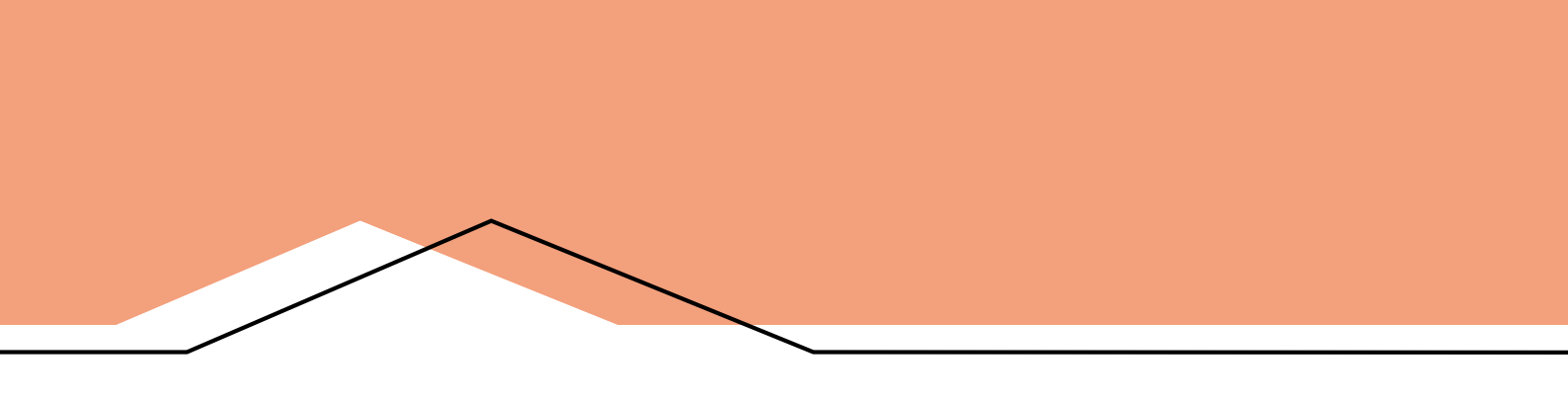




Forensic Services

Successful Transitions



“For over ten years now the NLFS and St Martins have enjoyed a positive and productive working arrangement which has provided real opportunity in terms of expanding pathways for individuals with mental health difficulties moving from the Criminal Justice System and hospital inpatient settings into the community. This close liaison has reaped dividends in many ways, particularly in providing safe, therapeutic and supported accommodation for clients who might be otherwise difficult to place. This is a relationship that the NLFS values greatly and we consider that its success has been associated with the close collaboration and relationships between our two organisations. During this time St Martins has always demonstrated a willingness to engage and adapt to new circumstances and we look forward to the proposed programme of refurbishment over the coming months and to continue working progressively in the future.”

Colman Pine Assistant Director / Lead Nurse, North London Forensic Service (NLFS)

- 35 years experience in delivering Mental Health Services of the highest quality.
- Innovative services using the recovery approach.
- Successful track record of moving people towards independence, using a step-down model.
- Regulated by the Tenant Services Authority (TSA) and the Care Quality Commission (CQC).
- A not-for-profit organisation offering highly competitive prices.
- Dedicated to partnership working.

We commit to assess all referrals irrespective of complexity.

Independent lives in the community



About St Martins

St Martins is a London based housing association that specializes in providing housing and support services to people with forensic histories. St Martins also provides housing, care and support to people with mental health problems, offenders and vulnerable young people.

Values

At St Martins we are committed to promoting diversity and equality in all our activities. We believe that everyone associated with us should be treated with fairness, justice and respect. We expect staff and Board Members to carry out their responsibilities with integrity. We are committed to upholding and promoting the legal, civil and human rights of our service users. St Martins has an organizational culture that promotes professionalism, innovation, performance and good practice in the delivery of services.

Supporting Independent Futures

Forensic services aims

St Martins operates two 24-hour high support forensic services in London, with a total of 46 bedspaces. We also provide less intensive housing and support for service users who are moving on from high support services.

The aim of our forensic services is to assist service users to make a successful transition from a medium secure or institutional environment into more independent accommodation in the community within three years, where this is appropriate.

