



**College of Psychiatrists
of Ireland**

Wisdom • Learning • Compassion



REFOCUS Annual Report 2015

Recovery Experience Forum of Carers and Users of Services

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Foreword

It is with mixed emotions of sadness and pride that I make my last formal contribution to REFOCUS for its 2015 Annual Report.

I feel sad at leaving an innovative group that has achieved so much in such a short space of time since its foundation in 2011 and has become an integral committee of the College of Psychiatrists. Its roles have encompassed its rightful emphasis on impacting the training of young psychiatrists, producing papers and perspectives that have contributed to this and more in reflecting the views of service users, family members and carers, sitting on various committees and groups and making presentations at conferences and workshops. One measure of our success in this regard is that our papers are now being referenced in academic and other publications which emphasise the recovery model resting at the heart of the work of REFOCUS.

But my sadness is more personal than just focussing on what we have achieved “on the one road” together. I have made such good friends during my involvement with REFOCUS whom I greatly miss.

Of course, I also take huge pride in what we have achieved together not least as we had to go through the classical stages of group formation: “forming, storming, norming and performing” to get there. These stages are not linear and some of them have to be (and should be) revisited from time to time. Above all, I am proud that REFOCUS does its work by adhering to the principles of mutual respect, courteous dealing and care for one another and by avoiding that great Irish characteristic of “the split” between service users and carers.

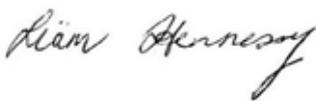
I think I can truthfully say that the day I was interviewed by Anne, Andrea and John Dixon for membership of a group that didn't even have a name at that time was a critical day in my own personal recovery. I know that involvement in REFOCUS has had this benefit for others too.

I would like to wish REFOCUS continuing success though I recognise that there will always be challenges which, after all, is the nature of life.

But we address these challenges best as a team or, as the Irish proverb has it, “Is ar scath a cheile a mhaireas na daoine”. Helen Keller supplies a very apt translation: “Alone we can do so little, together we can do so much.”

Thank you all.

Liam Hennessy – Joint Chair



In 2015 REFOCUS continued to go from strength to strength. As many groups outside the College became familiar with our papers and activities we found we were invited to different fora to discuss our work. Within the College psychiatrists have been very supportive of REFOCUS, and in the near future we will increase the membership of psychiatrists on the committee. The extra involvement of individual psychiatrists in REFOCUS will further enable it to achieve its aim of actively engaging with psychiatrists in order to inform and influence the training and practice of psychiatrists, and to improve our mental health services.

REFOCUS continues to grow in its influence both within and outside the College.

I would like to thank all the members of REFOCUS, for their commitment and dedication. I would like to particularly thank Liam Hennessy, who has been joint chair throughout 2015 and who has now left REFOCUS. I wish him well in his new role as Head of Patient Engagement in the HSE.

I invite you to read about the excellent work of REFOCUS and I look forward to being part of its expanding role over the coming years.

Anne Jeffers – Joint Chair



Introduction

This report is the first annual report, encompassing the work of REFOCUS throughout 2015. It follows on from the inaugural report which covered all of REFOCUS activity from its inception in 2011 all the way through 2014. REFOCUS has continued to thrive and is considered to be an invaluable resource within the College as is evident in this report.

History and membership of REFOCUS

REFOCUS, although not bearing that name at the time, was conceived by the College of Psychiatrists of Ireland as a forum where the views and experiences of service users and family members/carers would inform and influence all aspects of the College's business and, in particular, the training experience of young future psychiatrists. It was modelled on a similar forum established by the Royal College of Psychiatrists in the United Kingdom – SURF Service User Recovery Forum – which has been in operation in the United Kingdom for a few years now since 2006. John Dixon, a former SURF member, provided great insight for initiating and forming REFOCUS.

For those not familiar with REFOCUS, the title for the group may seem somewhat puzzling. REFOCUS stands for Recovery Experience Forum of Carers and Users of the Services, reflecting the strong belief of the forum in the wellness and recovery philosophy. After some debate and some interesting suggestions, the group adopted REFOCUS as its name, reflecting the view that what concerned us was the need to inform the College and its various committees and training programmes, not only about the service user and family member/carer experience of the Mental Health Services in Ireland, but also suggestions for change and improvement. The idea of “refocusing” seemed to capture this objective perfectly.

