



**Healthy London  
Partnership**

# **Supporting recovery and discharge in the mental health system**

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London's NHS organisations include all of London's CCGs, NHS England and Health Education England

# Aim of the session

- Build on Top Tips work to date
- Focus on recovery and discharge
- Hear practice from the perspective of clinician and service user
- Explore what support would be useful
- Continue to build our community of people making change happen

# Current UEC IC work on Mental Health

The Mental Health work-stream of the Improvement Collaborative builds on previous work developed jointly with London ADASS, NHSI and NHSE national teams as part of the Regional Better Care Fund implementation.

Aim	Approach
<p>Improved patient experience of discharge from a mental health hospital</p> <p>Support to mental health systems to improve flow, particularly around discharge</p> <p>Development of 'top tips' for reducing delayed transfers of care in the mental health system and support to local systems to implement these</p> <p>Contribution to reduction of Delayed Transfers of Care from mental health systems in London – health and social care delays</p>	<p>Bespoke support offered to Mental Health systems, targeted at the most challenged systems (Begins Nov '17)</p> <p>Good practice repository to be set up on London ADASS website and built up (Nov '17)</p> <p>Reducing MOJ/forensic delays (scoping Dec '17)</p> <p>Work with Housing supported by London ADASS and London Councils to encourage further SLAs and support sharing of good practice and problem solving (scoping Dec '17)</p>

# The Top Tips

The Mental Health Discharge Top Tips commenced their journey at the *Pan London Reducing delays in Mental Health Trust discharges* workshop, attended by 90 plus colleagues from across the mental health system covering Clinical Commissioning Groups (CCG's), Local Authorities (LA), London ADASS, Mental Health (MH) Providers, NHS England, ECIP and a Voluntary group.

The rich discussion identified the appetite to come together and design a principles framework which would set the standard for mental health discharge for London. The Top Tips evolved during months of discussions based on operational experience, best practice, and rich debate between delegates from CCGs, LA Housing, BCF Leads, MH Trust borough and social care leads, and the third sector.

The Top Tips have been endorsed by the Mental Health Cavendish Square Group, NHS England and London ADASS in October 2017.

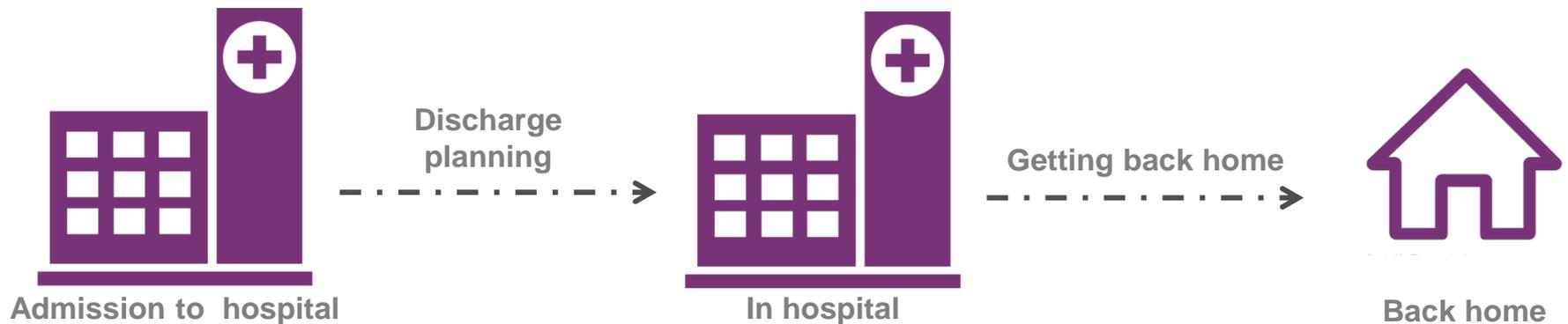
Top tips	
1: Senior level joint working and commitment	6: Embodied principles of choice, recovery & re-ablement
2: Commissioned transition support & community services	7: Strong housing involvement
3: Early discharge planning	8: Placement without prejudice
4: Every day counts	9: Robust multi-agency working
5: Patient Choice	10: Support for those with no recourse to public funds

# Tips we are focusing on today

Top tip	Detail
<b>3: Early discharge planning</b>	Systems in place to commence discharge planning from point of admission, and the identification of potential factors for delay – and IT that supports this.
<b>5: Patient Choice</b>	There is a clear Choice policy which is accessible to people, families and carers, and that all staff are versed in and comfortable to implement.
<b>6: Embodied principles of choice, recovery &amp; re-ablement</b>	Ensure that services and care pathways embed the principles of choice, recovery, re-ablement, promoting a strengths based approach to maximise independence and wellbeing.

# Our stories: Seth and Oliver

My experience of working in a mental health hospital, and involvement in discharge planning *Oliver Shanley*



My experience of being in a mental health hospital, and involvement in my discharge planning *Seth Hunter*

# Discussion

- What do you think of what we said?
- Please ask any questions
- What is your own experience – as a clinician, commissioner, service user, carer etc etc of what works well in recover and discharge

*Spend 10 min sharing with each other and then share with the group*

- What will you do next?

*Use the commitment card on the table to record what you want to take away from today – and what you would like from the collaborative*