

Support for people living with mental health disorders in the BMSZKI practice

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29 % of the customers of homeless services were receiving psychiatric treatment according to the result of the 3rd of February research in 2020, which was published in the study “After the Criminal Code before the Pandemic - Becoming homeless - services – perspectives” written by Peter Győri. As not everyone who suffers from mental health problems attends treatments, it is assumed that more people who use homeless services may be affected.



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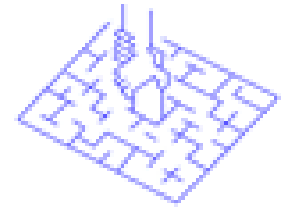
Policy background:

Since 2018 the providers of community psychiatric care that operate their services as a part of the primary social care system can apply for state financing to involve people experiencing homelessness in their psychosocial rehabilitation programs.

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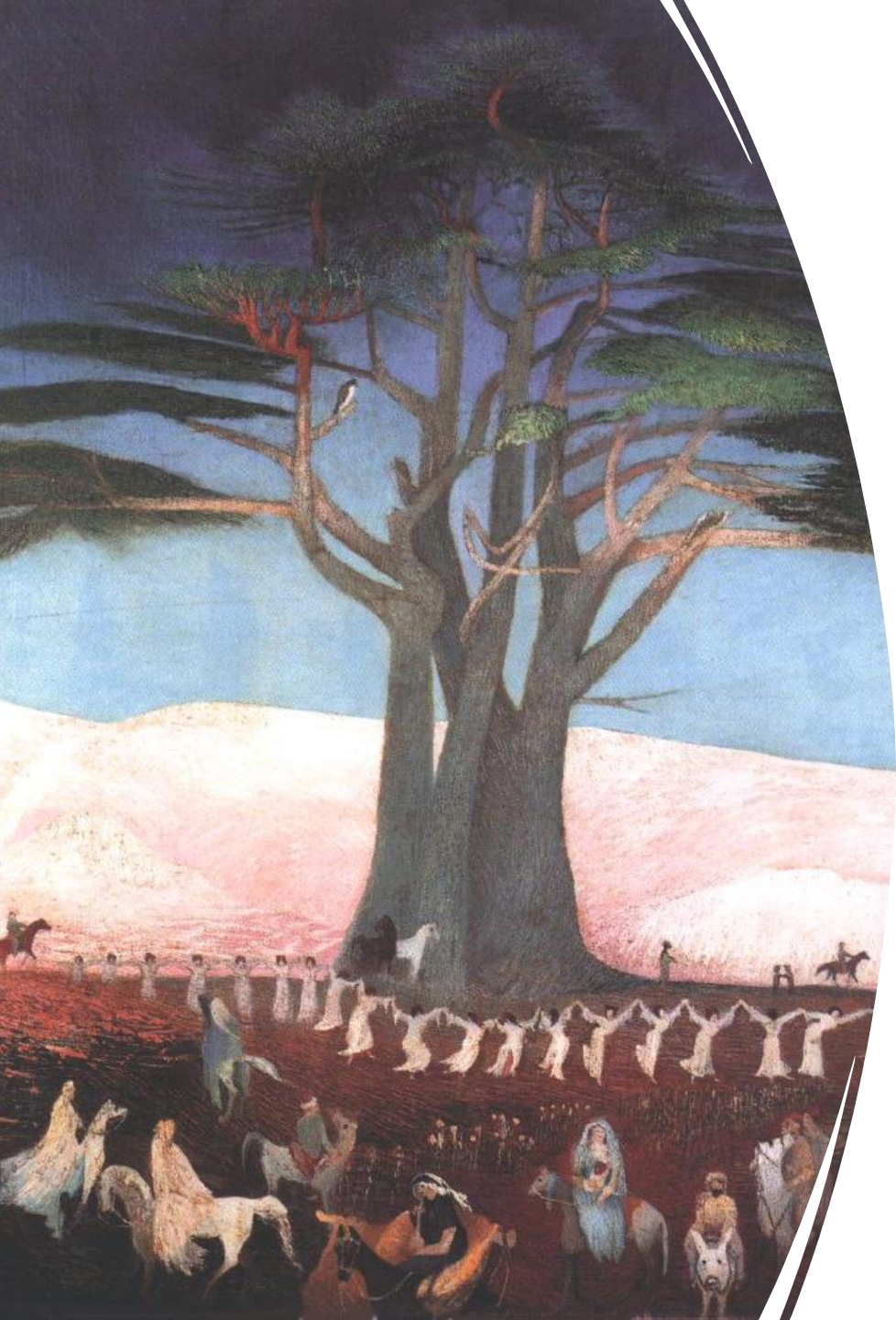
Collaboration between Awakenings Foundation and BMSZKI - a good practice to implement the policy:

The Awakenings Foundation is the methodological institution of community psychiatry, which provides integrated care (health and social care) to people living with mental health disorders and their relatives. The two organisations concluded a cooperation agreement in 2018.



