

Regional Pathway Development Service

Annual Review Summary: April 2018 – March 2019

The annual review reports on the service's activity and performance over the last financial year (1st April 2018 – 31st March 2019).

Referrals

The PDS received a total of 50 referrals which is a 26.5% decrease from the last financial year (n=68), but is similar to referrals received in 2016-17 (n=51).

January and August and November saw the highest number of referrals (n=8) and October the lowest (n=1), which is a similar pattern to the past 2 financial years.

Place of Residence

Service users have been referred most frequently from **Adult Mental Health Acute Wards** (38%), followed by **Psychiatric Intensive Care Units** (20%), **Locked rehabilitation wards** (10%), **CAMHS inpatient** (6%) and **CAMHS Low Secure units** (6%).

Referring Professional

The majority (24%) of service users were referred by **care co-ordinators**, followed by **Psychiatrists** (20%) and **NHS England Commissioner/local CCG Case Managers** (14%).

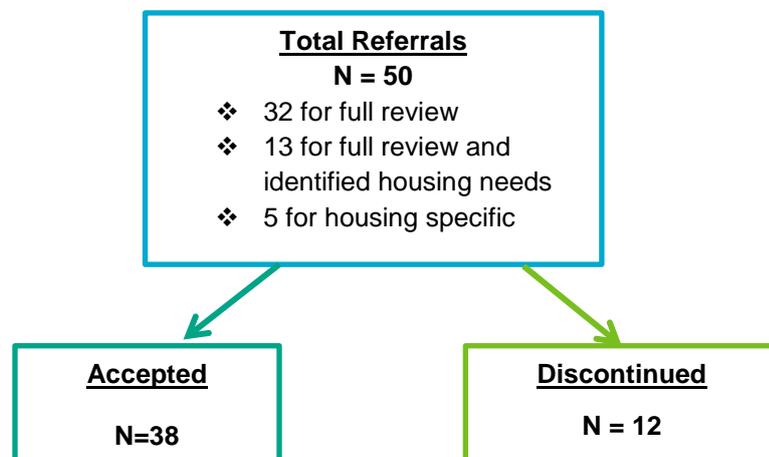
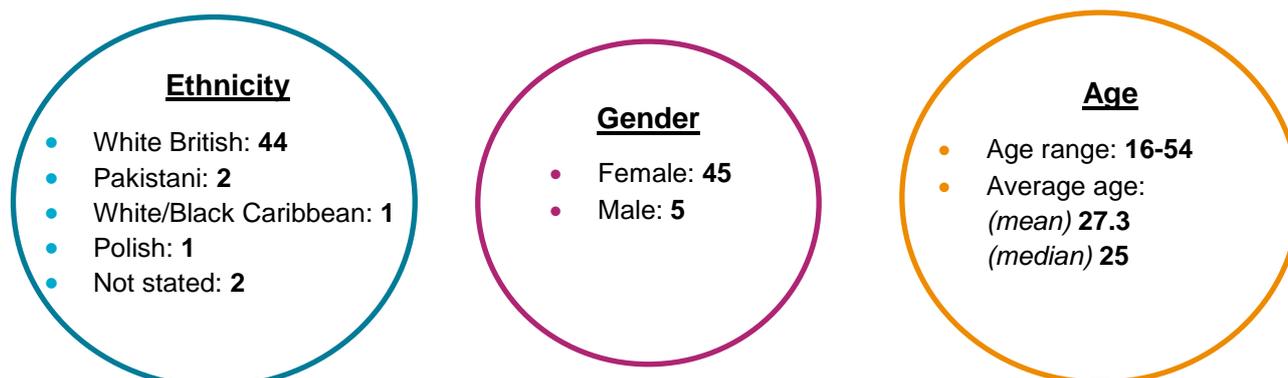
Responsible Clinical Commissioning Groups (CCGs)

The majority of referrals came from the **West Yorkshire and Harrogate** geographical area (n=19), followed by **South Yorkshire and Bassetlaw** (n=19) then the **Humber, Coast and Vale** area (n=9).

