

### MHTR criteria

An individual is eligible for an MHTR if they meet the following criteria:

- Males and females, aged between 18-25
- The individual has expressed a willingness to comply and consents to the requirement
- The offence falls into Community or Suspended Sentence Order range, where the individual pleads guilty or is found guilty after trial
- The individual has a mental health condition that would benefit from an intervention either in a community setting or as an outpatient in a non-secure setting, but does not warrant use of the Mental Health Act 1983

This includes those with Mental Health, Personality Disorder problems (from depression/ anxiety through to secondary mental health issues) Neurodevelopmental Disorders (e.g. ASD and ADHD) will not be excluded.

### What is an MHTR?

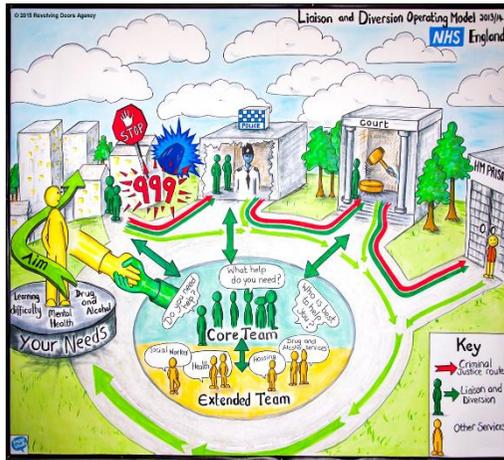
The MHTR is intended as a sentencing option for individuals who suffer from a low to medium level mental health problem which is assessed as being suitable for a mental health intervention in the community.

### Who can refer?

Referrals can be made by different parties working across the criminal justice system

- Police custody officers
- Probation (NPS/CRC)
- Legal representatives
- Liaison and Diversion (L&D) staff
- Court staff
- Substance misuse services
- Community mental health services
- Self-referrals
- Appropriate adults

## Derbyshire Healthcare Foundation Trust



Derbyshire Healthcare  
NHS Foundation Trust

Psychological Intervention in the  
Community

## PRIMARY CARE MENTAL HEALTH TREATMENT REQUIREMENT



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## What is an MHTR?

A Primary Care **Mental Health Treatment Requirement (MHTR)** is a **psychological intervention** (non-medicating) and is one of three possible treatment requirements which may be made part of a Community Order or Suspended Order Sentence. The other two treatment requirements are Drug Rehabilitation Requirements (DRR) and Alcohol Treatment Requirements (ATR). An MHTR can be combined with DRR and ATR.

Whilst individuals are assessed using psychometric assessment tools by the MHTR practitioner, the decision to recommend an offender for an MHTR is determined by the professional judgement of the Clinical Lead.

As GP registration is a pre-requisite condition of an MHTR being used, the National Probation Service is responsible in pre-sentence reporting to ensure in advance that this condition is met and to advise the court on this matter.

Individuals who are not engaging will be communicated to the Responsible Officer who will determine the next steps.

An individual can also withdraw their consent for the MHTR at any time, which would be considered a breach and the order would then be returned to court for re-sentencing.

## The MHTR process stages

### Identification

An individual is identified as being potentially suitable for MHTR by a professional. The referrals can be made by different parties working across the criminal justice system. The service will proactively work with agencies to ensure that practitioners understand who can be referred and the process for referral.

### Initial screening

The individual will be assessed using the agreed assessment tools. If screens do not indicate CSTR suitability but the individual requires support in other areas such as those outlined above, the individual can be further assessed by L&D and supported into appropriate services.

### MHTR practitioner assessment

The MHTR practitioner assessment completes a semi-structured interview that focuses to assess for psychological distress, depression, anxiety, self-efficacy, social adjustment, and associated vulnerabilities. The assessment is overviewed, and recommendations are signed off by a supervising, qualified Clinical Psychologist. The practitioner will then explain the MHTR process and if suitable will gain consent for the order to be proposed.

### Consent process

Consent is then explained and completed following assessment by MHTR assessor. The assessor will fully explain the MHTR treatment.

### Clinical Lead approval

The Clinical Lead and Primary Care MHTR practitioner discuss the assessment, and the Clinical Lead will then decide if a recommendation for MHTR is suitable and agree a decision to treat, if not suitable reasons will be provided.

### Sentencing

Proposed treatment/intervention plan will be discussed with the Court Duty Officer (CDO) who will include in the Pre-Sentence Report (PSR), along with any other community requirements. The CDO will present the PSR proposal to the court.

### Post sentencing and management meeting

Meeting arranged within 10 days of sentencing between the individual, Primary Care MHTR practitioner, other requirement providers and Responsible Officer, who will be overseeing the order.

### Intervention and joint case management

Clinically supervised interventions will be provided by the MHTR Practitioner overseen by the clinical lead. A close partnership with the Probation Offender Manager will be maintained, with regular joint case management meetings at commencement, mid-point and post intervention.

### Intervention completion

Complete final assessment to establish clinical outcomes following intervention.

### In short what will MHTR do?

- Psychological interventions individually tailored to the needs of each individual.
- The interventions involves 10-12, 50 minute sessions where the individual meets with the Primary Care MHTR practitioner overseen by the Clinical Lead.

The intervention may typically involve skills and techniques from the following:

- Psychoeducation
- Behavioural activation
- Compassion focused therapy
- Cognitive behavioural therapy
- Dialectical behavioural therapy
- Mindfulness

