

Addressing Out of Area Placements

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Sheffield Rehab & Recovery provision

Sheffield inpatient beds = 61

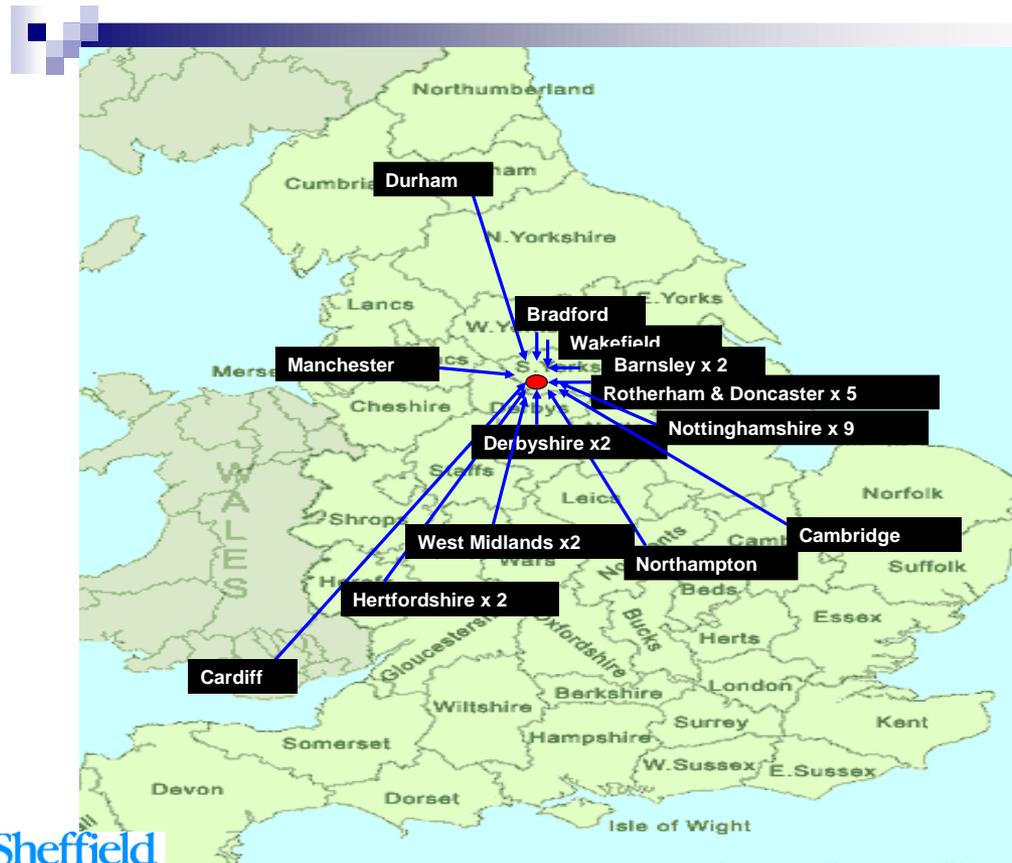
Locked rehabilitation was not a provision within Sheffield Health and Social Care

Out of area beds = 50+

Placements ranged from 14-120 miles away from Sheffield

Model of care & outcomes

Needed to innovate. £6.2 million being spent on Out of Area placements



The LivingWell Service

<https://youtu.be/AggpTFMsZgc>

The service

- Partnership between Sheffield Health and Social Care Trust & South Yorkshire Housing Association
- Multi-disciplinary team
- 43 customers in SYHA properties across the city
- Housing is 20% of the story but it's a key 20%!