We do this by;

- Using the “recovery” approach as our basis.
- Promoting and monitoring mental and physical well-being.
- Addressing and monitoring offending behaviour using a multi-agency approach to risk management and management within the community.
- Liaising with appropriate agencies working within a Care Programme Approach.
- Assisting and providing service users with the necessary personal, social and life skills to develop their potential and lead inclusive and independent lives.
- Assisting access to educational and occupational opportunities.
- Assisting and encouraging service users to develop their networks of family and social relationships.

As a not-for-profit organisation, St Martins’ rates are extremely competitive. The price charged depends on whether the service user is placed as part of a block contract or a spot purchase agreement. Prices are determined according to the needs of the service user.

A safe and structured environment

Location and physical environment

Wilton Villas and New North Road are adjoining buildings, situated in Islington between Highbury Corner and Old Street. They are within easy reach of rail, tube and bus services and are close to shops, leisure, educational, cultural and sporting facilities, health services and a range of community services.

Both are registered care homes, regulated and inspected by the Care Quality Commission (CQC).

These services provide a safe and comfortable physical environment. At New North Road and Wilton Villas there is a large, enclosed, well-maintained garden and a conservatory available for service users of both services. All service users have their own rooms equipped with high quality furniture.

Description of the service

Staff provide a 24-hour high support service, which includes keywork, care planning, regular assessment and liaison with other professionals. Staff work with a diverse range of service user needs including mental health, drug and alcohol issues, lifeskills and resettlement.

Service users are supported by a key worker and a support worker using a needs-led care plan as the framework for this support. The care plan, which aims to address risk and meet needs identified during assessment, is developed in collaboration with the service user and reviewed at least every three months. It can also be reviewed at the request of the service user or if there are significant changes to assessed risk or need.

Each care plan is tailored to the individual but the range of needs we aim to meet include those relating to independent living. skills such as; budgeting, shopping, cooking, cleaning and personal hygiene, support around medication, claiming benefits, literacy and numeracy skills, leisure activities, education and employment opportunities.

Service users are supported and encouraged to engage in social activities, hobbies, leisure interests and religious services if they wish. As well as planning for this on an individual basis, staff consult service users, encouraging ideas and suggestions for group outings and activities, both within and outside the service.

Our work in supporting service users in all these areas of their lives is integral to the way in which we apply the recovery approach.



“The home provides a safe, structured environment for people who otherwise would be in institutions. Individual care planning is good, with risk, rights and responsibilities continually being reviewed.”

CSCI, unannounced inspection at Wilton Villas, June 2006

Model of care

All services work to the recovery approach and all service users are empowered to develop their potential and lead independent lives in the community. Services offer step down accommodation, whereby service users move on to other supported accommodation, provided by St Martins. As service users move to more independent accommodation, St Martins ensures that the transition to independent living is taken in gradual steps which are manageable for the service user whilst providing best value for the sponsoring authority.



Encouraged and supported

Service user involvement

St Martins is committed to involving service users in their own care and in the services that are provided. All users are provided with a Residents Handbook. A service user newsletter is published quarterly. As well as the rights to consultation, service users are encouraged to participate in the operation of the unit and St Martins as an organization. Within the unit, service users are encouraged to become involved. Examples of this include consultation about new house rules, decorations and improvements. A variety of methods are used for consultation, such as one-to-ones, regular group meetings and surveys.

Outside of the unit, service users are encouraged and supported to attend St Martins service user forum meetings at which policies are discussed and reviews made. These meetings are attended by Board members and senior management, giving service users the opportunity to influence the governance and management of the organization.

Activity programme

St Martins places a strong emphasis upon improving the core skills and social integration of its residents.

Residents are encouraged to express themselves in creative ways, develop improved communication abilities and learn new skills.

A dedicated Activities Coordinator is employed to support key workers and to facilitate a broad range of individual and communal activities. Regular accompanied visits to places of educational and artistic interest are organised, as well as a programme of more specialist activities including yoga, IT skills, cookery and gardening groups, a men's group, pool and table tennis.

Residents are also encouraged to express themselves through their interests and St Martins maintains a dedicated website for them which showcases poetry, photographic art and film projects.

Employability is a key aim and every resident and St Martins offers all residents individual support in this area, as well as access to the internet.



Education, training and employment

All service users are encouraged and supported to access education, training and employment as part of their programme of rehabilitation and integration back into the community.

St Martins has good links with local education providers and agencies that provide supported training and employment for people with mental health problems, and those who have been out of work for a long time.

