Dear GP Colleague

To improve the communication between Southport & Formby Community Mental Health Team’s (CMHT) and our GP colleagues, we have put together an Information pack. The enclosed Pack includes:

- The process of referral to the Acute Care assessment Team and criteria for referrals to adult and older adult teams.
- Details about our community teams and contact numbers for consultants.
- Contact details for Key staff at Southport & Formby CMHT including Older Peoples, Early Intervention and Learning Disability Services.

Please circulate the contents of the pack to all doctors and relevant staff working in your practice.

If you have any queries on the contents of the communication pack or for any general comments please do not hesitate to contact me.

Yours sincerely

Rachel McKnight
Primary Care Mental Health Liaison Practitioner
T: 01704 383034
E: rachel.mcknight@merseycare.nhs.uk
Secure email: rachel.mcknight@nhs.net
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*Please note that pages 3+4 can be detached and used as quick reference guides for making referrals.*
Referrals to Secondary Care Mental Health Services in Southport & Formby

All Primary Care Mental Health Referrals for ADULTS and OLDER ADULTS patients for the Southport & Formby area should be sent to the Acute Care Assessment Team.

Address:

Acute Care Assessment Team
Central Point of Referral
The Sherbrook Unit
51-55 Albert Road
Southport
PR9 0LT

All New Patients Urgent & Routine Assessments/Referrals

- **01704 383154** (24 hours support line) – Acute Care Assessment Team / 01704 383075 Acute Care Assessment Team Office (use during office hours)
- **01704 383074** (FAX) – Urgent assessment within the next few days
- **01704 383062** Dr Wesson – Acute Care Consultant

Patients known to Mental Health Services- CMHT

- Contact Southport & Formby CMHT on **01704 383110** (Mon-Fri 9am-8pm, Sat & Sun 9am-5pm). You can also check if a Care Coordinator is attached to a patient. The Care coordinator may be a Social Worker, Occupational Therapist or a Nurse.
- **Urgent re-assessment** please contact CMHT or Acute Care Team (Out of Hours).

Things to include when making referrals to Adult & Older Persons Services:

- Current MH problem and impact on functioning
- History/ duration of problem
- Interventions (including medications and psychological) tried and response or problems with such
- Current medications
- Medical history including any recent investigations (important if making an urgent older persons referral)
- Contact telephone number/ number of significant carers
- Other agencies involved
- Risk history and current concerns about risk/ safeguarding issues
- Any other relevant issues or comments you think will be helpful
Things to include if you suspect a person has dementia

- Same as adult
- Dementia screening bloods (FBC, U&E, TFT, B12, and Folate and Bone)
- NOK or Carer details to contact to act as informant.

Community Consultant contact numbers:

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<tbody>
<tr>
<td>Dr Debbie</td>
<td>Marsden</td>
<td>Consultant Psychiatrist – Adult</td>
<td>01704 383137</td>
</tr>
<tr>
<td>Dr Yenal</td>
<td>Dundar</td>
<td>Consultant Psychiatrist – Adult</td>
<td>01704 383045</td>
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<tr>
<td>Dr Lisa</td>
<td>Williams</td>
<td>Consultant Psychiatrist – Older Adult</td>
<td>01704 383172</td>
</tr>
<tr>
<td>Dr Caroline</td>
<td>Broadhurst</td>
<td>Consultant Psychiatrist – Older Adult</td>
<td>01704 383650</td>
</tr>
<tr>
<td>Dr Tarig</td>
<td>Obied</td>
<td>Consultant Psychiatrist- Older Adult (locum)</td>
<td>01704 383650</td>
</tr>
<tr>
<td>Dr Tim</td>
<td>Matthews</td>
<td>Consultant Psychiatrist- Learning Disability</td>
<td>01704 383116</td>
</tr>
<tr>
<td>Dr Mark</td>
<td>Barsoum</td>
<td>Consultant Psychiatrist (Locum)- Early Intervention</td>
<td>0151 527 3414</td>
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Domiciliary visits or requests for a Mental Health Act Assessment

