

# Patient Information Leaflet 7

## Mental Health Act 1983

### Section 17A: Supervised Community Treatment

Your Responsible Clinician is:

Your Supervised Community Treatment under section:

#### **What is Supervised Community Treatment (SCT)?**

The purpose of SCT is to enable eligible patients to be treated safely in the community rather than under detention in hospital. SCT is intended to help you maintain stable mental health outside the hospital and to promote your recovery.

#### **Why am I on SCT?**

Your responsible clinician and approved mental health professional think that currently you can be safely treated for your current mental disorder in the community and have placed you on a Community Treatment Order (or CTO) which is part of SCT.

#### **What conditions will I be under?**

The Community Treatment Order will include, in writing, conditions which you are required to abide by. All CTOs include the following conditions:

- that you will make yourself available, if requested, for examination by your responsible clinician should they consider that you need to remain on SCT for more than six months;
- that you will make yourself available, if requested, for examination by an independent doctor (called a Second Opinion Appointed Doctor or SOAD) so that doctor may issue a certificate for treatment.

Your responsible clinician may also set other conditions if these are relevant to your individual circumstances and where appropriate, your carer and other relevant people such as your family members will be involved when considering which conditions are appropriate for you.

These conditions might include:

- saying where you have to live
- the arrangements for you to receive treatment in the community.

All the reasons for any condition which you will be subject to will be explained to you beforehand.

## **Care Plans**

You will have an individual care plan. As part of this plan you will have an assessment, and your care and treatment will draw upon your own strengths. If you wish you will be involved not only in the planning, but also the delivery of your own care plan.

To develop your care plan you will have a co-ordinator who will involve other people who have a relevant interest in your care, including your responsible clinician, your social worker, a carer if you have one, and with your agreement, your nearest relative.

Once developed, your care plan will include agreed timescales for implementing the various aspects of your care plan, including your medical treatment, and physical healthcare.

Your care plan will be recorded in writing, and you may sign it if you wish. You will also be given a copy. For more information on what your care plan will include, please ask for a copy of the 'Peace of Mind' booklet on the Code of Practice for Wales.

## **Recall to hospital**

If you feel at anytime that you need to go back to hospital for further care and treatment, you should speak immediately to your responsible clinician who may arrange for you to go to hospital.

However whilst you are in the community under SCT, if you break your conditions and your responsible clinician feels it is appropriate, they can exercise their power to recall you back to hospital for treatment. Your responsible clinician can also do this if they believe you are becoming unwell and need to be readmitted to hospital.

The Mental Health Act 1983 allows this because of section 17E. If you are recalled to hospital, you can be kept there for up to 72 hours (three days) and you will be given another leaflet to explain what will happen.

## **Independent Mental Health Advocacy Service**

You will have access to the confidential, independent mental health advocacy (IMHA) service. The IMHA service will provide support to you and help you to understand the Act.

They will help you obtain information about your legal rights, any medical treatment that you may be receiving and how you can appeal against your community treatment order.

If you are having any difficulties understanding this leaflet or have any further questions the IMHA service is there to help you.

## **What treatment will I receive?**

Your approved clinician in charge of treatment will talk to you about any treatment that you need for your mental disorder. You will be involved in all decisions about any treatment that you may be provided with in the community, as well as, how and where it is to be given.

Within the first month of being discharged from hospital under SCT you will be seen by an independent doctor (called a Second Opinion Appointed Doctor or SOAD) to discuss what treatment you may be given.

If you fail to keep up your treatment your responsible clinician may exercise their power to recall you back to hospital for the treatment.

## **How long must I stay on SCT?**

You must stay on SCT for six months unless your responsible clinician decides it is no longer necessary. If your responsible clinician thinks you need to stay on SCT for longer, they can extend your supervised community treatment for up to another six months, and then for up to a year at a time. Your responsible clinician will talk to you about this towards the end of each period.

## **Can I appeal?**

If you want to stop being under a community treatment order, you should discuss this with your responsible clinician, or your approved mental health professional.

You (or your nearest relative) can also ask the Hospital Managers of your responsible hospital to discharge you from supervised community treatment. Your responsible hospital is usually the hospital you were in before going onto supervised community treatment. If your responsible hospital changes you will be told.

If you want the Hospital Managers to discharge you, write to the managers at:  
(Information to be added locally)

You can also ask the Mental Health Review Tribunal for Wales to discharge you from an SCT order. You can apply to the Tribunal any time in the first six months of your SCT. If your responsible clinician thinks you need to stay under a community treatment order for a further six months you will be able to apply to the Tribunal again. After that, you can apply once every year that you are still under the order.

## **What happens at a hearing before the Mental Health Review Tribunal for Wales?**

The Tribunal is independent of your responsible hospital. The Tribunal members will come and meet with you and listen to your views and to those of your representative (if you have one). The Tribunal doctor will come and see you before the Tribunal hearing. They will speak to your involved in your care, and read reports about your detention and care before deciding if you are well enough to be discharged. The Tribunal will give you a written decision within 7 days of the date of the hearing.

You might want to ask for a solicitor to help you with the Tribunal. The hospital has a copy of the Law Society list of specialised solicitors, or you might want to use your own solicitor. This is usually free of charge under the legal aid scheme.

The address of the Tribunal office is:

Mental Health Review Tribunal for Wales  
Crown Buildings  
Cathays Park  
Cardiff CF10 3NQ

## **How do I complain?**

If you want to complain about the way you are being treated, you should speak to your clinician, a nurse or social worker. If you are not happy with the answer you may write to the Hospital Managers. You can write to the Managers at the following address: (Information to be added locally)

If you are not happy with the Managers' reply, you can ask the Review Service for Mental Health to help. The Review Service was set up to make sure that the mental health law is used properly and that patients are cared for properly.

You can write to them at:

Review Service for Mental Health  
Healthcare Inspectorate Wales  
Bevan House  
Caerphilly Business Park  
Van Road  
Caerphilly  
CF83 3ED

Or you can telephone: 029 2092 8858

Or you can fax: 029 2092 8904

## **Letting your nearest relative know**

A copy of this leaflet will be given to your nearest relative who we understand to be:

Your nearest relative will have certain set rights under the Mental Health Act 1983. They include:

- the right to ask for you to be admitted to hospital for an assessment or treatment;
- the right to receive information about your detention under the Act;
- the right to ask for you to be discharged.

For more information about the role of the nearest relative and what rights they have please ask for a copy of the nearest relative leaflet.

## **Changing your nearest relative**

If you do not think this person is suitable to be your nearest relative, you can apply to the County Court for someone else to be treated as your nearest relative instead. The hospital staff can give you a leaflet that explains this.

## **Code of Practice for Wales**

The Code of Practice for Wales gives advice to staff about the Mental Health Act 1983. They have to think about what the Code says when they take decisions about your care. You can ask to look at a copy of the Code or you can ask for a copy of the 'Peace of Mind' booklet on the Code of Practice for Wales.

## **Further information and help**

If there is anything you do not understand about your care and treatment, a member of staff will try to help you. Please ask a member of staff to explain if there is anything in this leaflet you do not understand or if you have other questions that this has not answered.

The independent mental health advocacy service is also there to provide help and support to you.

Please ask if you would like another copy of this leaflet for someone else.