



**Peter
McVerry
Trust**

Opening doors for
homeless people

**Peter McVerry Trust,
Rural Mobile Mental Health Unit
Service Activity and Outcomes Report
2023 / 2024**

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Background

Founded in 1983, Peter McVerry Trust has almost 40 years of experience in working with homeless people and those at risk of homelessness to support them to secure and sustain appropriate housing. As a well-established Approved Housing Body, Peter McVerry Trust is a direct provider of housing to this vulnerable group.

In responding to the needs of this vulnerable target group many of whom present with complex low threshold needs, PMVT has developed a range of services to meet support needs such as mental health, budgeting skills, accessing education and training, tenant/landlord relationships, problematic drug/alcohol use, criminal justice issues, challenging behaviour, and the challenges associated with leaving an under 18s residential care setting or returning to the community following a period of time in an institutional setting such as a hospital or upon completion of a custodial sentence.

All Peter McVerry Trust services have access to an on-call service that operates around the clock for 365 days of the year. As a result of the wide range of services provided by Peter McVerry Trust, it has established a network of relationships across both homeless and housing services through which it concretely expresses a commitment to inter-agency working. In delivering its services in a committed and consistent fashion, the Trust has accrued a wealth of experienced-based expertise and developed a solid capacity to work with those who require various levels of support to secure and sustain accommodation.

In providing support to persons in homeless settings as well as to those who have been housed and are in their own tenancies but require ongoing support, PMVT is keenly aware of the challenges our participant group face in respect of their mental health that can be impacted by the experience of homelessness, by addiction and by other life traumas often from childhood.

Accessing supports in respect of mental health is challenging in itself, but is even more difficult in rural areas given the lack of adequate public transport. In this context, travelling to centres where mental health supports may be available is often neither feasible nor affordable for our participant group and Peter McVerry Trust wishes to establish a PMVT Rural Mobile Health Unit to address this need.

Evidence of Need

A significant proportion of PMVT's participant group present with support needs in respect of their mental health. Across all local authority areas 1,079 participants currently need support for both diagnosed and undiagnosed mental health issues. Approximately 75% present with diagnosed issues such as Schizophrenia, Associative Affective Disorder, Bi-Polar, Depression, PTSD, Personality Disorder, Anxiety etc. The remaining 25% present with undiagnosed mental health concerns such as observed low mood, depression, symptoms of PTSD, personality traits, anxiety and concerns linked to the impact of substance misuse on mental health.

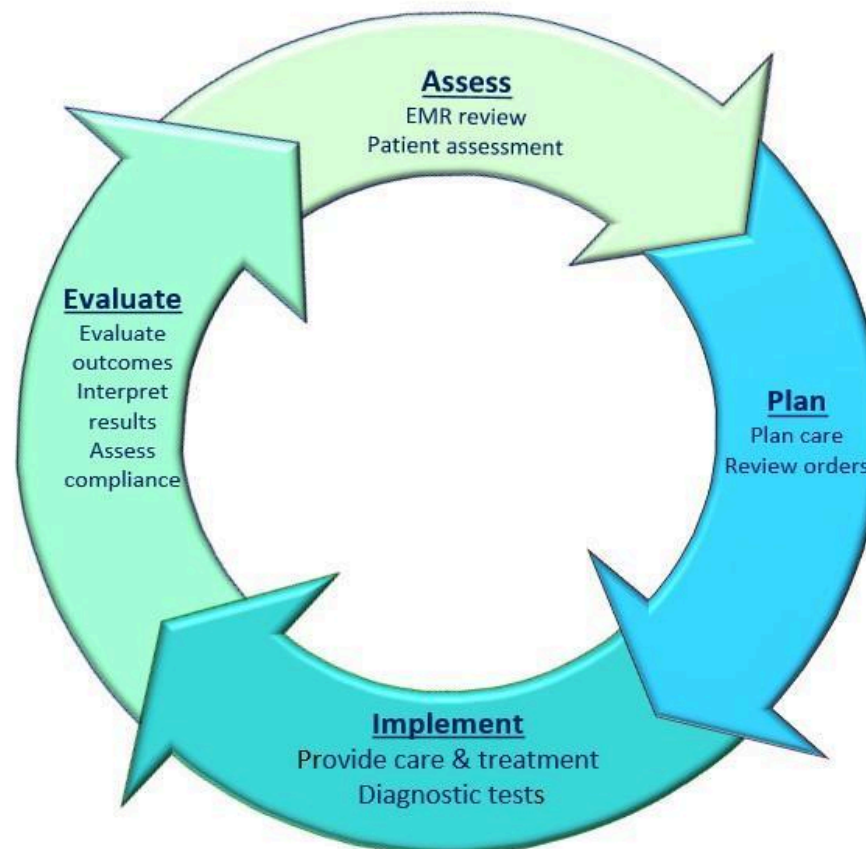
896 PMVT participants live in or on the outskirts of major urban centres such as Dublin, Cork, Limerick and Galway where mental health services are more likely to be in place and to be more readily accessible by way of public transport. However, there are currently 201 PMVT participants who live in more rural areas where services are not as well developed and where access to the limited services available is hampered by a lack of effective public transport. In these areas, the poor accessibility to already limited mental health services makes engagement with supports even more challenging for a participant group who may already have misgivings and anxiety about entrusting themselves to available supports.

