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In accordance with the Mental Health Act (2023 Revision), detention forms are forwarded to the Secretary of the Commission for storage and filing. During the period January to December 2023, the MHC received 127 detention forms, a slight decrease over the previous year. Table 7a represents a comparison of the forms received for the period 2020 to 2023:

7a				
TYPE OF FORM	NUMBER OF FORMS RECEIVED			
	2020	2021	2022	2023
Form 4 - Request for Review	3	21	13	23
Form 2 - Request for an Emergency Detention Order by a Constable	2	-	13	6
Form 1 - Assessment for the Possible Issuance of an Emergency Detention Order	49	40	75	52
Form 3 - Observation Order	21	16	28	22
Form 6 - Assisted Outpatient Treatment Order	29	25	32	21
Form 5 - Treatment Order	-	1	2	3
TOTAL	104	103	163	127

The forms noted in the table were received on behalf of seventy-six (76) persons who were assessed by practitioners at the Cayman Islands Hospital. The most significant increase for the period was in the Request for Review form, which outlines a rise in the need for persons deemed by a next of kin in need of an assessment.

An initial detention is up to 72 hours, where it has been determined by the medical officer that the person is suffering from a serious mental illness or mental impairment. 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. There were no appeals to the detention submissions for the year.

8. WORLD MENTAL HEALTH DAY

The World Mental Health Day is celebrated annually on 10th October. The theme for 2023 focused on *"Mental Health is a universal human right,"* to improve knowledge, raise awareness and drive actions that promote and protect everyone's mental health as a universal human right. Members of the MHC played a key role in local observances.

Fourth Quarter

In the fourth quarter, there was a negligible increase in the total of 3,545 clients compared to the last quarter. However, compared to the fourth quarter of 2022, clients accessing services increased by 15%. With regards to age distribution, clients between the ages of 25-44 years accounted for 34% of all clients treated. People aged 0-18 years made up the second largest cohort of clients served (representing 26% of those treated). Persons aged 45-64 years were the third largest cohort accessing services, an increase of 29% compared to the last quarter, a shift back from the cohort aged 65-84 years which spiked last quarter and now decreased by some 51% or to 297 persons (compared to 606 persons who accessed services in the third quarter). Also, in this quarter there was a notable decrease of 36% among persons aged 19 to 24 who sought mental health services. The cohort aged 85 years and over who sought services in this quarter increased by 10 persons or 12.5%, respectively.

Overall, in this quarter clients diagnosed with anxiety increased 3.3% since last quarter and continue to account for the greatest proportion of those accessing services across the ten reporting facilities. Notably, diagnosis for Oppositional Defiant Disorder increased 67% and Personality Disorder 59% since last quarter. Included in the category “Other” diagnoses, are acute stress reaction; severe intellectual disabilities; unspecified depression and intellectual disabilities; mixed receptive-expressive language disorder and mathematics disorder.

10. CONCLUSION

The Commission completed ten years of work with members who are committed and dedicated to the topic of mental health and those affected. Over the past ten years, with the support from the Ministry and community partners, such as Alex Panton Foundation and Loud Silent Voices, the level of awareness surrounding mental health issues continues to increase. Mental health has no face, colour nor gender and must be considered equally important as our physical health.

The mental health helpline, now rebranded as CAYMIND, continues to be a great resource for the community.

Mental health care and services must be central to our policies with the objective of, prevention of illness, and promotion of mental health and mental well-being, and a focus on recovery. Mental health services are essential health services that must be continued and strengthened. The need to scale up mental health services and psychosocial support is an integral component of universal health coverage, through adequate financing and the implementation of a primary health care system.



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Chair, Mental Health Commission 2023