Location at time of Review

Referrals came from a wide range of geographical locations. The majority were referred from **West Yorkshire and Harrogate** (32%), followed by **South Yorkshire and Bassetlaw** (26%) and **Humber, Coast and Vale** (22%). **20%** of referrals came from areas outside of the main three areas, demonstrating the significant number of service users who have been admitted to an out of area hospital. Most referrals came from **Bradford** (14%) and **Doncaster** (10%).

Demographics



PDS Reviews

The PDS review consists of an assessment and report which identifies individual needs and how best those needs may be met by clinical teams, service providers and case managers in collaboration with the service user. This year:

- **26 full reviews** were completed
- **13 re-reviews** were completed
- **22 housing review** reports were completed
- **Completion time:** average of **34 calendar days** (media 31 days; range 15-83 days)

PDS Caseloads

At the time of the annual review there were a total of **47** service users open to PDS caseworkers and **33** open to Housing and Resettlement caseworkers.

In-Reach Caseload

PDS Caseworkers hold an in-reach 'caseload' of service users (**n=29**) who are currently within specialist **PD low secure inpatient services (n=15)**, **CAMHS inpatient services (n=3)**, **medium secure services (n=1)** and **Garrow House (n=9)**. Following initial PDS Review, caseworkers attend CPA meetings and carry out re-reviews every 12 months, in order to monitor and support care pathways and to build relationships.

2018-19 caseworkers attended:

- **30** CPA meetings
- **7** MDT meetings
- **6** professional meetings
- **3** formulation meetings
- **4** ad-hoc meetings

Housing and Resettlement

The Housing and Resettlement service received 43 referrals this year:

- **23** new referrals to PDS this financial year
- **12** referrals from previous years
- **8** referrals from Garrow House

These consisted of:

- **27** PDS reviews with a resettlement assessment
- **10** housing specific referrals
- **5** signposting referrals
- **1** consultation

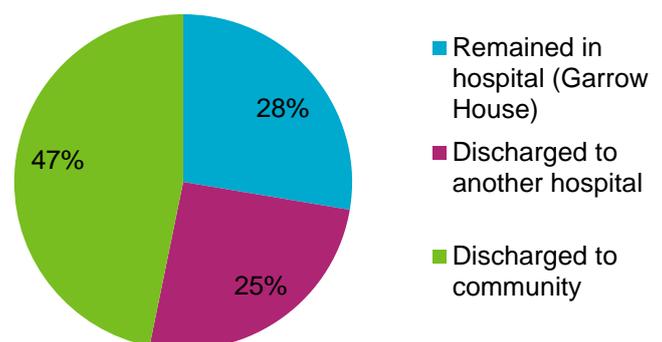
Housing and resettlement workers assessed 50 service users.

For the 34 service users who were discharged, **the recommended pathway was followed for 91%**

The service maps service provision across the Yorkshire and Humber region, offer accommodation providers consultation and advice for up to 12 weeks post discharge and brokering workshops on Personality Disorder to services who have accepted referrals. The numbers of visits undertaken in 2018-19 were:

- **Mapping:** 20
- **Brokerage workshops:** 31
- **Consultation meetings:** 33

H&R Outcomes (n=50)



Embracing Complexity - Working with people with Learning Disabilities

This year, Heather Johnston (Case Worker) led a project identifying service users over the last 10 years who have been identified as having a learning disability.

57 cases were identified out of a total of **475 cases** seen by the PDS between 1st January 2009 - 31st March 2018; representing a **proportion of 12% of all PDS cases**. 16 of these cases were examined in more depth to identify themes from the reviews.

The full report, Embracing Complexity, is available on request.

