

A photograph showing two men from behind, embracing each other. The man on the left is wearing a light blue sweater, and the man on the right is wearing a dark blue sweater. They are outdoors, with a blurred background of green foliage and sunlight. The text "No Health Without Mental Health" is overlaid in white at the bottom of the image.

**No Health Without  
Mental Health**

# No Health Without Mental Health

---

Mersey Care is a specialist mental health NHS trust and a leading provider of learning disabilities, addiction management and acquired brain injury services. We provide secure mental health services for the North West of England, the West Midlands and Wales, one of only three NHS organisations in England offering high secure services.

---





Providing high quality safe care for people is our business. We will always focus on getting this right and on supporting people working on the frontline of our services.

Our organisational culture empowers frontline staff to make key decisions. Fewer performance targets and committees has lessened bureaucracy so our Board can focus relentlessly on frontline care.

### **Striving for Perfect Care**

We have made a commitment towards establishing 'perfect care' across all our services; a bold ambition in difficult times but one we firmly believe is possible.

Our governance, quality improvement, innovation and research and development functions are brought together in a **Centre for Perfect Care** that promotes systematic learning and supports staff to apply improvements, raising standards to a new level by getting things right every time. Multi-disciplinary project teams are being supported by the Centre as they test out potential improvements in care.

One of these, our 'No Force First' initiative aims to eliminate physical and medication led restraint on people who are mentally ill, unless absolutely

necessary, recommending a range of less intrusive and more dignified interventions. It is estimated the programme will save almost £1 million in unplanned absence by reducing injuries, improving staff morale and staff retention rates and improving the service user experience.

We are also the first mental health trust in the UK to publicly commit and develop a policy to have zero suicides among people in our care by 2020.

---

## Our 'No Force First' initiative aims to eliminate physical and medication led restraint on people who are mentally ill.

---

---

We are the first mental health trust in the UK to publicly commit and develop a policy to have zero suicides among people in our care by 2020.

---

**Joe Rafferty, Chief Executive**

Regarded as one of the country's most forward thinking health chiefs and recently named in the Health Service Journal's top 20 of NHS chief executives, Joe has personally championed a culture change within the organisation to using methods other than restraint for people with mental health problems. He leads our drive for zero suicide among people in our care.



“Mersey Care’s biggest strength is the pioneering attitude of its leaders, the sheer quality, across the board, of its diverse range of services and the unstinting dedication and real enthusiasm among staff to build on already high standards so we constantly improve and develop to be the leading provider of mental health services.”





Eminent neuropsychiatrist and pioneer in suicide prevention Dr Ed Coffey said of the Trust:

“They are using the notion of pursuing perfection to transform the way they provide healthcare. To change from a ‘business as usual’ type of model to a totally different way of working.

“I think Mersey Care is leading the world in their efforts to eliminate the need for seclusion and restraint – the ‘No Force First’ programme is a benchmark for everyone else.”

---

We have made a commitment towards establishing ‘perfect care’ across all our services; a bold ambition in difficult times but one we firmly believe is possible.

---



# Our services



## Addiction services

We provide specialist community and inpatient drug and alcohol services. Our community teams provide assessment, advice and information and community detoxification programmes combined with a recovery focused approach to care planning and delivery. Our inpatient services offer medically assisted detoxification programmes for people with complex problems and those who are unable to detoxify from alcohol and drugs within the community and need 24 hour care to enable them to do so.

## Older People: Memory and Dementia services

Our community and hospital based services offer specialist assessment, medication, post diagnostic support, peer support groups and courses for carers. Our treatments are recommended by the National Institute for Health and Care Excellence and our memory services are accredited by the Royal College of Psychiatrists.

## Psychological Therapy services (Improving Access to Psychological Therapies)

This service offers people suffering from depression and anxiety disorders access to evidence based talking therapies and treatments of their choice. We use a stepped care model to provide assessment and treatment for common mental health problems such as depression, generalised anxiety disorder, panic disorder, social phobia, obsessive compulsive disorder (OCD), and other diagnosable mental health disorders.

## Attention Deficit Hyperactivity Disorder and Asperger services

This award winning service provides diagnosis and support for people living with Asperger Syndrome, ADHD and other neurodevelopmental conditions. Our person centred care uses creative interventions which help with the social and communication difficulties faced by people with Asperger's syndrome and ADHD, their families and carers.



## Eating Disorders service

We offer specialist assessment, psycho-education and psychological outpatient therapy to men and women aged 16 and over who have psychological difficulties associated with eating including anorexia nervosa, bulimia nervosa, binge eating disorder and atypical eating disorder.

## Brain Injury and Trauma Rehabilitation

We offer assessment, treatment and care for people with an acquired brain injury, including cognitive and psychological/behavioural rehabilitation. We have unrivalled expertise in this field and our services are nationally accredited.



“Mersey Care’s biggest strength is the pioneering attitude of its leaders, the sheer quality, across the board, of its diverse range of services”

Joe Rafferty

### **Neuropsychiatry and Neuropsychology**

We provide neuropsychiatric and neuropsychology assessments and treatments to patients affected by trauma that results in complex mental health problems such as depression, anxiety, psychosis, or adjustment reactions.

### **Early Intervention in Psychosis**

We support young people between 14 and 35 who are thought to be experiencing their first episode of psychosis, or appear to be at increased risk of developing psychosis. Our teams include mental health practitioners who are from a mental health nursing, social work or occupational therapy background, consultant psychiatrists, psychologists and pharmacists.

### **Sex Offender service**

We offer assessments and interventions to parents or other adults who are considered to pose a sexual risk to children. Group and individual therapy programmes are provided by a team of highly specialised clinical and forensic psychologists with expertise in assessing and reducing risk of offending.

### **Psychiatric Intensive Care**

Our Psychiatric Intensive Care service cares for patients who are suffering an acute episode of mental ill health and have become so severely distressed that to continue to care for them elsewhere may cause distress or risk to themselves or others. A core team of specialist doctors and nurses organise and supervise all treatment. The service provides a lower stimulus environment and includes

access to the intensive one to one care and support that may be needed to aid recovery.

### **Secure and Forensic services**

We provide high secure, medium secure, low secure and offender health services for patients detained under the Mental Health Act and requiring care in conditions of varying levels of security. Our services provide 24 hour specialised assessment, treatment, inpatient care, rehabilitation and after care for people who are mentally ill and within the criminal justice system. Care is provided by consultant led multi-disciplinary teams using the care planning approach.

## Contact Details

Contact us at the following address.

 MerseyCareNHSTrust  @Mersey\_Care  merseycare.nhs.uk

Mersey Care NHS Trust, V7 Building, Kings Business Park,  
Prescot, Merseyside, L34 1PJ

Telephone: 0151 473 0303

Email: [communications@merseycare.nhs.uk](mailto:communications@merseycare.nhs.uk)