

# Housing and Mental Health

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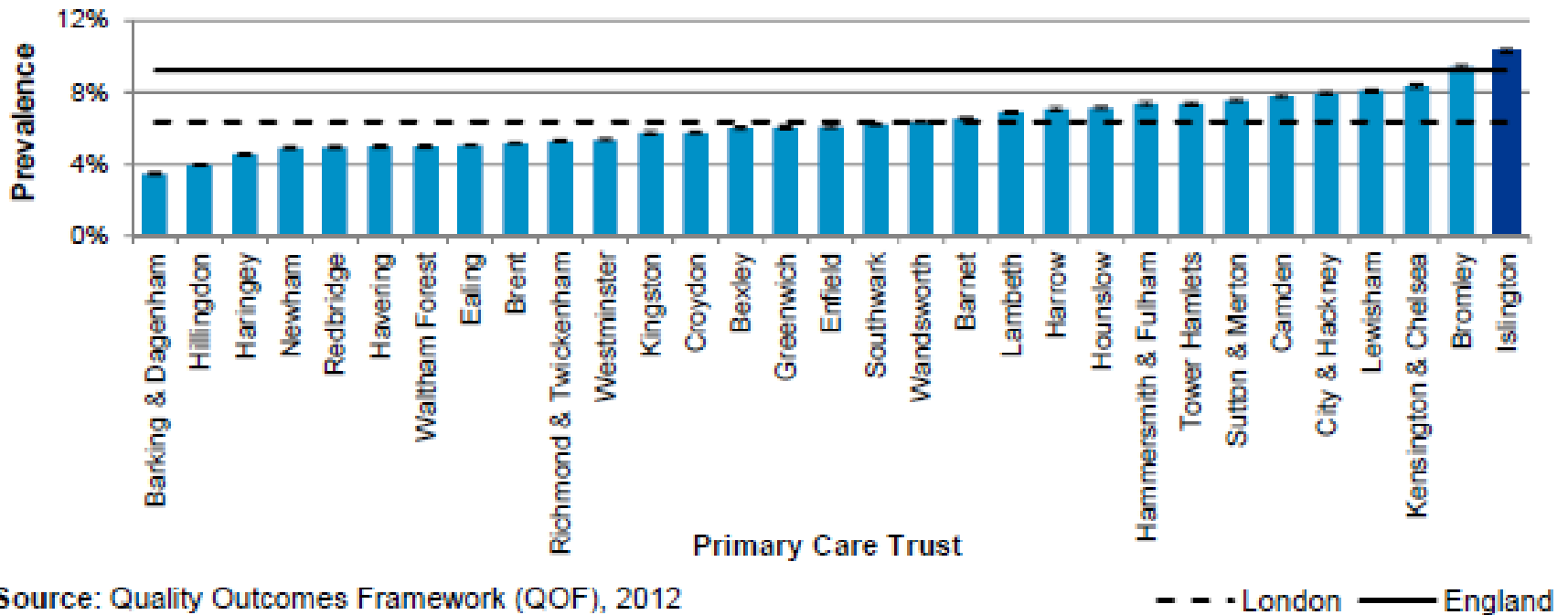
## Mental health

- Mental health conditions are very common, affecting at least one in four people at some point in their life and one in six adults at any one time
- Mental health conditions include depression, anxiety, psychosis, schizophrenia and dementia; and account for the single largest source of disability and ill health in the UK
- People with mental health conditions have higher morbidity and mortality than the rest of the population
- Mental ill health and the stigma and discrimination associated with it, can have negative impacts on every aspect of life, including social exclusion, employment and education, with economic hardship and physical ill health leading to a significant risk of earlier death

