

Publications List

SAINSBURY CENTRE
for MENTAL HEALTH
removing barriers achieving change



Diversion

A better way for criminal justice and mental health

£10 (February 2009)

There are over 100 criminal justice diversion teams across England. Their role is to identify people in courts or in police stations who have mental health problems and who need treatment and support.

This report examines how effective those teams are and looks at the case for further investment in diversion.

A Missed Opportunity?

Community sentences and the mental health treatment requirement

£8 (April 2009)

Since 2005 criminal courts have been able to include a mental health treatment requirement in community sentences. The requirement should enable people who would otherwise be imprisoned to serve their sentences out of prison, yet since 2005 it has been seldom used. *A Missed Opportunity* examines why this is and how it could be more effective in future.

About Time

Commissioning to transform day and vocational services

£25 **NEW!**



Day and vocational services are central to supporting people with mental health problems to gain employment and participate in their communities. Yet many services have sheltered and segregated people rather than giving them a chance to make their lives better.

About Time is the first step-by-step guide that shows how health and local authority commissioners can turn their services around to offer people the support they need to live the lives they want. It sets out how to review current services, construct a vision for the future and develop a range of personalised services that will help people to fulfil their hopes and ambitions.

On the Outside

Continuity of care for people leaving prison

£10 **NEW!**



Continuity of care is vital in all areas of health care. For released prisoners with mental health problems it is especially important. This report finds that many released prisoners quickly lose touch with the services that are supposed to support them. Health services, local authorities, probation services and charities all offer considerable support to people leaving prison. Yet efforts to support released prisoners are poorly coordinated, especially for those who have been on short sentences.

On the Outside will be of interest to everyone involved in the provision and commissioning of health care and resettlement services for prisoners.

From the Inside

Experiences of prison mental health care

£10



This report finds that the average prisoner has a combination of mental health, substance use and other problems. Mental ill health is not the exception in prisons, it is the rule.

From the Inside is based on interviews with 98 prisoners in five West Midlands prisons. It finds that most prisoners had chaotic and difficult lives prior to being incarcerated. Few found prison health services provided the safe space they needed to deal with emotional problems. Yet those who get support from specialist mental health teams were positive about the care they receive.

This report is essential reading for everyone who wants to improve mental health care for prisoners.

Making Recovery a Reality

£5

This policy paper sets the agenda for a radical change to mental health services to help people to pursue their own goals in life.

It values a person's right to build a meaningful life for themselves with or without the continuing presence of mental health symptoms. Housing, employment, education and participation in mainstream community and leisure activities are central objectives. It is essential reading for all those who are interested in developing recovery-focused services.



Crisis Resolution and Home Treatment

A Practical Guide

£15

The Government's target of 335 crisis resolution and home treatment (CRHT) teams in the UK has been met. But not all are meeting targets for reducing admissions to acute psychiatric inpatient care. Our guide looks at the core characteristics of effective teams and examines how they can manage risk positively, work in partnership with service users and carers, and facilitate early discharge from hospital. It provides an invaluable resource for all those who are interested in the future development of CRHT teams.



In the Dark

The mental health implications of Imprisonment for Public Protection

£10

This report finds that prisoners serving imprisonment for public protection (IPP) sentences are much more likely than other prisoners to have mental health problems. Prison health services are struggling to meet their needs. *In the Dark* calls for changes both to the IPP system and to health and social services. It is essential that both community mental health services and probation are geared up to support IPP prisoners when they are released on life licence.



Delivering the Government's Mental Health Policies

Services, staffing and costs

£10

This report examines the service configurations and staffing required to meet the targets set by the National Service Framework for adult mental health care and subsequent guidance by 2010/11. It looks at CMHTs, crisis resolution, assertive outreach and early intervention teams, inpatient services, primary care, day care and employment schemes, forensic services and sub-speciality services (such as liaison psychiatry and eating disorder services).



A Guide to User-Focused Monitoring

Setting up and running a project

£15 (£7.50 service users)

This publication is essential reading for all mental health staff and service user groups who wish to ensure that the user's voice is heard in evaluations of mental health services. It provides a step-by-step guide to setting up and running a user-focused monitoring project where teams of service users are trained to interview other users about their experiences. It covers all stages of the project from recruiting the co-ordinator and interviewers, to training the team, developing research tools, analysing the findings and disseminating the final report.



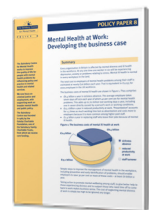
Mental Health at Work

Developing the business case

£5

Mental distress is a normal feature of every workplace. At any one time one worker in five will be experiencing mental distress and it is essential that employers are able to support staff when they first become unwell.

Mental Health at Work finds that the total cost to employers of ignoring this is over £25 billion each year and estimates that the NHS is losing £1.3 billion a year. But simple steps to improve the management of mental health in the workplace could reduce these costs by up to a third.

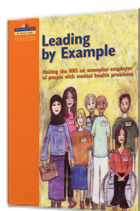


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Leading by Example

Making the NHS an exemplar employer of people with mental health problems

£10



The NHS should lead by example in employing people with mental health problems. This practical guide, produced in association with the Disability Rights Commission, shows how NHS trusts can support people with mental health problems to get and keep jobs at all levels in the NHS. It is based on the work of mental health trusts and a primary care trust that have pioneered this approach.

Leading by Example shows how the NHS can support the mental wellbeing of all of its staff, reducing avoidable sickness absence and preventing staff who become unwell from having to leave the workforce.

Costs of Race Inequality

£5

This policy paper examines the financial costs of the differences in specialist mental health service use among people from different ethnic groups in London. It finds that the over-representation of African and Caribbean people in psychiatric hospitals, in secure services and in community services costs the NHS in London up to £100 million a year. It examines the implications of these costs and looks at possible models of good practice.

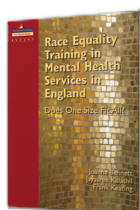


Race Equality Training in Mental Health Services in England

Does one size fit all?

£10

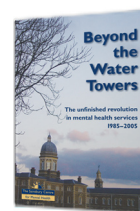
Mental health services should make fundamental changes in the way that race equality training is delivered. This report presents the findings of the first national survey of participants, providers and commissioners of training in the NHS and independent sector. It finds that current approaches do not adequately address race inequality in mental health services and makes recommendations for changes in practice and policy.



Beyond the Water Towers

The unfinished revolution in mental health services 1985-2005

£10



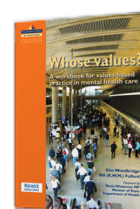
The last 20 years have seen dramatic changes in UK mental health services. From a system dominated by large Victorian hospitals to a service based on a growing range of community services, mental health care has been transformed.

Beyond the Water Towers charts that progress and examines the key issues facing mental health services. With contributions from many of the country's leading experts in mental health care, it is essential reading for anyone wanting to learn about developments in policy and practice.

Whose Values?

A workbook for values-based practice

£20



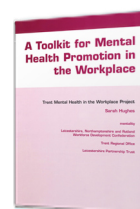
People's values differ enormously – what may be important to one individual may be of little significance to another. Mental health workers face conflicting pressures every day in meeting the demands of diverse values in their practice.

This workbook is designed to help mental health and social care practitioners to recognise the influence of different values on their work, and apply these insights to resolve conflicts and develop 'capable practice'.

Toolkit for Mental Health Promotion in the Workplace

£10

This publication shows how health and social care services can develop a mental health promotion strategy for the workplace and support employees experiencing mental health problems. It outlines the policy background, reviews the research evidence, and provides a practical framework for action. It is based on work piloted in the Midlands in 2000-02.



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