

PRACTICE PROFILE

Area		Location	Contact Number
Mental Health Recovery Service		Innovation Centre, St Cross Business Park, Newport, PO30 5WB	01983 552543
Directorate	Mental Health and Learning Disability	Review of Profile due	March 2024
Professional Lead	Bev Fryer	Department Manager	Katharine Spencer-Brown
Education Lead		Katharine Spencer-Brown	
Education Lead Contact Details		01983 552543 / Katharine.spencer-brown@nhs.net	
HEI Representative		Open University – Gemma Cherry University of Southampton -	
HEI's using this Learning Environment		University of Southampton, Open University,	
Learning Environment Mission Statement		<p>The Mental Health Recovery Service (MHRS) provides Person Centred, Recovery focussed interventions to People With Lived Experience (PWLE) of mental illness living on the Isle of Wight. A psychologically informed approach underpins all the work we do.</p> <p>The service also aims to repatriate those PWLE receiving treatment in mainland mental health placements in the community and inpatient services, so they can continue their Recovery journey in their home community.</p> <p>The MHRS is comprised of a multi-disciplinary team of professionals working together to provide specialist community rehabilitation and Recovery focussed work to adults of all ages living with complex mental illnesses.</p> <p>The service works collaboratively with the PWLE, their families and carers to promote Recovery using evidence-based interventions and approaches. These then enable the PWLE to identify their own goals and to work out the steps needed to take to reach them.</p> <p>Our aim is to support PWLE on their Recovery Journey with a view to them no longer needing secondary mental health care. We have strong links with our colleagues in Primary Care and in Primary Care Mental Health Wellbeing Services and will support the PWLE to transition between the services.</p> <p>The team is committed to the principles of Recovery, hope and optimism and knows that everyone's Recovery Journey is different, special, and individual.</p> <p>We recognise the value of multiagency work and collaboration with other private, statutory and third sector organisations. We have close and positive links with the Local Authority Housing Department and with the Southern Housing Group which through an effective partnership allows the MHRS to deliver Intensive Rehabilitation to PWLE within a supported housing environment.</p>	

All relevant policies and procedures relevant to the learning environment can be accessed via the Intranet

	<p>Working collaboratively with other agencies across the Island ensures that:</p> <ul style="list-style-type: none"> • Interventions we offer are positive and inclusive, flexible, and individualised, accessible, and responsive. • That they are informed by an understanding of social inequalities including gender, race, disability, and sexual orientation. • Social barriers including homelessness, isolation, oppression and discrimination, unemployment and poverty are included and captured within a PWLE's identity and needs. • Services provided are needs led. • Interventions are evidenced informed and reflect the NICE Guidelines where available. <p>The MHRS is keen to further develop coproduction for service provision and service development as well as individual care planning with PWLE, their Carers and families in line with recovery principles.</p>
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LEARNING ENVIRONMENT PROFILE

General Information	http://www.iow.nhs.uk/Working-With-Us/learning-zone/student-welcome.htm
Description of Service and Client Group	<p>The service is open to:</p> <ul style="list-style-type: none"> • PWLE aged over 18 years who live with complex, severe, and enduring mental illnesses. This may take the form of psychotic or mood disorders, trauma induced severe disorders of personality which cannot be managed in primary care services or disorders where complexity and risk indicates the need for care and treatment within secondary mental health services. • PWLE living with Dual Diagnosis. For example, severe and enduring mental illness and substance misuse or severe and enduring mental illness with co-morbid neuro diversities. • PWLE for whom the use of psycho-social, evidenced informed interventions which promote hope, optimism and rehabilitation would be helpful in their Recovery Journey. • PWLE with a need for supported accommodation and who are also willing and able to commit to engaging in mental health rehabilitation.

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- PWLE who require an assertive or longer term approach to engage them in their mental health recovery.

The MHRS team members all like to get to know the PWLE that we serve. To that end we offer a team approach to the support and interventions we offer, meaning that all the team members get to know the PWLE instead of just one team member seeing the PWLE each time.

The MHRS offers **three distinct pathways of Interventions**.

We welcome referrals from inpatient wards, secondary care mental health community teams and from primary care mental wellbeing teams, forensic services and out of area placements.

Reablement.

- 12 weeks intensive input for those with a need to relearn skills for living.

Intensive Rehabilitation.

- Up to 24-month pathway Intensive Rehabilitation. This pathway also offers in reach to PWLE as part of their discharge planning from psychiatric hospitals.

Assertive Outreach.

- Longer term support for those people needing more assertive support, care and treatment.

Within all of the pathways, the MHRS uses evidenced based interventions, approaches, methods and models in its delivery of care.

At the heart of what we do is the PWLE and this is reflected in the PWLE-Centred care planning.

We work to an holistic model of mental health wellbeing taking account the whole PWLE, their ecological systems around them, their hopes and fears and work alongside them to move forward in their Journey.

We are aware that there may be occasions when the MHRS may have to use statutory powers to keep a PWLE safe or safe from others. On these occasions we will always use the least restrictive option available and strive to involve the PWLE and their family/carers in decisions taken.

The MHRS recognises the importance of helpful liaison with other teams and agencies to further the support to the PWLE especially around transitions and discharges and where a multi-agency approach to a PWLE's recovery is needed.

The MHRS will adhere to NICE diagnosis specific guidelines.

What the MHRS offers - MHRS Interventions and Treatment.



Appropriately trained registered staff, Peer Support Workers and Recovery Support Workers deliver a range of NICE approved practice interventions to support PWLE on their Recovery Journey to mental wellbeing.