“Caring for someone with a mental health issue can feel a very lonely experience and support groups, with other people in the same situation, are a lifesaver”



Dr Larkin Feeney and Ms Jeannine Webster at CPsychI Summer School



Niamh Mongey and Julie Healy - Medfest 2015



UCD MedFest- REFOCUS member
Julie Healy is 2nd from right

*“The recovery journey
needs to involve a
person having total
love for a person, there
can be no holding back
in terms of what you
would do for them”*

Governance and Housekeeping

REFOCUS has continued using and reviewing the terms of reference established by the group with the assistance of an external facilitator. The group has also held firm on its early decision that all members of the forum would participate on an equal basis and there would be no sub group split into service user and family members/carers of the group. The minutes of every meeting are recorded and presented by the joint chairs to the Director of Communications & Public Education, Dr John Hillery.

Presentations made to REFOCUS

From its inception, the forum felt that it would be helpful if psychiatrists including trainee psychiatrists from the College membership presented to the group about various psychiatric specialities and/or services in Ireland today with the aim of informing and educating REFOCUS members about the profession, how they operate within the system, mental health teams and so forth.

As a result, we have had a number of very useful and informative talks. In May, we welcomed Dr Maeve Doyle, former Chair of the Faculty of Child and Adolescent Psychiatry to present to the group. Dr Doyle gave an overview of the work of CAMHS (Child and Adolescent Mental Health Services) and the differences and challenges it presents in comparison to the Adult Psychiatric Services.

In December, we were treated to a very informative and encouraging presentation from the Dean of Education, Prof Greg Swanwick on postgraduate training within the College, the HSE and beyond. The group discussed further suggested practical involvement and engagement with trainees all of which will be explored in more depth in 2016 but which also gave hope to REFOCUS in terms of achieving one of its main objectives as outlined earlier.



Presentations made by members of REFOCUS

Brian McNulty and Dr Anne Jeffers on Ireland AM, TV3

REFOCUS members presented their own work and experience at a number of events throughout the year, most noticeably through their work with Postgraduate Training. Kara Madden and Jeannine Webster presented at the College Summer Schools in Cork and Dublin and were considered a highlight of the events. Brian McNulty and Dr Anne Jeffers presented at a GROW conference where Brian's book was also very well received.

2015 saw the first inaugural Walk and Talk with Psychiatrists in partnership with See Change. Joint Chair, Liam Hennessy represented the group by speaking on "The importance of Service Users and Carers working in partnership with psychiatrists". The event was attended by both medical professionals and the general public and Liam's presentation was very well received.

Julie Healy also took part as a panel member giving carer experience at the hugely successful Medfest event in UCD. Medfest is the medically themed one night film festival, exploring medicine and psychiatry. The theme for MedFest 2015 was Global Medicine and Civilisations.

An obvious follow on to the preparation of papers by REFOCUS was the presentation of such papers to the College and its members. As a result, members of REFOCUS made presentations in workshops and at various conferences. It appears that these presentations were well received although, being given to workshops, it meant that they "competed" with other presentations and did not reach as wide an audience as might have been wished. This is an issue the forum hopes to address in future.

"Non Judgemental communication is so important"

REFOCUS member Liam Hennessy, 2nd from right, with other speakers at Walk and Talk 2015





Julie Healy on Medfest 2015 Panel
(2nd from right)

“Being a carer brings the utmost pain. It also brings the utmost love.”

“Recovery from these and other mental health difficulties is very possible. I am very well now.”

Papers written by REFOCUS

2015 was a busy year for REFOCUS with regard to writing papers. The group produced a final draft of the Perspective paper “Understanding ECT” for the College Council. This informative paper addresses the common fears that service users and family members have about ECT. The paper aims to dispel many of the myths surrounding ECT.

REFOCUS have commenced work on two new papers in 2015. These papers, with the working titles “Spirituality in Psychiatry” and “Family Dynamics”, were borne out of in depth discussion at the REFOCUS quarterly meetings of areas and issues to highlight to trainees and consultants and in doing so raise awareness of their importance to service users/patients, family members /carers. As with all papers that REFOCUS have produced, the forum have and will involve the College membership in research and writing through the College processes and pathway for any College paper.

Brian on TV3



Involvement of REFOCUS members at committees of the College

REFOCUS saw great developments with ever increasing engagement with College committees. Three members of the group, John Dixon, Julie Healy and Angela Dooley joined the External Affairs & Policy committee and Ciaran Crummey joined the editorial board of the Irish Journal of Psychological Medicine (the College academic journal).

REFOCUS also worked closely with the Postgraduate Training Committee in 2015. John Kidney in collaboration with Dr Clodagh Power (trainee) worked on a series of articles for the Trainee e-newsletter Think Tank. This has proved to be a mutually beneficial relationship with Dr Power regularly attending a number of REFOCUS meetings also.

