



Nua Healthcare Mental Health Services
Cois Dalua Specialist
Rehabilitation Unit







About Nua Healthcare

Nua Healthcare is one of Ireland's leading health and social care providers. We provide Residential, Homecare, Day and Community Outreach Services, to both adults and children with a range of complex needs.

At Nua Healthcare, we are proud to offer high standards of service and care. Renowned for offering some of the best facilities in the Country, our residential accommodation combines modern state-of-the-art facilities with beautiful outdoor environments. Our tailored day care programmes encompass a wide variety of stimulating and enjoyable activities.

Our services range in support / acuity levels from high support to supported independent living. Our team bring a wealth of experience in supporting individuals with a range of complex needs including:

- Mental Health Issues
- Autism
- Asperger Syndrome
- Intellectual Disabilities
- Challenging Behaviour
- Personality Disorders
- Intellectual Disabilities with Alzheimers or Dementia
- Acquired Brain Injuries
- Children with Social and Emotional Difficulties

History & Principles

Nua Healthcare was established in 2004 by a group of experienced Social Care Professionals working in community outreach services for people with Intellectual Disabilities, Autism and significant Challenging Behaviours.

Concerned by the lack of appropriate services available to this client group other than institutional settings, Edward Dunne, former CEO, and now Chairman, and a colleague, Ciaran Roche, founded Nua Healthcare. Nua's first service was set up as a high support respite service for persons with Asperger Syndrome in the Kildare countryside.

Services should be moulded around each individual as opposed to demanding that an individual be moulded to a service - "square pegs in round holes don't fit, no matter how hard you try to make them."



About Nua - Misson, Vision & Values

OUR MISSION STATEMENT

Nua Healthcare Services will facilitate and support people who use our services to pursue meaningful personalised lifestyles.

OUR VISION

At Nua Healthcare, we believe everyone should have the opportunity to live a healthy, active and fulfilling life. This ethos is at the heart of everything we do.

We provide everyone we support with the opportunity to continue to live life to the full. We actively encourage Patients and Residents, to become more self-reliant, to make decisions for themselves, and ultimately, to move on to more independent living arrangements.

We facilitate and support our Patients and Residents to pursue meaningful and personalised lifestyles. We provide individually planned education, employment and leisure opportunities to support each individual in their ongoing development.

OUR VALUES

Dignity and Respect: We embrace the uniqueness of each individual.

Personalised: We facilitate and support people to develop their own unique pace, in pursuit of a meaningful lifestyle.

Partnership: We work in partnership with the Patient and Resident, their Family and all other relevant stakeholders, to facilitate and support optimal outcomes for the individual.

Community: We facilitate and support people who use our services to embrace and contribute to the communities in which they live.





Nua Healthcare's Mental Health Service

In 2018, Nua expanded into Mental Health Services, opening a brand new state-of-the-art Specialist Rehabilitation Unit in Meelin, County Cork.

The Specialist Rehabilitation Unit (SRU) is called Cois Dalua and is registered under the Mental Health Commission (MHC) and operated in accordance with the MHC Judgement Support Framework incorporating the requirements of the Mental Health Act 2001 (Approved Centre) Regulations 2006 (the Regulations).

Nua Healthcare also provides step-down community based care and support. This means that when an individual is ready to leave Cois Dalua, there is continuity of care for them.

Cois Dalua underwent significant renovations and has been finished to an excellent specification and standard. It can accommodate up to eight Patients/Residents at full capacity and comprises of four beautifully appointed self-contained apartments and a further four en-suite bedrooms and associated communal rooms. The Centre's grounds also boast a beautiful sensory garden with designated seating areas and its rural location in North Cork provides relaxing and plentiful views of the local landscape. Cois Dalua delivers high quality rehabilitative treatment, care and support to people with mental health needs.

CARE MODEL

Working in line with national policy on the treatment and rehabilitation of people with mental health needs we are delighted to offer a highly professional service that is designed to deliver great outcomes and rehabilitative care to the people we support.

We do this as part of a European Quality Network which places the Patient's and Resident's lived experience and their carer's views, at the heart of everything that we do.





Our Aims and Objectives

It is the aim of Nua Healthcare's Mental Health Service (MHS), to deliver excellent outcomes for the patients and residents we care for and support. In delivering recovery focused outcomes, we comply with all provisions made within both Irish and European legislation and at a local level, all relevant National Standards, Nua Healthcare's MHS, Policies and Procedures and where relevant, National Policies and Guidance on Best Practice.

