

Local Account of Adult Social Care 2013-14

# People with mental health needs



Promoting  
independence





## Mental health in Hackney

Rates of severe mental health and depression in Hackney are high, in fact the borough has some of the highest rates of mental health hospital admissions in London.

Around 3,400 people in Hackney live with severe mental illness such as schizophrenia, bipolar disorder and/or other psychoses.

We work with East London NHS Foundation Trust to treat and care for working age adults with mental health needs, support their recovery and help them maintain their independence.

### **Our locality mental health teams offer:**

- Assessment and care coordination
- Counselling
- Community psychiatric nursing

- Mental health education and advice to carers
- Occupational therapy
- Psychology
- Advice
- Rehabilitation and recovery services

### **Specialist teams provide:**

- Early intervention services for young people
- Interventions for high risk and hard to reach people with enduring mental illness
- A rehabilitation and recovery service

Our work spans two main areas: working with people's clinical needs and working with their social care needs.

## Clinical needs

In 2013-14, we provided:

- Inpatient care to 1,035 people
- Outpatient care to 4,400 people
- Coordinated health and social care to 1,238 people where recovery goals were agreed and delivered

Of these:

- 93.2% of people seen by us are in settled accommodation (1,154 out of 1,238)
- 6.7% stayed in work through specialist employment support (83 out of 1,238)
- 41 people were involved in regular voluntary work

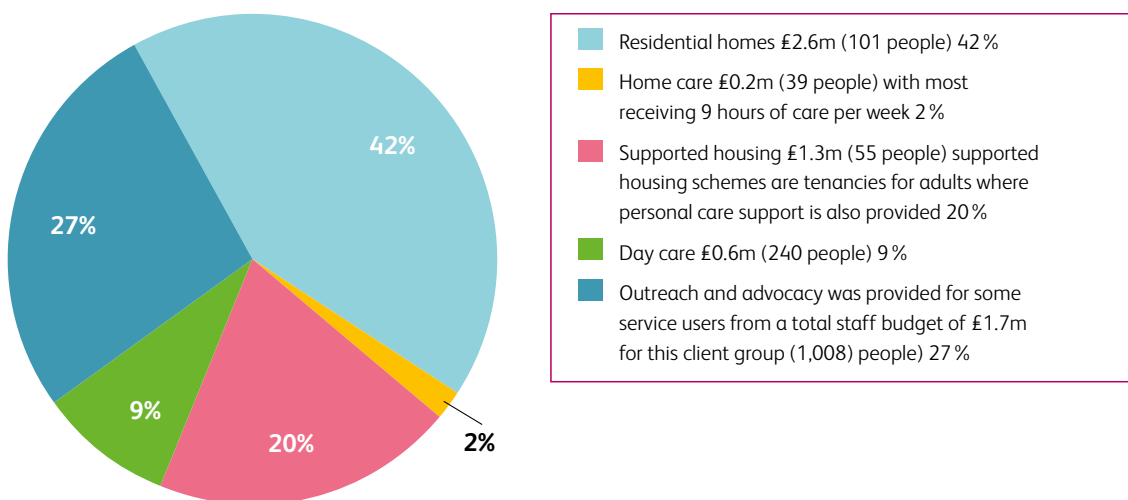
## Social care needs

In 2013-14:

- We assessed 997 adults aged under 65 to determine their level of social care need with 198 people going on to receive funded social care. The chart below shows the types of services people received.
- The remaining 799 people were offered professional support or signposted to appropriate help in the voluntary sector, primary care or psychological services.

## What we spent in 2013-14

We spent a total of £6.3 million last year on 1,342 people with mental health needs. Part of the money was spent supporting 157 carers to give them a break from caring.



Some people received more than one service and some bought services and controlled their own care using self-directed support.

# Plans

Below we have summarised what we did for people with mental health needs in 2013-14 and what we plan to do in 2014-15.

What we said we would do	What we did in 2013-14 and what we plan to do in 2014-15 and beyond
<p>Help more people with mental health needs to control their care by using self-directed support</p>	<p>In 2013-14, we:</p> <ul style="list-style-type: none"> <li>• Increased the number of people with mental health needs using self-directed support to 119 people, 30 more than in 2012-13</li> </ul> <p>In 2014-15, we will:</p> <ul style="list-style-type: none"> <li>• Test support planning to help people with mental health needs with a personal budget to plan and choose their support. People can opt to use the service provided by Outward to help them arrange their support with providers</li> <li>• Arrange a 2014 summer event to promote local services offering different kinds of support</li> <li>• Find ways to overcome barriers preventing people with mental health needs using self-directed support</li> </ul>
<p>Test out a plan to help people with mental health needs achieve speedier recovery and recruit an occupational therapist to work with 30 people to test how best to reduce risk of hospital admission</p>	<p>In 2013-14, we:</p> <ul style="list-style-type: none"> <li>• Agreed a plan for testing ‘reablement’ for people with severe and enduring mental health needs</li> </ul> <p>In 2014-15, we will:</p> <ul style="list-style-type: none"> <li>• Run and monitor the test project and identify more people who may benefit</li> </ul>
<p>Commission new integrated services that promote positive mental health, prevent crisis and relapse and tackle factors that lead to poor mental health</p>	<p>In 2013-14, we:</p> <ul style="list-style-type: none"> <li>• Started work on a new integrated Mental Health Network which will be in place by January 2015 and will provide:             <ul style="list-style-type: none"> <li>• Early intervention for people who start to experience difficulties</li> <li>• Recovery and social inclusion services for people with severe or enduring mental health needs</li> <li>• Support and activities offered for up to two years to help people access education, training and employment</li> </ul> </li> </ul>

