



# Developing a Leaders Briefing

What you need to know about Personal Budgets  
in Mental Health

Amanda Reynolds  
Blend Associates Limited

# Developing Work for TLAP & NHS Confederation



- Since June 2014 extensive conversations with current NHS, Social Care and third sector leaders.
- People were approached who have a huge contribution of experience and expertise relating to the current system.
- Leaders who had implemented Personal Budgets themselves, knew their benefits & implications for wider use across the NHS.
- Spoken to over 30 leaders both providers & commissioners

# Steering Group



- Sean McLaughlin, Corporate Director of Housing & Adult Social Care, Islington Council
- Denis O'Rourke, Assistant Director Mental Health, NHS Lambeth Integrated Commissioning
- Dr Rachel Perkins OBE, Centre for Mental Health
- Sarah Brampton, Director of Finance, Devonshire Partnership NHS Trust
- Richard Jones CBE, Director NHS England
- Alison Mohammed, Director of Regions and Chief Operating Office Rethink Mental Illness
- Jenny Robb, Director of Social Care & Safeguarding, Mersey Care NHS Trust

# What is the evidence that they work?



Whilst it is still early days for implementing Personal Budgets in health, the evidence of their benefits is mounting in Social Care:

“The majority of people with care, support needs and carers report increasing levels of satisfaction with services during the timeframe that Personal Budgets have been implemented.”

*Taken from Health & Social Care Information Centre. (2013). Personal Social Service Adult Social Care Survey, 2012-13, Provisional. [Online].*

# Who might benefit in your service area



In developing your plans to implement Personal Budgets in Mental Health, a number of your service areas are worth considering as an area to take forward Personal Budgets. Senior NHS colleagues already using Personal Budgets in Mental Health have suggested:

- Crisis Concordat – as part of your work implementing the Crisis Concordat you could identify those who are frequent users of Mental Health services in crisis. Include in this group crisis home treatment caseloads and sectioned inpatients.
- GPs could work with local IAPT services to identify patients in primary care who they may have ordinarily referred to secondary Mental Health services. Instead offering those who do not need immediate treatment a Personal Budget alongside IAPT services.
- If the provider Trust is developing a Recovery College consider offering Personal Budgets as part of the work of the College.

# Who might benefit in your service area (cont..)



- Work with your Child and Adolescent Mental Health Services to consider using Personal Budgets to maintain teenagers who are unwell at home and avoiding unnecessary admission.
- Young adults at first contact with early intervention psychosis services. As a Personal Budget could ensure they retain their independence and avoid on going secondary care services.
- Those moving from Child and Adolescent Services into support from Adult services and this is often called transition.
- Work with your Psychiatric Liaison Services and local Accident and Emergency Services to explore how Personal Budgets could be used to reduce emergency demand on Mental Health services and A & E.
- Identify patients who have Mental Health problems along with other physical health long term conditions. Look at offering Personal Health Budgets that offer support provided in one plan and one budget for all health needs.

# Who might benefit in your service area (cont..)



- Identify in the provider Trust which patients are already receiving Social Care Personal Budgets and look at offering a Personal Health Budget alongside this.
- Identify across your local authority and CCG commissioners patients subject to s.117 after care as part of the Mental Health Act 1983. Consider offering those patients Personal Budgets for their package of community support.
- Identify all patients currently in NHS Out of Area Treatments and consider using Personal Budgets and care and support plans to bring those patients back to the local area.
- Review people who have serious Mental Health problems and have been in residential or nursing homes for a long period of time. Consider using a Personal Budget to develop the community support that would enable that person to live independently in their own home again.

# 15 Key Messages for Leaders



15 Messages for Key Leaders	
1	Be prepared for change as patients with Personal Budgets often do not spend the money on traditional services.
2	Organisations with a named Board level sponsor have made most progress in implementing Personal Budgets
3	Providers who take the lead in offering Personal Budgets are offering some really innovative support
4	Emergency and inpatient services are excluded from Personal Budgets but those regularly in crisis can benefit most from a Personal Budget of community support..
5	Leaders should start to work together on a targeted Personal Budgets strategy that addresses system challenges particularly quality and demand.

# 15 Key Messages for Leaders (cont..)



	15 Messages for Key Leaders
6	Make a start NOW <b><i>don't wait for perfect</i></b> as areas making most progress didn't wait.
7	Don't waste lots of money on new systems or processes, use and plagiarise resources and guides currently available.
8	Local Authority leaders are keen to share their learning from Personal Budgets in Social Care and offer the NHS access to their systems.
9	Personal Budgets offer those at risk of institutionalisation the opportunity to live independently in the community and stay well for longer.
10	Many user led and third sector advocacy organisations are well placed to offer the NHS support to make Personal Budgets a reality.

# 15 Key Messages for Leaders (cont..)



## 15 Messages for Key Leaders

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| 11 | Your care culture will need to shift from focusing on risk to enabling independence with managed risk.  |
| 12 | Get front line clinicians especially doctors (GPs and psychiatrists) involved in understanding what they are, and have them offer them to patients.                 |
| 13 | Front line staff need to be told peoples stories of Personal Budgets, as then they will see what they offer that is effective for patients.                         |
| 14 | If as a Trust you deliver social work and Social Care services your community staff already understand Personal Budgets, it's just about bringing it to health now. |
| 15 | Personal Budgets as part of personalisation are a key tool for delivering the principles of recovery in Mental Health. One will not work without the other.         |

# Implementation Challenges



- Some of the concerns that have been raised in the NHS are realistic.
- Personal Budgets are not new.
- The implementation of Personal Budgets started in Social Care and we have learnt a lot as we have developed them.
- All of the NHS issues can be addressed.
- A number of these have been covered in a recent publication from the NHS Confederation:

<http://www.nhsconfed.org/resources/2014/09/a-wealth-of-information-your-questions-on-personal-health-budgets-answered>

# Register for our Event



**The NHS Confederation, Think Local Act Personal and the Kings Fund** invite you to our workshop exploring

**The latest opportunities and challenges for Personal Budgets in Mental Health  
The King's Fund  
11-13 Cavendish Square, London, W1G 0AN**

**Tuesday 9<sup>th</sup> December 2014  
Networking Lunch 1pm  
Workshop 2:00 - 5:00 pm**

**Please confirm your attendance and any specific requirements to Corinne Moutou at [Corinne.Moutou@scie.org.uk](mailto:Corinne.Moutou@scie.org.uk) by Monday 1 December.**



Amanda Reynolds

[amanda@amandareynolds.org](mailto:amanda@amandareynolds.org)

07775631510