

## Your rights

- You have the right to:
  - be treated with dignity and respect
  - be consulted, receive information about your treatment and rights
  - have your questions answered in a language and way that you understand
  - treatment, support and discharge planning that is reviewed regularly
  - refuse medical treatment (with some exceptions)
  - a second opinion - you can talk about this with staff
  - privacy and confidentiality of your personal information
  - access your medical records (this right may be restricted)
  - an interpreter
  - access the Community Visitor Program - A Community Visitor will contact you within 24 hours (1 day) of being notified of your request for a visit
  - make a complaint to your health service, the NT Ombudsman or the Health and Community Services Complaints Commission (HCSCC)
  - have your case reviewed by NTCAT.

The information in this brochure relates to the laws set out in the *Mental Health and Related Services Act 1998*. Information about the Act is available from:

<https://health.nt.gov.au/professionals/mental-health-information-for-health-professional>

Information about mental health treatment and support is available from:

<https://nt.gov.au/wellbeing/mental-health>

### Northern Territory Mental Health Access Line (24hrs, 7 days)

Free call: 1800 682 288

### Community Visitor Program

Free call: 1800 021 919

### NT Civil and Administrative Tribunal (NTCAT)

Free Call: 1800 604 622

### Health and Community Services Complaints Commission (HCSCC)

Free Call: 1800 004 474



We can book an interpreter for you

# Involuntary treatment in the community

*A community management order or CMO is an order under the Mental Health and Related Services Act 1998 for you to receive treatment as an involuntary patient in the community.*

*This brochure provides you with information about your rights and what you can expect if you are placed on a community management order.*



## Being put on a community management order (CMO)

A community management order or CMO is when someone is ordered to get treatment without their agreement while they live in the community.

If you are put on a CMO, it is because:

- an authorised psychiatric practitioner has said that you need treatment; and
- there is a significant risk to you or other people if you do not get treatment; and
- you are not well enough to be able to make a decision about treatment; and
- you are too unwell to miss treatment

An **authorised psychiatric practitioner** is a doctor who has been specially trained to diagnose and treat mental health disorders.

## What you can expect

- You do not need to stay in hospital to have treatment.
- You will have treatment in your community, at home or in a hostel
- You will be given a doctor and a case manager who will look after your treatment

## What must you do

- You must accept the treatment plan that has been made for you
- You must go to the appointments in your treatment plan
- You must do everything in your order and treatment plan.

## What is in your CMO?

Your order will tell you:

- who will look after your treatment
- where your treatment is going to be
- how often you must see the person treating you
- what medicines and treatment you need to have.

If you do not agree with the treatment plan in your order, you can talk to your case manager or doctor.

## What if I do not do what is on my CMO?

Your doctor and case manager will help you do what is on your order.

If you are not going to appointments or not following your treatment plan:

- you may need to go to hospital to be given treatment; and
- if you do not go to hospital, you may be taken to hospital for treatment without your agreement.

## How long does my CMO last?

- You may be put on an Interim Order (Form 14), for up to 14 days. The end date will be on the order.
- The Northern Territory Civil and Administrative Tribunal (NT CAT) will be told about your Interim Order and will review your case before the end date.

- At the review, NTCAT will:
  - end your order,
  - or
  - send you to hospital without your agreement
  - or
  - put you on a new order (Form 16), which can be for up to 6 months.
- In the last week of the NT CAT order, your doctor and case manager will tell you whether you need to stay on a CMO.
- If you need to stay on an order, NT CAT will review your case again before the end date.
- NT CAT can continue their orders for up to 6 months at a time.
- NT CAT can continue their orders until you are well enough to not need involuntary treatment.

## How does the CMO end?

Your order will end if:

- the end date passes and it has not been continued, or
- your doctor and case manager believe that you are well enough for the order to end; or
- your doctor and case manager believe that you need treatment in hospital without your agreement, or
- NT CAT says that you no longer need to be having treatment without your agreement.