

The Mental Health Act

Know your Rights About Conditional and Absolute Discharge



Meetings and Reports

Easy Read



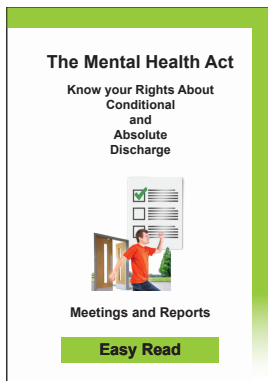
This is a leaflet about part of the Mental Health Act called conditional and absolute discharge.



There are **4** leaflets in this series which cover:

1. Know Your Rights About Conditional and Absolute Discharge.
2. People Who Might be Involved.
3. Meetings and Reports.
4. What Rights do I Have?

This is leaflet number 3.



It is a leaflet about meetings and reports about your conditional or absolute discharge.



You may like to have someone to support you when you look at this leaflet.

Some New Words



Conditional discharge means you no longer need to stay in hospital but there are conditions you are expected to follow.



Absolute discharge means you do not have any conditions that you are expected to follow.

Any contact you have with the mental health team is voluntary and you cannot be recalled to hospital. If there are concerns about your mental health after absolute discharge, you would need to have a new assessment under the Mental Health Act.



The Secretary of State for Justice

or **Ministry of Justice** They make decisions about conditional discharge. They can also make decisions about absolute discharge like if any of your conditions can be changed and if you should go back to hospital.



A Mental Health Tribunal is a meeting to decide if conditions should be changed and if you should be absolutely discharged.



Responsible Clinician This is usually a doctor, nurse, psychologist, social worker or occupational therapist.



Social Supervisor This is usually a social worker. Their job is to protect the public and support you to go back into the community from hospital, especially if you have been in hospital for a long time.



Independent Mental Health Advocate They help people understand their rights under the Mental Health Act.

Meetings and Reports

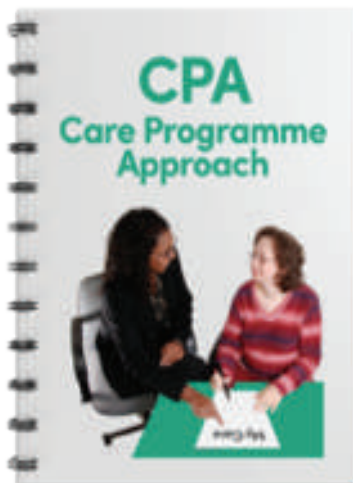
Clinical and Social Supervision



You may have a rule that tells you how often to meet your clinical and social supervisor and anyone else involved in your care and treatment. They will tell you when to meet, and it is important that you go.

Care Programme Approach (CPA) Meetings

These are meetings to discuss your care, treatment and discharge plans with you.



They will check your plan is meeting your needs. Your Responsible Clinician and Social Supervisor come to this meeting along with other people involved in your care and treatment.

You are entitled to have your family, friends and an **Independent Mental Health Advocate** with you for support.

Care and support staff may also come.



In some places in the country the Care Programme Approach is being replaced with other types of co-ordination meetings.

To find out what your meetings are called you can ask your Independent Mental Health Advocate.

Other Meetings

There may be other meetings to discuss your care and treatment and discharge plans:



Professionals' meetings These are meetings for the people who are involved in your care and treatment to meet and share information and talk about your care and treatment.



Risk review meetings – These are meetings to discuss your risk assessments



Multi-Disciplinary Meetings These are meetings for the people who are involved in your care and treatment.



You should be helped by your care coordinator and Independent Mental Health Advocate to prepare for your meetings and make plans afterwards.

Reports

Your responsible clinician and social supervisor send reports to the Ministry of Justice every 3 months and sometimes more often if needed.

These reports give information on your progress in the community, including your mental health and if you are following the conditions.



Acknowledgements

With thanks to the following for their involvement in the creation of the 'Conditional Discharge: Your Rights', 'Conditional Discharge: A guide for family and friends' and the 'Conditional Discharge: A guide for Independent Mental Health Advocates' guidance:

Advocacy Focus.

Also

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Those who are conditionally discharged for their participation in focus groups aiding in the development of the materials. Those who are family members and friends of those who are conditionally discharged who participated in focus groups aiding in the development of the materials.



*This document was published in December 2022, please be aware that there may have been legislative changes since publication.