

Recovery Service

Hull and East Yorkshire Mind

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Overview

- HCC commissioned Hull and East Yorkshire Mind to deliver a pilot programme of 12 months (July 2021)
- They recognised a gap in the system for those in substance misuse treatment that don't meet the threshold of secondary mental health care
- Many people with co-existing substance misuse and mental health have faced obstacles accessing support for their mental health.



Rationale

- 17% increase in population accessing alcohol and drug treatment since Feb 2020 due to Covid-19 pandemic
- By December 2020 there were 2,615 Hull residents accessing specialist alcohol and drug treatment in the community.
- The number of alcohol and drug dependent parents starting treatment who live with children increased by 40%.
- During the pandemic, excess mortality and high numbers of hospital admissions have been registered among Hull residents who use alcohol and drugs, and a common denominator in over 60% of these events are severe mental health problems.
- Substance misuse has been identified in over one third of suicide cases in Hull reported during the pandemic.
- Over 65% of people accessing community-based treatment had mental health needs when entering into substance misuse treatment in Hull. Only 15% were engaging with the Community Mental Health Team and 2% were accessing IAPT (Improving Access to Psychological Therapies).

Aims

- To contribute to improved health outcomes for service users with mental health and substance misuse problems
- To contribute to the reduction of suicides and intentional overdoses, in line with the objectives outlined in the local Suicide Prevention Strategy and the Preventing Drug Related Deaths Action Plan.
- To provide adults in substance misuse services with co-occurring mental health problems with timely access to mental health support.