	<p>These practice interventions may include:</p> <ul style="list-style-type: none"> • Collaborative assessment. • Co-produced Care and Support Plans. • Psychoeducation to learn more about recovery and mental illness. • Problem solving skills. • Stress management. • Social Work • Behavioural Family Therapy. • Talking therapies including Psychotherapy and interventions delivered by Psychologists in line with NICE Guidelines. • Medication management and review. • Interventions to ensure physical health needs are met. • Identification of Social Care needs and assessment under the Care Act 2014. • Support to address housing needs via signposting to relevant agencies and co-ordinating care. • Support to access education and employment. • Relapse prevention work. • Support with harmful substance use by way of referral to appropriate services, joint working and co-ordinating care. • Support and advice for families and carers including the offer of an assessment of their own needs under the Care Act 2014. • Information and support to access Advocacy Services. • Co-production of safety plans. • Close collaboration with other agencies including the police, probation, and the Ministry of Justice with a view to the protection of the public. • Identification of safeguarding concerns and actions taken in line with the Isle of Wight Safeguarding Adults Board and the Hampshire Safeguarding Adults Board guidance.
Description of related services & Client group	See above.

LEARNER INFORMATION

Work Pattern (Start, finish times)	We work 7 days per week from 8am until 9pm on a roster system. Most staff will be in during the core hours of Monday – Friday 9am-5pm.
Dress Code	There is no uniform, but the IOW NHS Trust dress code policy applies. https://www.iow.nhs.uk/Downloads/Policies/Dress%20Code%20and%20Uniform%20policy.pdf
Induction/Orientation programme	Induction programmes are in place both for the Trust and for our specific service.
Staff / rest room facilities	Our offices are located within a larger building where there is access to a kitchen with a microwave and fridge and toilets. There is no staff room.
Expectations during placement	All students to follow Health Education Wessex learning charter and The IOW Trusts Vision, Values and Behaviours Framework

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	<p>See embedded documents</p> <div style="text-align: center;">   </div> <p>140820_CS38511 A3 & A4 learner charter!</p> <p>We expect all students to explore their learning needs with their identified supervisor. To work within the limitations of their role as student whilst working under supervision to increase their knowledge and experience.</p> <p>Students are expected to actively participate in the therapeutic programme, building good relationships with People With Lived Experience (PWLE), their families/carers as well as other services and agencies involved in their Recovery Journey. Students are expected to familiarise themselves with MH Recovery Service's/Trust's paperwork and policies.</p>
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LEARNING OPPORTUNITIES & RESOURCES

Recommended reading/Websites	<p>Recovery Model (Mental Health Foundation and RETHINK) https://www.rethink.org/advice-and-information/living-with-mental-illness/treatment-and-support/recovery/</p> <p>https://www.mentalhealth.org.uk/a-to-z/r/recovery</p> <p>Centre for Mental Health https://www.centreformentalhealth.org.uk/</p> <p>NICE guidelines for Rehabilitation for Adults with Complex Psychosis https://www.nice.org.uk/guidance/ng181</p> <p>MIND Website https://www.mind.org.uk/</p>
Common Abbreviations	<p>PWLE – People With Lived Experience. We prefer to use this term when talking about the people who use our service and to whom we serve.</p> <p>We will support students to recognise and understand any abbreviations commonly used in practice as appropriate.</p>
Specific learning opportunities	<ul style="list-style-type: none"> • Weekly reflective group supervision facilitated by our Psychotherapist. • To gain greater understanding of matters concerned with Mainland Placements both for the Trust and for the PWLE and their families/carers. • To learn about Behavioural Family Therapy and how it is used within our service. • To gain an understanding of various psychologically informed interventions. • To work directly with PWLE and their families/carers. To explore and understand the longer term history and Journey of patients within the service

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	<ul style="list-style-type: none"> • To be able to demonstrate accurate record keeping using the electronic patient notes system. • To learn about and be involved with the completion of Statutory Mental Health Act 1983/2007 Reports for Mental Health Tribunals and The Trust's Managers Hearings. • To gain an insight and understanding of multi-disciplinary and multi-agency working. • To gain a greater understanding and respect for team colleagues from complimenting professions. • To shadow registered nursing colleagues in the community to include the administration of Depot medication and physical health checks. • To gain a greater understanding of medications management • To in reach and to attend meetings held on inpatient wards for PWLE or PWLE being referred to us.
Specific areas of expertise/clinical skills	<p>Psychosocial interventions, Recovery Concepts, Clozapine Use</p> <p>Common conditions: Schizophrenia, Bi-polar disorder, Depression, Personality disorder, Dual Diagnosis (Drug and alcohol)</p>
Common Assessments / Interventions/Care pathways	<p>Camberwell assessment of need, Rethink Physical assessment tool , Becks Depression Scale, Social function scale</p> <p>Psychosocial interventions, WRAP, Recovery Goals informed by DIALOG +</p> <p>Care pathways as described above: Reablement, Intensive Rehab and Assertive Outreach.</p>
Models of practice experience e.g .Hub and Spoke, Care pathways, Patient Journeys	<p>Hub and Spoke with In-patient acute services, community mental health teams including Early Intervention for Psychosis, Child and Adolescent Mental Health team, Isle of Wight Council Mental Health Team, Approved Mental Health Professionals, Police, Housing providers and various other community-based services.</p>

MULTIAGENCY LEARNING OPPORTUNITIES / RESOURCES

Multi-professional learners accessing the environment	Student Mental Health Nurses, OT students, Social Work students
Professionals working in the environment	Social Workers, Mental Health Nurses, an OT, a Psychotherapist, a senior Psychological Therapist, an Assistant Psychologist, a Trainee Nurse Consultant, Peer Support Workers, Recovery Support Workers, Rotational Doctors, a Consultant Psychiatrist.
Opportunities to meet EU directives (Nursing)	Mental health and psychiatry.