

Mental Health Supported Living- enhancing the offer, what does the future look like?

Dr Nichola Stefanou, head of clinical practice
Fiona Ramsay, clinical lead for mental health

We are Home Group

We are a registered charity operating in the third sector

Traditionally we are a large housing provider looking after **120,000** people a year, managing **55,000** homes.

Annually we work with **30,000** vulnerable people delivering specialist and supported services for people with complex health and social care

Our **New Models of Care** strategy will deliver care services that make a difference focusing on **long-term impact**.

We believe **re-ablement support services** for mental health, learning disability and older customers fosters independence.

We promote the **integration of health, housing and care**.



home
group

Building homes,
independence
and aspirations

Our ambition

To provide a mental health services that is recovery focused and encompasses a person's physical and psychological needs

To provide a one stop shop in the community for the whole community



Achieving our ambition

We aim to:

- Design and deliver person-centred care, underpinned by evidence, which supports people to lead fuller, happier lives
- Meet the objectives of building capacity within community-based services to reduce demand and release capacity from the acute sector and in-patient beds
- Work with the two-thirds of additional people receiving services with co-morbid physical and mental health conditions or persistent medically unexplained symptoms
- Acknowledge that new integrated services are critical to building care holistically around the needs of the person to improve their outcomes and support them to achieve wellbeing
- Design services that incorporate the need for expansion of psychological therapies services by building skills and capacity in the workforce



Are we missing an opportunity?

Approximately **1 in 4** people in the UK will experience a mental health problem each year

In England, **1 in 6** people report experiencing a common mental health problem (such as anxiety and depression) in any given week

By 2030, it is estimated that there will be approximately **2m** more adults in the UK with mental health problems than there were in 2013



Published April 2017.

[1] McManus, S., Meltzer, H., Brugha, T. S., Bebbington, P. E., & Jenkins, R. (2009). [Adult psychiatric morbidity in England, 2007: results of a household survey](#). The NHS Information Centre for health and social care.

[2] McManus S, Bebbington P, Jenkins R, Brugha T. (eds.) (2016). [Mental health and wellbeing in England: Adult psychiatric morbidity survey 2014](#). Leeds: NHS digital.

[3] Mental Health Foundation (September 2013), *Starting today – The future of mental health services*

Are we missing an opportunity?

Housing is more than bricks and mortar – take a look at Home View in Blackpool, a step-down service delivered with Lancashire health care trust



We supported **57 customers** in the first year. The average length of stay is **66 days**.



72% of Home View customers had a **local connection to Blackpool**. Of the remaining customers, all but one returned to their place of origin.



52% of customers were homeless when they came to Home View. **All customers moved to appropriate accommodation.**



98% of customers felt the standard of the accommodation was either **good or excellent**.



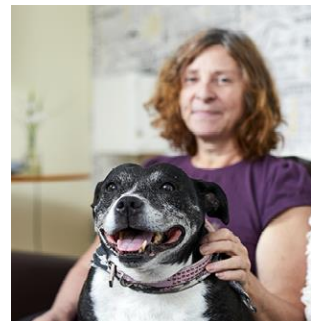
100% of customers said the support they received at Home View was either **good or excellent**.



Customers report a **39% increase** in their feeling of wellbeing after staying at Home View.



Customers who have moved on often return to the service for **brief intervention support or to reduce social isolation**, reducing their need for statutory services.



Are we missing an opportunity?

Our step down services are delivering results -



A step down service annual investment of **£1.9m** could deliver enough in savings to close down a ward for **24 people** and deliver annual saving excess of costs of **£500k**.



Providing a **12 bed alternative** to an admission service could save **£751,965** on traditional care - savings would pay for the annual cost of the service within just 7 months of operating.



Solihull respite units prevented hospital admission for **13 people** in its first two months.



Self-reported wellbeing showed a **26% improvement**



Norfolk step-down service approximately **saves £3,500 per person** compared to a hospital stay.

The future

The future **should** and **will** include:

A workforce that has -

“expertise in employment, benefits and housing as well as treatment and care”

“A model that responds to poverty, poor housing, emotional trauma, lack of education, and psychological and social resources, that challenges structural inequalities such as disparities in life chances and opportunity”

So.....



Transforming the workplace

By using psychologically informed support practice we will be able to:

- Build capacity and competence to have evidence based psychologically aware conversation
- Integrate services so that care is truly person centre and recovery focused by using more creative models
- Offer a holistic approach by working with all elements of a person from their physical and mental wellbeing



We will make every contact count



Questions?