- Contact the Care Co-Ordinator or CMHT for known Service Users.
- You can also contact the Consultant Psychiatrist for known service users
- Ring the Acute Care Assessment Team for new referrals (details above)

PLEASE NOTE

- Try to avoid sending patients to A&E or ringing A&E.
- If required to speak to on-call medic out of hours please call Mersey Care Switch Board on 01514730303.
- If you would like to speak to a manager out of hours please contact switch board and ask for bronze on call for that area.
- For any further advice or queries, please contact Rachel McKnight on 07967307274 or via email at rachel.mcknight@merseycare.nhs.uk or rachel.mcknight@nhs.net

GP Advice Line

- 07773394129 (10am-1pm) Monday to Friday
The Acute Care Assessment Team provides a service for both adults and older adults – commencing at 18 years. The team consists of experienced professionals, medical, nursing, psychology, social work and an advanced practitioner. It operates on a 24 hour, 7 days a week basis.

Care is delivered in a range of settings including; service user's homes, Rowbotham Unit (crisis unit with limited access) and also Hospital Liaison Services at Southport District General Hospital. The aim is to support people in the community and ensure that the needs of the individual are determined at the point of entry and are most appropriately met.

The Acute Care Assessment Team has been designed to ensure that you are able to discuss your referrals with a senior clinician in a timely manner, and also to ensure that you receive prompt and appropriate feedback on your referrals.

GPs should refer people who:

- Have not initially responded to two anti-depressants, (in accordance with NICE guidelines.)
- Have needs that are too complex to be treated in primary care i.e. a serious mental health problem.
- Those who are at risk of serious harm or suicide.

Acute Care Contact Details:

- Phone : 01704 383154 (URGENT- 24 hours), Office 01704 383075
- Fax : 01704 383074
- Address: The Acute Care Assessment Team, Central Point of Referral, The Sherbrook Unit , 51-55 Albert Road, Southport , PR9 9AS

**Please note that all referrals for adults and older adults should be sent to the Acute Care Assessment Team above**
Southport & Formby Community Mental Health Team

Southport & Formby CMHT serves the population of the Southport and Formby area. It is based in the following address:

**Address:**
Southport & Formby CMHT  
Hesketh Centre  
51-55 Albert Road  
Southport  
PR9 0LT

**Main Contact:**  
Sharon Ball CMHT Manager

Southport & Formby CMHT works with people with severe and enduring mental health problems as well as those with less severe illnesses who have not responded to interventions provided in Primary Care services.

The Team aims to promote recovery, prevent relapse, and encourage social inclusion. The Team consists of a Multi disciplinary team (MDT), of Consultant Psychiatrists, Nurses, Support Time and Recovery (STR) Workers, Support Workers, Social Workers, Occupational Therapists, Community Care Practitioners and Psychologists, who have a range of skills to cover the needs of all service users.

The Team aims to develop positive relationships with service users and others, founded on the basis of hope and optimism. The Team also has a 'Keeping Well Clinic' attached to it that provides monitoring to patients on Lithium and Clozaril, as well as focusing on the physical health of service users.

The Team will carry out comprehensive assessments, provide a care plan which identify needs and how those needs will be met, and review that plan of care on a regular basis and work in partnership with service-users and their carers.

Service Users are seen in outpatient clinics and in their own homes; with assessment and support in managing medication, and with a range of activities, for example, in work, education and social activity, which will help promote recovery. They will work in partnership with other services and agencies to ensure effective service is given to those in need. The teams further seek to deliver the care with respect for the individual with regard to the differences within our society and the preservation of dignity. The team has moved to a Neighbourhood model and provides an extended 7 day service.
9 to 8pm Monday to Friday

9 to 5pm Saturday and Sunday.

The home treatment function has been integrated into the team to ensure that service users are given a consistent and seamless approach to their care when they require an alternative to hospital. This is provided in a “stepped up” care style model which provides an enhanced level of care.

