

Community Enhanced Rehabilitation Team



www.leicspart.nhs.uk

Our Service

Interventions for people with severe and enduring mental health difficulties

The new Enhanced Rehabilitation and Recovery Pathway

National Drivers

Leicester, Leicestershire & Rutland. 13 team members with 26 case load and 8 in-reach.



NICE National Institute for Health and Care Excellence

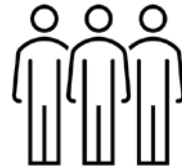


Our Approach

Recovery orientation



Holistic



Person-centred



Goal orientated

Needs-led



CERT Model

Transition

12 weeks

Making the transition from inpatient rehabilitation service to the community

HUB

2 years

Working with people who have rehabilitation needs which can be met in the community

Spoke

Bespoke

Time-limited, enhanced rehabilitation interventions alongside a persons care team

AIMS: offer choice, least restrictive practice, increase flow, reduce admissions

Our Interventions



Connecting service users to a variety of community groups, vocational opportunities and educational courses

Provide evidence based psychological interventions to support service users to obtain optimal health and well-being

Support service users to develop and practice skills related to activities of daily living

Working alongside service users to build confidence accessing the community independently

Meet the Team!

CERT consists of Nursing Staff, Occupational Therapists, Psychologists and Psychiatrists.

“The collaborative and rehabilitation focussed work that we do ensures the service users recovery is first and foremost, which allows care planning to be tailored to individual needs” Jackie



“I like working in a developing team where all disciplines working in the team and service users have input into how the team is shaped. I enjoy working with service users collaboratively using a recovery approach to help people be more autonomous in the community” Coral



“I get to see people’s confidence and feelings of independence grow as we support them to access the community and participate in things that are meaningful to them”

Johnny

Our Outcomes



Anxiety reduced in 50% of service users



No readmissions in 9 weeks post discharge



22% of contacts were to service user network



CERT accessed by a range of service users



No waiting list – meeting the need

What do our service users think?

They seemed like they really wanted to help...it made me feel good, like there are some people out there who really do care

Making me feel as though my mental illness is not going to define me and the rest of my life

They helped me get through a crisis without me going back into hospital



Research, Evaluation and Quality Improvement

Improving our interventions and service

Adding to the evidence base

Service user involvement



The development of the rehabilitation community transition support team as a response to COVID-19

Fenton, Kidd, Kingman, Le-Butt & Gray (2021).

Abstract

The rehabilitation community transition support team was created as a response to the COVID-19 pandemic following faster discharges from the inpatient rehabilitation service. Staff and service users in the new team were interviewed using semi-structured interviews. The data were analysed using thematic analysis. Staff interviews generated seven main themes: positive staff experiences; defining the 'team'; mode of working; link role for the team; technology; relationships with patients; and support from colleagues. The service user analysis generated five themes: positive experiences of the rehabilitation community transition support team; relationship with rehabilitation community transition support team worker; mode of working; handling the hurdles of discharge; and defining the 'team'. There was a crossover of staff and service user themes around face-to-face visits, defining the team and relationships. Service users indicated that contact with the community team helped to overcome both practical and emotional hurdles of discharge. This indicates that the presence of a team supporting the transition out of hospital may be helpful for people who have been discharged.

Staff Well-being

Outdoor staff sessions

Remote working

Team meetings

Virtual Away Days

Reflective Practice

Compassionate
leadership



Future Developments

Learning from others



Networking – Northampton ‘buddy’ trust

Sharing our knowledge and skills

Developing our offer

