

# Push and pull: referrals for residential rehabilitation

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Manager MH reform implementation

Mental health unit



**Government  
of South Australia**

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SA Health



# Community rehabilitation centres

- > Three centres across Adelaide (Elpida, Trevor Parry Centre, Wondakka)
- > Implemented 2007
  - as first non-acute bed based service (residential rehabilitation)
  - Same time as increase in NGO package support
- > New model of care not used in SA previously – culture change, practice change, embedding into existing practices and routines



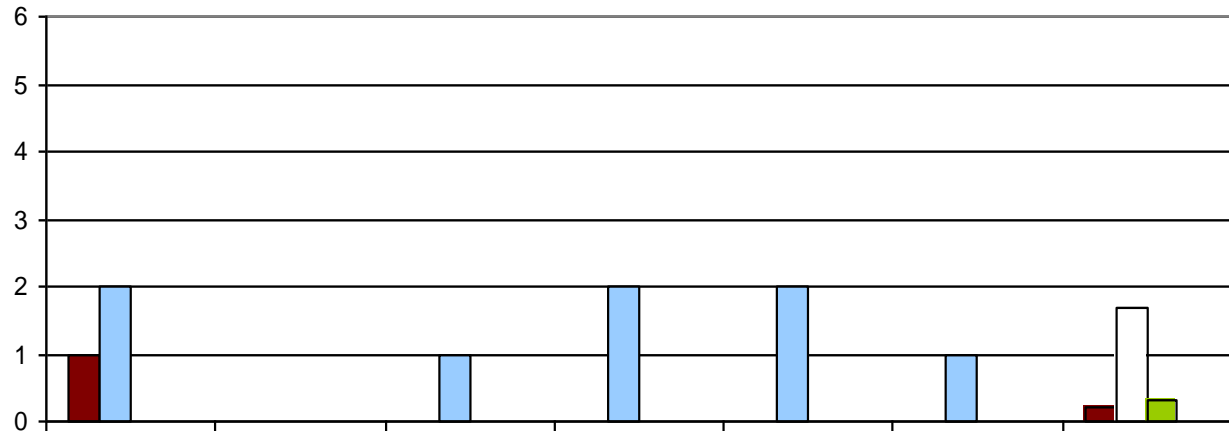
# Residential rehabilitation

- > Supports the recovery of people with high & complex needs. Promotes hope and a belief in the capacity of all individuals
- > Prevents further disability by reducing incidence of relapse and improving wellbeing through:
  - Awareness and acceptance of mental health needs
  - Understanding of early warning signs
  - Development of plans to reduce the impact and duration of relapse
  - Improving access to services
  - enhancing connection with services in the local community (e.g. housing, clinical, non-clinical support, links with interests)

