

Mind  
wise

A NEW VISION  
FOR MENTAL HEALTH

## My own home... It's all about me.

Inspiring the positive development of integrated housing and support services for people recovering from severe mental illness and other mental health difficulties.



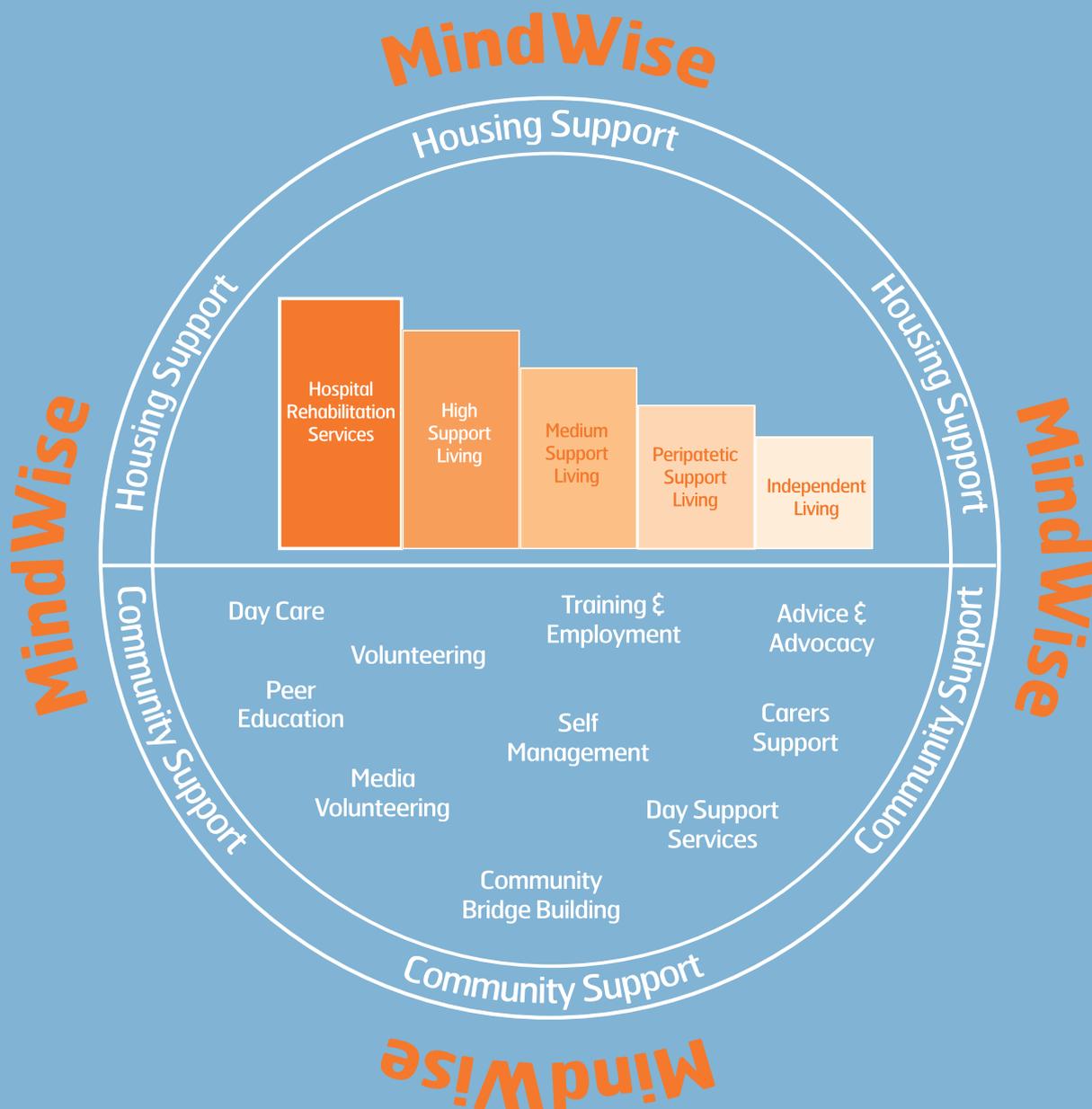
# MindWise Housing Support

MindWise is a membership-led local mental health charity working to transform lives and develop new visions for mental health by challenging stigma and discrimination, and providing quality services and support.

Although housing is fundamental to a person's well being, research shows that many people are struggling to live independently, resulting in a 'revolving door' of tenancy failure, hospitalisation and homelessness.

MindWise has proven that with the right housing related support, people with mental ill health and complex needs can maintain their tenancies, improve their quality of life and reduce social isolation to become active citizens in the community. Our aim is to continue to provide high quality stable homes and a range of services to help individuals to live independently.

MindWise has developed a housing continuum reflecting the 'Stepped Care' Service Model from hospital to independent living (as shown below).



# Types of housing support

## Hospital Rehabilitation Services (Stepped Care: Level 4)

MindWise recognise that some people with severe and active psychiatric illnesses may not yet be able to manage living outside hospital. However, they may no longer need to remain on an acute ward and their recovery may be impaired if they do. Hospital Rehabilitation Services may offer the most intensive care and support on the integrated housing continuum.

The actual support should look very similar to Twenty Four Hour Supported Housing, with the addition of consultant led/nurse managed care and support and recovery programmes embedded to include independent advocacy services.

**Estimated level of places required per 100,000 population: 20 places**

## Twenty Four Hour High Support Housing (Stepped Care: Level 3)

Well supported housing is required for people who are ready to be discharged from hospital, or may be in danger of unnecessary hospital re-admission, and who continue to have high support needs. It offers an alternative to people remaining in hospital or moving to a Residential, Nursing or Care Home. If integrated services are available to meet their needs in the community, it reduces the potential for individuals failing in their existing tenancy, which may lead to eviction and homelessness. It offers people with severe mental health problems and other mental health difficulties the opportunity of living successfully in a home of their choice.