The model

- Bespoke packages of care & support
- Active case management
- Joint visits on wards
- Personal housing assessment
- Options presented
- Enhanced investment
- Overnight stays

Working together

- Clinical team meetings
- Governance meetings
- Team leader's review
- Contract review meetings
- Case Formulation
- Christmas party/weddings



Case formulation

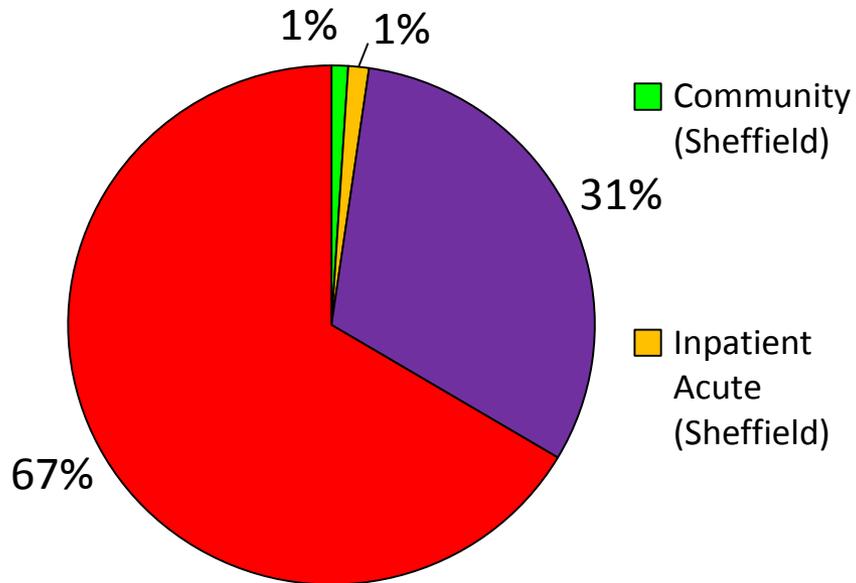
- *“I don’t think that anybody feels like they can’t bring an issue, like it doesn’t matter who you are or what the issue is if its there and we talk about it ... and if things have gone ‘wrong’ there hasn’t been finger pointing or blame its been more of a ‘well, ok what can we do from this point’ ... it’s never been like ‘oh well, that failed’ or ‘that was rubbish’ its been ‘ok lets try something different’ which from my experience as working as nurse is very very rare”*

Our customers

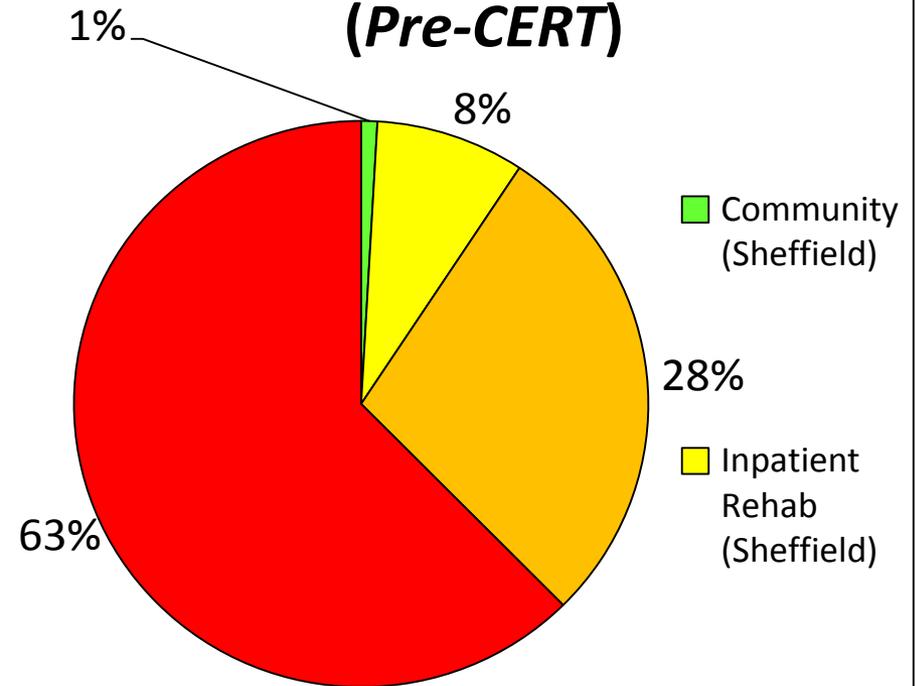
- Have had frequent and lengthy admissions to hospitals including secure, locked rehabilitation and acute facilities.
 - previous evictions
 - refused referrals into all supported housing across the city

