

SFHFMH16

Help an individual prepare for transition from secure institutional to community living



Overview

This standard covers the involvement of multidisciplinary team members in the particular stage of an individual's recovery that involves the challenges and risks of living in the community. This entails a significant increase in the need to cope independently. The emphasis here is on a patient-centred Recovery Model Approach, which includes details of treatment concordance and any governmental departmental requirements. It is a matter of learning new skills, remaining alert to risks but also taking the calculated risk of leaving the security of an institution. There must be adherence to a relapse prevention plan, which will help manage any relevant risks as this ongoing process develops.

Users of this standard will need to ensure that practice reflects up to date information and policies.

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Performance criteria

You must be able to:

- P1 liaise with other agencies in the community to put plans in place well in advance of possible transition (eg housing, victim groups, voluntary agencies)
- P2 assess the benefits and risks of community living for the individual and calculate the level of risk needed to enable the individual to progress
- P3 assess and identify the new skills the individual will need in the community (eg daily living skills, dealing with money, understanding timetables, interacting with individuals, managing tolerance levels)
- P4 provide opportunities and support to help the individual develop the skills they will need as part of their integrated care plan (eg daily living skills, interpersonal skills, relaxation techniques, anger management skills)
- P5 explore and include the individual's future employment and education needs as an integral part of their care and discharge plans
- P6 create opportunities for an individual to begin a route into education, long term-community rehabilitation and/or employment (eg work rehabilitation projects)
- P7 follow any legal requirements surrounding an individual's freedom of movement (eg Home Office restriction orders)
- P8 expose the individual gradually to escorted then unescorted outings in the community
- P9 work with the individual to reflect on their experience, particularly their anxieties about having greater freedom, and make appropriate adjustments to the plan of rehabilitation and community living
- P10 explore and develop plans to anticipate and prevent relapse and how you and the individual would deal with a crisis, should it develop
- P11 accurately record the information and share it with those who need to know through the relevant forums (eg using a care pathway)
- P12 encourage the individual to take responsibility for tasks and processes and make this possible within the limits of concerns about risk

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Knowledge and understanding

You need to know and understand:

- K1 risk assessment
- K2 the relationship of increased levels of risk when an individual is either non-compliant and/or disengages from their treatment plan
- K3 assessing the immediacy and gravity of present and potential risk
- K4 assessing the impact of the physical environment and structures on present and potential risk behaviours
- K5 gathering relevant and contemporary information, and how to do so (eg HCR 20)
- K6 clinical assessment
- K7 how to gather intelligence about any history of substance misuse and/or supply by individuals, their families and/or their social networks, and any potential risks to relapse in a community setting
- K8 identifying benefits to individuals from different settings and treatments
- K9 the implications when a individual with high media profile is moving on from one setting to another
- K10 mental health disorders
- K11 learning Disability
- K12 psychopathy and personality disorder
- K13 self-harming behaviours, including ligation
- K14 offending behaviours with especial regards for violent behaviour not related to mental illness
- K15 drug, alcohol or substance misuse
- K16 relapse signatures, behavioural indicators and trigger factors in the setting up of support structures in the community
- K17 how to evaluate family and significant other relationships and their impact
- K18 recovery focussed treatment and rehabilitation
- K19 the range of treatments available at your own and other establishments
- K20 resources and opportunities for the development of community living skills (eg daily living skills, dealing with money, understanding timetables, interacting with individuals, managing tolerance levels)
- K21 strategies individuals can use to cope with events and situations
- K22 inquiry reports on forensic mental health settings, including recommendations and analysis of practice in the discharge and transfer of individuals
- K23 local discharge processes
- K24 community and support agencies with which you or the individual need to work (eg housing, victim groups, voluntary agencies)
- K25 current mental health legislation and regulations, including aftercare and restriction direction
- K26 negotiation skills and conflict resolution

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- K27 communication protocols between establishments
- K28 how to engage families and carers
- K29 the religious beliefs of different cultures
- K30 the effects of culture and religious beliefs on individual communication styles
- K31 the different features services must have to meet people's gender, culture, language or other needs
- K32 the effects of different cultures and religions on care management
- K33 the principle of confidentiality and what information may be given to whom
- K34 how information obtained from individuals should be recorded and stored

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Additional Information

External Links

This standard links with the following dimension within the NHS Knowledge and Skills Framework (October 2004):

Dimension: HWB4 Enablement to address health and wellbeing needs

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