

FOI Request Response information

FOI request reference:	2017/063
Date request received:	27/02/2017
Date request responded to:	23/03/2017
Category:	Service delivery
Tags:	Mental health, community, age, treatment, funding, inpatient, wards

Request Detail:

What are the statistics of your success rate, including service users who don't complete the treatment?

What age groups do you cover?

How do you promote your organisation?

How is your organisation funded?

Do you work with any other organisations?

What alternative interventions do you provide apart from work, such as art recovery, gardening or extra activities?

Response Detail:

1. What are the statistics of your success rate, including service users who don't complete the treatment?

LCFT do not have any universal measures for statistics of success rates to respond to this question.

2. What age groups do you cover?

LCFT provide Mental Health Services (Community and Inpatient) for the following age groups:

5-16yr olds (Children and Adolescent Mental Health Service)

18-65yr olds

Over 65 yrs

3. How do you promote your organisation?

The Trust's communications and engagement team is responsible for promoting the organisation internally to staff and externally to stakeholders including GPs, the media, partner organisations and the public. The team works closely with clinical services to raise the profile of local teams and the work they are doing to the relevant

audiences and coordinates a proactive PR and social media plan to ensure an integrated and coordinated approach is adopted across a variety of channels.

4. How is your organisation funded?

LCFT is funded through the following sources:

CCG's

NHS England

Local Authorities

NHS Trusts

Other Non NHS

5. Do you work with any other organisations?

The Mental Health Network in LCFT works with all Local Authorities as well as many other organisations, these include but not limited to:

- Alzheimer's Society
- Age Concern
- Age Well Partnership
- Blackpool Teaching Hospitals
- Empowerment
- Ncompass
- Carers Trust
- Vanguard
- Royal British Legion
- East Lancashire Teaching Hospitals
- Burnley Football Club / Turf Moor
- Lancashire Constabulary
- Richmond Fellowship
- Making Space
- East Lancashire Council (Housing)
- Independent Sector providers of buildings based Rehabilitation Services
- Northern Guinness Housing Association
- Places for People
- Lancashire Women's Centre

6. What alternative interventions do you provide apart from work, such as art recovery, gardening or extra activities?

Many activities are encouraged with service users across the services provided, the interventions we participate in are dependent on assessed need with the service user at the point of referral. The team provides support around activities of daily living, for example, domestic and personal hygiene, budgeting, shopping etc

The Community Rehabilitation teams do not directly provide alternative intervention but would support the service user to access this through mainstream community groups and voluntary organisations, this can then be maintained once the team have completed a period of rehabilitation. Activities would be initiated with the

understanding that the team will provide a graded approach and that, with time, the individual would develop the confidence and life skills to continue to pursue their chosen activity independently.

Some examples of the activity that we have supported individuals to access through Community Rehab teams are:

- Attending a local gym
- Volunteer work in Charity shops and animal rescue centres
- Bike riding groups
- Horticulture projects
- Walking groups

We would link in with Community Restart services who specialise in social inclusion projects, which again is service user led dependent on their stated interests.

In Rehabilitation Accommodation Services we encourage service users to participate in any activities that is of interest to them, for example:

- Leisure activities: going to the gym, going for walks, exercise and keep fit, cycling.
- Gardening activities: such as planting bedding plants, wildflower meadows, growing from seeds, growing vegetables etc.
- Restoring furniture, painting and DIY.
- Activities to increase independence such as meal planning, shopping, cooking, laundry, cleaning, budgeting, using public transport etc.

So any activities would be possible it depends on the needs and the wishes of the service users, the staff in the services encourage and support the service users to reach their own maximum level of independence.

Within one of our inpatient units at the Harbour we provide the following:

- Dedicated times for Carers support groups to do drop in sessions to engage with carers to offer any support they may need.
- Dedicated drop in sessions with advocacy so they are available to meet with service users to offer support for informal patients and sectioned Patients.
- A monthly meeting which involves service users in helping to develop services at the Harbour following their experiences as inpatients this is shared with all Partners that work in to the Harbour and Third sector agencies, for example Health watch, Carers Centres, n-compass, Advocacy and Volunteers.
- Mindfulness Group: Offering service users a chance to develop skills in mindfulness-based stress reduction.
- Emotional Wellbeing Group: Informed by dialectical behaviour therapy, offering service users the chance to develop skills in distress tolerance and emotion regulation.
- Assistant Clinical Psychologist also runs a relaxation group on the Psychiatric Intensive Care Unit (PICU) wards once per week (separately for male and female).
- Citizens Advice Bureau attend the Harbour twice a week to support service users with any issues they have that may be impacting on their mental health.

- We support expert by experience volunteers to carry out weekly community meetings to enable service users a voice to discuss good or not so good experiences on the ward. This is then fed back to ward managers for feedback so good practice can be shared and any issues resolved.
- The trust is working with Blackpool Borough Council to offer work placements to support people getting back into employment.
- We provide volunteering opportunities for service users once they have been discharged to ensure continued structure and support.
- Smoking Cessation Clinics
- Weight/diet education along with the Dietician.
- We have a dedicated Occupational Therapist, Occupational Therapy Assistants, Health and Wellbeing workers, Health and Leisure Coordinators, Dietician, Physiotherapist, Podiatrist, Speech and Language Therapist and Registered General Nurses to support the MDT.
- Trained Gym instructor/GP prescriber to provide bespoke gym programmes run in the fully equipped gym.
- We have dedicated multi faith facilities and support from the communities multi faith workers.
- Pop up social group see attached for information.
- We are working towards Safe Wards and have dedicated staff to ensure this is ongoing and the calm boxes are well stocked.
- We have an allotment that service users tend to.
- Partnership working with outside agencies for example Blackpool College, this helps to support individuals Recovery and Social Inclusion.
- On and Off ward activities such as cooking, baking, photography, walking, art projects. All groups are service user led.
- Drug and alcohol referral system for individuals to engage whilst they are in hospital and then can continue with the service following discharge

Other involvement from older adult wards includes:

- Occupational Therapists facilitate SONAS groups (a Gallic word translating in to Contentment, Joy and wellbeing)
- Pets As Therapy – This is just about to start at the Harbour
- Community Links - Have local choirs that come in every few months and sing on the ward – Dementia wards respond really well to this
- Wake up and stretch
- Tai Chi – trained by Physio and OT now implement this.
- Liaise with dietician as required and complete plans with patients (i.e. prompt pictures of food they can eat) following dietician advice

Please see attachments for information on activities within the Harbour.

Please click on the paperclip symbol, on the left hand toolbar, to see additional attachments.