



The Sainsbury Centre

for Mental Health

# Publications List 2005

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The Sainsbury Centre for Mental Health's Executive Briefings provide an invaluable introduction to most of the major policy issues in mental health over the past five years. Briefings include:

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- The implications of the Human Rights Act
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## Beyond the Water Towers

*The unfinished revolution in mental health services 1985-2005 (2005)*

**PRICE: £10** ISBN: 1 870480 64 3

**NEW**

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 in the last two decades. This book 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 will be essential reading for anyone wanting to learn about recent developments in policy and practice.

# Acute Inpatient Care

## Acute Care 2004

*A National Survey of Psychiatric Wards in England (2005)*

**PRICE: £20** ISBN: 1 870480 63 5

**NEW**

Acute inpatient care wards form an important part of every mental health service in the UK. This report looks at the state of inpatient services in England from the standpoint of ward managers. Based on a survey commissioned by the National Institute for Mental Health in England, *Acute Care 2004* provides vital information about staffing, workload, activities and the environment on acute wards across the country. It will be an invaluable source of information and comparison for acute services everywhere.

## Acute Problems

*A survey of the quality of care in acute psychiatric wards (1998)*

**PRICE: £9** ISBN 1 870480 35 X

The Sainsbury Centre followed over 200 patients through their stay on an acute ward, discovering how they were admitted, what treatments they received and how they were discharged. This report highlights a lack of integration between hospital and community services, showing how beds were often occupied by people who did not need to be in hospital but who could not be discharged due to a lack of suitable alternatives.



# Assertive Outreach/Crisis Resolution

## Active Outreach

*An independent service user evaluation of a model of assertive outreach practice (2001)*

**PRICE: £7** ISBN: 1 870480 52 X

Does assertive outreach meet the needs of its users? This report examines the role of an assertive outreach team in Norwich, from the perspective of its users. This independent evaluation provides an invaluable, honest account of the experiences of users and members of the assertive outreach team. The personal voice of users penetrates this report and the conclusion shows that both they, and the team members, prefer this way of working.



## Keys to Engagement

*Review of care for people with severe mental illness who are hard to engage with services (1998)*

**PRICE: £14** ISBN: 1 870480 36 8

One of the first UK books on assertive outreach, this groundbreaking report provides a comprehensive introduction to this approach. It seeks to define the client group, to map services and policy, and to point towards service and policy solutions to the many problems which can arise. *Keys to Engagement* set the agenda for the implementation of assertive outreach in England.



## Open All Hours

*24-hour response for people with mental health emergencies (1998)*

**PRICE: £12** ISBN: 1 870480 37 6

This report compares an innovative crisis resolution team with a traditional hospital-based service. Findings show that although acute care beds must continue to be available, the community-oriented service costs less, is as effective as the traditional hospital-based service, and is preferred by service users and their carers. *Open All Hours* is essential reading for all those interested in crisis resolution and other community-based care.



## Out of the Maze

*Reaching and supporting Londoners with severe mental health problems (2002)*

**PRICE: £10** ISBN: 1 857174 69 0

This report examines the work of three assertive outreach teams, drawing out the key lessons for health and social care professionals, and offering guidance on how to put assertive outreach into practice. It shows how assertive outreach teams work best when they help people who have serious problems but who do not want to use mental health services. The teams help them to cope with the challenges of everyday life, such as getting a job, finding somewhere to live and having a social life.



## Transforming Mental Health Care

*Assertive outreach and crisis resolution in practice (2004)*

**PRICE: £10** ISBN: 1 870480 61 9

The end of 2004 saw the deadline set by the government for the implementation of crisis resolution and assertive outreach teams - this report charts the experience of teams across England during the implementation process. It examines both the benefits and difficulties of these ways of working and highlights the importance of these teams as components of a wider system of mental health care, leading not just to the creation of discrete new services but to transformational change across the whole system.



## Cultural Sensitivity

### Breaking the Circles of Fear

*A review of the relationship between mental health services and African and Caribbean communities (2002)*

**PRICE: £15** (£7.50 for users/small voluntary orgs) ISBN 1 870480 55 4

Black people mistrust and often fear services, and staff are often wary of the black community, fearing criticism and not knowing how to respond. This cycle is fuelled by prejudice, misunderstanding, misconceptions and sometimes racism. This major review documents these 'circles of fear' and the impediments to change which lead to poorer treatment and care of African and African Caribbean adults. Its groundbreaking recommendations chart a programme of reform aimed at 'Breaking the Circles of Fear'.



