STOCKPORT MENTAL HEALTH PATHWAYS PROJECT

In partnership with People Powered Health Programme
September 2011- November 2012

West Midlands Co-production Practitioners Network Meeting
12th October 2011

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The Journey begins…..

Under-funded services
Low morale
Acute service investigations
Traditional psychiatric service
Risk averse practice
User and carer dissatisfaction
Unequal distribution of resources
Values and Recovery Approach

- Values Based Awareness Training
- Recovery and Inclusion Network
- Recovery Conferences 2003, 2007
- Social Inclusion Strategy 2005
- Stockport Wellbeing Centre 2006
- Joint Commissioning Strategy 2007-12
- STR Workers Strategy
- Thrivers Programme
- Crisis Accommodation and Home Support Service - a co-produced, recovery service
Personalisation

“People with mental health problems, and those at risk, will receive personalised care packages designed to meet their individual needs. They will be able to make decisions about their care, treatment and goals for recovery, as well as to monitor their own condition.” (New Horizons consultation 2009)
Times are changing

**Power with clinicians**
- Traditional interactions
- Expert knowledge creates behaviour change
- Goals are set by the clinician and success is measured by compliance with them
- Decisions are made by the clinician.

**Co-production-power shared**
- Collaborative interactions
- Belief that change can happen, together with knowledge, leads to behaviour change
- Person is supported in defining their own goals. Success is measured by attaining those goals
- Decisions are made as a service user-clinician partnership
Professional gift model

- The underlying system of power: ‘we know best’.
- Professionals and commissioners work out what you need.
- They buy things they think will help.
- You have to slot in.
- You feel you should be grateful.
- We have not rethought power
Citizenship Model

- Citizen at the centre
- Services negotiated
- Entitlements defined
- Community fully engaged
- **Outcomes** improved
Stockport SDS
Evaluation of the mental health services pilot
Personal Budgets have shown how differently people might do things

- Buying a dog
- Purchase of a mobile phone/artists materials
- Driving lessons/buying a car
- Playing in a violin group
- Employing personal assistants during crisis to avoid hospital admission
- Joining a dating agency
- Hiring an art teacher
- Belly dancing
- Participating and running an independent leisure, sport and social group
- Paying for travelling to stay with relative for a break
Wider Learning

- Encourage staff to believe in service user’s capacity
- Culture and language key, ensure values underpin practice
- Address fear of blame and accountability - balance risk
- Avoid focus on ‘the what’ but do focus on ‘the why’ - meaningful choice
- Offer peer led support planning
- Encourage self management
- Gather evidence - develop tool to link needs and outcomes
- Ensure robust reviews
- Develop an information bank, the market place and community based circles of support
Our next steps 2010-11

- Develop mental health recovery pathway to re-cycle budgets
- Tendered a Prevention and Personalisation Service
- Offer peer and community brokerage- support ULO social enterprise to grow
- Peer led reviewing of use of budgets against outcomes
- Develop on-line self management tool
- Website www.mycaremychoice.org.uk and interactive RAS (specialist design in mental health service area)
- Stockport Circles and peer support networks
- Develop a Community wellbeing hub and spokes: partnership with FLAG (For Local Advice and Guidance) / community and voluntary sector infrastructure/ wellbeing centre / CIL
- PEOPLE POWERED HEALTH BID
The Bid

• Save money, improve outcomes: reduce numbers in specialist expensive services
• Mental health pathways key - access, assessment, treatment and discharge
• Tap into the power of peers
• Use personal budgets for recovery
• Need to understand the Stepped Care Model
Stepped Care Model

- Specialist mental health services - core business
- Primary Care wrap around services, shared care
- Community, peer and universal wellbeing services
Mental Health Pathway

Reduced referrals and increased alternative supports

Supported discharge, personal budgets, recovery plans and peer support
BARRIERS

- Culture
  Mental Health Trusts - paternalism
- Stigma
- Finance
  GP Practices’ reluctance
- Perceptions
- Realities

Service Users - fear of loss of support and benefits
Language and Perceptions

- Discharge - down
- Pushed out
- Abandoned
- Loss
- Emptiness

Challenge mind-set:
- Discharge - up
- Positive Improvement
- Choice and Control
- Growth
- Opportunity
Stockport Partnership Bid Team

- Pennine Care NHS Trust
- Peer Groups
- Altogether Positive ULO
- Voluntary Sector Collaborative
- Stockport MIND
- Public Health and Wellbeing- NHS Stockport
- GP Clinical Commissioning Group
- Voluntary and Community Infrastructure Service
- Neighbourhood teams
The Journey ahead…

- Step up to 200 people up and away from the Trust in next 18 months
- Develop business case and outcomes evidence
- Peer reviewing system for personal budgets
- Develop a network of local community wellbeing centres and peer support networks
- Develop a team of peer ambassadors and Thrivers programme
- Offer menu of opportunities for recovery
- Present to CCG and Health and Wellbeing Commissioning Board
- Scale up to other client groups and other areas
Now it's my choice...

