

# Team of the Year

A Needs Led Community Rehabilitation  
Service – Working as part of a Whole System

Cheshire and Wirral NHS Foundation Trust

Three reasons  
we are proud  
of our work...

Unique model

Benefits to the wider system

Real focus on creating a trained  
and motivated workforce

# Unique Model

Focus on complexity  
opposed to diagnosis

Focus on SOCIAL  
rehabilitation

Innovative funding  
model

Involving families using  
Open dialogue

Key working using a  
shared team approach

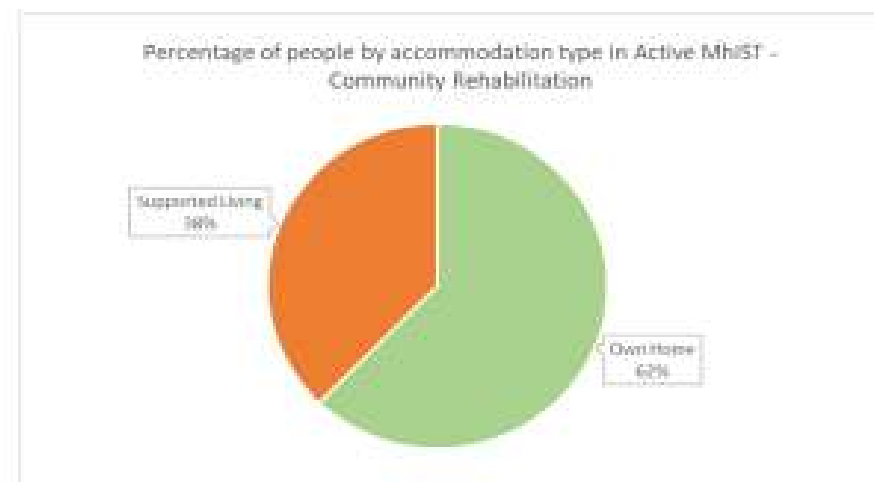
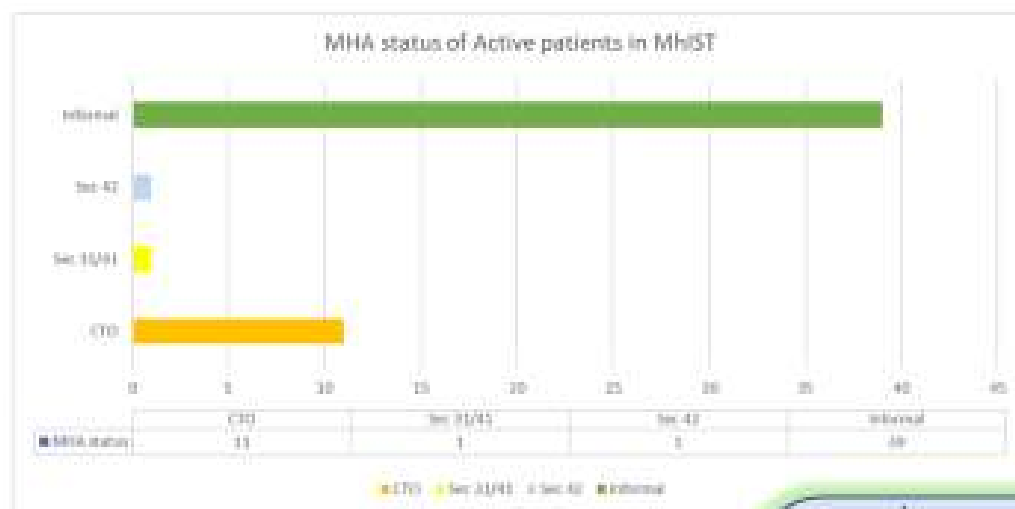
Quality improvement at  
the heart of everything

Benefits to the  
wider  
system...It has  
created a  
domino  
effect...

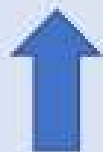
Creating system change and long term change....

- A single point of access into rehab
- Changed how we care coordinate patients in long stay environment
- Developed a training programme with the University of Chester
- Collaborative focussed research with John Moore's University
- Collaboration with other teams across the country
- Focus on repatriation from out of area hospital and reducing referrals to out of area hospital – focus on supporting people with local connections
- CULTURE CHANGE – patients / families / staff

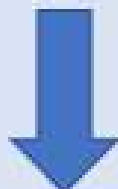
# During the Course of MhIST Input



DIALOG scores



HONOS scores



People engaged  
in Voluntary  
work, training  
&/or  
employment

**35%**

Projected Annual  
Values (May 2022)

**£1,148,680**

37 of the 50+ people we  
have worked with  
have never returned to  
hospital

# What really matters...

The mhist team really helped my transition from hospital to home to uni. This was helped by the kindness and support of XX. They were there for me always. I will never forget the shared belief in me and support when I achieved my goals. I would never and have never expected to be happier and more me. XX also showed me the utmost in human kindness with never a judgment. I will value these professional relationships for the rest of my life. I would like to take the time to thank everyone on my journey to inner peace for the help I have received.

What working for MhIST means for staff.



The training and support that we provide to third party providers not only strengthens our relationship with them, but further enables our patients to live fulfilled, independent lives in the community, eventually stepping away from secondary care services.



We have protected time daily to reflect on the day, weekly reflective practice and intervision (a forum to discuss openly thoughts regarding caseloads); and also bi-monthly whole training days - further enhancing creativity, communication, and clinical skills



We work as a united team sharing space and working amongst one another; whereby discussion and exploration of ideas is encouraged to further progress your own professional identity and MhIST's aim.



# Staff Testimonials

*"This sort of scheme keeps the passion going within all those involved and allows us to know why we need to continue, to do, what we do, to help people, to live better lives."*  
Scott Maull, Finance Lead Cheshire Contract, CWP

*"...The MhIST team has been transformational in improving the lives of the most complex people we serve, the team demonstrates exceptional ability to improve the quality of care for all - not the few. It has equality and equity of care at the heart of what it does...The feedback from people they serve, carers and staff has been amazing."*  
Faouzi Alam, Medical Director (Effectiveness and Medical Workforce, CWP)

*"What sets MhIST apart, is the ability to provide our patients with the intensive support they require...that maximises their recovery... I feel privileged to be part of a team that is highly dynamic, and able to deliver its core values by helping patients optimise their recovery in the community. What has always shone through is how working in the team has allowed me to develop my skills whilst sustaining my passion for my role."*

**Anonymous MhIST Staff Member Quote**

*"Seeing the benefits of being able to support individuals, some of which having been in a hospital setting for many years, in their own homes or independent living arrangements is great to see."*

Darren Birks, Head of Mental Health Commissioning (Wirral Place)

## **The future...**

More collaboration – third sector, housing, other teams

Support / coaching – all teams working with these group of patients

Innovation – new roles, etc

Most importantly.....

Support individuals to create their own recovery plans and set their own goals



Build 'HOPE & BELIEF' that it is possible to regain a meaningful life, despite persistent symptoms

Promoting social inclusion and integration



# Our Ethos

"MhIST provides an intensive rehabilitation and recovery service, delivering bespoke packages of **care to individuals in their own homes**. At the point where the individuals require less / no wrap around support the team reduces / withdraws interventions".

Recovery needs to be on individuals own terms, surrounded by their families, social networks and their local community



Focus on strengths, independence and choice



Strong integrated MDT approach based on Trauma informed and recovery model





Thank you for listening,  
we are happy to answer  
any questions.....