## Cultural Sensitivity Audit Tool

*For mental health services (2001)*

**PRICE: £25** ISBN: 1 870480 50 3

How can mental health services ensure that they effectively meet the needs of service users from minority ethnic groups? This evaluation tool is essential for service providers to identify strengths and weaknesses within their locality. It consists of two interview schedules - one for staff and one for service users - with guidance on conducting the research, completing the tools and evaluating findings.



## Forward in Faith

*An experiment in building bridges between ethnic minority communities and mental health services in East London (2001)*

**PRICE: £7** ISBN: 1 870480 48 1

This report gives a fascinating account of the challenges of building bridges between faith communities and mental health services in the London Borough of Newham. It charts the establishment and progress of an NHS Trust's department of spiritual, religious and cultural care which developed from the research described in our 1997 report *Keeping Faith* on the problems of providing services to a multi-faith community.



## Keeping Faith

*The provision of community mental health services within a multi-faith context (1997)*

**PRICE: £4.50** ISBN: 1 870480 33 3

This revealing report looks at how the strong religious beliefs of the different ethnic communities in the multi-cultural borough of Newham are often not taken into account by community mental health services. *Keeping Faith* highlights how the taboo mental health staff have around the discussion of spiritual beliefs alienates many Asian, African and Afro-Caribbean people.



## National Visit 2

*Improving care for detained patients from Black and minority ethnic communities*

*A visit by the Mental Health Act Commission to 104 mental health and learning disability units in England and Wales (2000)*

**PRICE: £14** ISBN: 1 870480 42 2

People from minority ethnic groups are six times more likely than white people to be sectioned under the Mental health Act. This report looks at the care that people from Black and ethnic minority communities receive when they are detained. Over 100 mental health and learning disability units were visited in this major study. It focuses on the recording and monitoring of patients' ethnicity, dealing with racial harassment of patients, staff training in race equality and anti-discriminatory practice.



# Early Intervention

## A Window of Opportunity

*A practical guide for developing early intervention in psychosis services (2003)*

**PRICE: £15**

ISBN: 1 870480 59 7



Early intervention in psychosis teams are a key NHS Plan target for mental health services across the country. They can make a significant difference to the lives of young people experiencing their first episode of psychosis. This new guide is designed to help those responsible for setting up and working in early intervention teams. It sets out the core features of a good service and guides practitioners, managers and all those involved through the process of setting up the service and making it work for its users.

# Mental Health Services

## Money for Mental Health

*A review of public spending on mental health care (2003)*

**PRICE: £10**

ISBN: 1 870480 58 9



This major publication looks at recent trends in public spending and shows that financial pressures are jeopardising the Government's plans for better services. Expenditure on mental health care, despite its priority status, is growing more slowly than spending on health and social services generally, and too slowly for the National Service Framework to be implemented according to the Government's proposed timetable. Major cost pressures include longstanding debts, rising prescription bills and serious staff shortages necessitating costly temporary staffing. This is essential reading for all those who want to know about the funding of mental health services nationwide.

## The Economic and Social Costs of Mental Illness

(2003)

**PRICE: £5**

Mental illness costs us more as a society than crime, and this latest policy paper calculates what the economic and social costs of mental illness are. The main areas of cost - health and social care, human cost and loss to the economy - are all profiled, showing their many components, and who must cover this cost. The study demonstrates the benefits of reducing the prevalence and severity of mental illness.

## Payment by Results

*What does it mean for mental health? (2004)*

**PRICE: £5**

Payment by Results is a new system of funding NHS services based on a national tariff for each type of treatment carried out. The system could improve efficiency and encourage patient choice across the NHS. But will it work for mental health care? This policy paper argues that a major programme of work is needed to make the system workable in mental health care and ensure the potential benefits of Payment by Results outweigh the risks.

**NEW**

# Primary Care

## The Primary Care Guide to Managing Severe Mental Illness

(2004)

**PRICE: £5**

ISBN: 1 870480 60 0

Our popular guide on caring for people with severe mental health problems has now entered its fourth edition. It offers up-to-date information and advice on the role of the primary care staff within mental health care, focusing on the implementation of the new GP contract. This is an invaluable guide to severe mental illness for all those working in primary care.



## Primary Solutions

*An independent policy review on the development of primary care mental health services* (2003)

**PRICE: £12**

ISBN: 1 870480 56 2

Over 90% of people with mental health problems are treated in primary care. This publication, produced in association with the NHS Alliance, reviews the development of mental health services in primary care. It looks at how primary and secondary care work together and the skills required by the workforce to meet these challenges. It examines the role of primary care in managing the care of people with severe mental health problems, and the future role of PCTs in providing specialist services.