We have achieved good results from our focus on this aspect of our service users' recovery.



Progress at St Martins

Michael had a history of violence and robbery. In 1885 he was convicted of murder and sentenced to life imprisonment. He spent time in various prisons before being transferred to Broadmoor secure hospital due to his mental condition. He remained an in-patient from 1989 until 2002 when he was transferred to a medium secure unit.

After nearly 20 years in institutions, Michael was understandably anxious about returning to the community. When he came to live at one of our forensic hostels he worked hard, with the support of staff, to rebuild his confidence and develop direction in his life.

“Pre-admission assessment is very thorough, and carried out jointly with the appropriate professionals in the North London Forensic Service and Community Mental Health Teams. The local forensic service remains fully involved in service users’ care plans. Staff are trained to provide the support that service users need, and they are supported to do their jobs. Individual key work sessions are focussed and well recorded as are individual and group activities.”

CSCI unannounced inspection at New North Road, July 2006.
For the full CSCI report please visit the CQC website at www.cqc.org.uk

Michael showed an interest in pursuing employment opportunities and began doing voluntary work at a North London charity, in which he expressed great enjoyment. He also completed a City and Guild course in web design.

Michael began to self-cater and undertook a course in food hygiene at his voluntary placement. He was an active tenant at the project, participating in tenant meetings and other activities. He would occupy his time when not studying by visiting friends or going to internet cafes to surf the web.

He maintained regular contact with his girlfriend and would visit her when given permission by his care team. He gradually became self-medicating to facilitate this and when the Home Office granted permission for Michael to spend the Christmas period with his girlfriend, he was able to demonstrate his ability to cope with greater independence. These visits became more extended over time, and it was agreed that he would be allowed to move to the area in Northern England to be near his girlfriend, who he now described as his next of kin.

Michael moved on from St Martins to live with his girlfriend, determined to undertake a BSc in computer studies with the Open University commencing that year.



Starting the process

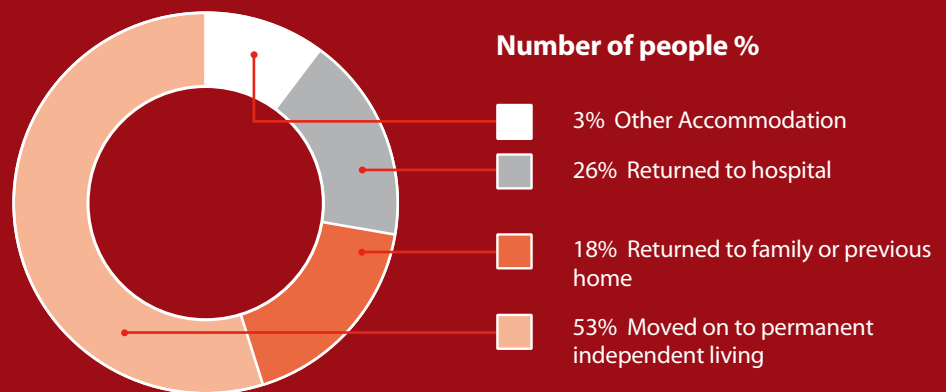
Referrals are accepted from a number of sources including forensic services, secure units, prisons, community mental health teams and special hospitals. Initial assessment is made based on information from the referring agency and potential service user. Further assessment is carried out at an informal interview and potential service users are invited to visit the unit. Once accepted the pre-admission assessment process continues via arranged day visits and overnight stays before the service user moves in.

Referrals should be directed to the Registered Care Manager.
Contact and referral information and forms are available from our website:
www.stmartinoftours.org.uk

Outcomes

The outcomes for all clients who moved on from a forensic service during 2008-09. The average length of stay with our forensic services was 2.12 years.

Move on outcomes - Forensic Clients 2008-2009



Admission criteria:

- Male
- Aged 18-65
- Diagnosed mental health problem
- Forensic history or at risk of offending
- Eligible for funding from a Local Authority
- Prepared to accept and participate with support services offered

www.stmartinoftours.org.uk

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London N1 2LF
Tel: 020 7704 3820
Fax: 020 7704 3832
Email: enquiries@stmartinoftours.org.uk

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Industrial and Provident Societies Act
Registration No. 22546R

Housing Corporation
Registration No. H3021

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Solicitors
Devonshires

Bank
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