Behavioural Family Therapy

This is a partnership approach that typically involves sharing agreed information between a person and their family about their mental health issues, experiences and treatments. It can support the family in learning how to recognise early warning signs of relapse and develop a clear plan for staying safe and well.

The Care Programme Approach (CPA)

Patients cared for by forensic mental health teams will be managed through the Care Programme Approach (CPA). The CPA process requires all professionals involved in a person's care, from all disciplines and agencies, to meet to determine a formal written care plan that outlines any risks, including details of what should happen in an emergency or crisis. The patient and carer should be invited to the meeting, and these meetings should be held at intervals of no more than 6 months. The meetings provide an opportunity to contribute to the care plan and discuss ongoing care and treatment needs with all the professionals involved.

Risk Assessment & Risk Management Plans

Risk assessments are completed by trained professionals and can involve looking at a person's history and childhood, offending behaviour, current risk posed and can involve conversations with carers. From this, a risk management plan is developed that sets out an assessment of the risks posed, the measures to be taken to minimise risk and how such measures are to be co-ordinated. The plan includes factors that may increase or prevent offending and gives recommendations for action. It requires inter-agency and multi-disciplinary working.

Forensic Network

3. Types of Forensic Mental Health Services, Care & Treatment

Different Forensic Mental Health Services in Scotland

The level of secure service a person is accessing (high, medium, low, or community) is determined by the level of risk a person is thought to pose, either to themselves or to the public. This is often determined by a risk assessment, which is conducted by clinicians in a multi-disciplinary team. Although many of the forensic mental health services are run by NHS Health Boards, Scotland also has some privately run forensic mental health services.

High Security

In Scotland, there is one high secure service located at the State Hospital in Carstairs, which provides high secure care to male patients from Scotland and Northern Ireland. The high secure service in Scotland only accepts male patients and, currently, female high secure services for Scottish patients are located at Rampton Secure Hospital in England.

Medium Security

There are three medium secure services in Scotland; the Orchard Clinic in NHS Lothian, Rowanbank in NHS Greater Glasgow & Clyde, and Rohallion in NHS Tayside. There is also a national medium secure service for patients with learning and intellectual disabilities in NHS Greater Glasgow & Clyde.

Low Security & Community Services

There are several low secure and community services across Scotland. Community services often have strong links with third sector providers.

Forensic Learning & Intellectual Disabilities Services

There are specific forensic intellectual disabilities services across Scotland for patients who may also require extra support in these areas.

Forensic Child & Adolescent Services

At present there are no specific forensic child and adolescent mental health inpatient services in Scotland. Young people requiring such a service may be sent to other services in the U.K. or are cared for in other types of secure services. There are plans to develop this type of service in Scotland.

Staff in Forensic Mental Health Services

Staff who work in forensic mental health services have specialist training. There is often a range of treatment on offer in these services, and treatment will focus on the individual's mental illness and offending behaviour. There may be a range of specialists involved in an individual's care e.g. psychiatrists, psychologists, nursing staff, occupational therapists and social workers.

Staff are primarily mental health professionals but may also have training in risk management and security.

Care & Treatment Options

The care and treatment options available to those accessing forensic mental health services will be different across services, but some of these are:

Medication: Medication is often the first line of treatment. Medication is used to change the activity of chemicals in the brain. The care team may prescribe a combination of medication that may include; antipsychotic medication, anti-depressants, mood stabilisers and anti-anxiety medication. A person should not stop taking their medication without consulting their care team or GP as this may result in a relapse.

Psychological Therapies: These generally fall into the following categories:

- Behavioural therapies: focus on thoughts and behaviours
- Psychoanalytical and psychodynamic: focus on unconscious relationship patterns that evolved from childhood
- Humanistic therapies: focus on self-development
- Arts therapies: use creative arts within the therapeutic process

Occupational Therapy: This helps people to reach their maximum level of functioning and independence in all aspects of daily life through meaningful and purposeful activity. Occupational therapy can support the development of practical skills, such as cooking, self-care and budgeting.