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Community Psychiatric Care

A service for people living with mental health disorders. It is provided in the living environment and based on recovery values.

Its main objectives:

- ending social exclusion and isolation
- participation in community
- access to community services (e.g. community psychiatric support, daycare facilities)

There is a special focus on the involvement and collaboration of relatives and other actors of the natural support network in rehabilitation.

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Elements of the collaboration between BMSZKI and Awakenings Foundation:

- ❖ 3 accommodation services of BMSZKI have become dedicated to support people living with mental health disorders (**Kálvárai Temporary Hostel, Táblás Temporary Hostel, Váci Night Shelter and Day Center**)

It is not our aim to isolate those who have psychiatric problems from the other customers, but it is necessary to focus on the available resources and expertise.

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Elements of the collaboration between BMSZKI and Awakenings Foundation:

- ❖ In the beginning, only a few of our costumers attended the services of the Awakenings Foundation. It might have many reasons, such as the fear of stigmatisation, previous bad experiences with psychiatric wards and doctors, traumatisation or the fear to be directed to psychiatric care homes.
- ❖ An expert by experience has been involved in the support team of the accommodation services. Our aim was to reduce the fears and to give adequate information about the available care of the Awakenings Foundation.

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Elements of the collaboration between BMSZKI and Awakenings Foundation:

To facilitate the process of the complex bio-psycho-social rehabilitation, the psychiatric doctors of the Awakenings Foundations provide psychiatric consultations for the costumers of the 3 accommodation services. In addition to optimal drug therapy, clients are also involved in psychoeducation according to the principles and values of the community psychiatric approach.

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Elements of the collaboration between BMSZKI and Awakenings Foundation:

To enhance the effectiveness of the multidisciplinary teamwork, a contact system has been established with the participation community psychiatric carer, the expert by experience, and one social worker from each accommodation service. In addition, the team members of the Awakenings Foundation give the possibility to the social workers of the accommodation services to join their staff meetings. On these occasions, they can consult about issues of service users in connection to case management.

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Elements of the collaboration between BMSZKI and Awakenings Foundation:

The members of the preparatory team that are responsible to offer placement in different temporary accommodations have the opportunity to ask for carrying out a mental health assessment for those people who apply for living in our hostels. The assessments are completed by the psychiatrists of the Awakenings Foundation. A further benefit of these assessments is that people who have mental health difficulties but have not received psychiatric support previously can be perceived. They are also offered to have psychiatric health and social services.