It doesn't have to be day care

Step 1
Let's identify what your needs are
Personal Budget - What does it mean to you?

Instead of the Council buying your social care, we give you the money we would have spent. You can then spend it the way you see fit!

Traditionally...

My needs → Council

Council delivers services

Personal Budget...

My needs → For Me → My shopping list → Saving!

You choose what’s best for you!
I have to have, or need help with everyday living...

Please tick all that apply, then click ‘Next’

- Getting in & out of bed
- Using the toilet
- Washing myself
- Getting dressed
- Moving in & around my house
- Cooking & eating
- Getting in & out of chair
- Learning disability
- Mental health
- Getting out & about
- Feeling safe on my own
- Shopping, money & housework

Next ➤
Starting tomorrow, I would like to...

Tick up to 3 that are most important to you, then click 'Next'

- Enjoy work more
- Expand skills & knowledge
- See more of my family & friends
- Be more self sufficient
- Feel happier in myself
- Feel safe & secure
- Eat & live more healthily
- Feel valued & respected
- Get out more
- Have a challenge
- Take some risks
- Feel free
My future goal is...

Click on the goal of your choice to put it in the pyramid, then click 'Next'.

- Feel younger in myself
- Get job or vocation (earn money)
- Live independently
- Feel valued, respected, fulfilled
- Get myself off benefits
- Realise a long-term ambition
- Dignified-looking woman
- Maintain dignity & quality of life
Achieving my goal...
Choose 2 stepping stones to help you achieve your goal. These will be added to the pyramid.

- Use my skills to help other people
- Do volunteer work
- Do something for charity
- Represent my community
- Take up painting
- Start a blog
- Get a qualification
- Do something that surprises me
- Start a business
- Join a choir, take up bell ringing
- Play music, get on stage
- Mentor another person
- Teach
How it all seems to me...

Choose up to 3 to reflect how you've been feeling in the last month. If you're coping OK & none apply click 'Next'

- I enjoy being with my friends
- Everything's pretty good
- I feel awkward in public
- I feel unsafe almost all of the time
- I feel calm
- I'm scared what I might do next
- I can't think clearly or concentrate
- I have no purpose in life
- I am so tired, I feel tired all the time
- I hear voices or see things & get upset
- No one understands the way I behave
- Everyone thinks I'm making it up

Next
These are my choices in mental health

<table>
<thead>
<tr>
<th>How it all seems to me</th>
<th>Connecting with others</th>
<th>How I'm coping</th>
<th>How I'm feeling</th>
<th>Other ways I deal with my situation</th>
</tr>
</thead>
<tbody>
<tr>
<td>I enjoy being with my friends</td>
<td>I like meeting up with friends</td>
<td>I'm proud of my home</td>
<td>My loved ones are there for me</td>
<td>Drink is a problem for me. I use it to cope</td>
</tr>
<tr>
<td>I feel awkward in public</td>
<td>I'm wary of people &amp; avoid public places</td>
<td>I get huge rushes of joy or energy</td>
<td>I won't hurt myself because of family</td>
<td></td>
</tr>
<tr>
<td>No one understands the way I behave</td>
<td>I don't belong anywhere</td>
<td>I used to do all sorts. Now I can't face it</td>
<td>No one listens to what I say</td>
<td></td>
</tr>
</tbody>
</table>

These are things that we can help with & we'll look at them in detail later.
Estimated cost of your everyday living needs...

- Equipment
- Personal helper
- Activities & wellbeing
- Specialist advice or equipment
- Equipment
- Other help

Estimated weekly cost: £88.46

Total estimated weekly cost = £88.46/wk

If you have savings of £23,250.00 or more you will have to pay up to £250/wk yourself. We will pay any costs over £250.

If you have savings under £23,250.00 you could get support up to £88.46/wk

Council may contribute money Council won’t contribute

See how you could benefit if the Council gave you a Personal Budget
Contact details

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