Bringing patients home: A service evaluation of the Community Enhancing Rehabilitation Team (CERT)

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Introduction

Mental health and housing has a reciprocal relationship with poor housing impacting mental health, poor mental health being a cause of tenancy breakdown.
The Community Enhancing Recovery Team(CERT) along with South Yorkshire Housing association (SYHA) aims to rehabilitate patients in Sheffield and avoid costly out of area placements.
This scheme provides patients with an assured tenancy and intensive community support to rehabilitate people in the community and help regain independence.

Aims

- To determine if CERT reduces inpatient days of care per year and hours of support per week during CERT
- To determine if the above changes continue following CERT

Methods

Ethical approval not required as this project was a service evaluation. We included only patients who have been successfully discharged from CERT.
Patient data was collected from records on days spent in inpatient care prior to, during and after the CERT program.
Data on hours of supporting the community needed from CERT and housing teams was collected during CERT and post discharge.

	Gender(F)	Age	Diagnosis
Patient demographic data (n=20)	9(45%)	39 (35-48 [30-60])	Schizophrenia=15 EUPD= 4 BPAD= 1

Table 2: Table showing background demographics of number(percentage) of gender, median (IQR [range]) of age, and number of most common diagnoses

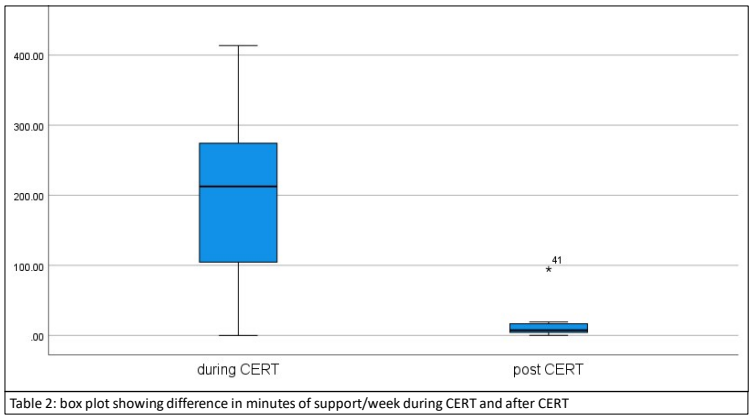

Table 2: box plot showing difference in minutes of support/week during CERT and after CERT

Results

20 service users were identified as being successfully discharged from CERT.

Data on inpatient days/year, hours of support/week and tenancies-maintained post discharge is shown in table 2.

There was a significant decrease in inpatient days/year from before to during(p=0.015) to after(p=0.018). There was also a significant decrease in hours of support from during to after(p<0.001).

N=20 Mean (SD)	Inpatient days/year	Hours of support/week	Tenancies maintained
Prior to CERT	156.9(125.8)	X	X
During CERT	78.5(90.4)	5.4(5.0)	X
Post CERT	19.3(81.5)	0.2(0.4)	18(90%)

Table 1: Table showing means(standard deviation) of inpatient days/year and hours of support, and number(percentage) of housing tenancies

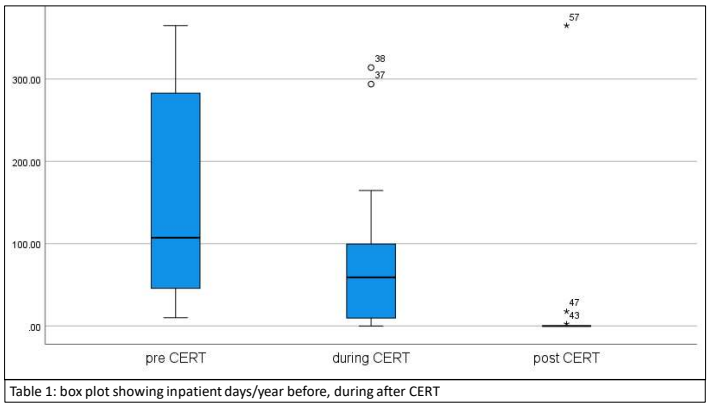

Table 1: box plot showing inpatient days/year before, during after CERT

Conclusions

The use of CERT effectively reduces the days/year spent in inpatient care, and the hours of support needed in the community. This has meant they have been able to maintain their independence in the community, with minimal need for inpatient care or community mental health support.
The vast majority of discharged patients have maintained their tenancies in the community.
The implementation of CERT has reduced the need for costly out of area placements, with a subsequent improved prognosis for patient's long term.
In future work we will investigate service users for whom this pathway hasn't been successful.