

# Leicester, Leicestershire and Rutland.

## MHTR Briefing



23 Agenda Item 11

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## Meet the LLR MHTR team

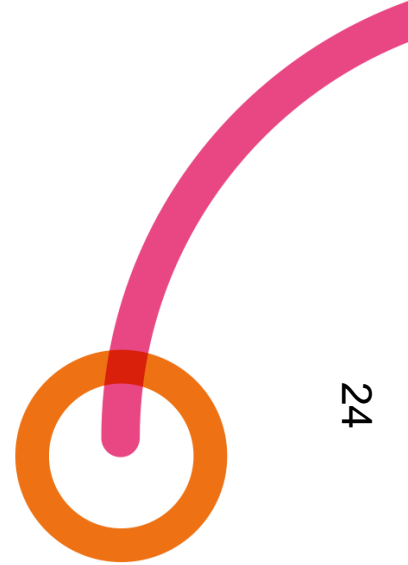
A Psychology led service:

Clinical Lead (Psychologist)

1 x Senior Psychologist

2 x Assistant psychologists

1 x Peer support worker

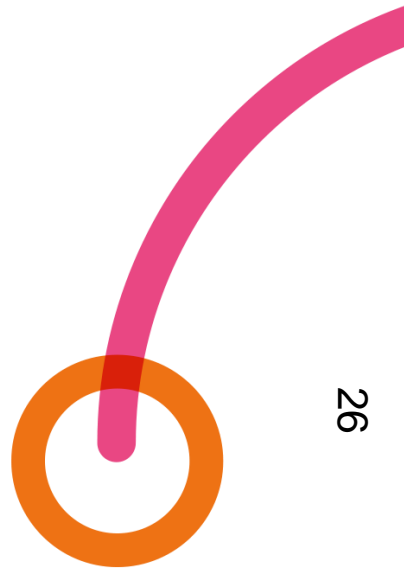
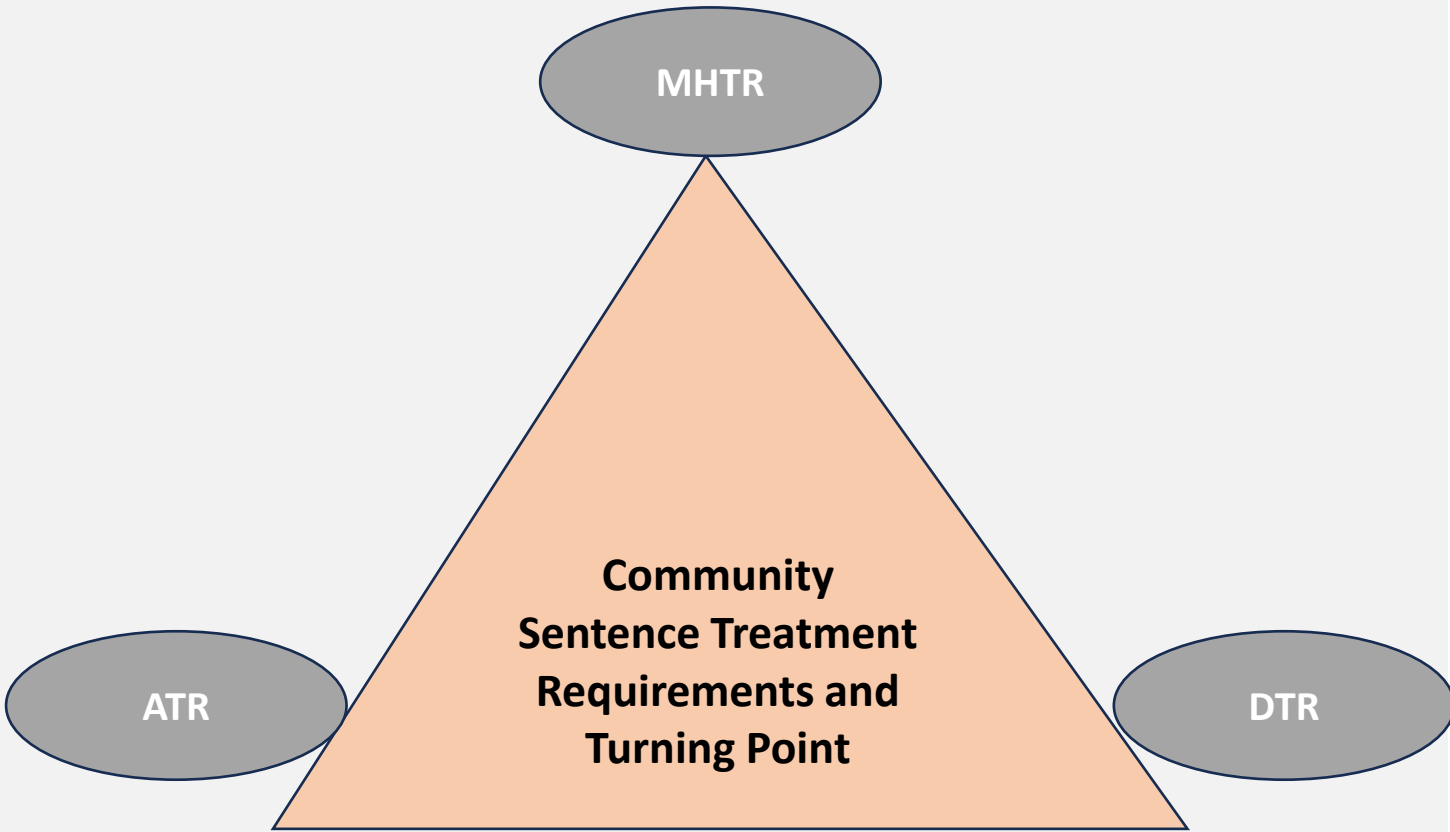


