



Employment and housing: getting the keys to recovery

Andy Bell, 14 June 2016

Recovery

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- “Building a life for yourself on your own terms, with or without symptoms of mental illness”
- Key elements:
 - **Hope** for the future
 - **Control** over your life (and treatment)
 - **Opportunity** for a life outside of illness

Employment

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- ❑ At least 1m people out of work due to mental ill health
- ❑ 7% people using mental health services are in employment
- ❑ More than half would like to work
- ❑ Work is a key part of recovery for many people

Individual Placement and Support

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- ❑ 'Place then train' approach to employment
- ❑ 17 international trials show 50-60% work outcomes
- ❑ Postcode lottery in availability of IPS
- ❑ 'Centres of excellence' and 'regional trainer' approach to extending IPS
- ❑ Piloting in addiction services, prisons and primary care/IAPT

IPS principles

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- ❑ No exclusions
- ❑ No compulsion
- ❑ Rapid, assertive job search based on preference
- ❑ Co-located with health support
- ❑ Benefits advice
- ❑ Time unlimited support in work

Economic case for IPS

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- ❑ People in work make less use of health services (eg fewer hospital admissions)
- ❑ Cost savings estimated at £3,000 a year
- ❑ One-off cost per person £2,700

Current provision of IPS

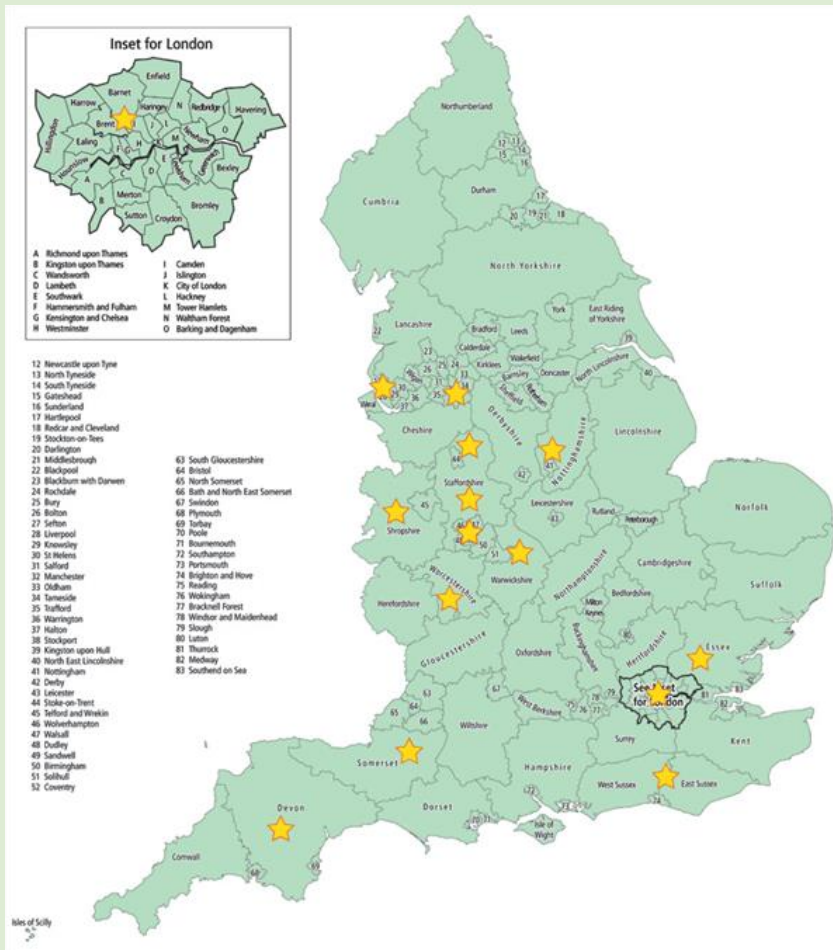
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- ❑ Half of mental health service users want help with employment
- ❑ About half of them are receiving any (CQC annual survey)
- ❑ IPS currently offered by about half of NHS mental health trusts
- ❑ Estimated 10,000-20,000 places each year

Centres of Excellence: sharing good practice

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Housing and mental health

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- ❑ 80% of people with severe mental illness live in mainstream housing (mostly in social housing?)
- ❑ But 35% of people using mental health services do not have settled accommodation
- ❑ Difficulties with housing a major trigger for relapse and for hospital admissions

Supported housing

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- ❑ Covers a wide range of housing types and forms of support, eg:
 - Crisis houses (to prevent admissions)
 - Support for homeless people (62% have a mental health condition)
 - Step-down housing (eg from secure care)
 - 'Floating support' in people's own homes

Evidence of what works

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- ❑ Settled accommodation is an important part of recovery
- ❑ Supported housing is a 'health intervention'
- ❑ Preferences of service users (eg for autonomy) can be at odds with those of staff and carers (eg for safety)
- ❑ Housing First approach shows greatest promise for those with complex needs

Housing policies

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- ❑ National policies on housing benefits and affordable housing disproportionately affect people with mental health problems
- ❑ This could add to resource pressures on NHS and local authorities
- ❑ Local commissioners can mitigate impact eg through tenancy sustainment, allocation policies and staff training

Welfare advice

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- ❑ Multiple welfare rights issues affect people with severe mental illness
- ❑ Sheffield CAB service located within (and funded by) mental health trust:
 - Cost per client £260
 - Cost of hospital admission £330 per day
 - Cost of a relapse of psychosis £18,000

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Thank you

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