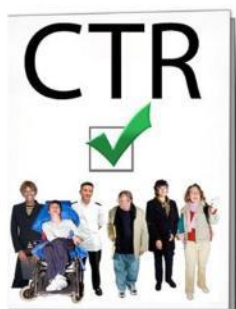


Care and Treatment Reviews and Mental Health Tribunals

What is this fact sheet about?



This fact sheet is about Care and Treatment Reviews (CTRs). CTRs are for people with learning disabilities who are patients in mental health and learning disability hospitals, and people at risk of going into hospital.

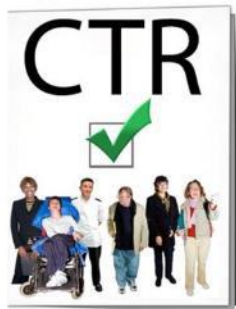
CTRs can help tribunals understand if someone is ready to leave hospital or if they still need to be in hospital under the Mental Health Act. This fact sheet explains:



- What are Care and Treatment Reviews?
- The Mental Health Act
- How CTRs can help in Mental Health Review Tribunals

There is more information about CTRs on the NHS England website www.england.nhs.uk/ctr

There is lots more easy read information about the Mental Health Act on the Department of Health website www.nhs.uk/easy-mentalhealthact



What are Care and Treatment Reviews?

Care and Treatment Reviews (CTRs) are for children and adults with a learning disability.

They aim to stop people being admitted to specialist learning disability and mental health hospitals when they don't need to be there.

They also try to make sure that when people are admitted to learning disability and mental hospitals, it is for a short time.

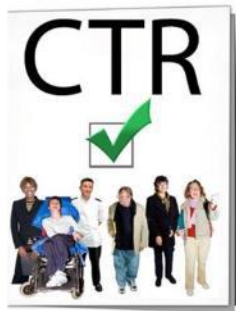
CTRs are not for when people go into general hospitals because they are physically hurt or ill.



What do CTRs do?

CTRs are **person-centred** and based on the needs of the person.

This means that people with a learning disability and their family are included in looking at and asking questions about a person's care and treatment.



CTRs make sure that:

- People with a learning disability and their families are **listened to** and are **equal partners** in their care and treatment
- People's care and treatment plans say clearly what they are trying to improve and how this should happen.
- People get the right support and treatment at the right time to be able to stay in their own home whenever possible.
- People only become inpatients in learning disability and mental health hospitals if that is the only place they can safely receive care and treatment.
- Everyone works together to help the person move back to the community as soon as possible



Who are CTRs for?

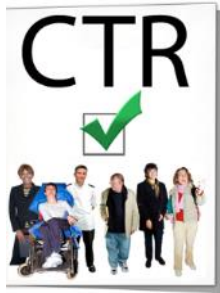
CTRs are for people who are at risk of going into mental health or learning disability hospitals

Or

People who are **already** in these types of hospital.

When do CTRs happen?

- Before a person is admitted as a patient OR



- Within 14 days of being admitted as a patient
- Every 6 months while in hospital
- At other times as requested

Who can ask for a CTR?

- The **person** who receives services
- The person's **family or carer**
- The **commissioner**
- The person's **advocate**
- Community or hospital multidisciplinary teams



What happens in a CTR?

A CTR review team includes the commissioner who pays for the person's care, one expert by experience and one clinical expert.

How long is the review?

About one day.

Who will the review team meet?

- The Responsible Clinician (Doctor) and Ward Manager should be at the CTR.
- The person whose care and treatment is being reviewed.
- The family unless they do not want to take part or the person does not want them to.
- The staff who support the person.
- The 'aftercare' team who will support the person in





the community - such as the community nurse or social worker - should be there.

The CTR team also looks at records such as: care plans; person centred plans and health plans.

- The reviewers will be looking to see whether there are better alternatives to hospital.
- They look for ways to support the person to live in the community.
- They meet everyone again at the end of the review to talk about what they think and next steps.

After a review

The commissioner writes up the CTR in an easy to read report. The report says:

- **who** is responsible for each action
- **when** it needs to happen by.

Usually within 12 weeks the commissioner will follow up the recommendations from the review and any concerns.





Care Programme Approach

Care Programme Approach (CPA) helps people who need support from different agencies and are at higher risk.

CTRs and CPA look at the same kind of things but CTRs are more independent and person-centred. CTRs will give extra information for a CPA care plan.



The Mental Health Act

The Mental Health Act is a law about detaining (holding) and treating people with a mental disorder in England and Wales. The **law uses the Mental Health Act** to say when people cannot live safely in the community and need to go into hospital for assessment or treatment for a time.

Under the Mental Health Act people **can be made to stay in hospital**.

The reason for this is to protect the person themselves and other people when the person's behaviour is unsafe.

The Mental Health Act says:

- People can be given treatment, even if they do not want it
- People can be held in hospital for assessment or for treatment for a mental disorder.





‘Mental disorder’ means the person may have a mental illness. The person might often feel anxious, sad, angry, worried or frightened, for example. They might be at risk of harming themselves or other people because of this. It might also mean that the person has a learning disability together with behaviour that is dangerous to themselves or others.

The Mental Health Act can also be used to try to make sure that people continue to have the right treatment when they are in the community so that they do not become unwell again.

The Mental Health Act also protects the person by making sure that they can have a Mental Health Tribunal to check whether it is appropriate for them to be detained in hospital or not. If the Tribunal thinks it is not right that someone should continue to be kept in hospital then they can tell people to discharge them.



Even though the person is detained under the Mental Health Act there should be a plan for discharge. CTR’s can help look at this and make sure people have a plan.





Mental Health Review Tribunals

These are for people kept in hospital under the Mental Health Act or who are restricted in how they can live in the community. Tribunals help to decide whether someone needs to be kept in hospital for treatment or whether this could happen somewhere else.

CTRs can help give better information to a tribunal.



A **Mental Health Review Tribunal** is an independent panel. The panel is a group of people including:

- A judge
- A doctor
- A **layperson** - someone who is not a trained lawyer or Doctor.



The Tribunal hearings take place at the hospital. The tribunal decides if the person still needs to be under a section of the Mental Health Act or not. The Tribunal can discharge the person from the Mental Health Act.

A very important role of the Tribunal is to make sure people are given treatment in the least restrictive way and to help people be as independent as possible.



The Tribunal needs as much information as possible about the person's care and treatment.

It is also very important that the person's legal representative, their solicitor, can see all of their plans.

This should include the CTR information and recommendations. This will help to give the Tribunal panel a person-centred view of the person.

If there has not been a CTR, the person and her/his solicitor can ask why not and ask for one to be carried out.

Produced with the support of The Law Society and The Mental Health Tribunal

Photos by Photosymbols

