

## Rules about Community Treatment Orders



This easy read information sheet is about **Community Treatment Orders**.

A Community Treatment Order is called a **CTO** for short.

A **CTO** is a plan for you to get your **mental health treatment** in the community without having to stay in hospital.



You must follow the rules set out in the plan.

If you do not follow the rules you may need to go to hospital.



**Mental health** is about how you think and how you feel.

**Treatments** are things that can help you feel better.

## How CTOs work



Your doctor says if they think you need a CTO.

Your doctor will suggest a CTO if they think you need mental health treatment to be well enough to stay out of hospital.



You can talk to your doctor about what treatment is best for you.

You can ask questions.



You can ask someone you trust to come with you to talk to the doctor.

This could be

- a family member
- a friend
- a support person



Your doctor will then decide what treatment is best for you and write it down in a **treatment plan**.

A **treatment plan** is a list of things that can help you get better.



Some CTOs say what type of **medication** you must take.

**Medication** is sometimes called medicine or drugs.

Medication can be in

- a tablet
- a pill
- a drink
- a needle

Doctors tell people which medicine to take to help make them better.



Some CTOs say you must go to a mental health service or see a certain **mental health worker**.

**Mental health workers** are people who work to help you with your mental health.



Your doctor will fill out a form to tell the **Mental Health Review Tribunal** about your treatment.

This form is called an application.

The **Mental Health Review Tribunal** is a group of people who know a lot about mental health treatment and the law.



You must be given the written application form to look at.



The Mental Health Review Tribunal will read what treatment the doctor says will help you.



If the Mental Health Review Tribunal thinks that the treatment will keep you well enough to stay out of hospital they can make the CTO.

The Tribunal uses your doctor's treatment plan to make the CTO.



Making a CTO means that there are rules about your treatment that you must follow.

You must have the treatments set out in the CTO.



There is an easy read information sheet about the **Mental Health Review Tribunal** or go to

[www.3dn.unsw.edu.au/projects/easyread](http://www.3dn.unsw.edu.au/projects/easyread).

These people can be told about your CTO and treatment

- your **designated carers**
- your **principal care provider**



A **designated carer** is a person who you have chosen to be told information about your mental health.

Designated carers are people who you know well.



Your **principal care provider** is the main person who helps or cares for you when you are at home.

Your designated carer and principal care provider can also

- be told what happens if you do not do what the CTO says
- apply for a CTO for you

# Understanding your CTO



You can tell someone if you do not understand what your CTO says you need to do.



You can ask someone you trust.

This could be

- a family member
- a friend
- a support person
- a mental health worker



You can ask your doctor questions about the CTO.



You can bring someone you trust with you when you see your doctor.



## Changing a CTO

A CTO can last up to 12 months.



If the Mental Health Review Tribunal makes your CTO for longer than 6 months, you have a right to **appeal** this.

An **appeal** means you ask the Mental Health Review Tribunal to have another meeting.

You may ask for an appeal if you want the Tribunal to consider making your CTO shorter.



Your CTO can be changed if your mental health changes.



To change the CTO before it ends you will need to

- see your doctor
- go back to the Mental Health Review Tribunal

## If you have not been given the mental health care you need



If you have not been given the mental health treatment you need you can tell someone.

You can tell someone you trust.



This could be

- a family member
- a friend
- a carer
- a hospital worker



You can talk to an **Official Visitor**.

**Official Visitors** make sure people who are getting mental health care on CTOs are treated well.

They do not work for mental health services.

Someone you trust can also talk to an Official Visitor.



To talk with an Official Visitor call  
**1800 208 218.**

It is free to call this number.

You can also ask someone you trust to call  
for you.



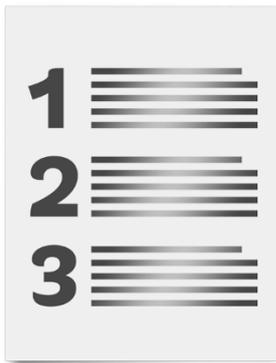
If you need legal help you can call the  
Mental Health Advocacy Service.

Someone you trust can also talk to the  
Mental Health Advocacy Service.

The Mental Health Advocacy Service  
phone number is **9745 4277.**



There is an easy read information sheet  
about **Getting help** or go to  
**[www.3dn.unsw.edu.au/projects/easyread](http://www.3dn.unsw.edu.au/projects/easyread)**



There is a list of what some **words** mean in this information sheet **here** or go to **[www.3dn.unsw.edu.au/projects/easyread](http://www.3dn.unsw.edu.au/projects/easyread)**.

## Rules about Community Treatment Orders

### Authors

Janelle Weise<sup>1</sup>, Bronwyn Newman<sup>1</sup>, Claire Eagleson<sup>1</sup>, Karen Fisher<sup>2</sup>, and Julian Trollor<sup>1</sup>.

<sup>1</sup>Department of Developmental Disability Neuropsychiatry, School of Psychiatry, Faculty of Medicine, UNSW Sydney

<sup>2</sup>Social Policy Research Centre, Faculty of Arts and Social Sciences, UNSW Sydney

This information sheet is part of a series of easy read resources explaining

- how people can access public mental health services in New South Wales and
- what they can expect.

For information on how to support people to use easy read see [\*\*Making mental health information accessible for people with intellectual disability – A Toolkit\*\*](#)

© Department of Developmental Disability Neuropsychiatry  
UNSW Sydney 26.11.20 v1

No changes can be made without author consent.