

# Rough Sleepers Initiative - Exeter

- So how did this happen?
- Long back story.....
- Local GP surgery - outreach teams - PIE projects
- Mental health clinic at a local 'survival services center'
- 2/3 attendance rate
- Staff training and supervision
- Approach from local authority to input into the RSI

# So how was it?

- How do we engage these people?
- Trauma, trauma, trauma
- Staff support
- Provide services where the clients are
- PIE
- Creating a community interest company



# Rough Sleeping Initiative (RSI)

- 30 million Government funding (2018-2019 & 2019-2020) to support Local Authorities with high numbers of people sleeping rough
- Exeter City Council's RSI Bid: emergency & short term accommodation, housing first, meaningful occupation, rapid access to treatment services and adult social care, mental health training, psychology clinics

## Live Well Exeter CIC: Our Philosophy

- Community Psychology approach: making Psychology accessible to clients who are hard to reach
- Whole system change: Create psychologically informed environments (PIEs) by training and supporting staff to better understand and engage with challenges clients face

# RSI: Psychology Provision

## Adults

- Breakfast/Brunch Clubs
- Individual Therapy
- Trauma focused staff training
- Reflective Practice for staff
- Trauma Informed Toolkit

## Young People

- Skill focused groups (Brain Gym)
- Drop in service
- Individual therapy
- Reflective Practice for staff
- Trauma Informed Toolkit

# RSI: Reflections and learning points

## Young People

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- First opportunity to speak with a therapist and make sense of their difficulties
- Well engaged with therapy and drop in
- Value developing alternative ways to regulate difficult emotions
- Difficulty engaging and retaining people in groups
- Staff value having Psychologists in-house

## Adults

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- Breakfast/Brunch Clubs well attended- clients value informal access to a Psychologist
- Challenge identifying appropriate referrals and manage expectations by referrers
- Challenge to engage clients in ongoing therapeutic work
- Staff value training; impact on how they view and work with clients
- Staff benefit from focus on self care to deal with stress and interpersonal conflicts in teams

# NHS Legacy?

- Local authority keen to locate services within statutory provision - as a form of legacy to the RSI project
- Lots of barriers to this emerge when you try!!!
- Lots of competing demands.... Too many?
- Lots of stakeholders.... Too many??
- Conflicting models - 'mental illness' rears it's head as an eligibility criteria
- Apparent difficulty in collaboration between systems, models, professions and stakeholders

Any Questions