

Mental Health Primary Care in Prison

Adapted for Prisons and Young Offenders Institutions, with permission, from the *WHO Guide to Mental Health in Primary Care*

World Health Organization Collaborating

Centre for Research and Training for Mental Health

Mental Health Primary Care in Prison

A guide to mental ill health in adults and adolescents in prison and Young Offender Institutions

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UK Edition

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3. Tamil

4. Turkish

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Information for use with patients

Most patient leaflets are on the disk .

Stress and stress reactions — in Arabic, Tamil, Turkish and Farsee are in hard copy at the end of the book because they cannot be printed easily using a standard printer: (see the disk for English language and other language versions)

Note: the following are available on an accompanying disk only — for printing out as required or adapting and producing in another format

DISK 1

For use with patients: information and self-help leaflets

Coping with anxiety

Coping with depression

Getting a good night's sleep.

Traumatic stress: learning to cope

Stress and stress reactions — for immigration detainees (in English, Albanian, French, Portuguese, Russian, Somali, Spanish and Lingala). Arabic, Tamil, Turkish and Farsee versions in hard copy in the book.

Harm minimisation advice — for drug users

Coping with the side-effects of medication

Manic depression (bipolar disorder)

Lithium toxicity

Domestic violence. Home Office leaflet

Just imprisoned? NACRO leaflet

DISK 2

Information for prison officers and other staff

Checklist for managers — keeping mental-health problems to a minimum on your unit

Working with a prisoner who has a severe mental illness

Coping with difficult behaviours (behavioural disorders)

Suicide prevention

Suicide – ideas for support

Immediate management on discovery of an incident of self-injury

Mothers and babies — psychological issues

Understanding self harm

Learning disability

For information on anxiety, depression, sleep problems and traumatic stress (for both patients and staff) see 'Information for use with patients'

Resources for use by professionals

Mental State Examination form

Nurse initial assessment form

Brief risk indicator check list

AUDIT questionnaire — screen for alcohol misuse

Severity of Alcohol Dependence Questionnaire (SADQ)

Severity of Opiate Dependence Questionnaire (SODQ)

Drug-use diary

Edinburgh Postnatal Depression Scale

Abbreviated mental test score — screen for dementia

Food and behaviour diary — use in bulimia nervosa

Early warning signs (of relapse) form — use in severe mental illness

Other information

Offending behaviour programmes — what are they?

Types of temporary release from prison

Template confidentiality agreement with a patient

Example of a communication-sharing proforma used in the Scottish Prison Service

Executive letter about sharing information and confidentiality

Connections between ICD 10 and ICD10-PhC

Foreword

The Prison Service in the UK has under its care one of the most vulnerable and mentally unhealthy populations anywhere. Epidemiological studies agree that the prevalence of serious personality disorders, drug and alcohol dependence, suicidal and self-harming behaviour, and all forms of mental illness (both psychotic and neurotic) is alarmingly high — much higher than in the general population. The most seriously ill prisoners need in-patient hospital treatment and should be moved to a more appropriate setting at the earliest opportunity. But for most, the aim is for care equivalent to that available in the community to be provided within the prison setting.

Prisons require mental-health services that are abundant and of high quality. The partnership between the Prison Service and the National Health Service (NHS) aims to introduce these and, over time, to achieve an equivalence of care. Even should this aim become a reality, however, prison healthcare staff (doctors, nurses, healthcare officers) will still need good mental-health skills and knowledge to carry out their primary-care role. This Guide is designed to support them in doing that in collaboration with others — which, in the prison context, may include chaplains, probation officers, psychologists and prison officers, as well as mental-health specialists. The Guide is an adaptation of a guide for primary-care professionals working in the community. As such, it provides a directly equivalent resource and supports the process of achieving equivalence. Although it is not intended to be viewed as Prison Service policy, it has been developed with the active participation of many people — especially prison healthcare staff and NHS mental-health workers. Thus, it is an example of partnership between the Prison Service and the NHS. I commend this Guide and hope it is a useful resource in the years to come.

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International foreword

Mental and behavioural disorders are a major public health problem. They are frequently found in all societies and cultures, are more disabling than many chronic and severe physical diseases, and do not easily get better or limit themselves without treatment. Yet, although simple, effective and acceptable treatments are available, they are not utilised sufficiently. There is a need to improve the identification and management of mental disorders at the primary-care level.

In all societies, the prevalence of mental disorders in prisons is high, but access to services to treat them is often very low. Prison healthcare staff face a particularly difficult job in providing good-quality care within this environment. In addition, especially in countries where the conditions that their prisoner-patients are held in are poor, prison healthcare staff face the practical and ethical challenge of advocating for change.

The World Health Organization (WHO) has developed a range of clinical tools to assist primary-care practitioners (even without psychiatric training) and community health workers (even without advanced medical training) to deal appropriately with the mentally ill people with whom they come into contact. The latest of these tools is this book. It is a further development of the primary-care version of the state-of-the-art classification of mental disorders for use in clinical practice and research (ICD-10 Chapter V, Primary Care Version). It is the first guide to mental health for primary-care workers in prisons throughout the world. Although developed initially in the UK, a future development will adapt it to form a 'generic' international version that can be adapted in turn to local needs in different countries.

The WHO would be pleased to see this primary-care prison version of the mental disorders classification become part of all medical and nursing curricula for prison practitioners, since it sets out precisely what a general practitioner should know in diagnosing and treating mental-health problems.

Dr Bedirhan Ustun

World Health Organization

