

Housing and Mental Health

Working together in the Midlands to tackle mental health issues and Dementia

Housing and care partners can offer effective interventions and preventative services to address mental health issues experienced by people in our communities. Our innovative solutions are often more cost efficient than traditional care and support services and therefore help to create greater savings in light of the budgetary challenges ahead.

Our mental health services provide vital, specialist support for older people, people with dementia, individuals with learning disabilities, young people and ex offenders.



The challenge:

The Government's strategy on Mental Health has recently been released and sets out a number of recommendations for the NHS to improve care services for Mental Health patients and tackle inequalities.

- Mental health has not had the priority awarded to physical health, has been short of qualified staff and has been deprived of funds
- Nationally, more than 25% of total ill health is due to mental health issues, but these services receive less than half that proportion of NHS funding
- Mental health problems represent the largest single cause of disability in the UK. The cost to the economy is estimated at £105 billion a year
- Social care funding has reduced by £4.6 billion (31%) since 2010 and budget challenges are set to continue
- The NHS faces an estimated £30bn funding gap by 2020.

Our offer: housing and care services

Housing is fundamental in tackling mental health issues, the importance of a safe and stable environment cannot be overstated and housing associations are uniquely placed to play a role in the health, care and wellbeing agendas.

- We bring health into the home through a range of service models that blend housing, care and support
- We manage long-term conditions, reducing pressure on acute care settings by supporting people in the community



Benefits

Investing in mental health services is an effective way of increasing productivity, while also cutting costs and reducing the wider NHS deficit.

A housing association, Family Mosaic has recently announced that it could save the NHS £3million a year through health interventions for older people. Their three year study Health Begins at Home found that its health and wellbeing interventions resulted in tenants reducing the amount they used the NHS, especially planned hospital appointments.

Furthermore, our service models are ...

- Transforming Adult Social Care programmes to improve services and deliver better outcomes
- Tackling health inequalities by providing housing and care solutions to vulnerable and excluded groups
- Preventing crisis admissions to hospital and escalation of social care needs through our early support interventions

The following case studies are positive examples of how we can work together in the midlands to address mental health issues and how the right housing can act as a catalyst for change.



midland heart
housing, care and opportunity

Mental Health Step Down Service Midland Heart

The issue

More patients than ever are stranded in an inappropriate acute care setting because of a lack of suitable support services to enable them to return to independent living following a stay in hospital. This causes unnecessary costs to the NHS and more importantly has a negative impact on an individual's recovery.

The project

Midland Heart took over 'The Elms' in December 2014, transforming an NHS facility into a social care led, mental health rehabilitation and step down service. The service focuses on recovery and supporting people towards living independently, after they have been discharged from an acute mental health setting.

The 14 bed accommodation also includes two self contained flats which help customers on their transition to independent living, and many activities are focussed on community engagement within the local area.

The benefits

- The Elms prevents people from staying longer than necessary in an acute setting
- The service saves money for the NHS while also improving outcomes for customers
- 100% of customers surveyed suggested they would recommend the service

*David, a 41 year old male was admitted to The Elms from an acute mental health facility in 2014.

In just four months, his recovery star showed an increase in trust and hope and improved identity and self esteem; he was managing his addictive behaviour and learning new skills to aid him to live independently.

After just one year in the service *David was discharged to independent living and was nominated at our annual customer awards for "smiling on the journey, dignity and humour", evidencing the journey he made throughout his time at The Elms.

whg

Young Persons Housing Project Walsall Housing Group

The issue

Increasing numbers of homeless young people, many of whom are care leavers have limited support from family and social networks.

The project

The Young Persons housing project operates for young people under 25 and supports vulnerable young people to develop and maintain their independence in their first tenancies with a social landlord.

WHG provides a range of furnished and unfurnished single and shared temporary accommodation contracts across Walsall and works with partners to ensure the young person can sustain their tenancy and gain access to employment and training.