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## What is an MHTR:

- The MHTR is a sentencing option which supports individuals with mental health issues (i.e., anxiety, depression, PTSD and more) that have committed an offence. The individual's offence must cross the community order threshold.
- It involves 12 sessions with an Assistant Psychologist, under the supervision of a Registered Psychologist. The support provided entails a dialectical behavioural therapy (DBT) approach. Sessions are person-centred therefore, vary from person-person. However, support can be tailored around factors such as *emotional regulation, distress tolerance, anxiety, coping skills, sleep hygiene, psychoeducation and more.*
- Sessions will be facilitated weekly or fortnightly, dependent on the individuals needs and preferences.



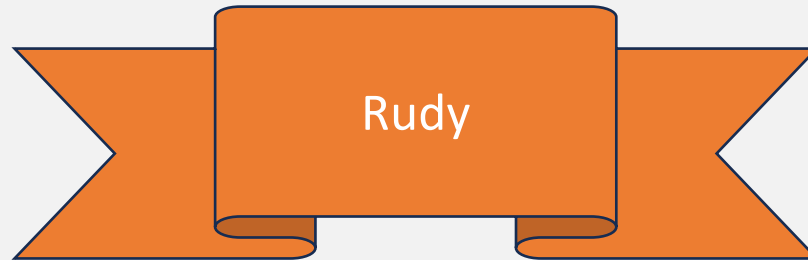


## How will the process work:

- Referrals in LLR can be made at point of arrest via Liaison and Diversion or via a Probation Officer
- Following a referral the individual will be called to arrange an assessment with the team.
- An MDT led by the clinical lead will review suitability
- Outcome report will be written to highlight suitability/unsuitability. This will be sent to probation service/officer.
- Court will review and decide whether to grant the MHTR or not.
- PO to inform MHTR team of sentencing outcome



# Case Studies



# Feedback:

*"I would be dead if I didn't have MHTR"*

*"Before I started my MHTR my children weren't living with me... I now have 50/50 custody"*

*"I am ready to seek long term therapy knowing now that this can make a difference to my life"*

*"I can cope better with my anxiety and I respond differently now to stressful situations"*



# Questions?



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