

Team SMI-LE

Sponsor: Kelly Barker, Nadia Khan, Sasha Bhat

Team: Charlotte Talbot (coordinator) and SMI steering group members (Linda Haynes, Masira Hans, Sarah Wood, Wafaa Nawaz, Rubina Burhan, Dale Robinson)

Request

- 1) Inreach services for people:
 - on admission
 - who are socially isolated on the wards due to Covid-19 related issues
 - discharge support
- 2) Community based support for people who:
 - are vulnerable due to issues with managing their mental health
 - recently discharged from inpatient services
 - socially isolated within their place of residence due to Covid-19 related issues
 - presenting in crisis and unable to access safer space offers
 - identified by community or primary care hubs

Support need

- Access to Guideline to access someone to speak to (Guideline can offer 12pm-12am daily support for someone to speak to and be signposted – the number is 01274 594594)
- Low level support to maintain activity and social interaction
- Peer support
- Group led support
- One to one peer support
- One to one support – including face to face
- Arrange equipment and resources needed by people
- Sign post to bespoke support , including safeguarding (MASH) or www.healthyminds.services

Delivered through online/telephone support or where identified and agreed, face to face support for people who are identified as requiring this.

Remit of SMI-LE team

- ✓ To provide a single point of access for support requests
- ✓ Coordinate offer to the wards, the community teams and primary care hubs
- ✓ Link to the community hubs and ensure district wide spread of offer
- ✓ Ensure the above offers are offered by the most appropriate and local organisation.
- ✓ To work with organisations to create content for the online sessions and scripts for telephone support.
- ✓ To ensure that the peer support and workers are provided with the appropriate PPE and digital resources.
- ✓ Signpost for appropriate carer and wider family support.
- ✓ Link with the Mental health communication team to develop any resources needed, e.g. daily affirmations
- ✓ Liaise with Guideline for increased support and capacity to manage daily calls for people
- ✓ Align skills mapping to requests for support and additional capacity

Capacity

- Initial inpatient offer to be provided by currently inpatient commissioned services:
 - o Cellar Trust, Sharing Voices, Roshni Ghar
- Initial community offer to be provided by currently commissioned services:
 - o Mind, Cellar Trust, Horton Housing, Naye Subah, Cancer Support, Sharing Voices, Roshni Ghar, Creative Support, Gillington Community, Rape Crisis, Family Action, Relate, Step 2, Project 6, Bereavement Support
- Wider offer to be developed from signatories to the Mental Health Provider Forum
- Skills mapping to inform above capacity
- Support from commissioning officers/Mental health provider forum members.

Support delivery

Group sessions:

- Facilitated by VCS organisations with experience of working with people who have SMI – this can be peer led or key worker led.
- Mixture of mass group sessions which are open to anyone joining for mental wellbeing tips and smaller group sessions for topic specific or safe groups

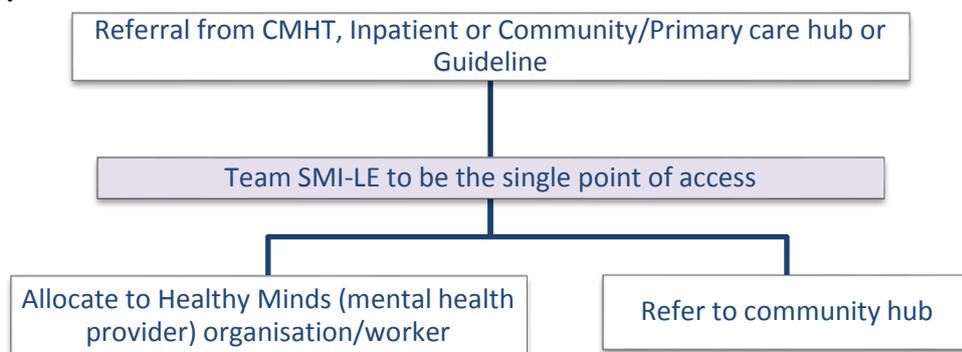
One to one sessions:

- Key worker must be a service that can provide ongoing mental health support to maintain continuity

Community support

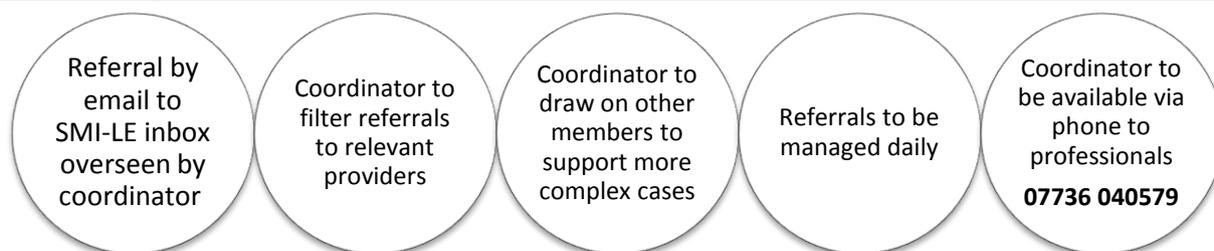
- Linking to befriending, Good Sam/ People Can volunteers
- Support with shopping and access to food and essential supplies
- Chaperoned activity and exercise
- Access to digital resources to maintain contact
- Signposting
- Cultural and geographically specific support
- Identifying wider needs, e.g., employment, bereavement, benefit support, safeguarding

Pathway



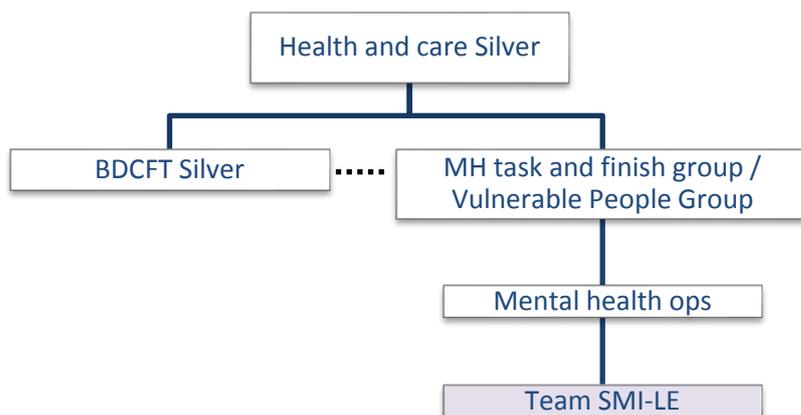
Process

Email: smile@healthyminds.online



Governance

Reporting:



Information: Information sharing will be covered by the Mental Health provider forum agreements and the Vulnerable People work-stream agreements.