

COMPACT AT WORK



Transforming mental health services in Leeds through partnership working

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Leeds' Rehabilitation and Recovery (R&R) mental health service has been designed and delivered through a partnership between Leeds' NHS Mental Health Trust (LYPFT) and three voluntary sector mental health organisations. Service users work with mental health professionals employed by the partner organisations, moving from stepped intensity residential care to rehabilitation in the community, with support provided for up to 6 months.

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What Happened

Leeds' R&R mental health service provides care to people with severe and enduring mental health difficulties and complex needs. It is the result of a collaboration between Leeds' NHS Mental Health Trust (LYPFT) and three voluntary sector mental health organisations: Community Links, Leeds Mind and Touchstone. The service was developed as a result of a desire to transform mental health services in the area by having NHS inpatient and community voluntary sector providers working more closely together, sharing knowledge and clinical skills, and adopting collaborative training strategies.

The R&R service is delivered by an integrated and multi-disciplinary team of mental health professionals employed by the four key partner organisations within a Recovery Centre, which provides support to people for up to 6 months. It consists of a pathway through stepped intensity residential care (a first unit provides comprehensive support, while a second is fully self-catering and equips service users with support to begin self-medicating) to rehabilitation in the community.

The service aims to work with people to identify interests in the community

so that when they are discharged they have social support. Here, the voluntary sector partners and their links to the wider voluntary sector are a valuable resource, providing service users with a variety of opportunities for social engagement and skill development. These include outdoor skills programmes, befriending services, gym membership and education.

Impact

Early indications are that the R&R service is having a hugely positive impact on the rehabilitation of service users; the mean length of stay in residential care between March and August 2015 was 150 days, down from 540 days between March and August the previous year. Over the same period, 18 people were discharged entirely from Rehabilitation and Recovery services, compared to 14 people in 2014.

It is clear that the partnership approach has been beneficial; by working in an integrated way, professionals from different backgrounds have developed an understanding of each other's perspectives, skills and experience and how

Compact Principles

3. Delivering programmes and services
5. Promoting equality and fairness

Tags

Health

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this impacts on service delivery, and by sharing knowledge, they have increased their awareness of community resources.

A recent evaluation of the service's partnership working revealed that collaboration had led to a positive re-evaluation of current work practices, positive risk-taking and more individualised support to service users. Staff from the voluntary organisations were seen as providing alternative perspectives and offering new and creative approaches to supporting service users.

The distinct expertise of each of the partner organisations has contributed to improved care, ensuring that service users receive the right interventions by the right people: Community Links provide residential and community services offering varying levels of support, providing service users with increased options as they move back into the community; Touchstone's networks within a diverse range of communities allow activities to be offered which are appropriate to an individual's culture and faith; Leeds Mind's peer support network offers service users support from people who themselves have lived experience of mental illness.

Quote

"During my stay as an inpatient in R&R I was treated with the upmost civility and kindness by the staff here. I found them to be caring and considerate and totally dedicated. When I arrived here I was in a confused and somewhat low ebb, but I would like to say that my thoughts soon changed from feeling anxious and insecure to seeing a positive side and a brighter future, which I put down to the hard work of staff. I am now once more a positive thinking person who can see a light at the end of the tunnel."

Philip, service user

Relevant Compact Principles

3. Delivering programmes and services

5. Promoting equality and fairness

Related links

- Leeds Rehab and Recovery Mental Health Service:
<http://www.commlinks.co.uk/the-recovery-centre>
- Community Links
<http://www.commlinks.co.uk/>
- Leeds Mind
<http://www.leedsmind.org.uk/>
- Touchstone Leeds
<http://www.touchstonesupport.org.uk/>



Pictured: Rehabilitation and Recovery staff team