Waiting times

The Team works to a maximum of 6 weeks waiting time from initial referral; however the Acute Care Team will identify urgent cases and prioritise assessments. The Acute Care Team will write to the GP after the assessment to advise of the next steps. This may include referral to CMHT, some Stepped Up Care involvement or discharge back to GP with advice.

The team has weekly MDT meetings to discuss all referrals it receives. The majority of the referrals are from the Acute Care Team but some are transfer requests from other areas. The Acute Care Team may have assessed referrals prior to CMHT referrals but will direct non-urgent/ routine referrals straight to the CMHT. This may include such things as medication reviews and requests for psychotherapy.

Outpatient Clinics

Southport, CMHT runs 4 Outpatient Clinics on a weekly basis, with a maximum of 70 appointment slots for service users not on Care Programme Approach (CPA).

For CPA patients, there are 2 clinics per week, with a maximum of 10 appointment slots.
# Key Contacts for Adult Services

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<tr>
<td>Sharon</td>
<td>Ball</td>
<td>CMHT Manager</td>
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<tr>
<td>Peter</td>
<td>McVey</td>
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<tr>
<td>Lyn</td>
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<tr>
<td>Donna</td>
<td>McGrath</td>
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<tr>
<td>Jane</td>
<td>Linley</td>
<td>Team Secretary</td>
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<td>Team Secretary</td>
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Older Adults Community Mental Health Team – Southport & Formby

Older Adults Services deliver age appropriate, needs based person centred care to service users with both organic and functional illnesses. The service aims to deliver increased choice and control for local people whilst maximising opportunities for improved quality of life.

The team works in partnership with primary care, social services, care providers and the voluntary sector to aid and maintain recovery and reduce admissions to hospital and nursing/residential care in the least restrictive manner.

The team consists of Consultant psychiatrists, advanced practitioners, nurses, assistant practitioners and psychologists. The team will carry out comprehensive assessments, provide a care plan which identifies needs and how those needs will be met, and review that plan of care on a regular basis and work in partnership with service users and their carers.

Service users are seen in their own homes, care homes and out patient clinics where appropriate. The team provides a specialist multidisciplinary assessment of health and social care needs including a comprehensive risk assessment.

The team provides a range of interventions ensuring that older people with mental health problems have the opportunity to lead a full life in their own homes and communities for as long as possible. The team further seeks to deliver the care with respect for the individual with regard to the differences within our society and the preservation of dignity.

Key Contacts for Older Adults Services

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<td>CMHT manager</td>
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<tr>
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<td>Williams</td>
<td>Consultant Psychiatrist</td>
<td>01704 383172</td>
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<tr>
<td>Dr Caroline</td>
<td>Broadhurst</td>
<td>Consultant Psychiatrist</td>
<td>01704 383650</td>
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<tr>
<td>Dr Tarig</td>
<td>Obied</td>
<td>Consultant Psychiatrist (locum)</td>
<td>01704 383650</td>
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<tr>
<td>Joanne</td>
<td>Sutton</td>
<td>Lead in Dementia Care</td>
<td>01704 383188</td>
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<td></td>
<td>Team Secretary</td>
<td>01704 383034</td>
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Memory Service – Southport & Formby

The specialist memory service offers a comprehensive assessment and treatment for people with a range of memory problems within Southport and Formby areas. The team is based at both the Hesketh Centre and Boothroyd Unit. The team consists of experienced professionals; consultants, associate specialist, advanced practitioners, nurses and psychologist.

Referrals will be received through the Acute Care Assessment Team, who will then be triaged and discussed with the relevant consultants. Patients will be given an appointment to attend clinic or if appropriate to be seen at home. It is always helpful that patients attend clinic with an informant in order to make a quicker diagnosis and establish correct treatment.

The team will carry out comprehensive assessments, provide a care plan which identifies needs and how those needs will be met, and review that plan of care on a regular basis and work in partnership with service users and their carers.

