

OptiCaT: making community CETRs better for people with learning disability and autistic people

What is the study about?



- We are doing a study called OptiCaT



- This study is about Care, Education and Treatment reviews (CETRs) for young people and adults who have learning disability and/or are autistic



- We want to find out what people think about CETRs and if they make things better for people



- We want to find out if having a CETR in the community stops people from going into hospital



- Our study has two parts



- In **part 1**, we will look at information from computer health records at one NHS site to find people who have had a CETR



- We will look at who has had a CETR in the community and if they went into a mental health hospital after their CETR



- We will look at how long they were in hospital



- We will also find people who went into hospital and look at if they had a CETR before they went in. We will find out who gets a CETR and who does not



- In **Part 2**, we will ask 300 people who are at risk of going into a mental health hospital to join our study



- These people will be on a Dynamic Support Register



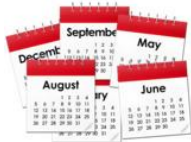
- We will follow up people for 12 months to find out what happened to them



- We want to find out if they go into hospital and for how long



- We will ask questions about their mental health, behaviour, quality of life and contacts with services



- We will ask these questions when they join the study, and at 6 and 12 months.



- We will compare people who have had a CTR with people who have not had a CTR



- We will find out if having a CTR makes a positive difference



- We will also interview about 55-70 service users, carers and health professionals about what they think about CTRs



- We will ask questions about what is working well and what needs to change



- We will do an online survey with service users, carers and professionals to find out what makes a good CETR



- We will use what people tell us to make a checklist of what a good CETR should be like



- This checklist will help us to rate the quality of CETR



We will find out if people who have a good quality CETR do better than people who have a poor quality CETR



What will we do with the findings?

- We will write a report about how CETR should be made better
- We will share this report with the NHS and social care services
- We will publish the report in journals and talk about our findings at conferences



Who is doing the study?



- Dr Rory Sheehan and Dr Afia Ali are leading the study. They are both psychiatrists



- There are other researchers from universities and the NHS who are helping to run the study



- The Cheshire and Wirral NHS Trust is helping us to run advisory groups for people young people and adults with learning disability



- We have people with lived experience who are part of the research team and will help to run groups with carers and autistic people

Who is funding the study?



- The National Institute for Health and Care Research are paying for this study



- King's College London University and the South London and Maudsley NHS Trust will sponsor the study



Where can I find more information?

You can e-mail Rory Sheehan or Afia Ali to find out more about OptiCaT



rory.sheehan@kcl.ac.uk

afia.ali@qmul.ac.uk