The multi-disciplinary team (MDT) work with each Patient and Resident on an individual basis, to develop their own Individual Care Plan (ICP) which reflects all of their needs, goals and aspirations. We adopt the Wellness Recovery Action Planning (WRAP) approach to rehabilitation and in doing so, recognise the unique recovery journey that each person we support will make.

In pursuit of our objectives, we utilise the following processes and supports to ensure compliance & high standards:

- Location Specific Safety Statements
- Organisational and Service Specific Policies and Procedures
- Organisational and Service Specific Quality/ Auditing Programmes at both team and management level, in line with the MHC's Judgement Support Framework

- Quality Assurance auditing against Legislation with particular focus on; Physical Healthcare, compliance with the MHC's Judgement Support Framework, and Medicines Management and Therapeutics
- Organisational Training and Development Plans incorporating both Regulatory and Continuous Professional Development (CPD) training modules
- ICP's requiring as far as reasonably practicable, each Patient's or Resident's personal inputs and the inputs of their support's including; Family, Social Workers, Care Workers and Clinicians
- Clinical Meetings bi-weekly
- Patient and Resident Specific Service Level Agreements (SLA)
- All services are reviewed at least annually, or as circumstances change, and the appropriate registration sought to ensure the services are being delivered within the scope of statement of purpose and function

It is our aim that all Patients and Residents are supported to move on from the Cois Dalua SRU within a two year time frame. Nua Healthcare's MHS, if required, will provide all necessary ongoing support and assistance each person may need on their individual journey towards continued recovery.



Therapeutic Interventions and Clinical Services

As part of the Wellness Recovery Action Planning model advocated by Nua Healthcare's MHS possible need for professional ancillary, alternative and complementary therapies are recognised and respected.

Nua Healthcare's MHS benefits from having excellent MDT input. We have in-house Psychiatry, Psychology, Nursing, Dietitians, Counselling, Occupational Therapy, Speech and Language Therapy, Psychotherapy, Physiotherapy and Behavioural Services. The Cois Dalua SRU benefits from having a dedicated Clinical Director who is supported by the Registered Proprietor (CEO), and an on-site staff team comprising of:

- Clinical Director (Consultant Psychiatrist)
- Clinical Psychologist
- CNM3 / Proprietor Nominee
- Psychiatric Nurses
- ID & General Nursing
- Healthcare Assistants
- Administrative Support

Our Mission, Vision and Values build stakeholder expectation and serves to inspire our teams to deliver highly personalised services which promote independence and wellbeing. The therapeutic interventions that we use within the Cois Dalua service, in part, help us to achieve these aims.

Each Resident and Patient receives expert Psychiatry and Psychology led care. On an individual needs basis, any combination of additional MDT inputs may augment a comprehensive ICP.

The MDT implement an individualised therapeutic plan for each Resident and Patient. It is highly flexible and allows the team to alternate between intensive high relational support with a less intensive mentorship model, as required.

We also actively provide Family Support and Liaison and strongly encourage engagement with local primary and secondary physical healthcare services (Parity approach). Patients and Residents have an inherent right to high quality mental and physical healthcare provision with both being promoted within the service.



Moving on from the Approved Centre

A comprehensive and structured discharge plan will be developed as a component of the individual care and treatment plan. Discharge planning will commence as soon as possible after admission. This is because the service promotes independence, recovery and an outcome focussed approach to improving mental health and wellbeing.

The discharge plan will include an estimate date of discharge and will be discussed with the Patient or Resident, their Healthcare Assistant, Family, Carer and Advocate, as appropriate. Where necessary, suitable accommodation will be secured before a Patient or Resident is discharged. A relevant member of the MDT will be actively involved in the discharge process and on-going support will be available through Nua Healthcare's MHS' and as previously referenced, Nua can also provide all the necessary ongoing support and assistance each person may need on their individual journey towards continued recovery.

Getting in Touch

If you wish to enquire about Nua Healthcare's MHS or make a referral, please directly contact our Admissions Department via the below contact details.

Nua Healthcare

Unit M1. Level 2,
Naas Town Centre Building,
Naas, Co. Kildare

Telephone: 045 880 354

Email: admissions@nuahealthcare.ie



Contact Details

Thank you for taking the time to read this booklet. If you would like to speak to someone from our team, please contact us using the details below.



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