Patients who are suitable to be prescribed acetylcholinesterase inhibitor medications will be initiated, titrated, monitored and regularly reviewed for effectiveness and side effects. After 6 months, the patient will be considered for shared care, and commenced according to protocol.

The team offers Post Diagnostic group support for patients and carers aiming to provide a greater understanding of dementia and offer strategies to help manage the condition. A Mild Cognitive Impairment group aimed at providing people with an understanding of diagnosis, increase general wellbeing, memory strategies and offer cognitive stimulation.

They also offer 1-1 support for people under the memory clinic; carer and patient support such as brief intervention (i.e. solution focused, CBT, Acceptance and commitment) and psycho-education around dementia.

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<td>Williams</td>
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<td>Consultant Psychiatrist</td>
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<td>Dr Tarig</td>
<td>Obied</td>
<td>Consultant Psychiatrist (locum)</td>
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<tr>
<td>Jane</td>
<td>Devaney</td>
<td>Associate Specialist</td>
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<td>Joanne</td>
<td>Sutton</td>
<td>Lead in Dementia Care</td>
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<tr>
<td>Angela</td>
<td>Malone</td>
<td>Advanced Practitioner</td>
<td>01704 383185</td>
</tr>
<tr>
<td>Rebecca</td>
<td>Cooper</td>
<td>Advanced Practitioner</td>
<td>01704 383185</td>
</tr>
<tr>
<td>Annette</td>
<td>Broughton</td>
<td>Team Secretary</td>
<td>01704 383185</td>
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Early Interventions – Southport & Formby

The early Intervention team works with young people between the ages of 14 and 35 years old. We have three arms of treatment offered in the service. Those who have clearly had a psychotic episode are taken on for up to three years, those who appear to be at increased risk of developing psychosis, for up to one year. For those whom it remains uncertain what the presenting problem is after a detailed assessment are taken on or 6 months and a more detailed multi disciplinary assessment is carried. At the end of treatment a review of a persons needs will be carried out and they will be transferred to the appropriate place.

The philosophy of the service is that the earlier you get help the better the chance of you getting better and making a full recovery.

Our Aim is to support young people and their families to understand psychosis, which is often a difficult and frightening experience and in turn help people to get back to doing the things in life that are important to them.

We take psychological view of the development of mental health problems and help young people and their families to develop staying well plans to help whenever possible to prevent psychosis becoming a reoccurring problem for a young person and to prevent the development of a more severe and enduring mental health problem.

Referrals can be direct to the team or through the single point of entry. This allows for non health professionals to refer to the team and also for GP’s to refer directly if they know they want an early Intervention assessment. We encourage referrals based on suspicion of psychosis and have a low threshold for offering an assessment. Our assessments are detailed and involve meeting services users and preferably their families or careers as well to build a picture of them as a person and when things started to change and when problems started to develop including when there symptoms become psychotic in nature. We aim to see everyone referred within 10 working days.

The Early Intervention team is multi disciplinary including nurses, social workers, occupational therapists, support time and recovery workers, doctors and psychologists and employment advisors

All service users are allocated a care coordinator and care plans are individually devised based on evidence based phase specific interventions and the needs and wishes of young people and there families or careers.

Our service is community based and all contacts are arranged based on were a young person would like to be seen and is most comfortable being seen, risk assessment permitting. This is to ensure we offer a youth focused and flexible service, in turn we aim to improve engagement with young people in there mental health care and to make the process of meeting a mental health practitioner as easy and non stigmatizing as possible which in turn is recognized will help improve outcomes and recovery for young people from psychosis.
# Key Contacts for Early Intervention Services Southport & Formby

