

# COMMUNITY MENTAL HEALTH SERVICE FOR ADULTS

Integrated Mental Health Services



CMHSA IMHS 2024

MANX CARE - ISLE OF MAN

# Our Team

**Welcome to the Community Mental Health Service for Adults (CMHSA).**

**Based in Douglas, on the Isle of Man, the CMHSA forms an integral part of Manx Care's Integrated Mental Health Service.**

The CMHSA provide an array of specialist, community based, mental health services. The team are based at the Community Health Centre on Westmoreland Road, in Douglas, although patients can be seen Island wide in their own homes. It is a multi-disciplinary team, encompassing psychiatrists, mental health nurses, social workers, psychologists, occupational therapists, support workers and a dedicated team of administration staff.



## As a team we are:

- Recovery Focused
- Multi-Disciplinary
- Dedicated
- Supportive of Peers
- Future Focused
- Pro Research & Development
- Focused on Wellbeing
- Building a Culture of Kindness
- Striving for Excellence

# Our Values

Manx Care operate a **CARE Values Framework**, promoting the following principles:

**C - Commitment & Passion**

**A - Accountability & Reflection**

**R - Respect & Inclusion**

**E - Excellence & Innovation**



At the CMHSA we work to ensure that **CARE Values** are at the heart of all we do, keeping this framework at the heart of our practice.

We work hard to make sure that our practice reflects these values at all times, and understand their significance within the workplace.

**“The CMHSA is a true multi-disciplinary team, with each role and discipline treated with respect. We are a big team but also a very supportive one”**

Louise Cartledge, CMHSA Operational Manager

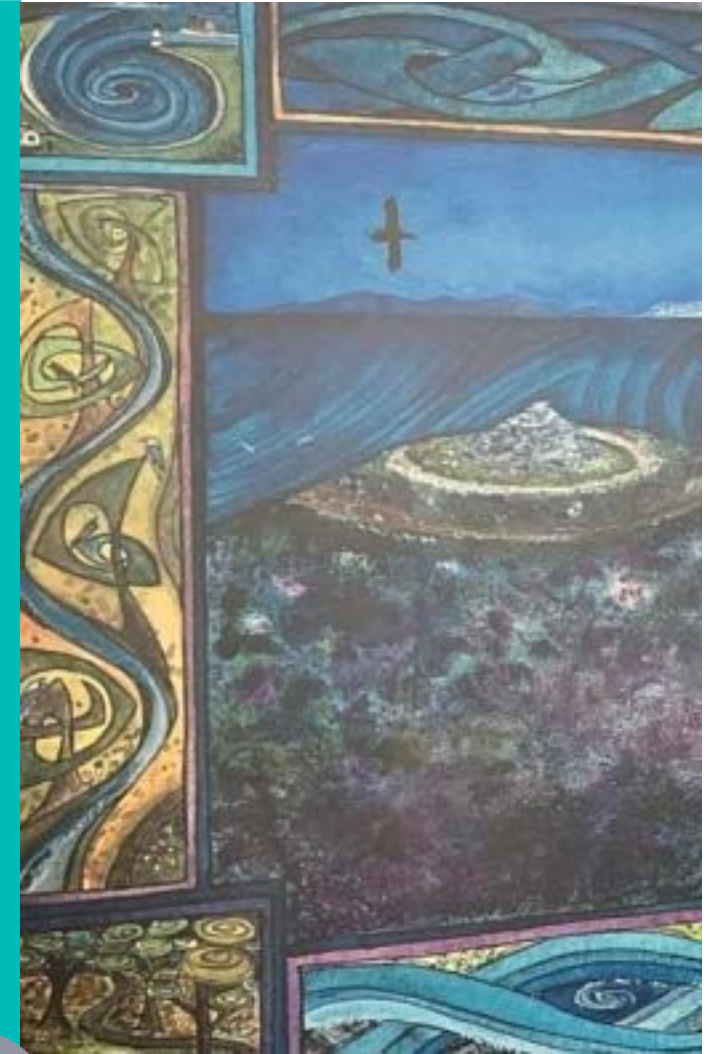
**“We have a group dedicated to social events and staff wellbeing, it’s kindness driven, and facilitated by both clinicians and secretaries alike”**