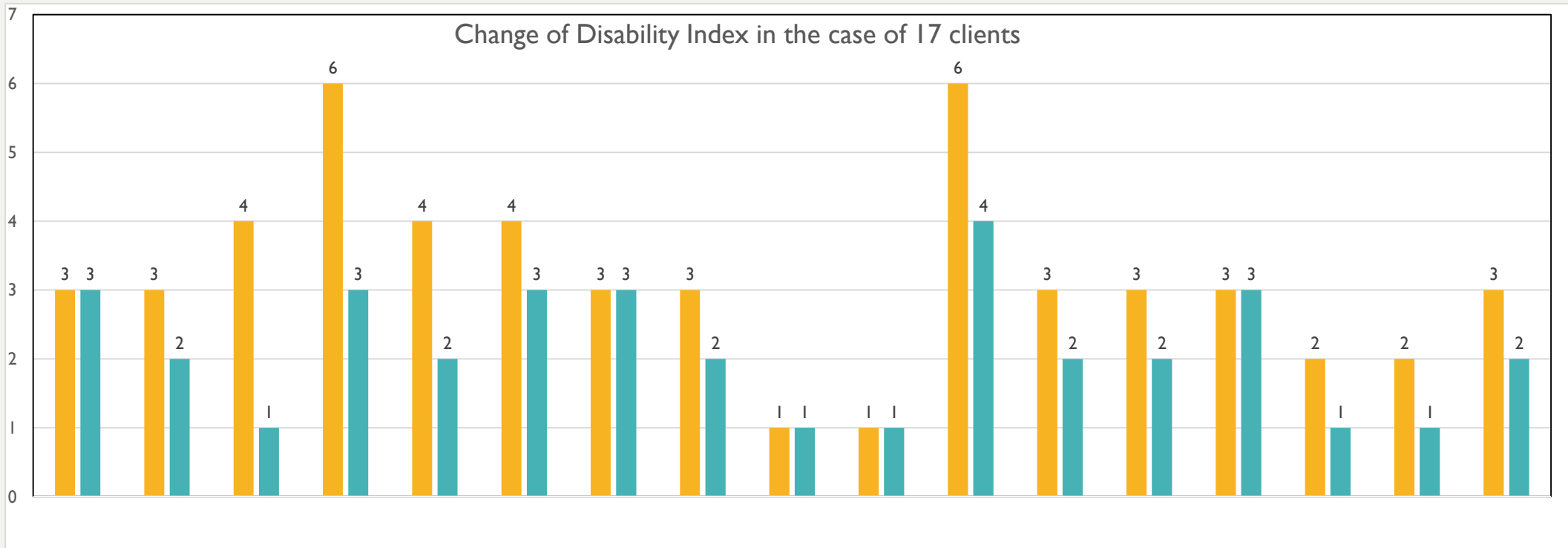
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Outcomes:

By 2020 the Awakenings Foundation provided continuous support for 20 tenants of our accommodation services. Most of them were diagnosed with different types of schizophrenia, while others had affective mental health problems. 2 people lived with anxiety disorders. The support has been ended in the case of 2 people. One of them achieved a high-level recovery while the other stopped the collaboration.

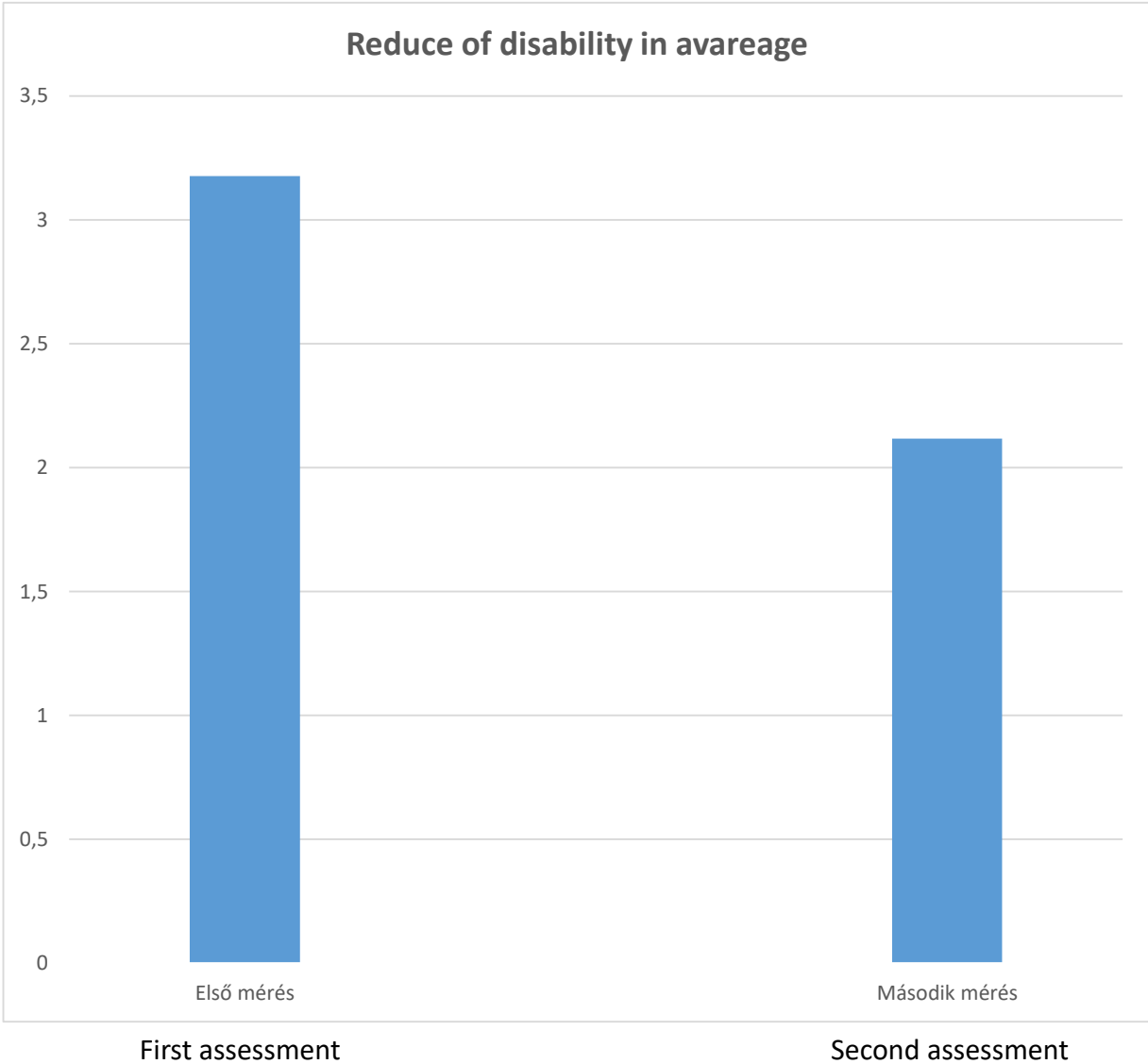
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The following diagram shows the measured changes in the mental health of clients (17 people) participating in the community psychiatric care of the Awakenings Foundation. The first column shows the results of the Disability Index at the time of admission while the second one shows the results in 2020. According to that, none of the client's conditions has worsened and several have made significant improvements. (Source: Report of 2020 - Awakenings Foundation)