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<td><strong>Main Fax Number</strong></td>
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<td>01704 383002</td>
</tr>
<tr>
<td>Nathan</td>
<td>Murphy</td>
<td>Team Manager</td>
<td>07976 941847</td>
</tr>
<tr>
<td><strong>Dr Mark</strong></td>
<td>Barsoum</td>
<td>Consultant Psychiatrist (Locum)</td>
<td>0151 527 3414</td>
</tr>
<tr>
<td>Bernadette</td>
<td>Rosenthal</td>
<td>Medical Secretary</td>
<td>0151 527 3414</td>
</tr>
<tr>
<td>Liz</td>
<td>Giles</td>
<td>Team Secretary</td>
<td>01704 383126</td>
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Hospital Liaison Team

Southport & Formby CMHT
Hesketh Centre
51-55 Albert Road
Southport
PR9 0LT

Patients can also be seen through the mental health hospital liaison team who offer a supportive and caring service for people with mental health needs who are in the general hospital.

The team consists of 2 part time consultant psychiatrists, 1 for younger adults and 1 for older adults, 3 mental health practitioners (the MHP sit within the Acute Care assessment Team in the Hesketh Centre), and administrative support staff.

The Mental health practitioners work 9-5pm - 7 days per week and they can be contacted via 01704 383075.
The Learning Disabilities Service within Southport and Formby, based at Hesketh Centre, provides a specialist health service to men and women, over the age of 18 years old with learning disabilities. The team can provide a comprehensive assessment to identify needs and from this an intervention plan in response to these needs.

The team is made up of a consultant, specialist nurses and support staff, psychologists and specialist physiotherapy staff.

The team aims to provide people with the power and skills to make decisions. Work in partnership with people; give people independence, and assist people to use generic health services. Work with others to plan for better community services; work in a ‘Person Centred’ way to help people choose how they live; works within the law and makes sure that we treat men and women equally and respect their differences; and will challenge unfairness towards men and women with learning disabilities.

They work with men and women who have learning disabilities; providing advice, information and support to individuals, families and paid carers.

Some examples are below but this list is not exhaustive

- People in challenging situations, or who challenge others
- People with physical health issues, both acute and chronic conditions
- People who are also experiencing mental health difficulties
- Helping people with their communication skills
- People with mobility issues
- Men’s and women’s groups
- Health promotion
- Group work and courses around many subjects and activities
- Personal relationships and sexuality
- Skills Enabling
- Accessing Health Services (primary acute and specialist)
- Person-centred work & planning

We can work with people in a number of ways; on a one-to-one basis, in groups, with carers & families, and with staff teams.

Referral pathways are based on an open approach. The referrals are triaged by the manager within 48 hours and then they are discussed at the MDT each week.
### Key Contacts for Learning Disability Services - Southport & Formby

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<tr>
<td>Wendy</td>
<td>Porter</td>
<td>Team Manager</td>
<td>01704 383114</td>
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<td>Dr Tim</td>
<td>Matthews</td>
<td>Consultant Psychiatrist</td>
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<td>Medical Secretary</td>
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Wider services available from Mersey Care

➢ Eating Disorder service

- Referral letters should include information on the client’s specific eating disorder symptoms, weight, height and any recent change in weight
- Referrals are processed by members of the EDS team and if appropriate, clients are sent and opt-in letter, requesting that they phone to book in for an appointment. Waiting time for assessment is 2 to 6 weeks. Waiting time for individual therapy is 18 weeks. Waiting time for group therapy can be a little longer as it is dependent on group start dates.

Eating Disorder Service
Tel: 0151 471 7751
Rathbone Hospital, Mill Lane, L13 4AW
Fax: 0151 471 7720

➢ Inpatient services

- Mersey Care provides a variety of specialised inpatient services tailored to different needs. These are accessed through the ACT team.
- For information on referring to secure services and to find a digital copy of this information pack, please visit http://www.merseycare.nhs.uk/gps-and-referrers/

➢ Perinatal service

- Specialist inpatient and community services are offered for mothers in the ante natal and post natal period. Pre-conception advice is also available for women on medication or receiving mental health services, who are planning to become pregnant. All referrals are triaged by the perinatal team and if appropriate we would offer an appointment to attend our perinatal clinic either at Liverpool Women’s Hospital or University Hospital Aintree clinics or to be seen via a home visit.

