



Intensive home-based treatment

Peer support welcome
and information booklet

With **all of us** in mind.

The intensive home-based treatment team (IHBTT) work in partnership with service users, carers, relatives and partners to respond quickly to psychiatric emergencies and support service users through severe mental health crisis in their home environment that would otherwise require admission to hospital. Our approach aims to promote recovery, co-production, inclusion and resilience.





The journey of a thousand miles begins with a single step



Lao Tzu

Overview of IHBTT care model



1. Face-to-face/telephone assessment

Following referral either from Single Point of Access (SPA) or another team, a comprehensive mental health assessment will be completed by IHBTT and an appropriate plan of care outlined.



2. Multi-disciplinary team meetings

All service users newly admitted to IHBTT will be discussed in the first team meeting following admission. At least daily discussions will take place between IHBTT and the inpatient multi-disciplinary team regarding each service user's care plan and suitability for early discharge via IHBTT.

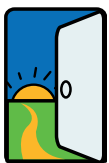


3. Care plan

During the home treatment phase of care, support is available 24 hours a day, 365 days a year. Care plans are not static and will change according to circumstances and need.

Care plans will take into consideration:

- Location of visits.
- Times and frequency of visits.
- Interventions.
- Contact details.
- Medication details.
- Expectations of service user, carer and relatives.
- Risk assessment/management.
- Roles of others: GP, community staff, advocacy, support agencies, carers and relatives.
- Discharge planning.
- Development of coping strategies.
- Crisis and contingency plans.
- Skill/experience of staff undertaking home based treatment.



4. Discharge/transfer

Discharge from IHBTT will be planned once a crisis episode has been resolved. Discharge plans will be agreed between everyone involved in the care package and communicated fully with particular reference to the Care Programme Approach. Alternatively a transfer to other services may be arranged.

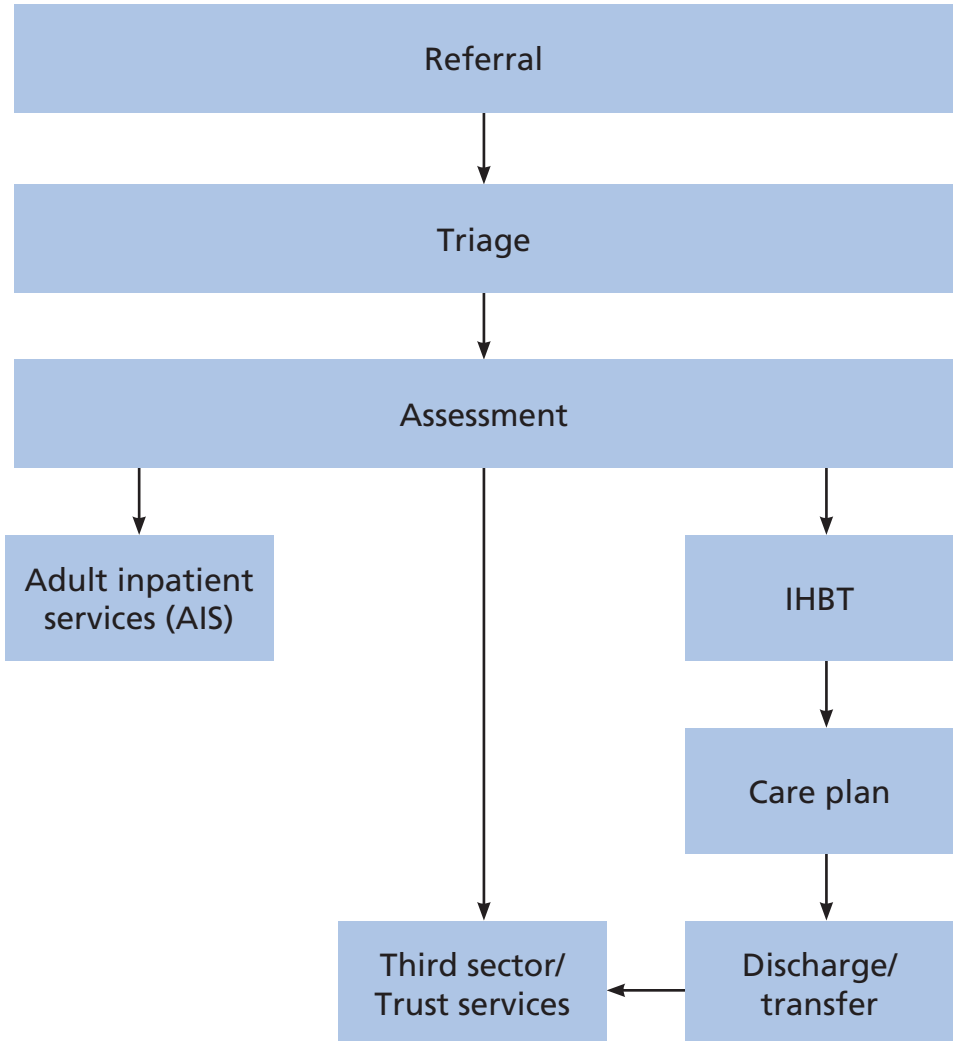


Simplicity is about subtracting the obvious and adding the meaningful



John Maeda

IHBT process flowchart





If everyone is moving forward together, then success takes care of itself.