What we said we would do	What we did in 2013-14 and what we plan to do in 2014-15 and beyond
<p>Improve employment and training support services</p>	<p>In 2013-14:</p> <ul style="list-style-type: none"> <li>• 83 out of 1,238 (6.7%) people with severe mental health needs stayed in work through specialist employment support, a small increase on last year</li> <li>• 258 people with mental health needs were supported at Lee House employment and rehabilitation centre</li> <li>• 59 people with mental health needs took part in education and training</li> <li>• 29 people with mental health needs undertook voluntary work</li> </ul> <p>In 2014-15, we will:</p> <ul style="list-style-type: none"> <li>• Launch a new integrated mental health network that will include employment support and training</li> <li>• Redesign our council employment service to provide employment support to people with high needs</li> </ul>
<p>Focus on reducing the number of people placed in residential care by supporting more people to remain in their own homes</p>	<p>In 2013-14:</p> <ul style="list-style-type: none"> <li>• 13 fewer people with mental health needs were permanently placed in care homes than in 2012-13</li> <li>• Over 93% of the people receiving social care support for mental health needs were living independently in the community</li> </ul> <p>In 2014-15:</p> <ul style="list-style-type: none"> <li>• We will continue to reduce the number of people permanently placed in residential and nursing care</li> </ul>

What we said we would do	What we did in 2013-14 and what we plan to do in 2014-15 and beyond
<p>Help carers of people with mental health needs to have a break and support them in their caring role</p>	<p>In 2013-14, we:</p> <ul style="list-style-type: none"> <li>• Provided support to 157 carers of people with mental health needs</li> <li>• Commissioned a new community partnership called 'Carers are the Bedrock', starting in 2014, to make it easier for carers to get support including: <ul style="list-style-type: none"> <li>• Carers' assessments</li> <li>• Hackney Carers Card</li> <li>• Advice and advocacy</li> <li>• Training</li> <li>• A point of contact for GPs</li> </ul> </li> </ul> <p>During 2014-15, we will:</p> <ul style="list-style-type: none"> <li>• Implement new carers services – see the Carers fact sheet for more details</li> </ul>

## What you told us

During the last year we have consulted people with mental health needs to get their views on what we provide now and what they would like to see in future

What you said	What we have done and what we plan to do
<p>We need better support to help people sustain their recovery and be more socially included, especially after hospital discharge</p>	<p>In 2013-14, we:</p> <ul style="list-style-type: none"> <li>• Planned and commissioned a new Integrated Mental Health Network to start in January 2015</li> <li>• Supported 258 people at Lee House employment and rehabilitation centre</li> <li>• Helped 59 people with mental health needs take part in education and training and 29 people to undertake voluntary work</li> </ul> <p>From January 2015 the new Integrated Mental Health Network will:</p> <ul style="list-style-type: none"> <li>• Offer a range of services and activities including access to employment, education and training to up to 1,000 people with serious and/or enduring mental health conditions for up to two years to promote their recovery and help them 'move on'</li> <li>• Offer early intervention, including talking therapies for up to 1,500 people with mild to moderate mental health needs for up to a year</li> </ul>



What you said	What we have done and what we plan to do
People were concerned that a proposed single point of access for the new service would deter certain communities from trying to get help	We changed the model so people can access the service through the lead provider or other organisations in the network. There will be a standard assessment and support planning process however people access the service
People want better access to peer support groups	Activities on offer via the New Integrated Mental Health Network from 2015 will include: <ul style="list-style-type: none"> <li>• Support to develop social networks and community participation</li> <li>• 1:1 and group support work</li> <li>• Self-help support</li> </ul>
We would like a more holistic approach to mental health and to be treated as individuals	From 2015, the New Integrated Mental Health Network will promote an environment that welcomes and values people's lived experience of mental ill health and will support people to take control of the services they want
Change the name of the Integrated Mental Health Network to something more user friendly	City and Hackney MIND will run the network and develop an appropriate name for the new service
We are concerned about people with long term mental health needs who may need support for more than the two years offered by the new Network but who are not eligible for adult social care	The Network has provision for some people to have a service for longer than two years to achieve their goals We will look closely at the needs of this group to see how best their needs can be met through future commissioning
Make sure communications are clear and in language and formats suitable for people with mental health needs, including those with mild to moderate learning difficulties	City and Hackney MIND who will be running the Network has said they will do this

## Useful links and contacts



City and Hackney Mind

[www.cityandhackneymind.org.uk](http://www.cityandhackneymind.org.uk)

East London Foundation Trust

[www.eastlondon.nhs.uk](http://www.eastlondon.nhs.uk)

City & Hackney Adult Mental Health Point of Entry (CHAMHPE)

**020 8510 8011** or **07870 595 732** (emergencies)

The People's Network (Social Action for Health)

[www.safh.org.uk](http://www.safh.org.uk)

If you would like to receive a printed copy of a fact sheet or one in another language or alternative format, call **020 8356 3980**.

If you want to contact Adult Social Care to get help or find out more about the services available, call **020 8356 6262** or visit [www.hackneyicare.org](http://www.hackneyicare.org)