HEALTH INEQUALITIES & EFFECTIVE SOLUTIONS FOR COMPLEX NEEDS

GILL BROWN – BRIGHTER FUTURES

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brighter futures

creative support, housing and employment

Brighter Futures

Homeless, rough sleepers, mental ill health, learning disability, persistent offenders, sexually exploited children and adults,

Lives seriously affected by events and conditions over a prolonged period, develop complex needs

Over represented in A&E, drug and alcohol services, homelessness services, rough sleeping, sex workers, socially isolated, care leavers.

Major issues for the NHS

Health inequalities cost £5bn a year

Major health issues include

Welfare reform

Crime

Homelessness

Poverty & Debt

Unemployment

Prisons

Recent study

55% of female prisoners and 34% of male were considered to have a disability

18% had anxiety and depression.

Women more likely to have experienced substance misuse

The problem for prisons or the problem with our health services?

Homelessness

Is about housing?

Homeless people

70% have mental health problems

Average age of death 47

13 times more likely to be victims of violence

20% homeless women are escaping violence

20% of homeless women engage in sex work to get a roof over their heads.

Welfare reform

Popular arguments for

1. “Generous” welfare payments encourage laziness and we the tax payer cannot afford it.
2. It encourages people to have more children than they should
3. Subsidises low wages

Are there no prisons? Are there no workhouses?

"Are there no prisons?" asked Scrooge.

"Plenty of prisons," said the gentleman, laying down the pen again.

"And the Union workhouses?" demanded Scrooge. "Are they still in operation?"

"They are. Still," returned the gentleman, "I wish I could say they were not."

"The Treadmill and the Poor Law are in full vigour, then?" said Scrooge.

Charles Dickens – A Christmas Carol

Complex needs -trigger factors

Exposure to a group of circumstances

Ill health or learning disability

Bereavement

Poor support or social networks

Financial poverty, poor housing, diet etc.

Bereavement or loss of significant relationships

Major uncertainties incl sexuality, risk of deportation, unstable relationships.

Periods of institutionalisation and their aftermath

Sexual abuse or exploitation

Physical or psychological abuse, including victims of torture, refugees and asylum seekers.

Complex needs – self help treatments

Using alcohol, nicotine, food or illegal drugs.

Unhealthy use of religious or spiritual ideologies.

Joining gangs, institutions or extremist organisations

Addictive or unnecessary pursuit of money, power or sex.

Offending, offensive or anti-social behaviour (including bullying and violence)

Self doubt, harm or punishment.

Seeking social isolation.

Becoming over dependent on services or institutions

Becoming pregnant

Entering inappropriate relationships

Empowering people

Support is someone from outside my cycle of stress lending me their thinking to put me back in touch with my ability to do the things I need to do.

Effective solutions

Individual and personalised plans which deal with the symptoms and provide alternative mode of coping with the underlying pain
Designed to remove the underlying causes where possible
Collaborative and negotiated with the person
Holistic as they address all the needs
Multi dimensional and multi agency
SMART
Simple

Effective solutions

Brighter Futures partnership with Staffordshire & Stoke on Trent Provider Trust NHS Innovations award winner 2013

Reduced A&E attendances of 21 homeless people by 94%. Reduced incidents of rough sleeping to zero.

Alcohol related A&E attendances – 9 people reduced attendances from 300 in the year before the scheme to 30 in the first six months of the scheme.

Measurable reduction in non-elective alcohol related admissions during first year of the scheme.