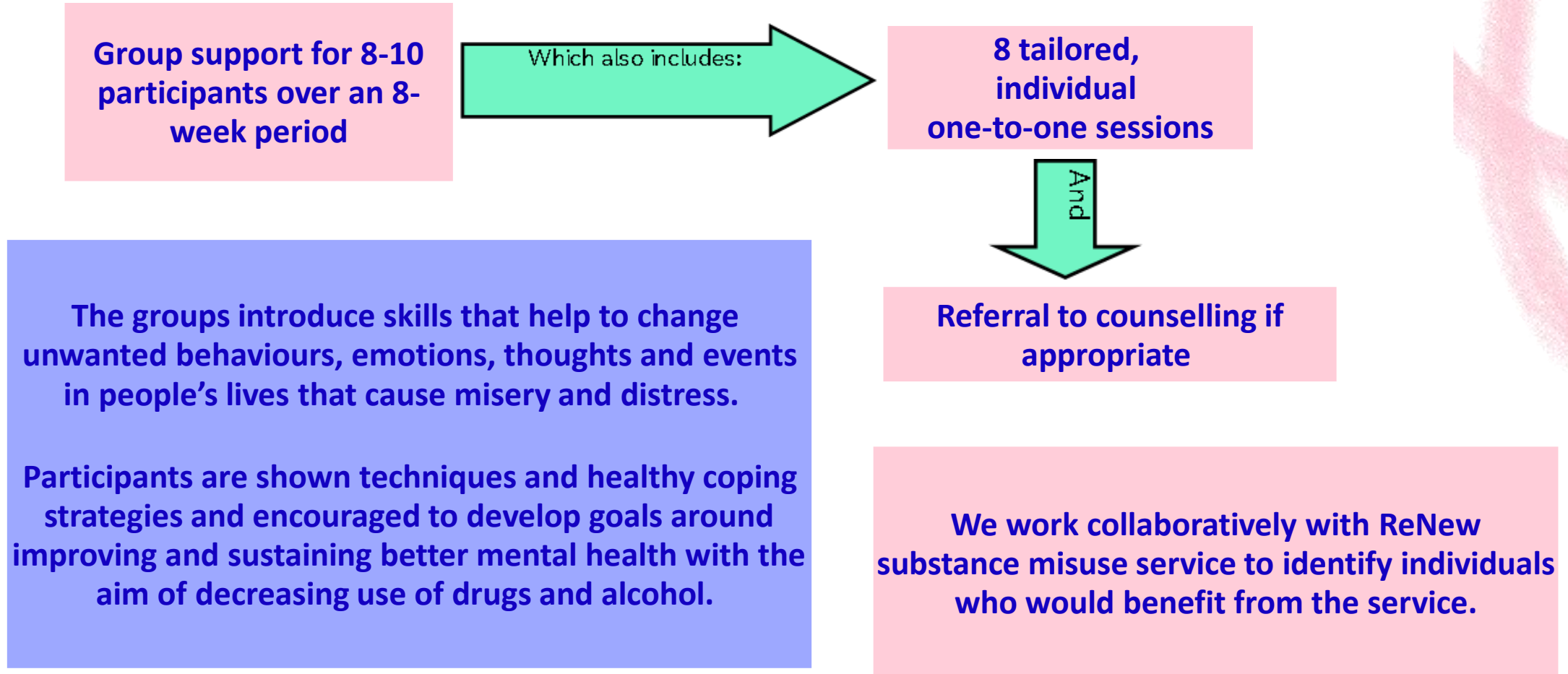
Objectives

- Deliver evidence base interventions in line with best practice, national and local guidance and relevant guidelines in clinical practice
- Provide proactive and personalised mental health support to improve individuals' health and wellbeing.
- Improve access to appropriate elements of mental health services
- Support sustained mental health improvement of adults in substance misuse treatment services;
- Contribute to the continual development of pathways for people with co-existing mental health and substance misuse conditions in the city.



Recovery Service overview

The Recovery Service supports individuals with co-existing mental health and substance misuse who are at risk of suicide and is accessible to people who are engaging with ReNew.



Referral Pathway

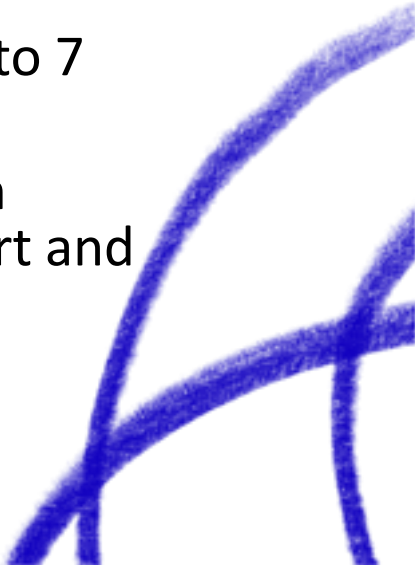
- The referral pathway is exclusively through ReNew.
- This targets the service towards people who have a co-existing diagnosis of mental health and drug or alcohol dependency.
- Clients are contacted within 2 days to confirm the receipt of the referral
- Assessments take place within 7 days
- At assessment clients are supported to complete a safety plan.
- This can include signposting to additional services such as housing, benefits advice or crisis numbers if needed.



Challenges

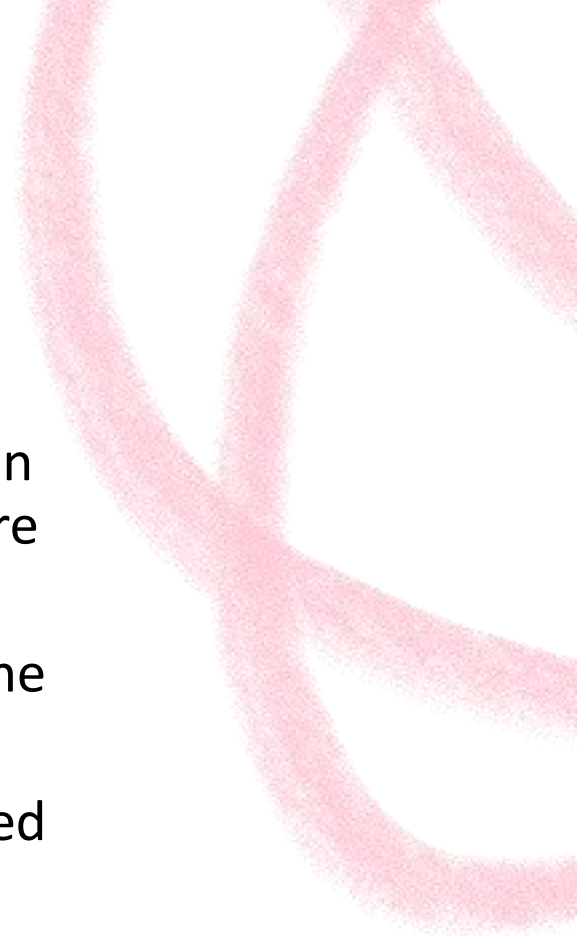
- Non-attendance, missed appointments and retention of clients in group sessions.
- Difficulty contacting clients and lack of engagement in sessions or one-to-one appointments.
- Time between referral and assessment and impact on client engagement.
- Clients not attending group after assessment has been completed.

