

## **Developing Older Adult Mental Health Day Hospital Services in Brent**

### **A Report for the Brent Health Select Committee**

#### **Introduction**

The Older Adults Directorate of Central North West London NHS Foundation Trust (CNWL) provides a range of secondary care services across five London Boroughs. Services are commissioned by the local Primary Care Trust.

In Brent these services include Inpatient Care, Community Mental Health Teams, Outpatient Clinics, Memory Clinic, Liaison Psychiatry, Admiral Nursing and a Day Hospital.

#### **Background**

In recent years there has been an increasing focus on the modernisation of day hospital provision within both adults and older adults mental health services. A national agenda has seen the focus of services moving away from being “building based” to providing a model of community based support. This has seen a model developed that increases social inclusion and participation, and a move away from the traditional model of clients being transported to a day service, attending and then returning home. The increased focus on provision of community based support enables service users to be supported to access a range of options that meet their needs.

Key drivers to this change in services have been the focus on social inclusion and recovery, and more recently the development of the personalisation agenda. This has seen a shift to providing service users with bespoke packages of care that support the individual accessing a range of socially inclusive activities.

Within this context the profile of service users accessing services provided by CNWL Older Adults Directorate has changed considerably. Working with local commissioners there is recognition of a need to ensure that services currently provided are developed in line with what is considered to be models of good practice.

#### **Belvedere Day Hospital**

There are currently 29 service users attending Belvedere Day Hospital. The service provides a number of groups ranging from Anxiety Management to Healthy Living. Historically service users have attended Belvedere Day Hospital for a period of time, and then referred onto local resources provided by the Local Authority and voluntary sector within Brent.

#### **Developing the Service**

It is important that any service development relating to Belvedere Day Hospital supports the national modernisation agenda, and provides choice and opportunities for service users. Clinical staff have been exploring alternative models of supporting clients, looking at examples of good practice that have operated successfully elsewhere in London.

## **Potential Model**

Through developing the service currently provided by Belvedere Day Hospital to an Outreach Model, service users will have access to a service that is adaptive to need providing an intensive level of support when required, and enabling service users to move onto alternative support when their needs change. This model would demonstrate good practice, and ensure the following:

- Enhance ability to work with clients in their own homes and communities
- Promote effective transition from inpatients wards to community for newly discharged patients and reduce re-admission rates.
- The availability of an Outreach Team that supports the work of the CMHT by working with discharged patients in various community facilities will provide alternative to hospital admission and facilitate early discharge.
- Outreach Team will be able to provide more intensive engagement with clients, rebuilding clients' living skills and
- Reduces institutionalisation

A Belvedere Outreach Team could be created from the existing staff group and resource at Belvedere House, and enhance the collaborative working that staff at Belvedere House have developed with local resources. At present elements of an outreach model are provided by Belvedere House through the delivery of groups at Sudbury Neighbourhood Day Centre (Voluntary Organisation) and the Willesden Support Centre (Local Authority Resource). Additionally the service operates the Rendezvous Club, facilitated by CMHT staff the club provides social interaction and activity, which is due to expand to provide a service in both North and South Brent.

Additionally it is proposed that any development of the service will see the Outreach Team link with Westbrook Day Centre (Local Authority) and Kingsbury Day Centre (Local Authority). Psychology Groups providing support for anxiety management relapse prevention, depression, and sensory stimulation will also be developed with the Outreach Team operating these groups in a range of accessible venues.

The Outreach Team would work to a model of assessing clients, then providing support that meets assessed needs either in their own home or within the Day and Resource Centres operated by the Local Authority and Voluntary organisations within Brent. This period of intensive support would ensure that the service user remains engaged with the local community, is assisted in managing their mental health needs, and where required ongoing support provided by either the Community Mental Health Team, local Social Services or other appropriate agency.

The development of such a model would create real alternatives to hospital admission, and facilitate early discharge from inpatient care. Such a model is clearly focused on community activity and participation, and therefore in contrast to the traditional building based model of day hospital provision.

## **Summary**

There is a clear need to modernise the provision of Day Hospital Services for Older Adults. The changing profile of service users, national modernisation agenda, and need to ensure that service user choice, support the development of a new model. To date preliminary discussions have been held with service users, staff and key local partners.

**NF/SC/AT**  
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## Brent Older Adults Outreach Team

