Ministry of Health and Culture Government Administration Building Grand Cayman, KY1-9000 Tel: 345-244-2374

Email: mhc@gov.ky

ANNUAL REPORT IE MENTAL HEALTH COMMISSION 2016 Advocacy - Growth - Hope - Reframing Mental liness - Advocacy - Growth - Hope - Reframing **ANNUAL REPORT** THE MENTAL HEALTH



TABLE OF CONTENTS

INTRODUCTION	2		
MEMBERSHIP	2		
MEETINGS	3		
OVERVIEW OF THE MENTAL HEALTH SYSTEM	3		
LONG-TERM RESIDENTIAL MENTAL HEALTH FACILITY	3		
TRAINING DETENTION FORMS HUMAN RIGHTS COMMISSION BOOKLET WORLD MENTAL HEALTH DAY	4		
	5		
		MENTAL HEALTH POLICY	
		OTHER ACTIVITIES	E
ONGOING INITIATIVES	6		

INTRODUCTION

Functions

The Mental Health Commission (MHC) was established in 2014 in accordance with the Mental Health Commission Law, 2013. The functions of the Mental Health Commission are as follows:

- Quasi-judicial hear and determine appeals under various sections of the Law and conducts reviews where a patient has been detained and released under an emergency detention order three or more times in 30 days.
- PRecommendations to the Health Practice Commission and Councils this includes submitting an annual report to the Minister with responsibility for Health, review and advise on scopes of practice and codes of ethics for practitioners, provide policy advice to the relevant registering Councils and advising the Health Practice Commission regarding mental health facilities, medical research, and clinical trials in mental health.
- ➤ **General Functions** include the following:
 - Obtain and compile statistics on mental health
 - Oversee and deliver mental health training for constables, prison officers and any other persons expected to deal with mental health patients in the performance of their functions
 - Approve a list of overseas mental health facilities
 - Research and establish protocols and guidelines for mental health advocacy and approve persons to act as advocates
 - Establish and maintain a programme which provides information to the general public concerning mental illness and co-occurring disorders and related conditions
 - Review the progress of patients transferred overseas
 - Review every six months the progress of remand prisoners deemed unfit to plead and submit it to the Chief Officer, Judicial Administration
 - Give policy advice to the Minister responsible for health on any aspect of the local mental health system

Membership

The members of the Mental Health Commission, who served for 2016, are as follows:

Dr. Marc Lockhart Chair

Dr. Taylor Burrowes Nixon

Mr. Olivaire Watler

Mrs. Julene Banks

Mrs. Kimberly Voaden

Dr. Enoka Richens

Deputy Chair

Member

Member

Pastor Dale Forbes Member/Layperson
Ms. Faylene Ebanks-Suckoo Member/Layperson
Mrs. Vanessa Gilman Member/Layperson



Secretary/Ministry's Liaison

Ms Janett Flynn

All appointments expired 15th December 2016 and the Ministry is seeking to reappoint members and appoint new members in early 2017.

Meetings

The Mental Health Commission held 9 meetings for the year 2016.

Overview of the mental health system

The Behavioral Health and Psychiatric Unit (formerly Mental Health Unit) at the Health Services Authority (H.S.A) is an 8 bed unit that was designed as an adult facility for acute care of patients suffering from serious mental illnesses. There is also a facility providing treatment for patients suffering from alcohol and substance abuse. Another facility for housing patients with mental illness is Her Majesty's Cayman Islands Prison Service. Although not ideal, there are mental health patients who have committed crimes and will require housing in the prison facility. Currently, there is no inpatient facility for children and adolescents, but if necessary they are admitted to the unit, where they are treated.

Mental health services are delivered through the hospital and local private facilities, and mental health care facilities located overseas.

While there is an adequate number of mental health practitioners (psychiatrists, psychologists, mental health nurses, occupational therapists etc.) employed in the public and private sectors, the distribution of human resources among the 3 islands is disproportionate as there is no psychiatrist, psychologist or occupational therapist present on the Sister Islands.

Long -Term Residential Mental Health Facility (LTRMHF)

In October 2015, the successful bidder for the Request for Proposal (RFP) to prepare an Outline Business Case Report for a proposed Long-Term Residential Mental Health Facility was awarded to KPMG. Since then, the final report was received and approval granted by Cabinet in May 2016 to release the report to the public.

The report was prepared using the five case model consisting of the strategic, economic, financial, commercial and management cases. The preferred option is to construct a LTRMHF to provide care in a therapeutic environment to those on island and those returning from overseas, as well as to treat international patients.

The key findings of the report are as follows:

- Need for the Cayman Islands Government (CIG) to build a long-term residential mental health facility, which will require constant ongoing financing from the CIG.
- The facility will be part of a continuum of mental health care services available to residents, thereby reducing some of the burden on the inpatient mental health unit designed for acute care.

The Ministry in consultation with the Mental Health Commission has identified a site for the accommodation of the facility, which will require 15 acres. Cabinet has granted approval and has designated the site. A Request for Quotation (RFQ) for the Design and Construction Cost Consultancy Services was issued on the 7th December 2016 to pre-qualified applicants, with a return date of 9th January, 2017.

Training

As required under the Law, the Commission conducted 5 training sessions in 2016.