Henry Ford

Trust services

Core

- A team of different professionals providing various skills; communicating and working with individuals suffering from moderate to severe mental health issues to help them change and grow.
- 1:1 or group-setting specialist assessment and treatment.
- Talking therapies.
- Medication administration, prescription, and review.
- Clarification of diagnosis, relapse prevention, self-management skills, improved physical health and functional capacity.

IAPT (improving access to psychological therapies)

- Psychological therapies for people experiencing common mental health problems such as anxiety disorders, depression, panic, stress, and obsessive-compulsive disorder.
- Short and long-term support depending on individual needs.
- Telephone or face-to-face support with a psychological wellbeing practitioner; 6-8 sessions guided self-help; 6-week stress control course; referral to other services; (long term) assessment and support from a cognitive behavioral psychotherapist, and 12-15 sessions of 1:1 or group support.

Enhanced

- Use a range of skills to support people experiencing complex mental health difficulties.
- Evidence-based approach, working together with universities and regional groups.
- Support includes specialist assessment and treatment; talking therapies; medication, prescription, and administration; care co-ordination and care program approach.

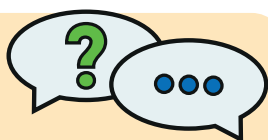
Kirklees Insight (early intervention in psychosis)

- Outcome and evidence-based psycho-social interventions for ages 14-35 specific to the person's psychotic experiences or accompanying anxiety and depression.
- Supports people's treatment and recovery outside of the mainstream mental health system.
- Specialist, recovery focussed and symptom-specific assessments.
- Peer support workers interact with clients and help them get back to daily life through activities including walks, virtual coffee mornings, quiz groups, meditation, and gaming groups.

“A community is like a ship, everyone ought to be prepared to take the helm.”
Henrik Ibsen



Third sector services

There are a variety of third sector services available in the Kirklees and Calderdale area. Below are just some examples of what is on offer. Please ask the peer support workers or a member of the team for more information on third sector services and how they could help you.



Andy's Man Club


Talking groups for men

 andysmanclub.co.uk
 info@andysmanclub.co.uk



Well-Bean Café




Crisis café providing support in a safe place.

 [Huddersfield 07741900395](tel:07741900395)
[Dewsbury 07867028755](tel:07867028755)
 touchstonesupport.org.uk



Women Centre




Holistic, one-stop services to help improve mental health and wellbeing.

 womencentre.org.uk
 info@womencentre.org.uk
 [Huddersfield 01484 450866](tel:01484450866)
[Dewsbury 07590445846](tel:07590445846)



St Anne's

Variety of support for mental health including housing, respite care, substance use and residential care.

 st-annes.org.uk
 info@st-annes.org.uk
 [01132435151](tel:01132435151)

“Friendship is born at that moment when one person says to another, ‘What! You too? I thought I was the only one.’” C.S. Lewis

IHBTT peer support

What is peer support?

Peer support is support that is provided by individuals who have lived experience of illness, distress and recovery. It is often considered to be a mutual relationship where the supporter and the individual being supported are equals throughout the recovery process.

There are various models of peer support. However, most forms of peer support are grounded upon shared, recognised values and principles.

Our approach

This can feel like an incredibly bewildering and intense time. Our situation can feel doubly distressing in trying to understand ‘where we stand’ within this process, which can come to exacerbate and complicate our current emotional and mental experience.

The peer support team is here to walk alongside you throughout the home-based treatment journey. We hope to provide a familiar and friendly face and establish a relationship in which, together, we can share and discuss personal challenges, learn from each other and come to recognise that nobody is ever alone during difficult times.

8 core values of peer support

- Recovery-focussed
- Mutual
- Reciprocal
- Strengths-based
- Non-directive
- Safe
- Inclusive
- Progressive



We can provide:

- Peer support groups
- Face-to-face support
- Cognitive behavioural therapy (CBT) skills and wellbeing tips
- Befriending schemes
- Family support

“ You’ve got a friend in me. If you’ve got troubles, I’ve got ‘em too ”
Randy Newman

The peer support team

Chris

Hi

My name is Chris and I am a peer support worker within the Kirklees intensive home based treatment team.