Manager: Noreen Clarke
Tel: 0151 702 4012
Liverpool Women’s Hospital
Crown Street, Liverpool L8 7SS
➢ Primary Care Liaison Team

- The Primary Care Liaison Team is the product of a CCG funded CQUIN aiming to improve collaborative working between primary care and secondary mental health care, through improving communication with GPs and health outcomes for patients across Southport & Formby. This support can come through various ways, such as information sharing, reviewing mental health and dementia registers, regular practice meetings, awareness training sessions for primary care staff, supporting physical health clinics and more. Please use the contact details on page one to get in touch if you haven’t already. We are eager to support you in ways that suit you.

➢ Recovery College

- Mersey Care Recovery College is working with people across Sefton aged 18+, providing support to identify talents, obtain new skills and move closer to achieving their goals in employment, volunteering and education or meaningful activity. Courses such as: “feeling better about yourself,” “mental health awareness,” “living life to the full,” etc.

- Contact your primary care liaison team for more info or visit http://www.merseycare.nhs.uk/about-us/our-recovery-programme/mersey-care-recovery-college/

➢ Life Rooms

- Mersey Care NHS Foundation Trust has breathed new life into the former Walton Library by transforming it into a new centre for learning, recovery, health and wellbeing.

- In addition to retaining some popular library services, Mersey Care has funded a restoration of the building and created a base for a range of life opportunities for service users and carers and services to the wider community in a way that challenges stigma and promotes positive mental health and wellbeing.

- The centre offers a range of services for people such as employment advice, help on physical and mental wellbeing, housing and money advice, free IT suite, café as well as areas for private support and advice.

- It is open for ANYONE to access and based in the former Walton Library, and there are plans in place to open one locally to the Southport & Formby area.

- Contact your primary care liaison practitioner for more info or visit http://www.liferooms.org/about/
Sefton Aspergers service

- Sefton Aspergers service provides diagnosis and support for people living with Asperger Syndrome from its base at the Hesketh Centre in Southport. We aim to provide specialist support for those people who may have previously fallen through the gaps by not being regarded as having a mental health problem or a learning disability. Our person centred care uses creative interventions which help with the social and communication difficulties faced by people with Asperger syndrome, their families and care teams. Our team works with other services such as social services and local colleges to help support service users.

- Anyone aged 18 years and over may self-refer or be referred by another person for example a family member; GP or other mental health professional.

**Sefton Asperger Service**
**Address:** 2nd Floor, Hesketh Centre, 51-55 Albert Road, Southport, PR8 0LT

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Attention Deficit Hyperactivity Disorder (ADHD) Service Sefton

- The adult Attention Deficit Hyperactivity Disorder service in Sefton is an award winning service that has a proven track record in providing innovative care to adults with ADHD. It serves patients transitioning to adult care from community paediatrics and CAMHS as well as providing a comprehensive assessment and diagnostic service for adults referred by their GP. The service adheres to the NICE guidance in its approach to treatment and medication is monitored by the treating clinician. We have fostered strong links locally with third sector organisations that offer additional support for families of patients with ADHD.

- Referral can be made via the patient's GP and following a comprehensive initial assessment, a formulation is provided. Comorbid psychiatric issues are addressed by referral to the relevant CMHT. ADHD is a complex condition and as such we recognise the importance of the initial assessment being carried out by a medical professional. We are currently supported by two consultant psychiatrists and a speciality doctor.

- Tel: 0151 330 6904

Please visit [http://www.merseycare.nhs.uk/our-services/a-z-of-services/](http://www.merseycare.nhs.uk/our-services/a-z-of-services/) to find information on these and other services provided by Mersey Care NHS Trust.
If you have any further questions or ideas for things you would like future editions of this information pack to contain, please do not hesitate to contact your Primary Care Mental Health Liaison team member.

You’ll find a digital copy of this information pack on http://www.merseycare.nhs.uk/gps-and-referrers/