**Support** – Such supported housing will have a dedicated staff team. Where tenants have high support needs, two or more staff will offer support over 24 hours including access to waking night staff. Where tenants have medium support needs, access to a sleeping night staff member will be more appropriate. Tenants must also have access to the full range of services through CMHTs and community/day services, which would be integrated into service delivery.

**Estimated level of places required per 100,000 population: 30 places**



## Medium Support Housing (Stepped Care: Level 2)

Medium supported housing offers cost effective support to people with severe mental health problems and other mental health difficulties. It is the right level of support for people who still need significant support to maintain and manage their lives, but who can largely manage their own personal care and can increasingly take back control of significant areas of their lives.

**Support** – Such supported housing will probably have a dedicated staff team. The team will offer support over the week, determined by a person's individual support plan, and access to an on call system 24 hours a day. Tenants must also have access to the full range of services through CMHTs and community/day services, which would be integrated into service delivery.

**Estimated level of places required per 100,000 population: 20 places**

High Support and Medium Supported accommodation should be:

1. Housing local to the person
2. Community based and integrated into the community
3. Shared or own front door
4. Utilising modern unobtrusive technology
5. Adopting a multi-disciplinary approach
6. Fully supportive of the recovery ethos

## Peripatetic Support Living (Stepped Care: Level 1)

Mental health services should help people take a further step towards recovery, to ensure they are able to live their lives in the place they want and in the way they want. For some people this will mean the goal of completely independent living. For others it will mean living in their own home knowing that, as they need it, they can access the help and support they need. Such support could be provided

through peripatetic/ floating support and/or Community Bridge Building.

So what will it look like?

The type of support offered would depend on individual circumstances and could include:

1. Advice and assistance with budgeting and dealing with bills
2. Help in developing daily living skills
3. Social integration
4. Economic integration
5. Advocacy and support to find other specialist help, for instance a drug or alcohol service.

**Estimated level of floating support spaces required per 100,000 population: 40 places**



## Living alone - MindWise achievements

MindWise pioneered the collaboration of statutory and non-statutory organisations, service users and carers to develop an innovative approach to the provision of housing with support to clients with very high needs.

The schemes successfully combined high quality modern homes with intensive, 24 hour support. Each person has their own private space and access to communal living spaces and communal facilities. They offer the kind of homes that people actually want to live in. The schemes have dedicated staff teams who provide a supportive environment, enabling clients to remain in their own home through most episodes of crisis and relapse. They provide stability for people who have just left hospital and who are working towards independent living. This means that clients can be close to their families at a crucial time in their recovery. It also means a reduction in the cost of care and support.

**The success of these projects is based on committed and effective partnerships.**

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## One client's story

'I love my home. Living here has brought about a massive improvement in my psychological development. Four years ago I felt I had nothing. Peace of mind has come with feeling secure. I don't have the pressure of having big bills to pay or worrying about having to move out. My physical fitness has improved as well thanks to our key worker who encouraged all of us to go out walking. My friend lost three stone and wants to be my walking partner. I have the best of both worlds. I can live here through the week and stay with my mother some Saturday nights. To sum up, it doesn't get much better than this.'

## Clients in MindWise's Kilkeel service had this to say about their Key Worker

'Paddy is wonderful. He is always there when you need him. As well as being considerate and kind, he is fun and extremely positive. Thanks to his encouragement many of us are trying new things and feeling so much better about ourselves.'

One of the strongest qualities I have found is MindWise's ability to operate at a local level free from the constraints that often prevent statutory bodies from implementing developments as quickly as they would like.

(A Commissioner)

We want and need more of this service – it works well and we access MindWise a lot.

(CPN)

'Four years ago I felt I had nothing. Peace of mind has come with feeling secure.'



# The way forward

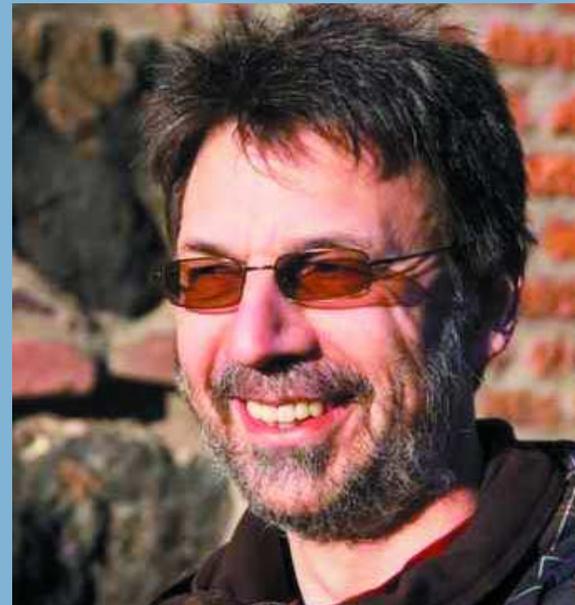
MindWise will continue to develop and deliver innovative 21st century housing support services with people in their own homes. We will promote and create enhanced opportunities for:

- Consultation and Inclusion
- Choice
- Positive Outcomes
- Quality
- Recovery
- An integrated health system

We believe these are achievable through the provision of a comprehensive range of recovery services to support people in their own home, whatever that may be.

## MindWise working with partners

Some people affected by severe mental illness and other mental health difficulties will need some form of specialist accommodation. Members of the deaf community, for example, will require accommodation which meets their communication needs while some older people may require specific adaptations or personal monitoring systems. MindWise will work in partnership with other organisations like RNID to provide the most appropriate care, which meets the individual needs.



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Independent  
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