

**Wind
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.



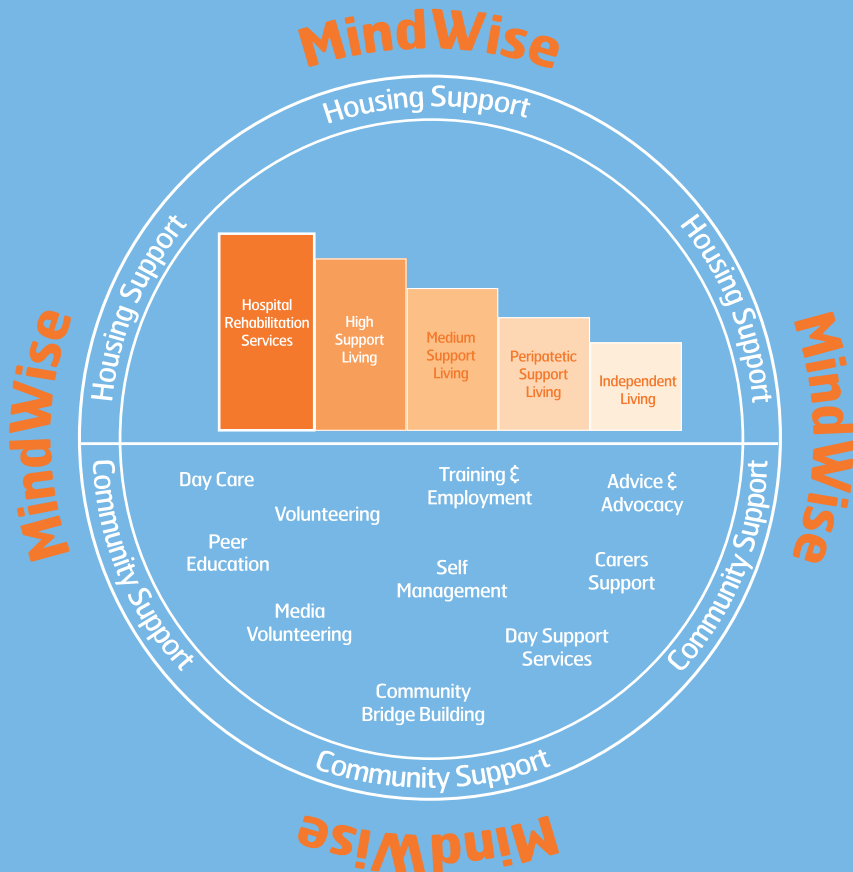
MindWise Housing Support

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 wellbeing, 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 recognises that some people with severe mental illness and other mental health difficulties 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 24 hour supported housing, with the addition of consultant led/nurse managed care and support and recovery programmes embedded to include independent advocacy services.

24 Hour High Support Housing (Stepped Care: Level 3)

Supported Housing is required for people who are ready to be discharged from hospital 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. It offers people with severe mental problems the opportunity to live successfully in a home of their choice and to maintain a tenancy, therefore reducing the risk of eviction or homelessness. Individuals are supported to achieve their own goals and aspirations and to challenge an adverse impact on their lives and achieve a better quality of life.

Support – The supported housing service will have a dedicated staffing team who will offer support over 24 hours. Tenants must also have access to the full range of services through CMHTs and community/day care services, which would be integrated into service delivery.



Medium Support Housing (Stepped Care: Level 2)

Medium supported housing offers cost effective support to people with severe mental illness 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 - This level of supported housing will have a dedicated staff team who will offer support over the week, determined by a person's individual support plan. There will also be access to appropriate support systems 24 hours a day. Tenants must also have access to the full range of services through CMHTs and community/day care services, which would be integrated into service delivery.

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 step towards recovery, to ensure that 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:

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



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 complex needs.

The housing schemes successfully combine high quality homes with either intensive 24 hour support (level 3) or medium support (level 2). Each person has their own private space and many of the schemes also have access to communal living spaces and facilities. They offer appealing homes that are tailored to meet the individual's needs, offering support and promoting empowerment and recovery. 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 people can feel comfortable and safe at a crucial time in their recovery.

The success of these schemes is based on committed and effective partnerships

With the stepped care approach each person has support tailored to their individual needs and they can progress on to more independent living at a pace suitable for them.

Each person has their own private space and access to communal living spaces and communal facilities.



One Client's Story

"I feel much happier since I moved here, it is very relaxing. The staff are very supportive and make me feel at home. I have a much better quality of life these days as I was homeless before. I have a great feeling of companionship here and have met new friends and have undertaken activities such as swimming and going to the MindWise day centre. I love the privacy of having my own space and it's nice and clean and tidy."

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."

A Commissioner

"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 CPN

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

'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 home and with their own front door. 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.

MindWise working with Partners

Some people affected by severe mental illness and mental health difficulties will need some form of specialist support and accommodation. In such cases MindWise will work in partnership with other voluntary and community organisations and statutory services to ensure that the most appropriate care and support is provided to meet the person's needs.



Transforming lives and developing new
visions for mental health by challenging
stigma and discrimination, and
providing quality services and support.

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