## Mental health of Islington residents

- Islington has a significantly higher level of mental health need than London or England. In 2011/12:
  - 12.6% (22,692) of Islington adults were diagnosed with depression, higher than London and England averages (8.1% & 11.7%)
  - 1.5% (3,228) of patients on primary care registers were diagnosed with either a psychosis or a bipolar disorder. The highest percentage in England and nearly double the national average of 0.8%. It is also significantly higher than the averages for London (1.0%) and other deprived London PCTs (1.1%).
- Mental illness is consistently associated with deprivation, low income, unemployment, poor education, poorer physical health and increased health-risk behaviour.
- 90% of people with Mental health needs are treated in Primary Care
- People with less severe mental health needs will not be known to Camden and Islington Mental Health Trust (C&IFT)

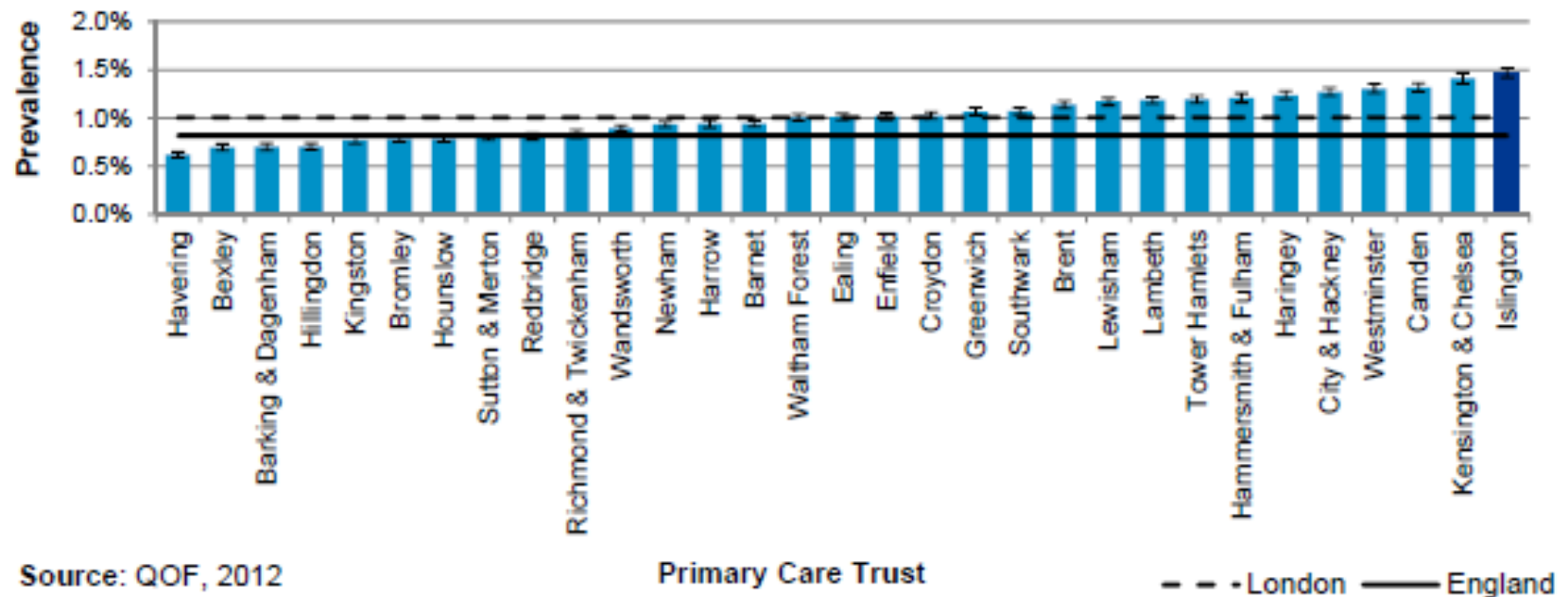
### Prevalence of depression, London PCTs compared to London and England averages<sup>2011/12</sup>



