reasonable assurance that the financial statements are free from material misstatement, whether caused by fraud or other irregularity or error. In forming our opinion we also evaluated the overall adequacy of the presentation of information in the financial statements.

OPINION

In our opinion the financial statements:

- give a true and fair view, in accordance with Generally Accepted Accounting Practice in Ireland, of the state of the company's affairs as at 31st December 2012 and of its result and cash flows for the year then ended; and
- have been properly prepared in accordance with the requirements of the Companies Acts, 1963 to 2012.

We have obtained all the information and explanations we consider necessary for the purposes of our audit. In our opinion, proper books of account have been kept by the company. The financial statements are in agreement with the books of account.

In our opinion the information given in the Directors' Report is consistent with the financial statements.

TURLOUGH MULLEN FCA

For and on behalf of

GRANT THORNTON Chartered Accountants & Registered Auditor, 24 - 26 City Quay, Dublin 2, Ireland. 25th March 2013.

Board of Directors

Edmond Molloy
Collette Nolan
Sam McGuinness
Paul Flynn
Noeleen Hartigan
Michelle Kerrigan
John Saunders
John Matthew Owens
Jacinta Hastings
Caroline McGrath
Carol Moore

Company secretary

Orla Barry

Registered office

6-9 Trinity Street
Dublin 2

Auditor

Grant Thornton
Chartered Accountants
& Registered Auditor
24 - 26 City Quay
Dublin 2

Bankers

Bank of Ireland
34 College Green
Dublin 2
KBC Bank Ireland Plc
Sandwith Street
Dublin 2
Ulster Bank
P.O. Box 145
33 College Green
Dublin 2

Solicitors

Millett & Matthews
Main Street
Baltinglass
Co. Wicklow



Our Members – 2012

Amnesty International Ireland

The Alzheimer Society of Ireland

Bodywhys

Console

Cork Mental Health Foundation

The College of Psychiatry of Ireland

Dual Diagnosis Ireland

Focus Ireland

Gateway Mental Health Project

GROW

Hail - Housing Association of
Integrated Living

Headstrong – National Centre for
Youth Mental Health

Inclusion Ireland

Irish Advocacy Network

Irish Association for Counselling &
Psychotherapy

Irish Association of Social Workers

Irish Council for Psychotherapy

Irish Penal Reform Trust

Irish Refugee Council

MyMind

Peter McVerry Trust

The Rehab Group

Samaritans

Shine

Simon Communities of Ireland

Slí Eile Housing Association

SpunOut

St. John of God Hospital

St. Patrick's University Hospital

Suicide or Survive

Threshold Training Tallaght

In the words of our Grassroots Forum

“Being on the Grassroots Forum means that Mental Health Reform can be in direct contact with people who are involved in the mental health system and share the members’ concerns with those who are in a position to change how the system works for the better.”

– Margaret

“I participate in the Grassroots Forum because I believe we have a responsibility to try to help the mental health system in Ireland change for the benefit of all the people who live here.”

– Ali

“The Forum is a vital platform to voice one’s own experiences in a friendly and non-threatening environment, knowing your voice is being heard.”

– Dick

“My reason for taking part in the Forum is that it gives me a platform to voice my concerns about the mental health services.”

– Robert

“I find it valuable to hear the experiences of others at meetings of the Forum. It is good to be able to discuss issues openly, where all involved have a mutual understanding and where you don’t have to constantly explain.”

– Richard

“I feel I belong to something that is not just a talking shop. I truly believe the Forum will have an impact in bettering mental health services in Ireland. We will not drop the ball in our fight for better services!”

– Regina



Mental Health Reform

Promoting Improved Mental Health Services

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