The table below sets out the spread of PMVT participants across rural areas where supports are needed:

Clinical nurse specialists (CNS)

- Clinical nurse specialists (CNS) are registered nurses who have advanced their qualification and completed additional studies in a specific area.
- The role of the CNS will be to examine, assess, diagnose and make appropriate referrals in the best interests of the health/mental health needs of the participant group.
- The primary function of the CNS will be that of early intervention and education for participants in their own home. The CNS will offer expertise in the specialized area of mental health and will have the ability to work more intensively with participants with complex needs.
- The CNS will actively work in building positive relationships with community services namely that of the GP, community mental health services, occupational therapy and psychology etc. The CNS will actively liaise with and advocate for the participant group to ensure their needs are met.
- The CNS will provide additional support to existing social care workers and housing officers to ensure there is a clear understanding of the importance of agreeing, implementing and regularly reviewing care plans with participants on an ongoing basis.
- The CNS will engage in a process of assessment, planning, implementation and evaluation of the needs of the participant group and will escalate the identified needs to enhance quality of life.

Nursing Process



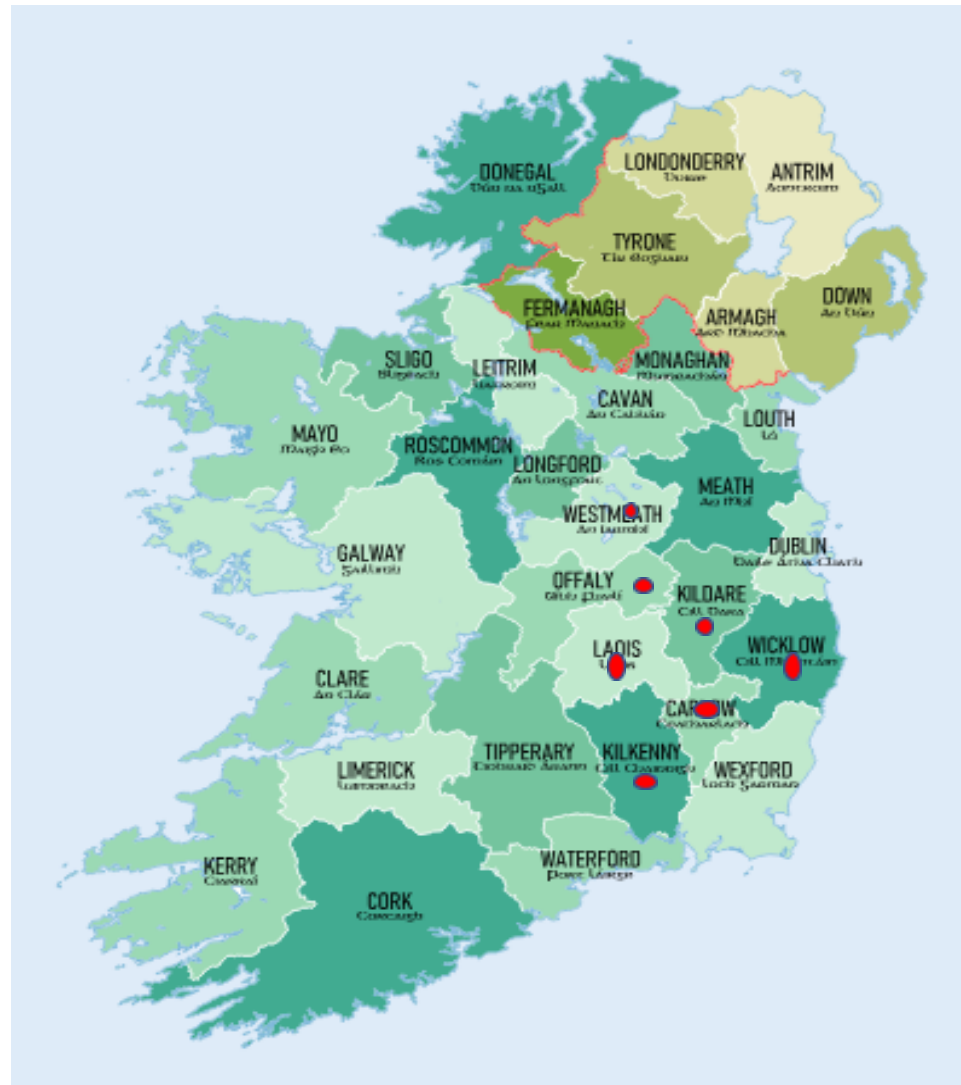
Local Authority Area	Number of PMVT Participants with support needs related to mental health
Cavan County Council	6
Clare County Council	1
Cork County Council	3
Galway County Council	1
Kildare County Council	80
Laois County Council	10
Longford County Council	3
Louth County Council	35
Meath County Council	32
Monaghan County Council	1
Offaly County Council	8
Westmeath County Council	7
Wexford County Council	4
Wicklow County Council	10
Total	201