Source: Quality Outcomes Framework (QOF), 2012



## Prevalence of psychotic disorders, London PCTs compared to London and England averages<sup>2011/12</sup>



## Common Mental Illness

- Depression and anxiety is very common and many people with less severe mental health problems will not be known to the mental health trust and people are treated by General Practice
- Islington CGG has invested substantially in providing free access to psychological therapy, providing 871 sessions a week with 8% being offered out of hours.
- 3800 Islington residents will receive treatment from iCope in 2013/14 and we aim to ensure 4464 will receive treatment in 2014/15 and the service has excellent links with employment support services.
- Self referral can be by the website <http://www.icope.nhs.uk/> or at
- **South Islington Team** (5<sup>th</sup> Floor, Hill House, 17 Highgate Hill, N19 5NA Tel. 0207 685 4700 Fax. 0207 690 2010)
- **North Islington Team** (10 Manor Gardens, London, N7 6JS Tel. 0207 685 4700 Fax. 0207 503 8132)

## Housing and common mental ill health

- A challenge for Area Housing teams is how to work with people who move in to Council accommodation who subsequently develop a mental health condition as they will not know who a person's GP is
- Building staff awareness, understanding and skills in day-to-day contacts with tenants about mental health is therefore essential
- Housing has been the sector that has made greatest use of Mental Health First Aid training and that the mental health champions' work has targeted work with residents/tenants, especially on more deprived estates
- Islington is a pilot site for Family Mosaic's 'Health Begins at Home' project for people over 50 that aims to improve health and wellbeing including mental health with targeted interventions

# Islington housing and severe mental ill health

- Housing and inclusion are key protective factors of mental health. Stigma and exclusion produce the low self esteem, the lack of social support and the lack of security that contribute to mental ill health
- Islington Housing Services and C&IFT have a Joint Working Protocol that aims to reduce inequality and discrimination
- The Protocol was refreshed following the community mental health services reconfiguration and will be jointly re-launched by C&IFT and Islington Housing in March 2014
- The protocol addresses key issues such as: Information Sharing, Special Cleaning Services, Assisted Decoration, Repairs, Access and Forced Entry and Case Conferences and shows how to access Mental Health services including Crisis Housing Support and Floating Support



# Information sharing and consent

- If a person has a mental health condition, that information is provided to Housing on the medical form with an application for accommodation
- In general information cannot be shared about a person who lives with mental ill health by mental health and housing services without consent, except:
  - where seeking consent may exacerbate risk of harm, or
  - the information to be disclosed is in the interest of protecting someone or the public from harm
- The protocol allows information to be shared
  - if a tenancy is at risk due to conduct associated with a person's mental health
  - when it is required to support a service user to live independently
  - when it is necessary to meet the legal obligations of the statutory services
- Sharing Information
  - consent should be routinely sought
  - should be proportionate based on the need to know

## Mental health housing support services

- The 'Supporting People' programme funds housing support services that work with homeless, vulnerable and socially excluded people including people with mental health needs not engaged with mental health services
- Referral Co-ordinators are part of the Housing Aid Centre's Housing Options Team and are the central access point for referrals to services to, ensuring the most vulnerable people access appropriate housing related support in the borough
- Services include: Outreach to rough sleepers, preventative ion through early advice and support for tenancy sustainment
  - Floating Support for people struggling to remain in their own homes
  - Supported Housing to enable people to progressively move on to increasingly independent settings

## High support mental health accommodation

- An integrated C&IFT and LBI team provides assessment, treatment, care and support to the 188 people living with severe mental illness and who live in high support accommodation services commissioned from the independent sector
- The integrated team includes C&IFT rehabilitation psychiatry, mental health and primary care nursing, psychologists and occupational therapists working alongside LBI social workers
- The team is very effective with 65% moving through every five years
- The team makes a significant contribution to efficiency enabling the council to repatriate residents from expensive out of area placements
- If a resident has moved on from supported housing, supported housing providers provide transitional support for up to six months as stipulated in all LBI specifications