Solutions

- Increased maximum number of attendees in each group to enable peer to peer support to continue.
 - Increased communication with ReNew, inform of non-attendance and work with the client to find solutions.
 - Initial contact with client made within 2 days of receipt of referral.
 - Decreased initial assessment time to 7 days from receipt of referral.
 - Weekly check in calls made to each client to build rapport, offer support and maintain wellbeing.
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Client feedback survey

- 100% of individuals who completed the 8-week course accepted support in referring themselves to other support groups within Hull and East Yorkshire Mind such as Peer Support and Ways to Wellbeing.
- 100% of individuals were happy with the service offered and within the timescales offered.
- 100% of individuals said they felt that Hull and East Yorkshire Mind acted with compassion and understanding.
- 100% of individuals said they have learnt new and useable skills and techniques.
- 100% of individuals would be likely or extremely likely to recommend the service to friends, family or other ReNew service users.



Client comments

- “The service is really helpful, the workers seem like they genuinely care about the wellbeing of the service users and that really helps me maintain effort and attendance. The service accommodates everyone without discrimination, treats everyone as equals and is completely non judgemental regardless of anyone's history.”
- “I found it a benefit as I could get stuff off my chest and felt listened to. Being able to talk about taking drugs and in the back of my mind I know people would judge me and here I can be my true self. This is my biggest fear people knowing that I take drugs.”
- “I have learnt several coping strategies around my mental health. I have learnt to approach certain situations a lot more rationally.”



3 Case studies

 mind Hull and East Yorkshire

Case Study 1.

- MM was referred in August 2021 and attended 8 weeks of one-to-one sessions and group sessions.
- MM had previously relapsed with substance use every winter for 5 years and felt this was a combination of Seasonal Affective Disorder and not having the support available when he felt his most vulnerable.
- MM set himself goals such as saving for and buying a passport. He felt seeing his partner who lives abroad was now more achievable and he felt accomplishment as a result.
- MM engaged in robust safety plans and as part of his discharge plan, he completed referrals for Let's Talk counselling and the Peer Support Group within Hull and east Yorkshire Mind.
- MM went on to engage in these services and has not relapsed during winter for the first time in 6 years.

I have more self- esteem, a good support network and have plans in place to deal with the future and hopefully reach my goals.”

Participant MM

Case Study 2.

- AO attended his assessment shortly after a relapse with Heroin.
- During his assessment AO discussed being co-dependent on partners having a detrimental effect on his mental health if relationships break down.
- AO attended 8 weeks of one to ones and group sessions.
- AO said he gained new skills in how to maintain healthy relationships and increased his confidence.
- AO returned to the gym, supported peers from the DBT skills support group to attend Narcotics Anonymous, and reported he was able to build healthier relationships.
- AO has restored his relationship with his Mother and they spent Christmas together.
- He continues to engage in Peer Support and Ways to Wellbeing groups within Hull and East Yorkshire Mind.

“I really enjoyed the course and found it to be really beneficial. The service providers were brilliant and really encouraging! 10/10”

Participant AO

Case Study 3.

- KT was referred to The Recovery Service following an increase in alcohol use during lockdown
- As a result of this KT was on sick leave from her job within the NHS.
- KT attended 8 weeks of one-to-one sessions and groups.
- With this support, KT felt she would be ready to return to work on a phased return
- KT reported her mental health had improved and her alcohol use decreased with support from Renew.
- KT has now returned to work after a phased return.

“Confidence. New attitude, Skills to not become overwhelmed, Ability to prioritise and compartmentalise tasks. Ability to think rationally, verbalise and communicate effectively.”

Participant KT

Feedback from ReNew

One Female client has been agoraphobic but was determined to get help for this. Her assessment put her mind at ease. She attended both the 1-1 appointments and the Group Sessions. This client has never attended Group at Renew but is keen to start now. I believe she also signed up for more sessions with MIND after the DBT Programme finished.

I have had good feedback. Client advised that it was helpful and tailored to his needs

I have 2 clients who are doing so well since joining the MIND Programme.

A Male Client of mine was not in a good place mentally and refused to come into Renew for appointments.

This client has made so many improvements.

He is now attending the Gym 3 times a week.

Meets his Friends on a regular basis and his alcohol use has reduced significantly.

He has also signed up for more sessions with MIND. I will be closing this Client successfully very soon.



Questions?