The table below sets out the spread of PMVT participants across rural areas where supports are needed:

Geographical Focus

Counties of focus for first three-month period based on need:

- Westmeath
- Carlow
- Kildare
- Offaly
- Laois
- Kilkenny
- Wicklow

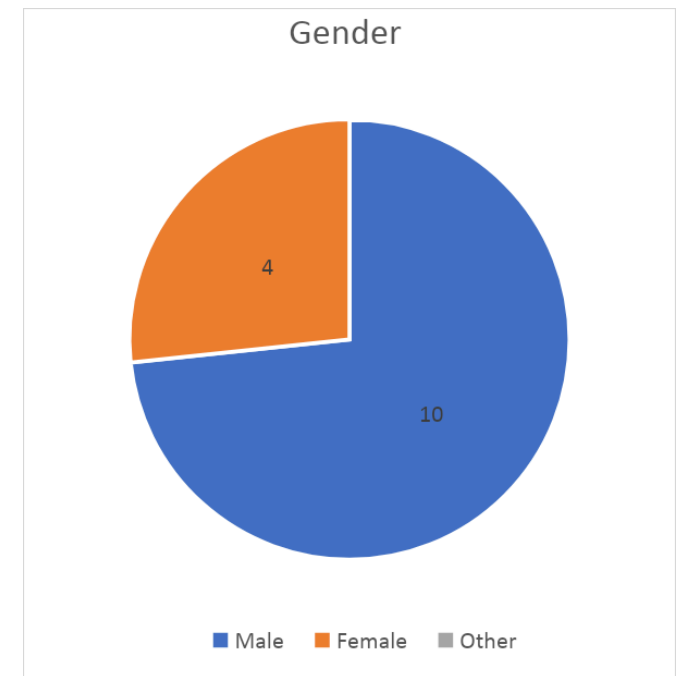
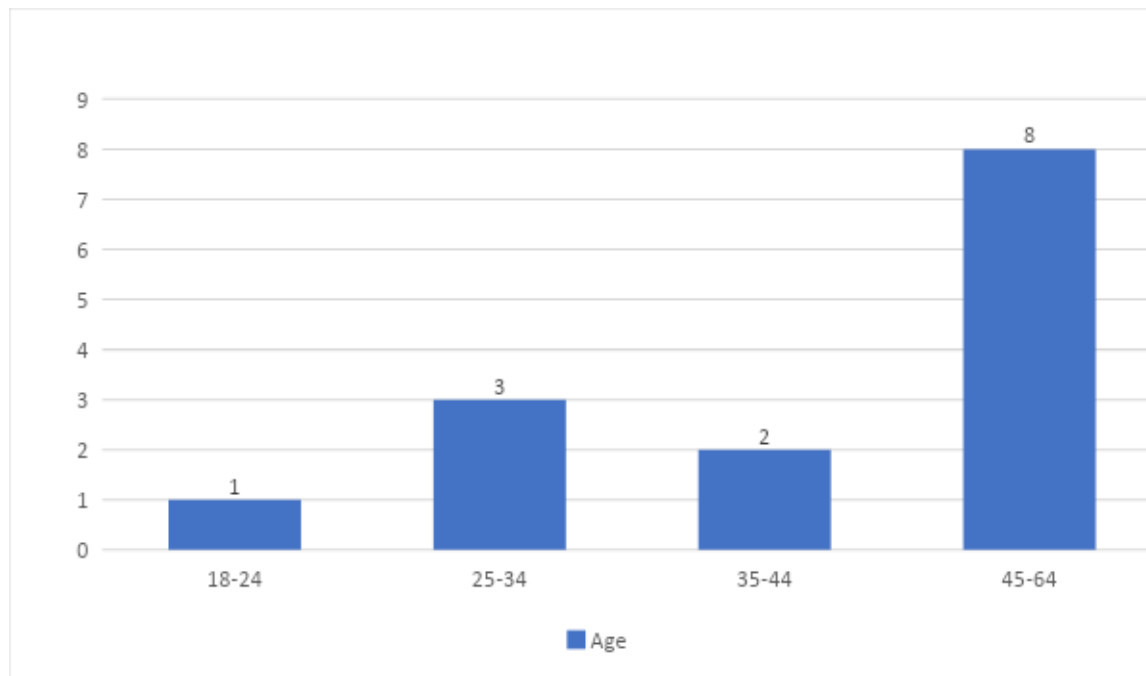