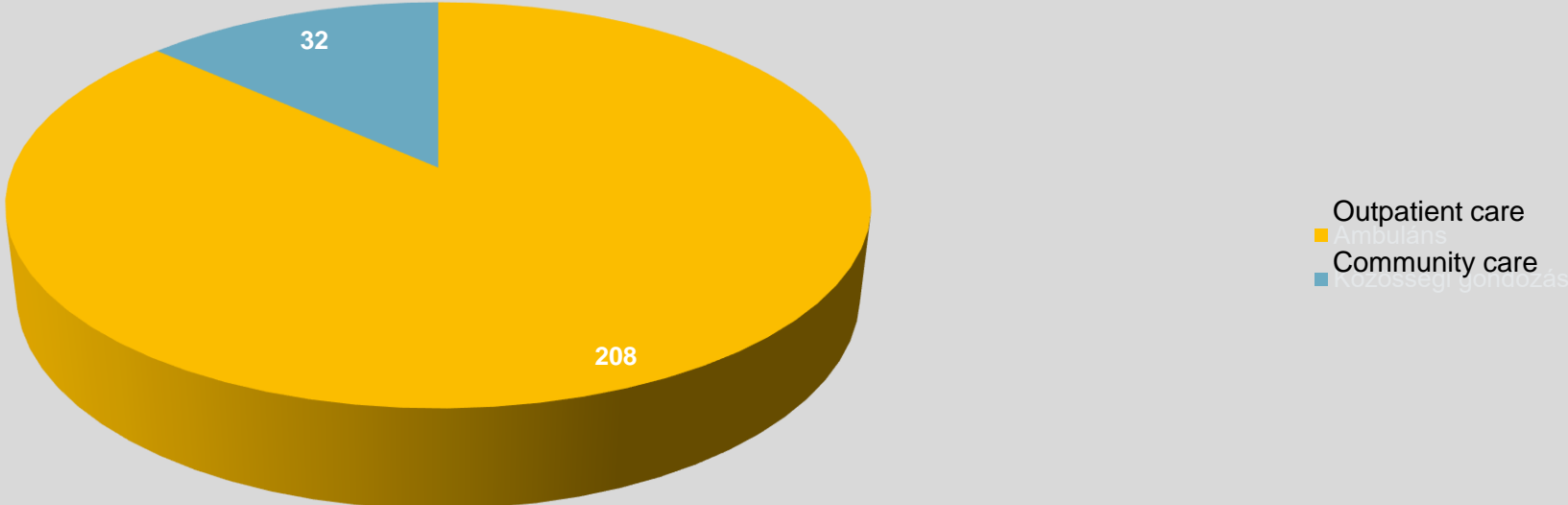


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Results

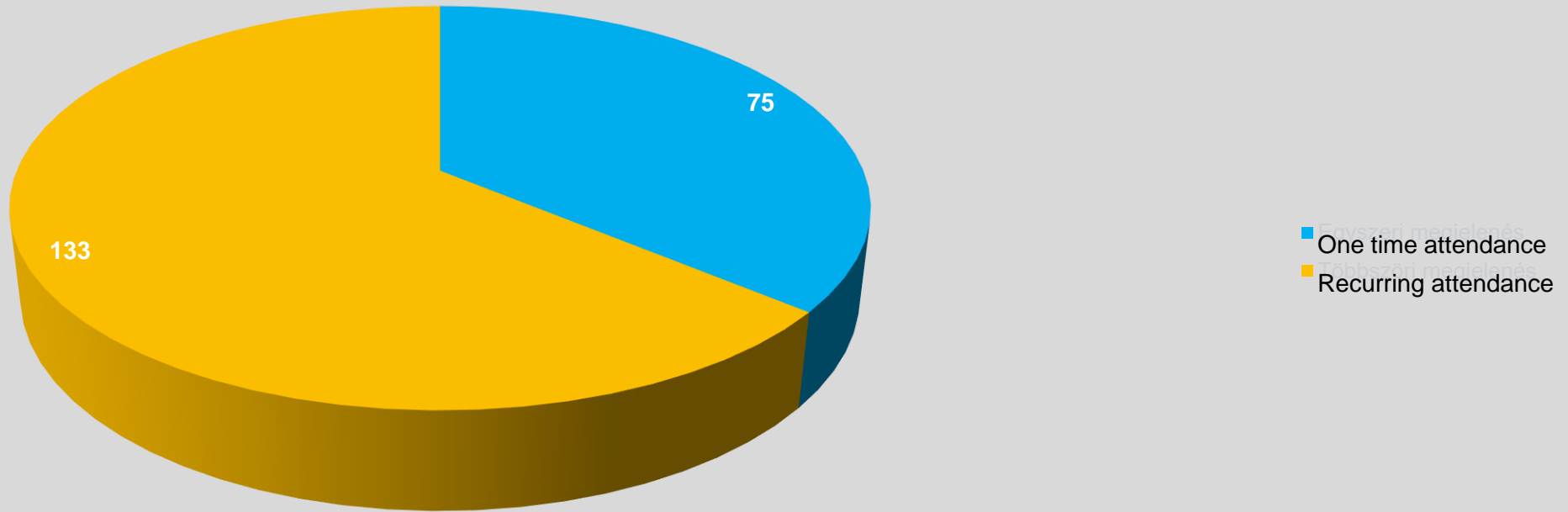


Distribution of BMSZKI customers according to the type of psychiatric support



Outcomes

Distribution of outpatients according to the number of attendance



Outcomes

Outcomes - feedback from a client

„I have attended psychiatric consultations at Kalvaria Square and learnt a lot about my condition. I learnt what schizophrenia is and what sort of technics I can use to prevent bad feelings. I was given information about recovery and I wanted to recover. I was not only babbling about the recovery but acted for it. I also took my medicines after the consultations.”(Samuel)

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Organisational outcomes

- ❖ Introduction of mental health assessment. People living with undiagnosed mental disorder are also identified and the necessary services can be offered.
- ❖ The psychiatric colleagues of the Awakenings Foundation provide client consultations in services focusing on the support of clients living with mental disorders, besides they carry out mental health assessments for the Admission Preparation Team.
- ❖ An experienced expert is present 5 hours per month at each of our 3 dedicated services where we accommodate people who suffer from mental health difficulties.
- ❖ Colleagues of the 3 accommodation services focusing on the care of people living with mental disorders enrolled in the "Community Psychiatric Approach in Homeless and Other Social Services" training to expand their knowledge about bio-psychosocial rehabilitation.

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Organisational outcomes

- ❖ An expert has been involved to develop the accomplishment of the community mental health approach at the 3 dedicated accommodation services. She leads support groups for the staff members on a monthly basis.
- ❖ A psychiatric working group has been introduced. Its members are the professional leaders of the 3 dedicated accommodation services, the leader of the Professional Development Group, and the expert who develops and coordinates the program.
- ❖ Regular contact with community psychiatric carers.

Supporting the recovery of people experiencing mental health disorders and homelessness

Providing supported housing and other types of housing alternatives with access to community psychiatric care.



Thank you for your attention!

Bulyáki Tünde