

ACCES

Assertive Community Treatment (ACT) in Action

Alan Gallagher CMHN

18th June 2015

Homelessness and Mental Health

- **8 out of 10** homeless people experience mental distress, compared to 1 in 4 of the general population.
- 45% had been diagnosed with a mental health issue

Homelessness and Mental Health

- **44%** of those with a mental health problem said they self-medicate with drugs or alcohol.
- **14%** stated they self-harm, compared with **4%** of the general population.
- **One fifth** of those who recently attended A&E departments did so for mental health reasons.

	General Population	Homeless Population
% mental distress	30%	73%
Diagnosable mental health problem (2011)	16%	70%
% depression	3%	36%
% anxiety	4.7%	41%
% personality disorder	3-5%	7%
% bipolar disorder	1-3%	6%
% sleep problems	29%	63.8%
% people who self-harm (2011)	4%	21.5%
% schizophrenia	1-3%	6%

The Assertive Outreach Model

- Comprehensive and direct individualised care and treatment, support and rehabilitation.
- The ACT model was born from observation that gains made by clients in hospital were often lost when they moved back to the community.
- Aim: Assist people with severe mental illness (SMI) achieve optimal integration into community life

The Assertive Outreach Model

- Multidisciplinary approach
- Individual assessment and treatment plan
- High staff:patient ratio - **1:10** (Ideally)

ACCES Team Aims

- For homeless individuals with severe and persistent mental illness not linked in with local services.
- To provide high intensity support in the community, thereby avoiding hospitalisation.
- To promote stabilisation and relapse prevention.
- Working with other agencies to provide comprehensive and seamless care.

Referral Criteria

- For **homeless** individuals with severe and persistent mental illness not linked in with local services.
- Individuals aged between 18 and 65
- Staying within or have ties to the **catchment area**
- Would benefit from assertive care model
- Previous difficulty engaging with traditional services

What's Working?

- Recent expansion = improved service provision
- Improved ties with homeless services (statutory and non-statutory)
- Referrals are increasing!

What Needs Improving?

- Greater understanding of our service & what we do
- Housing / Long-term Placement options
- Need to increase ties with certain services e.g. Prisons, A+E dept's