Overview of engagements across 2023 and 2024 to date

From January 2023 to December of 2024, Peter McVerry Trust Rural Mobile Mental Health Clinic had a total of 215 engagements in service, which accounted for a total of 70 unique individuals.

2023	Total Visits facilitated by CNS	Unique individuals	2024	Total Visits facilitated by CNS	Unique individuals
January 2023	0	0	January 2024	33	14
February 2023	0	0	February 2024	40	14
March 2023	0	0	March 2024	46	14
April 2023	0	0	April 2024	44	14
May 2023	0	0	May 2024	52	14
June 2023	0	0	June 2024		
July 2023	0	0	July 2024		
August 2023	0	0	August 2024		
September 2023	7	9	September 2024		
October 2023	23	12	October 2024		
November 2023	30	17	November 2024		
December 2023	32	14	December 2024		
Total	92	52	Total	215	70

Age and Gender Profile of participant engagements from January 2023 to December of 2023.



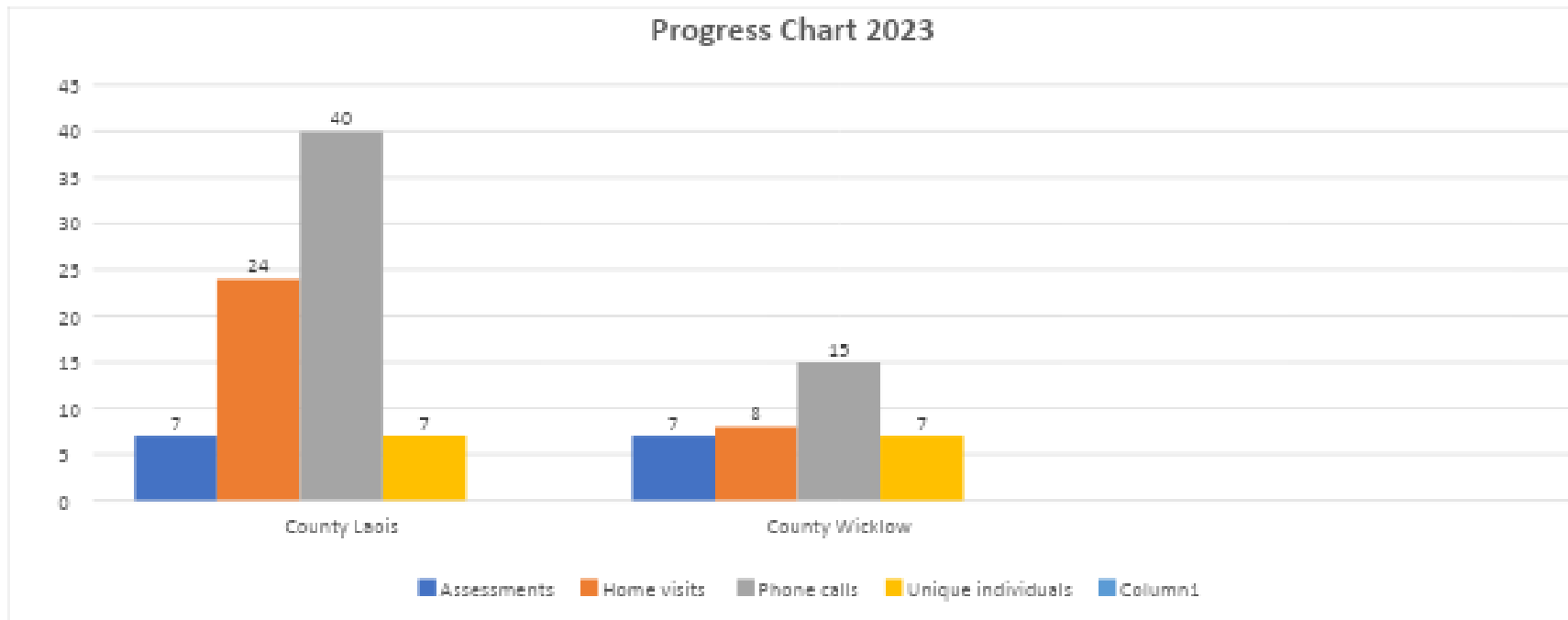
The table below shows the monthly engagement in the Rural Mobile Mental Health Unit across 2023 and 2024 to date.