On completion of the tenancy the young person then has the opportunity to move into a long term tenancy with a social landlord.

The benefits

- Reduces social isolation among young people
- Enables young people to develop social and support networks
- Preventing emergency re-admission to acute settings through support in stable and appropriate housing

The Young Persons Service is a person centred preventative service providing flexible support based on the '5 Ways to Wellbeing' and delivered at their tenancy by Walsall Housing Group and local council officers.

Expertise bought by support workers from both organisations enable customers to:

- Connect... with people around them and develop social networks
- Be active... engage with physical activity and community events
- Enjoy their surroundings
- Keep learning... undertake training and skills courses
- Give... seek employment and volunteering opportunities

The kind of support provided includes:

- Assistance in setting up home and money management
- Support with healthy lifestyles and wellbeing
- Support accessing education and training

Nehemiah UCHA
Creating Successful Diverse Communities

Retirement Living service Nehemiah UCHA

The issue

Social isolation and poorly managed existing medical conditions in later life can cause increased use of acute health services and sooner than necessary admissions to residential care.

The project

Henry Court is a retirement living scheme managed by Nehemiah, a small BME association consisting of 38 self contained flats. Nehemiah works closely with the local community to support customers' wellbeing enabling older people (over 60) to live independently in their own home for as long as possible.

The service holds a wide range of wellbeing activities including a culturally sensitive meals service and works closely with local agencies including GPs, Pharmacy, CPN teams, Social Care and relatives to support independence and reduce emergency medical admissions.

The benefits

- The scheme prevents social isolation
- Enhances the quality of life for people living with long term medical conditions such as dementia
- Promotes wellbeing, keeping people well, thereby preventing the need for more costly medical interventions.

Mrs M was diagnosed with dementia shortly after moving in to Henry Court.

The scheme manager works closely with local agencies to co-ordinate the services they deliver to maintain Mrs M's well-being and independence. By liaising with agencies such as the GP and the CPN team the scheme manager has been able to prevent repeated visits to the surgery and minor medical ailment from deteriorating further.

fry housing trust

Support and resettlement service Fry Housing Trust

The issue

There is a limited amount of specialist supported housing available to vulnerable homeless adults who have multiple and complex needs (offending, mental health, substance misuse and homelessness).

The project

Fry Housing Trust currently provides supported housing across seven different Local Authorities in the West Midlands. With a 'No-Exclusion Policy' in place, the Trust will consider applications from anyone regardless of their background, level of need or offending history.

Service users are assigned a Keyworker; a fully trained and suitably experienced member of staff who co-produces a person-centred and outcome focussed support plan with them. Our services work alongside a range of external agencies to stabilise/address any health needs, reduce offending and address associated behaviours, and enable a planned and positive resettlement from the service.

The benefits

- Provides specialist support for prisoners on their release preventing them from otherwise being homeless
- Provides support overcoming addictions and stabilising health needs preventing the need for more costly medical interventions or admission to an acute setting

Over a 6 month period in 2015, 82 service users who completed assessment:

- 96% of clients did not commit a violent crime
- 63.4% got involved and accessed services within the local community
- Of those with a history of self harm, 77.7% did not self harm
- 82.9% maintained or increased the amount of physical activity they undertook
- 61.1% of client who used drugs accessed a drug treatment service
- 86.7% of clients who regularly drank alcohol were not admitted to hospital due to alcohol misuse

We are a group of housing providers keen to highlight new approaches to tackling mental health issues, emphasising the very positive value of health and housing partnerships, and the savings and successful outcomes they bring for individuals with mental health issues and dementia.



According to the governments recent mental health strategy 'Housing is critical to the prevention of mental health problems and the promotion of recovery,' and as providers we have the unique scale, reach and expertise to provide evidence based specialist housing support for vulnerable people with mental health problems.

For more information about any of these case studies or the wide range of services we have to offer please get in touch.



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