I have a history of using mental health services for a number of years.

I believe this helps me have a unique viewpoint and understanding of some of the challenges and difficulties that service users may be experiencing.

I think that peer support has a crucial role in supporting service users and carers in their recovery and supporting them to achieve their ultimate goals, whatever they may be.

Though these may be difficult times it’s always worth remembering that things will get better and you will get through this difficult period in your life.



Kane



Hello!

My name is Kane and I am one of the peer support workers for the Kirklees intensive home based treatment team.

Firstly, I think it’s worth saying that it’s incredibly easy to think of our mental illness, emotional distress, or unfortunate life circumstances as limitations or signs of personal weakness. But I am where I am today, who I am today, because of those ‘negative experiences’.

Although this may sound rather cliché, the most difficult periods of my life were possibly the most significant. They provided the opportunity for growth. And it is an honour, now, to be able to provide support for other individuals and walk ‘hand in hand’ with them through what I believe is a transformative process.

Peer support can help challenge those stigmas, those ideas of limitation, of isolation, and help come to recognise our own unique strengths. Because although we may not have arrived at our present circumstances by our own doing, we can control how we respond and how we recover.

Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom.

Viktor Frankl

'STOPP' – CBT in a nutshell



Stop and step back

Don't act immediately. Pause.



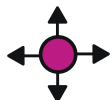
Take a breath

Notice your breath as you breathe in and out



Observe

What am I thinking and feeling? What are the words that my mind is saying? Is this fact or opinion? Descriptions or evaluations? Accurate or inaccurate? Helpful or unhelpful? What unhelpful thinking habit am I using (e.g. mind-reading, negative filter, thinking the worst)? Where is my focus of attention? What metaphor could I use (mountain, tunnel, playground bully, thought train, beach ball, passengers on a bus)?



Pull back: put in some perspective

See the situation as an outside observer. What would a fly on the wall see? Is there another way of looking at it? What would someone else see and make of it? What advice would I give to someone else? What's "the helicopter view"? What meaning am I giving this event for me to react in this way? How important is it right now and will it be in 6 months? Is my reaction in proportion to the actual event?



Practise what works

Do what works, what is most helpful. Play to your principles and values. Will it be effective and appropriate? Is it in proportion to the event? Is it in keeping with my values and principles? What will be the consequences of my action? What is best for me and most helpful for this situation?

www.getselfhelp.co.uk/stopp.htm



It is more fun to talk with someone who doesn't use long, difficult words but rather short, easy words like "What about lunch?"



Winnie the Pooh

Jargon buster

Adult inpatient services (AIS) – Treatment and care within a safe, therapeutic environment for vulnerable people with acute illness.

Care Programme Approach (CPA) – A framework of standards for delivering effective community mental health services.

Cognitive behavioural therapy (CBT) – A psycho-social approach that aims to improve mental health by challenging the rationality of thoughts and behaviours.

Multi-disciplinary team (MDT) – The collaboration of multiple professional disciplines in health and social care.

Single point of access (SPA) - Telephone-based service (24/7 helpline) managing all adult mental health referrals as well as providing telephone support to patients and carers.

SWYPFT – South West Yorkshire Partnership NHS Foundation Trust.

Third sector – A range of voluntary, not-for-profit organisations that do not belong to either the public or private sector.

Triage – The process of determining the priority and severity of patient illness and the order of treatment.





We are now connected by the Internet, like neurons in a giant brain.

Stephen Hawking



Useful websites and apps

7cups.com – Online therapy and free support for people experiencing emotional distress.

betterhelp.com – Private online counselling.

calm.com – Guided meditations and sleep stories available via website and app.

getselfhelp.co.uk – Website providing online self-help and therapy guides.

headspace.com – Guided meditations with the goal of mindfulness, available via website and app.

helpguide.org – Provides evidence-based information to help people improve their mental health.

mind.org.uk – Mental health charity providing information and advice.

samaritans.org – Registered charity providing support for emotional distress.

sleepstation.org.uk – 6-week NHS approved online programme to help improve sleep.

talkspace.com – Online and mobile therapy.

verywellmind.com – Online resource providing guidance to help improve mental and emotional health.

psychcentral.com – Mental health information and news website.



Useful numbers

Intensive home based treatment (IHBT)

01484 343161

Single point of access (SPA)

01924 316830

NHS non-emergency

111

Saneline

0300 304 7000

Supportline

01708 765200

Samaritans

116 123

Mental Health Helpline

0800 183 0558