Monthly Review of Service Activity Month ending 2023	Engagements	Unique individuals	Monthly Review of Service Activity Month ending 2024	Engagements	Unique individuals
January 2023	0	0	January 2024	68	14
February 2023	0	0	February 2024	70	14
March 2023	0	0	March 2024	66	14
April 2023	0	0	April 2024	58	14
May 2023	0	0	May 2024	52	14
June 2023	0	0	June 2024		
July 2023	0	0	July 2024		
August 2023	0	0	August 2024		
September 2023	52	9	September 2024		
October 2023	87	11	October 2024		
November 2023	111	17	November 2024		
December 2023	81	14	December 2024		
Total	331	51	Total	314	70

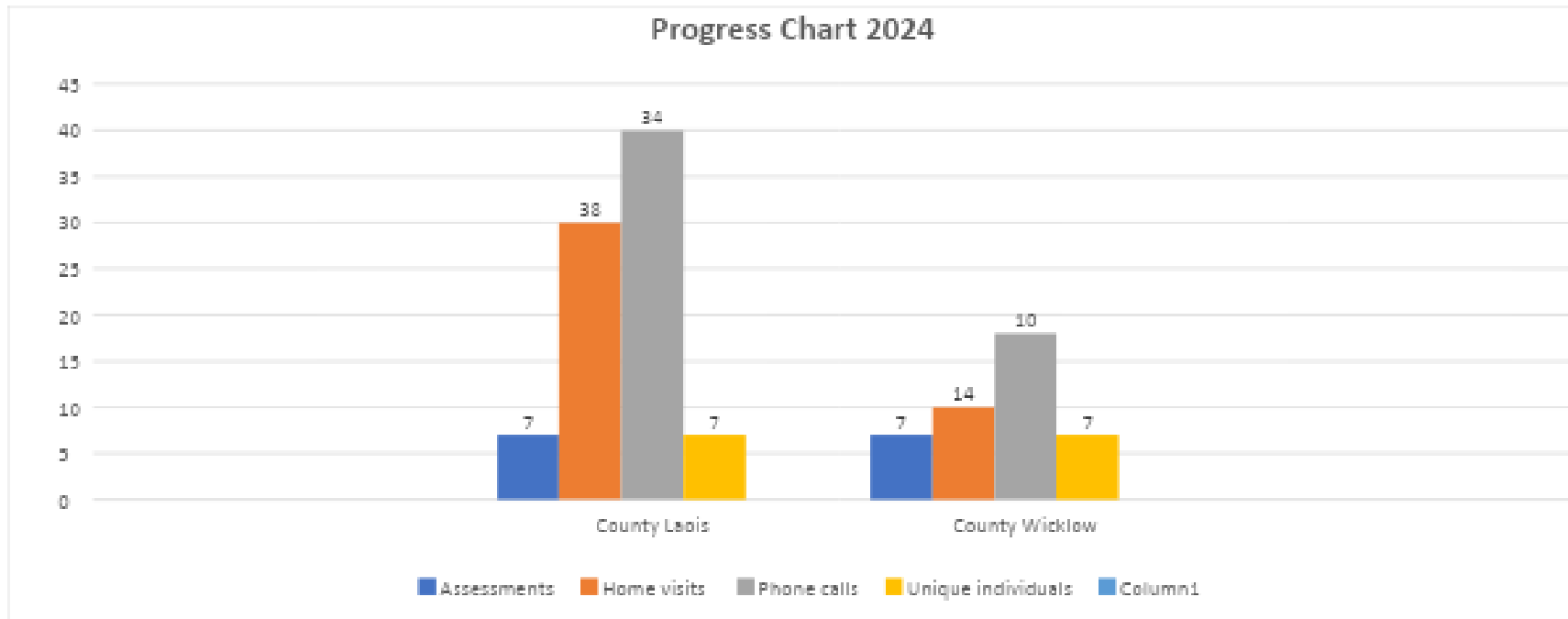
Breakdown of engagements across 2023 and 2024 to date.

