Independent Review into the Delivery of Forensic Mental Health Services

What we think should happen

Final Report
February 2021
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Forensic Mental Health Services

This is an easy read report of what we think should happen in the Forensic Mental Health Services.

Difficult words are in **bold**.
We will tell you what they mean.

The *forensic mental health services* are for people who have a *Mental Disorder* and have been in trouble with the law.

A *Mental Disorder* includes people with a mental health problem or a learning disability.
We want to make the **forensic mental health service** better for everyone.

We asked people to tell us what is important to them.

We listened to what people said.

The report is about changes we think would make services better.

We have sent the report to the Scottish Government.

The Scottish Government will decide what changes will happen.
The person in charge of this work is Derek.

Derek says thank you to everyone who helped.
What we think should happen - Care and support

We want people to get the right care and support.

We want people to get better.

We want people to be able to move to lower security levels or back to their home.

Securit levels are different amounts of support that a person needs and how much they need to be looked after.
What we think should happen - Care and support

We want people to be able to make choices about their care and support.

We want people to have as much freedom as possible and keep everyone safe.

There should be a new NHS board for Forensic Services.

The services will be managed better by the new NHS board.
What we think should happen - Women’s services

Women’s services need to change.

There should be enough spaces for women in forensic mental health services.

There should be a high secure service in Scotland for women.

This service should be for women with mental illness and women with a learning disability.
What we think should happen - Moving to different security levels

Security levels are different amounts of support that a person needs and how much they need to be looked after.

Security levels are low, medium or high.

Sometimes people have to wait a long time to move to a different security level because there are no spaces.

We should make waiting times shorter for people moving to different security levels.
What we think should happen - Moving to different security levels

We should keep information about how long people have to wait to move to a different security level.

There are plans to make more medium security level places.

These plans should happen.
What we think should happen - Moving into the community

Sometimes it can take a long time for people to move back into the community.

Sometimes this is because there is not the right support or housing.

The new forensic board, social work and housing should work together to get the right kind of support and housing.

The Scottish Government should be told if people have had to wait for more than 6 months to move into the community.
What we think should happen - Moving into the community

There should be plans put in place for people who have had to wait for more than 6 months.

If people have to wait too long to move into the community, they should be allowed to appeal.

An appeal is when you think someone has made a wrong decision and you would like them to look at it again.

People in low security levels should be allowed to make an appeal.
What we think should happen - Moving into the community

People have to pay rent when they have overnight stays in the community.

Sometimes people can get into debt with this.

Debt is when you do not have enough money to pay.

There should be enough money available to help people so that they do not get into debt.

When people are ready to move back into the community, the steps should be made easier.
What we think should happen - Community Teams

Community teams across Scotland all work differently.

They do not have the same rules about who they work with.

Community teams should all work in the same way.

Community teams should have enough money to give the right service.
What we think should happen - Person centred work

Staff from different services should all work together to give people the right care and support.

People should be included, listened to and have a say about their care and treatment.

People should have access to their bedrooms when they need to.

People should have access to things like their phone, laptop or iPad when they need to.
What we think should happen - Person centred work

Staff should communicate in a way so that the person understands.

Information should be written in a way that the person understands.
What we think should happen - Family members

Families should be involved in decisions about care and treatment.

There should be a ‘named’ person that families know who to talk to.

Families should get access to advocacy services.

Families should get money to travel if their relative is placed out of area.
What we think should happen - Complaints

People should be supported if they make a complaint about their care and treatment.

We need a better way for people to tell staff about problems without feeling worried.
What we think should happen - Care plans

Sometimes people’s care plans can change when they move to a different unit.

When people move to a different unit, rules about freedom to go outside hospital can be less.

The rules can take a long time to change.

We do not think this should happen.
What we think should happen - Care plans

People’s plans for going outside should move to a different unit when they do.

People should know that their care plans may change before they move.

The Scottish Government should look at changing the guidance about the plans.
What we think should happen - Buildings in forensic mental health services

Everyone should have their own room.

Ward areas and outdoor spaces should be comfortable and safe.

They should make people feel safe and well looked after.
What we think should happen - Having things to do

People need activities and community placements before moving back into the community.

There should be more community placements.

Staff need training and money to give the right support.

There should be good support to the organisations in the community.
What we think should happen – Other people who need support

Some people with learning disabilities are sent to a hospital instead of prison.

We need to look at how we can give people with learning disabilities better care and treatment.

Learning disability services are good at looking after people with learning disabilities.

The learning disability service should keep looking after people with learning disabilities who are in low security levels or the community.
What we think should happen – Other people who need support

People with a learning disability should have the right accommodation and support.

People with a learning disability should have a choice about where they live.

Accommodation should be changed to meet people’s sensory needs.

People with neurodevelopmental disorders should get the right support.

Neurodevelopmental disorder is when someone’s brain developed in a different way to most people.
What we think should happen – Other people who need support

Services for younger people should be better.

There are plans to build a secure unit for people under 19 years old.

Older people should get the care and support that is right for them.
What we think should happen - Sharing information

The service needs to share information better.

The service should work the same way with all organisations.

Sometimes court reports can take a long time.

There should be a better way to get court reports.
What happens next

We have told the Scottish Government what we think should happen.

The Scottish Government will decide what happens next to make the services better.

The review would like to thank the people who made this Easy Read report.