Alex Lambie, Cognitive Behavioural Therapist

# Our Service

## What can Integrated Mental Health Services offer you?

- The chance to make a genuine impact on the future of mental health care.
- The ability to operate within a public health service free from UK NHS constraints.
- A comprehensive service spanning Child & Adolescent, Older Persons, Drug & Alcohol, Crisis Response, Inpatient, and Psychology & Counselling Services.
- 21 dedicated medical staff across our IMHS speciality teams.
- A dedicated IMHS General Manager, Associate Director of Nursing, Senior Nurse, Approved Social Worker Lead (equivalent to UK AMHP Lead) and Business Manager.
- Unique links to Social Care Services; IMHS & Social Care both operate under Manx Care ensuring safer, more joined up care pathways.
- A comprehensive Supervision Policy with emphasis on wellbeing and Peer to Peer support.
- An Operational Managers Group run twice a month to ensure joined up thinking.
- A dedicated IMHS Policy Group.
- Premises in urban and rural locations.
- Free car parking at every site.
- Flexible working options.



# Our Manager

CMHSA Operational Manager, Louise Cartledge, held the role of Deputy Manager for 4 years before moving to her current position. Here we catch up with Louise to find out a little more about the team.

The CMHSA is a true multi-disciplinary team, with each role and discipline treated with respect. We are a big team but also very supportive, and innovative too; people are given the opportunity to try new things and make suggestions as to how we can improve the service.

I commenced in the position of Deputy Manager just one month before first lockdown in 2020 and the strength of the team was evident immediately. Covid posed a unique challenge to health services globally, but the CMHSA rallied, worked together, showed strength and met the challenge head on.

**“ Working together with consistency and respect we kept patients and each other safe throughout the pandemic.”**

We are a generic CMHT, we don't have specialist services as per the UK and we don't have the same third sector organisations. This allows for creativity and opportunity. Being independent from the UK, we can look at how services function globally, and adapt them to meet what we need on Island.

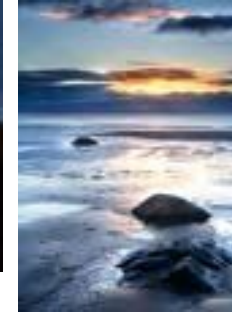
We encourage flexible working. We operate 9am – 5pm, but you can vary your work hours within that. We also operate a Time in Lieu system to enable workers to claim back irregular hours worked.

We work closely with other agencies and other areas of IMHS. We're closely linked to Social Care too, both operating under Manx Care, which enables unique opportunities for collaborative working.

**“ We have a really strong team and we're excited about the future possibilities available to us. If you feel you could help us drive our service forwards, then we would love to hear from you.”**