# CRC target criteria

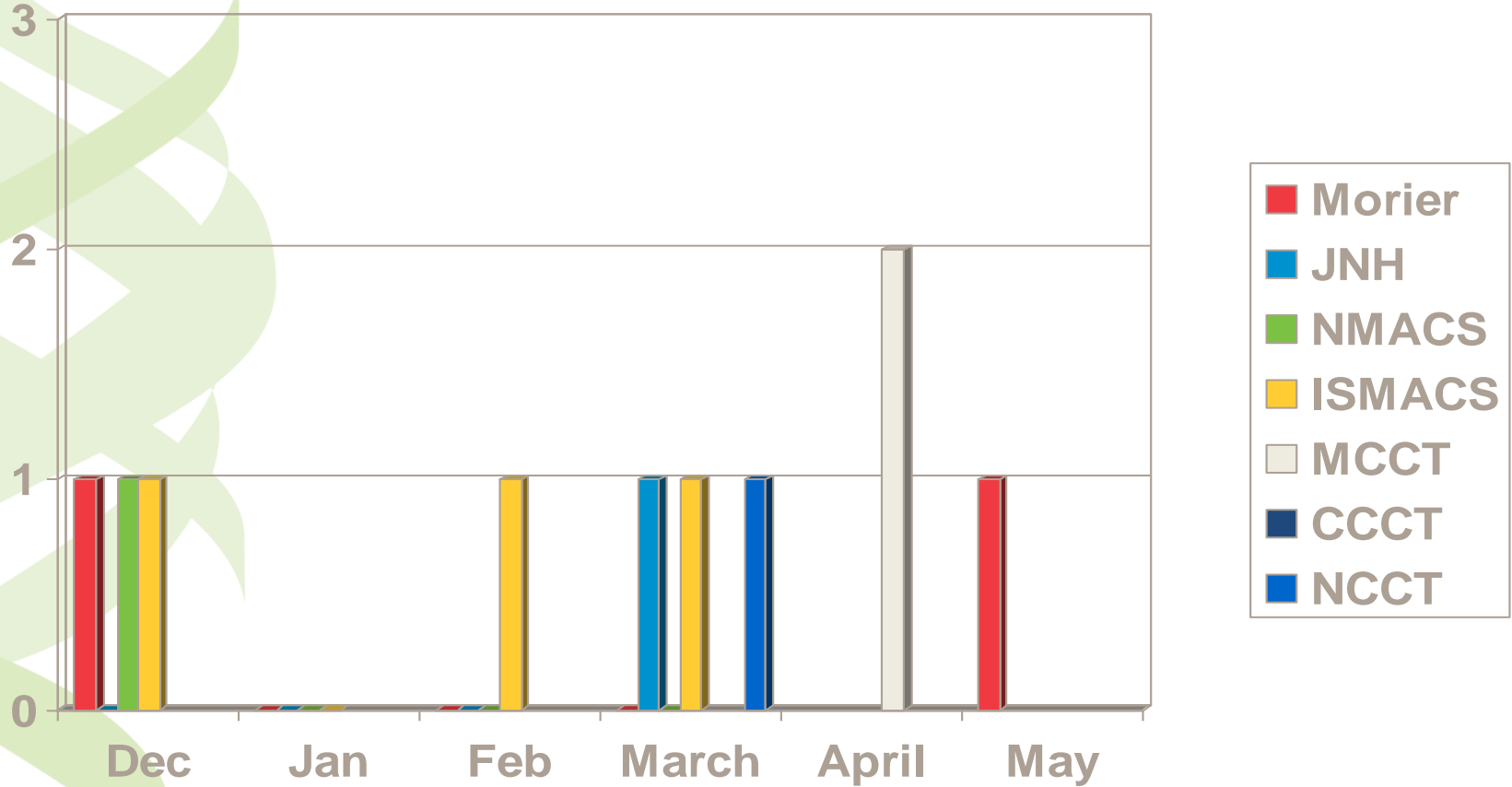
- > The individual has a mental illness
- > Need for rehabilitation assessment, intervention and support cannot be met by a less restrictive option.
- > Rehabilitation needs have not been met thus far by CMH and/or NGO
- > Usual living situation is unstable
- > **Significant functional disability in life or social skills and self care**
- > Individuals require an intensive period of rehabilitation to assist in transition back to community living
- > Individuals participate voluntarily
- > The individual does not pose a significant risk to themselves or others
- > Consumers are willing to participate with CRC staff in some form of engagement

**TPC Entry Referral Sources - 6 months to end May 2010**



	Dec-09	Jan-10	Feb-10	Mar-10	Apr-10	May-10	0809 Ave
<b>■ Inpatient Unit</b>	1	0	0	0	0	0	0.2
<b>■ Community MHS</b>	2	0	1	2	2	1	1.7
<b>■ R&amp;R Emerg Triage</b>	0	0	0	0	0	0	0.3
<b>■ Psch/MH Facility</b>	0	0	0	0	0	0	0.0

# Referrals by team



# A problem worth solving

- > KW and team dependent referrals
- > Referral to residential rehabilitation depends on the KW understanding and being receptive to the profile of consumer need which might benefit
- > Low referral numbers
- > Do we always hit the target?
- > Probably not





## The aim

- > A method which could be used by teams and rehab centre staff to improve
  - Consistency
  - Equity
  - Transparency
  - Right service/right person
  - Appropriately supported decision making
  - Tool to 'pull' referrals



## Life Skills Profile (LSP-16)

- > designed to “...measure the level of functioning and adaptation of people with a mental illness living in the community” (Pirkis et al 2005:3).
- > can be used in clinical practice through use of a total score, or by a breakdown into subscales of ‘withdrawal’, ‘self-care’, ‘compliance’ and ‘anti-social behaviour’

# LSP – the good, bad & the ugly

## > Positives

- Good fit for community mental health
- Makes intuitive sense for community clinicians
- Has good relationship with community clinical work

## > Negatives

- Different versions of LSP- comparisons are difficult
- ‘training’
- Receives less ‘press’ than HoNOS
- Discarded for use by NZ (CAOS study)



## Process

- > Trevor Parry Centre LSP-16 scores at first review – totals and subscales
- > Aggregation and analysis of scores for 42 consumers
- > Remove low ‘outlier’ scores (under 10 total LSP)
- > Average scores

## Mean LSP-16 at review

	Total	withdrawal	anti-social	self-care	compliance
CRC	17.68	5.4	3	6.3	2.1
National mean 'residential' <a href="http://wdst.a&lt;br/&gt;mhocn.org/">http://wdst.a mhocn.org/</a>	13.9	4.2	2.4	5.2	2.1

# Plan

- > Small pilot
- > Review existing consumer LSP-16 scores
- > Identify consumers with cluster scores of > 17.68 (withdrawal >5.4; self-care >6.3)
- > List to team leaders and centre manager to support review for suitability for referral for residential rehabilitation
- > Trigger for discussion with consumer and carer re rehabilitation
- > Potential for benchmarking between CRCs



# Acknowledgements

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# **Government of South Australia**

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