- In February 2016, the first session, the Mental Health Commission (MHC) presented to six middle managers of the Royal Cayman Islands Police Service (RCIPS).
- In February, the Chair of the Commission presented a talk on Mental Health 101 to students of Cayman Prep and High School.
- In March, the MHC yet again, presented to 17 members of staff of the RCIPS.
- In June, over 30 plus participants from the judiciary, education, social workers, crisis centre, 911, fire, RCIPS and accident and emergency received training on the mental health legislation.
- In July, 17 persons from the National Workforce Development Agency and the Needs Assessment Unit were introduced to various aspects of the mental health legislation as well as talking mental health.
- In November, 18 participants from the staff of RCIPS and 911 received training

Detention Forms

Under the Mental Health Commission Law, 2013, all detention forms must be forwarded to the secretary of the Mental Health Commission for storage and filing. During the period January – December 2016, the Mental Health Commission received over 50 detention forms. The following represents the breakdown of the forms received:

- Request for review 11
- Request for an Emergency Detention Order by a Constable 1
- Assessment for the possible issuance of an Emergency Detention Order 22
- Observation Order 4
- Assisted Outpatient Treatment Order -14

The number of forms received for the same period in 2015 has decreased. One contributing factor as reported by the Behavioral Health and Psychiatry Unit is that in 2016 patients with chronic disorders, who require longer hospital stays, rather than patients with drug related psychotic illnesses, have been admitted. Hospital admissions have also been reduced compared to 2015.

Since the introduction of the Assisted Outpatient Treatment Order form, along with improved medication regimen, there has been a reduction of new referrals, so the chronically ill patients are better controlled. Other patients have been transferred overseas during this period, as well as the return of full time coverage of Community Psychiatric Nurses for Grand Cayman.

The forms are reviewed by the secretary to the Commission to determine whether the members need to be notified of any outstanding issues or observations. The Commission received no complaints for 2016.

Human Rights Commission (HRC) Booklet

In October 2016, the Human Rights Commission in partnership with the Mental Health Commission prepared a booklet titled "Human Rights Essentials: A Guide for Mental Health Practitioners in the Cayman Islands." Forty eight copies were delivered by the HRC to the Mental Health Commission and these copies were distributed to the RCIPS, Behavioral Health and Psychiatry Unit (formerly Mental Health Unit) and the Accident and Emergency Department at the Health Services Authority.

World Mental Health Day

This day is celebrated annually on 10th October. The theme for 2016 was "Dignity in Mental Health-Psychological and Mental Health First Aid for All". A number of activities were organized by the staff of the Behavioural Health and Psychiatric Unit at the H.S.A. in collaboration with the Mental Health Commission. These included a church service, a motorcade, appearances on Talk Today, presentations at private high schools, and a symposium on Psychological and Mental Health First Aid presented by a representative from the Wellness Centre. The week's activities culminated with a movie night.

Mental Health Policy

In November 2015, the Ministry in collaboration with the Mental Health Commission convened a one and a half day stakeholder meeting to develop the Cayman Islands Mental Health Policy. This was possible through the assistance of the Pan American Health Organization. Unfortunately, due to unforeseen circumstances the finalization of the policy was postponed.

In December 2016, a small stakeholder group, which included several members of the Mental Health Commission, was reconvened to finalise the policy. It is anticipated that submission will be made to Cabinet seeking approval of the policy in early 2017.

Other activities

In February 2016, members of the MHC participated in a seminar put on by the Health Services Authority Ethics Committee focusing on Ethical Challenges in Youth Mental Health Today. Also, in February members of the MHC toured the newly opened Custody Suites, which they found to be quite impressive.

The Ministry and MHC met with the Deputy Commissioner of Police to apprise him of the role of the RCIPS under the Mental Health Law, 2013, and to provide him with a copy of the RCIPS Brochure prepared by the MHC.

Several members/organisations of the community were invited to address members of the MHC during the monthly meetings. Some of the organisations included Caring Hands, Crisis Centre, and Alzheimer's and Dementia Association. These organisations provided information on their role and purpose in the community, and how we can work together to achieve optimum mental health for all. Kathleen Hickey



from Cayman Prep and High School, who has a special interest in mental health also presented at one of the meetings.

The MHC met with the Director, Department of Vehicle and Driver's Licence, to make recommendations on the wording to the current Driver's Licence.

The MHC made recommendations to the revised Elections (Amendment) Law, 2016 to allow for the Commission rather than the Chief Medical Officer to transmit to the Supervisor of Elections the names of persons who have been certified as having a mental impairment or serious mental illness.

The MHC and the Department of Counselling Services had a preliminary meeting to discuss a Suicide Prevention Protocol for the Cayman Islands. Further discussions will be held in 2017.

Ongoing Initiatives/Projects

In 2017, the MHC will commence its fourth year of operation and looks forward to more exciting happenings. Some members have decided to terminate their resignations due to conflicts with work or personal family issues. Others have decided to continue to work to improve the lives of the mentally ill through advocacy and raising awareness. Some of the proposed activities planned for 2017 are:

- Collaborating with the Council for Professions Allied with Medicine (CPAM) to discuss scope of
 practice for mental health practitioners registered under CPAM. This is to ensure that the
 registered health care practitioner follows the procedures and processes of their professional
 license to practise. This dialogue with CPAM started in 2016 and is ongoing.
- The MHC has reviewed the Mental Health Law, 2013, and will write to the Ministry on the proposed amendments.
- With the resignation of some members, the following subcommittees will need to be revised to ensure a smooth transition and to be functional.
 - a) Training
 - b) Mental Health Tribunal
 - c) Advocacy and Public Relations
 - d) Professional Issues
 - e) Fundraising and Events
 - f) Policy and Legislation



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