Key Findings:

- The need to recognise complexity and multiple needs of service users which may span across different services and fluctuate
- The importance of integrating the outcomes from a range of assessments to inform a holistic and coherent understanding of needs
- The importance of formulation-informed risk assessment and risk management plans, including understanding of contextual factors
- Emphasis on developing protective factors
- The importance of relational safety and value of positive behaviour plans developed in collaboration with the service user, informed by functional assessment and formulation work
- Clearer understanding of Care and Treatment Reviews (CTR), confirmation of criteria for a review taking place and the role of PDS contributions

Working with Young People

In 2012 the PDS started accepting referrals for 15-17 year olds. In 2018-2019, the PDS received **9 referrals for under-18s** and **3 referrals for 18 year olds** with difficulties described by referrers as 'emerging personality disorder'. Referrals have been received from a range of inpatient settings, including acute, PICU, CAMHS low secure and locked rehab. Eight referrals were accepted for review.

YOUNG PEOPLE



Common presenting difficulties:

- Self-harm and suicide attempts
- Eating disorder/difficulties
- Significant vulnerability to harm from others with associated safeguarding issues
- Low mood, anxiety, voice-hearing

Common pathway issues included:

- Engagement difficulties in ward setting
- High levels of risk to self
- Families reporting feeling ill-equipped to manage risk at home
- Limited alternative age-appropriate community options

Histories often included:

- Family history of mental health and/or drug & alcohol issues
- Parental separation
- Attachment difficulties
- Trauma and/or abuse
- Significant contact with CAMHS and/or Social care
- Academic success but experiencing social difficulties and/or bullying



Service User Involvement

The PDS have continued to work with service users to improve opportunities for structured, meaningful and sustainable involvement across the service. The Involvement Steering Group has been meeting every four months to oversee the implementation of the Involvement Action Plan.

The key actions completed this year include:

- **Developing the involvement structure** by meeting 3 times a year at Garrow House
- **Involvement in National and Regional Strategy** by building links with Garrow House involvement group and the Yorkshire-Humber Involvement Network, co-production of bi-annual Involvement event “Transitions” (November 2018) and Co-facilitation of KUF training
- **Involvement in service development and delivery** with co-produced easy-read information leaflets on the PDS and involvement opportunities, service user involvement on an interview panel and ongoing co-production of an animated film about the service
- **Involvement in one’s own care** is monitored with the review service and found 85% of service users met with their caseworker during their review and 50% met to get feedback. The Triangle of Care Self-Assessment was completed, a glossary of terms has been added to Review reports and formal feedback and evaluation is ongoing

PDS Evaluation

Questionnaires are routinely administered to case managers, service users and the clinical team following reviews.

- **54 surveys** were sent and **12 responses** were received (**22.2% response rate**). The highest response rate was from service users (40%), followed by staff (20.8%) and case managers (15%)
- **50%** of service users were in an **acute or PICU ward** and **33.3%** in **low secure** settings
- All service users had met with the caseworker to discuss PDS involvement and they reported **feeling listened to** and had their questions answered
- All service users met with the caseworker to discuss feedback on recommendations, which were felt to be **clear** and there were varied views towards the **influence on their care pathway**
- Case managers reported the clinical review meetings **helped them in their role** a great deal, felt the report **influenced their management of care**, and found the planning meeting **moderately effective**
- Clinical team members felt they were able to **share their views** with the PDS caseworker a great deal and felt the planning meeting was **moderately effective** in planning and agreeing a suitable care pathway

“Very professional and thorough service who have demonstrated that they clearly understand the patients complex needs and have put lots of effort in to find a suitable pathway” - Clinical Team Member

“I found a caseworker to be very friendly and gave reassurance” -Servicer User

“Comprehensive report and identification of gaps in info or options not tried. Objectivity and clarity from an external source can crystallise the teams approach and thinking” - Case Manager

- Clinical team members reported the review was **clear** and felt it would **influence their care and management** of the service user