Some examples

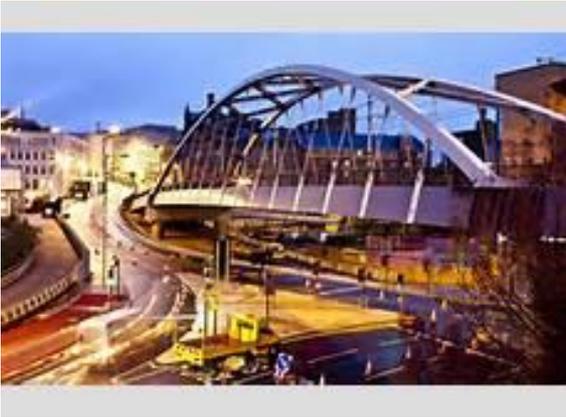
Support Type from 2005-2015 (Pre-CERT)



Support Type 2005-2015 (Pre-CERT)



The Impact



Relocating
&
Reconnecting

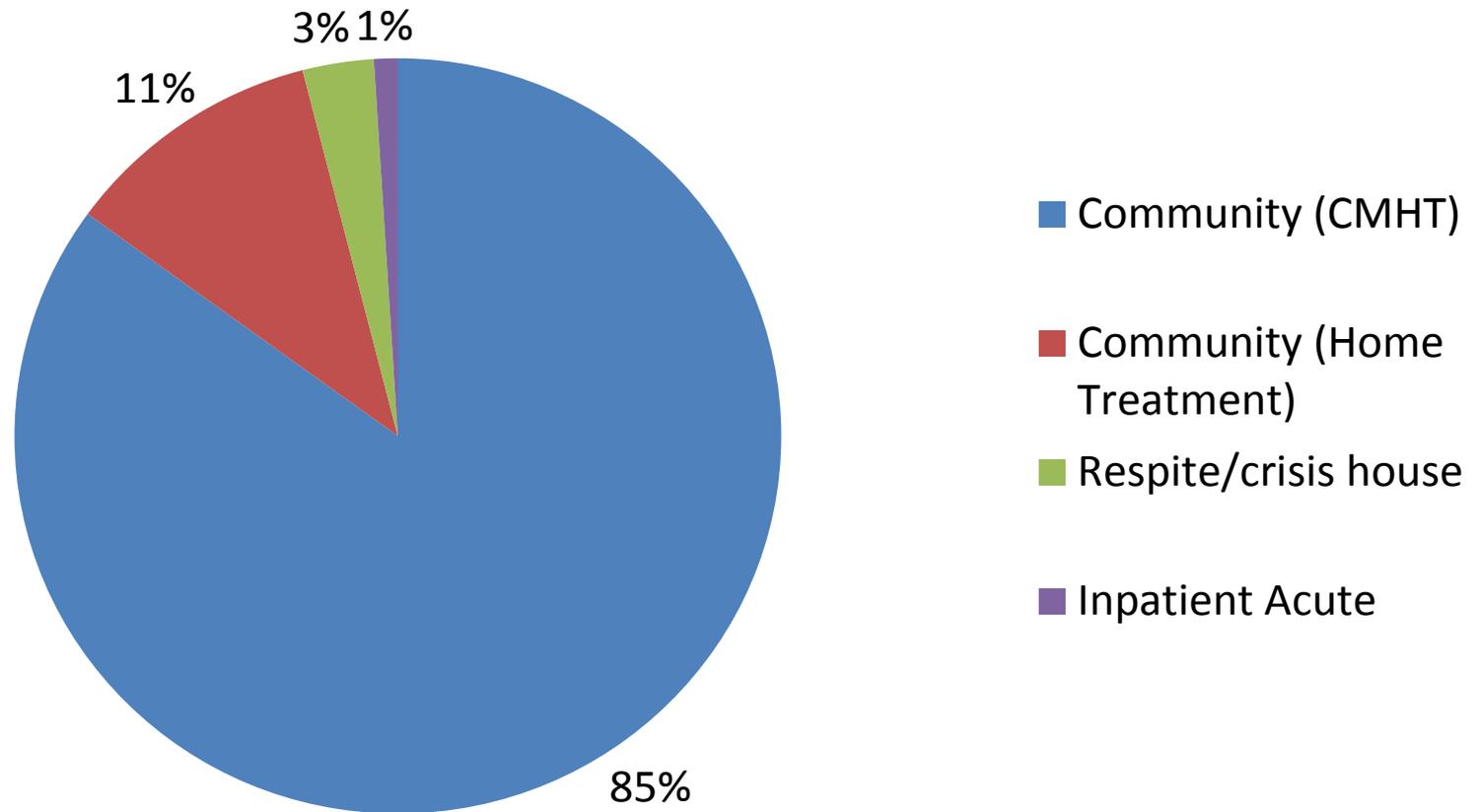


Access to local
communities,
purposeful activity,
social networks and
continuity of care

The Impact

- *'It is equipping me with the skills to live in the most independent way'*
- *'CERT has done a remarkable job of enabling me to live in society and the community, rehabilitating my mental health and myself as a person'*
- *'Thank you for helping me fit into my new flat, because of your help it is now my home'*

Discharged service users (post CERT)



Our customers

- Jane is in her early forties and has experienced mental health problems since adolescence. Before she was discharged to her own tenancy, with support from CERT, she had spent 4 years in hospital. Initially she received 12 hours support a day, however over the two and a half years she spent with the team, her support package decreased to just eight hours per week. She achieved her goals of owning her own dog and having her driving license reinstated. She then went on to become a governor within SHSC and a None Executive Director with SYHA
- Jane has now transitioned to a CMHT and is visited by a Care-Coordinator once a month, alongside an social care package. She has recently enrolled on a Postgraduate Diploma in Recovery.

