

Mental Health and Putting People First

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In this session...

- I will give an overview of what has been done in implementing PB in mental health
- We will explore local experiences, and consider what needs to happen to make personal budgets a real option for people with mental health support needs.

Direct Payments



- Since 1997 -able to offer DP
- Cash in place of social care services for those meeting the Local Authority eligibility criteria
- Willing and able to manage (with support)
- Some exclusions relating to Mental Health Act status
- Since 2003 - duty to make DP
- Take up consistently low in mental health and OP
- Lots of research
- Lots of solutions: Training, leadership, systems and processes, information for people, support to manage.

Individual Budget Pilots - Lessons



- 4 areas: Oldham, Norfolk, Lincolnshire, Barnsley
- Direct Payments history
- FACS
- Interface with CPA process and documentation
- PC approaches
- Health? Social care?
- Creativity
- Risk
- Culture
- Low levels of expectation
- Modesty
- Ordinary life

What did people buy?

- Some “traditional” services
- PA support
- bike, dog, camera, art materials, car, hair extensions, reflexology
- Skills -driving lessons, art group, college course, tai chi, gym membership, job coaching / seeking
- Support -life coaching, managing bills and money, pooled money for group support, ironing, cleaning
- Respite - short breaks, holidays
- Assistive technology - telecare, home safety
- **www.personalisation.org.uk** for streambed stories
- Using a range of **deployment options**

Risk and Audit

- Small number of people not at liberty to organise own care
- Get the timing right
- Fluctuating conditions
- Risk Enablement Approach developed by LA's
- Independence, Choice and Risk (DH 2006)
- Signing off Support Plans
- **Range of options:** include agent, direct service, Trust, Individual Service Fund too
- Support through care manager, Support planners, brokers, user led organisations
- Light touch audit
- Monitoring through review
- Anecdotal evidence from sites

What does the evidence say?



- **IBSEN 2008**
- Complexity in integrated services
- What's Health and what's social care
- “Significantly higher” self reported quality of life for IB recipients than those in the control group.
- Mental health outcomes most significant
- **Putting Patients in Control (SMF 2007)**
- Community based resources investment
- Significantly improved recovery prospects
- Efficient
- Self recorded progress
- People able to purchase clinical input and medication

“Individual Recovery Budgets” project – Mersey Care



- January 2008
- Agreed flexible use of EI funds with PCT joint Commissioners
- **Aim** – to develop person centred plans, with an offer of virtual budgets to individuals using EI Teams – thus creating personalised solutions.
- We believed that this would have a significant impact on recovery outcomes, but that it would present a cultural challenge
- Building on experiences of Direct Payments in social care, but using health resources to meet health and social care outcomes.
- Context -what was happening in the wider health and social care world....
- But a **different approach**

So what did we do?

- Develop partnership with Imagine
- Fund broker
- Based broker within early Intervention teams
- Establish the budget for each team
- Person centred approaches training for staff
- Evaluation – University of Chester
- Steering Group
- Operational Group
- Lead person from each team.
- Independent panel for requests over £400.00
- Staying in Control pilot (in advance of DH pilots)
- DH personal health budget pilots 2009.

What have we learnt?

- People are naturally reserved in their requests.
- SU'ers and families were thankful and appreciative
- No one sold anything bought with IRB monies!!
- Risk management wasn't as difficult as imagined.
- Easier to engage SU'ers in the care planning process .
- Powerful to see the way that SU'ers communicate how this will help.
- Tested all our beliefs, values and attitudes.
- Very new concept especially to health staff
- Takes time to get staff on board – traditionally social work role
- Relationship with broker is pivotal.
- Brokerage is time consuming in mental health.
- Unanticipated outcomes
- To Think creatively about peoples needs.

Nicky Fearon, EI Team Manager, Mersey Care NHS Trust

North West activity

- Stockport brokerage project
- East Lancs PCT / Lancs CC
- Stockport PHB
- Cumbria PHB
- Merseyside full PHB
- Trafford personal budgets
- Right to Control (DWP) trailblazer

Paths to Personalisation

The image shows the cover of a report titled 'Paths to Personalisation in Mental Health'. The cover has a white background with a large purple rectangular area on the right side. In the top right corner, there is a circular logo with the text 'Policy into Practice' and 'National Mental Health Development Unit'. The main title 'PATHS TO PERSONALISATION IN MENTAL HEALTH' is written in blue capital letters inside a white rounded rectangle. Below the title, the subtitle 'A whole system, whole life framework' is written in black. At the bottom, there are three logos: 'New Horizons A shared vision for mental health', 'NDTi National Development Team for Inclusion', and 'DH Department of Health'.

Policy into Practice
National Mental Health
Development Unit

**PATHS TO PERSONALISATION
IN MENTAL HEALTH**

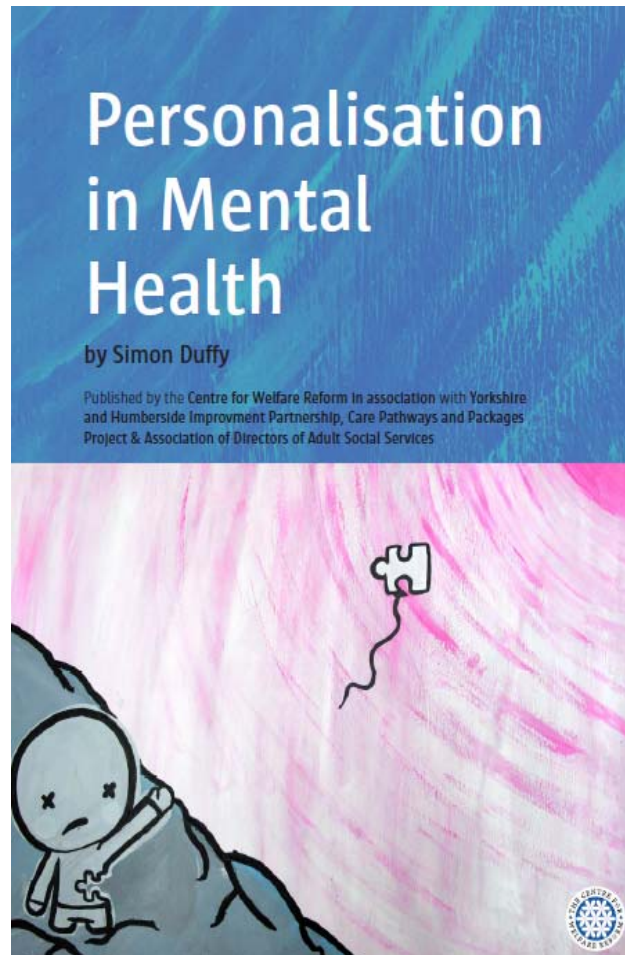
A whole system, whole life framework

New Horizons
A shared vision for mental health

NDTi
National Development Team for Inclusion

DH Department
of Health

<http://www.centreforwelfarereform.org/>



- A model for the integration of health and social care mental health services, combining:
 - Recovery
 - Evidence-based practice
 - Evidence from Personalisation in health and social care
 - Total Place

For more information..



www.in-control.org.uk

www.personalisation.org.uk

www.supportplanning.org

Over to you....

- What are you experiencing locally?
- What have you tried?
- What have you learnt?
- What do you need help with?