2023	Assessments	Home visits	Phone call made on behalf of participants	Total number of participants engaged with	2024	Assessments	Home Visits	Phone call made on behalf of participants	Total number of participants engaged with
January 2023	0	0	0	0	January 2024	14	33	44	14
Feb 2023	0	0	0	0	Feb 2024	14	40	58	14
March 2023	0	0	0	0	March 2024	14	46	60	14
April 2023	0	0	0	0	April 2024	14	44	48	14
May 2023	0	0	0	0	May 2024	14	52	44	14
June 2023	0	0	0	0	June 2024				
July 2023	0	0	0	0	July 2024				
August 2023	0	0	0	0	August 2024				
Sept 2023	7	16	20	9	Sept 2024				
October 2023	12	23	53	12	October 2024				
Nov 2023	17	30	88	16	Nov 2024				
Dec 2024	14	32	55	13	Dec 2024				
Total	50	101	216	50	Total	70	215	254	70

Progress Chart for 2023



Progress Chart for 2024



Outcomes Achieved January to December 2024

Treatment Progressions/Outcomes 2023			Treatment Progressions/Outcomes 2024		
Outcome	Specific Service	No of Unique individuals	Outcome	Specific Service	No of Unique individuals
Referrals	Mental health services	6	Referrals	Mental health services	3
	Addiction services	3		Addiction services	6
	Community GP's	7		Community GP's	2
	A&E			A&E	
	Social work/Tusla	1		Social work/Tusla	1
	Counselling services	1		Counselling services	4
	Maternity services	1		Maternity services	
	Sexual health services			Sexual health services	1
	Guide/Hepatology services	1		Guide/Hepatology services	1
	Stabilisation	1		Stabilisation	1
	Detox	2		Detox	
	Residential treatment	2		Residential treatment	1
	Legal bodies	1		Legal bodies	2
Health Promotion	Contraception / Sexual Health		Health Promotion	Contraception / Sexual Health	
	Outreach / Needle exchange			Outreach / Needle exchange	
	Nutrition	2		Nutrition	1
	Dental care	1		Dental Care	1
	Breast check			Breast Check	
	Cervical check			Cervical check	

	Bowel screen			Bowel screen	
Education	Sleep hygiene		Education	Sleep hygiene	
	Coping with voices (1:1)	2		Coping with voices (1:1)	1
	Low mood/Depression (1:1)	4		Low mood/Depression (1:1)	5
	Reducing self-harm (groups & 1:1)			Reducing self-harm (groups & 1:1)	1
	Addiction support (groups & 1:1)	2		Addiction support (groups & 1:1)	2
	Smoking and Alcohol Interventions	3		Smoking and Alcohol Interventions	3
	Medication management and compliance	4		Medication management and compliance	4
	Harm reduction	2		Harm reduction	
Total		46			40

Other Outcomes

Other Progressions/Outcomes 2023			Other Progressions/Outcomes 2024		
Outcome	Specific Service	No of Unique individuals	Outcome	Specific Service	No of Unique individuals
Support attending appointments	GP (Physical and mental health)		Support attending appointments	GP (Physical and mental health)	2
	Mental health services			Mental health services	1
	Consultant Psychiatrist			Consultant Psychiatrist	1
	Assessments			Assessments	
	Day service			Day service	
	Courts			Courts	3
	Prescriptions			Prescriptions	4
	Depot			Depot	1
Total					12

A comparative annual review of engagements with the Clinical Nurse specialist, relevant onward referrals and successful outcomes as per proposal taking into the account 2023, 2024 and 2025. The table below shows the % breakdown of successful outcomes achieved for individuals engaged during 2023, 2024 and 2025.

PMVT - Rural Mobile Mental Health Unit Outcomes	2023	2024	2025

Sept 2023 to Dec 2023	100%		
Jan 2024 to Dec 2024		100%	