Towards the end of 2015, REFOCUS held a very promising meeting with Dean of Education, Prof Greg Swanwick, with a view to having increased involvement in the training of psychiatrists. The group looks forward to realising the items discussed in 2016.



*Kara Madden, Christina McCabe
Tony Blackmore, Anne Jeffers*

“Alone we can do so little, together we can do so much”

CPsychI Walk and Talk with Psychiatrists which involved REFOCUS members



Independent.ie  **Life Mind Yourself**

 Life Newsletter

#MindYourself: How to help a loved one battling depression or anxiety

What can we do for friends and family who are struggling to cope? Our reporter asked the experts

Chrissie Russell PUBLISHED
18/11/2015 | 02:30     SHARE



Breathing space: Jeannine Webster and her son, James at their home in Donabate. Photo: Frank McGrath.

It's a difficult situation to be in, when you suspect a loved one might be finding life tough, or even battling depression or anxiety.

REFOCUS member, Jeannine Webster, featured in an article on Carers in the Irish Independent

REFOCUS Media Coverage

2015 saw a marked increase in the amount of media coverage for REFOCUS. As well as REFOCUS launching their inaugural report in July, Brian McNulty also published his own memoir 'Embracing Sanity'. Brian appeared on regional radio station Limerick Live95FM to discuss his journey and his work with REFOCUS. This was followed by further interviews, along with Joint Chair Dr Anne Jeffers on The Last Word with Matt Cooper on Today FM. Not limited to national radio, Brian and Anne also made an appearance on TV3's flagship morning show Ireland AM.

As part of World Mental Health Week, REFOCUS featured on RTE Radio 1's show, A Living Word. For 5 days of World Mental Health Week, the College of Psychiatrists produced short reflective pieces which were aired in the morning and at night. Both Jeannine Webster and Joint Chair Liam Hennessy recorded pieces for the series.

In November, Jeannine Webster was interviewed by the Irish Independent as part of a series titled #MindYourself. In an article titled "How to help a loved one battling depression or anxiety", Jeannine was photographed with her son James and spoke on her experience of supporting James through bouts of psychosis, depression and anxiety.

"My illness came as a total shock to my family. I hid it so well. I was one of those superconfident people – but I could be in a room balling my eyes out, and come out as if nothing was wrong."

RTE Radio 1's show, A Living Word



RTE RADIO 1

A Living Word
with Jeannine Webster

A Living Word - Tuesday 4 October 2015
The series of 10th Anniversary has inspired both incredible programming search back to the traditions of meeting people and listening. Today's 10th Anniversary episode from the podcast to the reflective along the whole spectrum of human experience. Broadcast as part of Radio 1's Road Time, Late Late and The Weekend on One.

A Living Word - 8 October 2015
Jeannine Webster on mental health care

A Living Word - 7 October 2015
Liam Hennessy on mental health care

Conclusion

2015 has been a very successful and productive year for REFOCUS. The group has continued to integrate with College membership as well as represent the College at external events and in the media. It is important to recognise the contribution of Andrea Ryder, Niamh Mongey and Micheál Clesham, key members of the College team who keep the group running as well as Director of Communications & Public Education Dr John Hillery for his continued support. Finally, we must also thank Dr Anne Jeffers for her commitment to REFOCUS since its inception. Without her tireless conviction, there would be no REFOCUS to report on.

REFOCUS Meeting



REFOCUS Members

- | | |
|--------------------|---------------------------------------|
| Dr Anne Jeffers | (Joint - Chair) |
| Liam Hennessy | (Joint - Chair) |
| Angela Dooley | |
| Kara Madden | |
| Jeannine Webster | |
| Christine McCabe | |
| Julie Healy | |
| Kevin Jones | |
| Louisa Corr | |
| Tony Blackmore | |
| George Bridges | |
| John Kidney | |
| Brian McNulty | |
| Eileen McCluskey | |
| John Dixon | |
| Ciaran Cobbe | |
| Patricia O' Malley | |
| Brian Hartnett | |
| Ciaran Crummey | |
| Dr Clodagh Power | |
| Andrea Ryder | (External Affairs and Policy Manager) |
| Niamh Mongey | (Communications Assistant) |
| Micheál Clesham | (Digital Communications Assistant) |



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www.irishpsychiatry.ie

www.irishpsychiatry.ie/Ext-Affairs-Policy/REFOCUSCPsychI.aspx