# Our Island



GLEN WYLLIN

RAMSEY

BALLAGLASS GLEN

PEEL

LAXEY

PORT ERIN

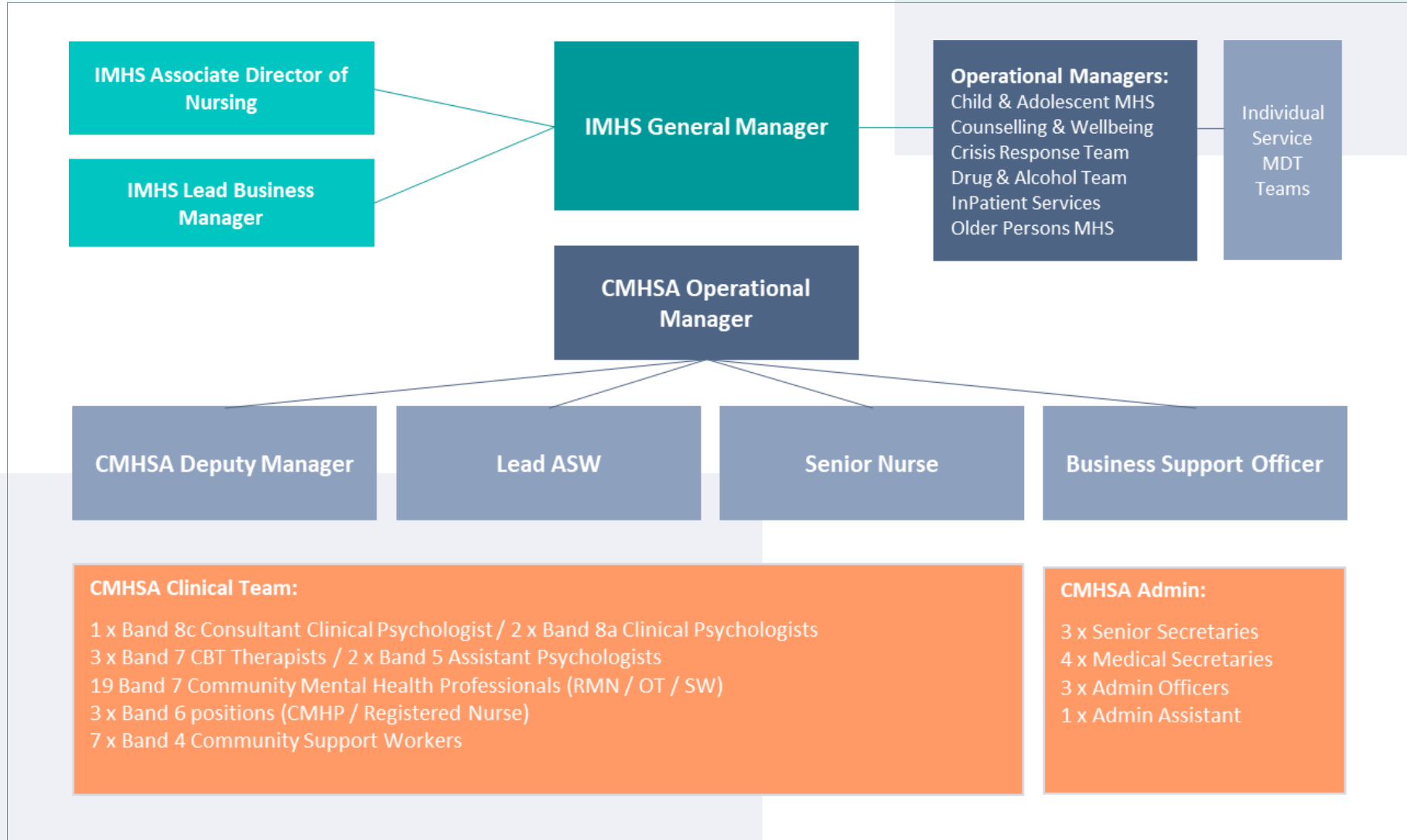
DOUGLAS

CREGNEASH

CASTLETOWN



# Our Structure



# Our Stats & Success Stories

If you are considering a move here from elsewhere, here are some final statistics & stories to consider:

## The Isle of Man...

- 33 miles long, 13 miles wide
- 227 square miles
- 85,000 population
- 40% uninhabited
- 40% lower crime rate than the lowest scoring regions in England & Wales



For a wealth of information about **moving to the Island**, please check out **Locate IOM**'s fantastic website.

Here you will find information & resources to help guide your decisions:

<https://www.locate.im/>

- **Independent & free from UK Government legislation**
- **Manx Care is the Island's equivalent of the NHS**
- **Reciprocal agreement with UK NHS**
- **Manx patients assessed & treated in UK speciality hospitals as standard**

Much loved TT rider **Dean Harrison** made the move to the Island with his young family in April 2024. To check out his story, follow the link below:

<https://www.youtube.com/watch?v=gWOfO1CYGzs>

...we would love to see you soon too!



# Our Skies...



**We have 26 official Unesco Dark Skies sites and occasionally the Northern lights can be seen from our shores**

Photograph courtesy of Jo Younger, our dedicated CMHSA Receptionist