



# Our checks on community treatments orders

November 2022



Easy read version of 'Mental Health Act community treatments orders (CTO) – focused visits report'

# About community treatment orders and this easy read report



We are the Care Quality Commission. We check services like hospitals and care homes to make sure they give good care to people.



We also check that health staff follow a law called the **Mental Health Act**. This law helps them decide if a person with a serious mental illness needs to be kept and treated in hospital.



This easy read report looks at our checks of **community treatment orders**.



Community treatment orders allow some patients who have been kept in hospital under the Mental Health Act to leave hospital and get their treatment in the community.



Generally, a community treatment order gives a patient more freedom than being kept in hospital.



However, under a community treatment order patients need to follow some rules set by their doctor, like:



- living in a certain place



- going to regular appointments with mental health professionals



- not taking drugs and drinking alcohol.



If the patient does not follow these rules, they may have to go back to hospital.



We were worried that some patients' community treatment orders might have too many rules or that they last too long.



So we checked how community treatment orders were being used in 9 areas across London between 2019 and 2021.



We spoke with patients their families, carers, doctors and other professionals.



This report says what we found out on those checks.

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# What we found out



Most patients were unhappy about being on a community treatment order.



However, their family and carers mainly supported the use of community treatment orders because they helped keep them out of hospital.



Doctors and other professionals had a mix of views.



Although most were for a short time, some patients had been on a community treatment order for more than 2 years.



Some patients did not know how they could be taken off a community treatment order.



Patients and family were mainly involved well in planning to leave hospital to start a community treatment order.



These are the main problems we found from our checks:



- Some community treatment orders had too many rules.



- Not enough advocates were being used to speak up for patients.



- There were problems with giving advice to patients about their rights in the community or asking if they agree to treatment.



- Some care plans were not good enough.



- Some groups of people are more likely to be on a community treatment order than others.



When we told the health staff in each area about these problems they took different actions – some worked well, others less well.



This needs to be looked into by local health and care organisations in each area to make improvements.

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## What happens next?



The government is making changes to community treatment orders.



We think these changes should make improvements for patients, their families and carers.



But we will check to see whether these improvements are happening.





## Find out more



See the full version of our report on our website at:

[www.cqc.org.uk](http://www.cqc.org.uk)



If you want to give feedback on your care – it can be good or bad – fill out our form at:

[www.cqc.org.uk/givefeedback](http://www.cqc.org.uk/givefeedback)



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