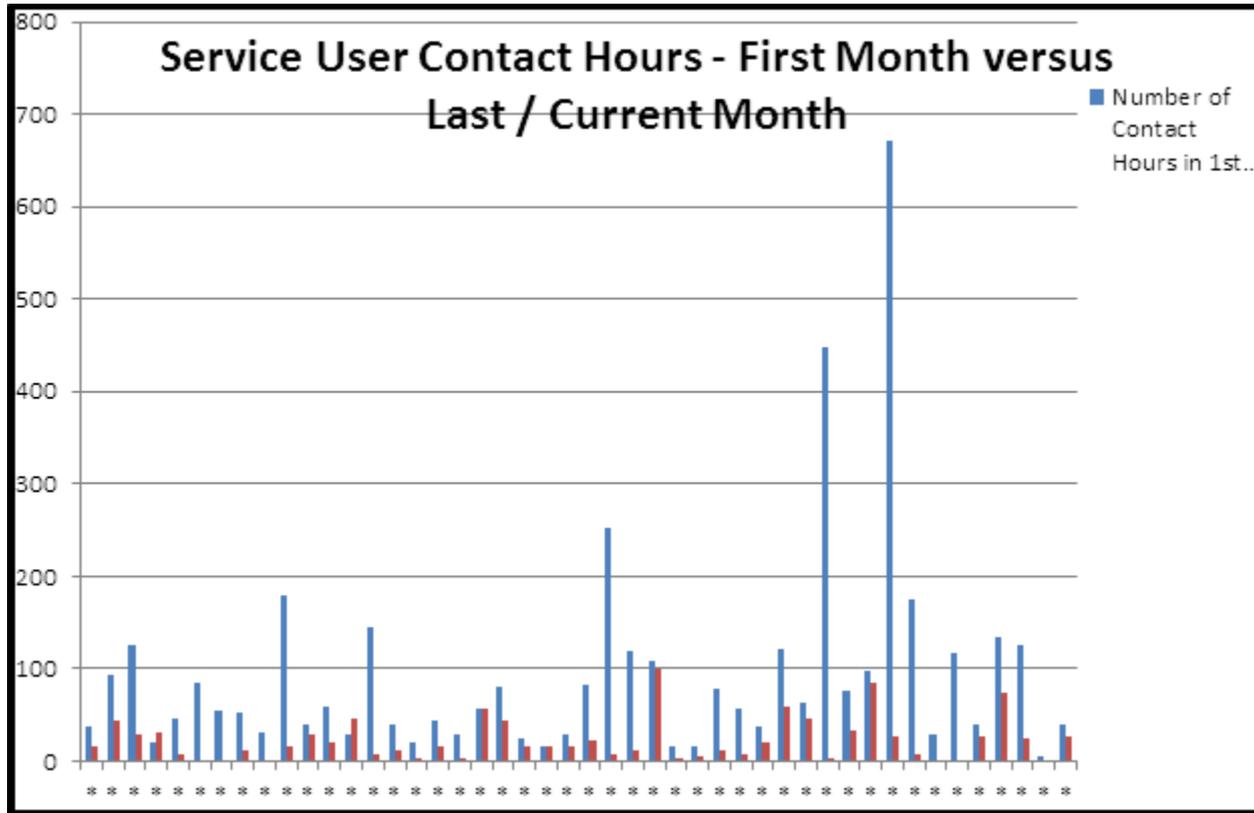
Our customers

- Mel is 39 years of age with a dual diagnosis, including a mild learning disability; she has had extensive hospital admissions as well as being detained in prison. Mel had very low self-esteem and confidence when she moved into her own tenancy which impacted on her ability to achieve things that she wanted to. With support, Mel has built up the confidence, social skills and relationships needed to thrive in her local community. She now regularly travels independently on public transport, engages in various local groups and owns a pet cat.
- Mel has built herself a life outside of mental health services and hopes to start some voluntary work in the near future. Mel has now been discharged to a CMHT where she has built therapeutic relationships with her new MIND workers and Care Coordinator, as well as sustaining several community connections including her neighbours (who she supports with shopping). She has recently cooked a Christmas dinner for herself and three friends at her home.

Our customers

- Sam is a 39 year old man with a diagnosis of Paranoid Schizophrenia. Sam was detained in hospital for over 15 years of his life in various mental health settings including Secure and locked hospital. Alongside helping Sam to re-adjust to life in his local community, both teams supported him manage, accept and live with his experiences of psychosis on a daily basis. Due to his extensive risk history there was reservation about Sam's ability to live independently in the community, however he did not have a single admission back into hospital following his discharge.
- Sam's biggest ambition was to become a chef again; he was supported to volunteer as a chef at a local café as a step towards this ambition. By moving back to Sheffield Sam was able to reintegrate into his local community, live independently in his own property, participate in social activities such as the football group that he regularly enjoys, reconnect with friendships from the past and be close to his family and the continuing support that they offer him.
- Sam has now been discharged to a CMHT

Reduced health needs and greater independence



Outcomes

- Customer satisfaction
 - The Joy of everyday life
- Lots of learning for Housing and Health
- Savings to the system and system change
 - £5million of savings in first 3 years.
- No evictions

Impact on system

- 55 Service users have received community intervention
- 4 service users out of city
- Reduction in bed use by 96%
- Transformation of bed based services
- A more responsive service
- Decreased length of stay in hospital provision
- Least restrictive

What are people saying

“This is a progressive, exciting transformation that we need to be doing everywhere, which doesn’t depend on what the government does,” Lamb says. “We need to applaud these brilliant reformers who are re-engineering services, which are much more about partnership with people and peer support. It’s not just about the money.”

Liberal Democrat MP [Norman Lamb](#), former health and care minister
The Guardian 9th October 2017

Questions

- Questions for us..
- Questions for you
 - Anyone want to share their experience?
 - Barriers?