Helping people severely affected by mental illness navigate the system

Lucy Schonegevel, Head of Health Influencing, Rethink Mental Illness
Paula Weninger, Care Navigator, Rethink Mental Illness Sheffield Crisis House
Pressures in the community

- Housing
- Work
- Social isolation
- Physical wellbeing

Person

GP

CMH Team

- Medication
- Physical health
- Therapies

Crisis A&E, self-harm
Piloting a care navigator role

- Money advice
- Housing support
- Employment support
- Social connection
- Physical wellbeing
- GP
- Person
- CMH Team
- Medication
- Physical health
- Therapies
- Recovery

Navigator

Employment support → Navigator → Social connection → Physical wellbeing → Money advice → Housing support
Key measurement of how this is improving quality of life: Recovery star

1. Managing mental health
2. Physical health and self-care
3. Living skills
4. Social networks
5. Work
6. Relationships
7. Addictive behaviour
8. Responsibilities
9. Identity and self-esteem
10. Trust and hope

Recovery Star
Piloting a care navigator role

- Money advice
- Housing support
- Employment support
- Social connection
- Physical wellbeing

Navigator/tools

- GP
- Person
- CMH Team

- Medication
- Physical health
- Therapies

Social prescribing/community connectors