# Risk Analysis

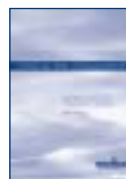
## Clinical Risk Management

*A clinical tool and practitioner manual* (2000)

**PRICE: £15**

ISBN: 1 870480 44 9

This bestselling publication provides a practical tool for assessing and managing clinical risks in mental health services. It looks at the potential risks of suicide, self neglect and violence/aggression and at the support networks available. The pack includes a template of the tool which can be adapted to local needs, a practitioner guide and case studies exploring the issues that might be encountered in the field. It is designed for use in acute services, crisis intervention and longer term community mental health teams.



## Better Must Come



*From mental health services to employment - Black men moving on (2004)*

**PRICE: £25** (£15 for users/small voluntary orgs)

This new video shows Black men talking openly about the problems they face in moving on to voluntary work, training, and paid employment after using mental health services, and aims to give hope to those in similar situations by showing their determination and achievements. It also shows how mental health, social care and employment services can help them on their journey, and shows practitioners that they have a vital role to play if talents are not to be wasted. The video is accompanied by Discussion Notes which can be used as a staff training tool, or as an aid for discussion with service users and carers.

## Down Your Street

*Models of extended community support services for people with mental health problems (1998)*

**PRICE: £8** ISBN: 1 870480 32 5



Voluntary sector-run community support services increasingly form part of the spectrum of mental health care. This report describes different models of social and practical support. It addresses the key issues of: funding and costs; establishing and managing the service; attracting appropriate referrals; recruitment; support and training of paid staff and volunteers; and working effectively with health and social services.

## On Your Doorstep

*Community organisations and mental health (2000)*

**PRICE: £12** ISBN: 1 870480 45 7



This report shows how community projects can engage and support people with mental health problems. Two major development projects illustrate how the vicious circle of stigma and social isolation can be broken, helping individuals to recover their self esteem and independence in the community.

## Working for Inclusion

*Making social inclusion a reality for people with severe mental health problems (2002)*

**PRICE: £25** (£15 for users/small voluntary orgs) ISBN: 1 870480 54 6



Everyone has the right to fulfil positive social roles and contribute to their local community, including people with mental health problems. This major publication provides the first in-depth analysis, with examples, of how mental health social care and other agencies can support people with mental health problems to engage in a full life in the community. It provides numerous case studies including schemes in the fields of education, employment, primary care, mental health promotion, police and local government.

# Users and Carers

## In Our Experience

*User-focused monitoring of mental health services (1998)*

**PRICE: £4.50** (£2 for users)

ISBN: 1 870480 34 1



It is imperative that mental health services understand the needs of the people who use them. This publication gives an introduction to the Sainsbury Centre's pioneering work in user-focused monitoring and reports on our pilot project in Kensington, Chelsea and Westminster. It shows how service users, with appropriate training and support, can evaluate mental health services by eliciting the views of the people who use them. User-focused monitoring demonstrates that people with severe mental health problems can have a voice in decisions about the mental health services they receive.

## Professional Resource Pack

*Professional resource guide and carers' information pack (1999)*

**PRICE: £5**

This resource pack is essential reading for those working with families who are living with schizophrenia. It draws on the work of the Pisces' Carers Support Team in Wales, which developed a family-centred approach. The pack includes a detailed guide to the family approach, psycho-education, family intervention and how to provide practical support for carers. It also contains a series of explanatory leaflets looking at the causes of schizophrenia, how it is treated, what services and benefits are available, how to support a person with schizophrenia and how to cope with the symptoms.

## The Mental Health Service User Movement in England

(2003)

**PRICE: £5**

The mental health user movement has made major strides forward in recent years. With user involvement now established at the centre of health policy, user groups have taken a leading role locally and nationally in representing their members' concerns in dealing with services. This publication examines the shape of the user movement today and looks to the challenges and opportunities ahead. It calls for extra support for user groups and for the development of a more coherent voice for mental health service users on the national stage.

## Users' Voices

*The perspectives of mental health service users on community and hospital care (2001)*

**PRICE: £15** (£7.50 for service users)

ISBN: 1 870480 47 3



A review of the Sainsbury Centre's groundbreaking work in user-focused monitoring. These wholly user-controlled projects sought the views of people seriously disabled by mental health problems on community and hospital care. Over 500 users participated in the research. The report gives a detailed account of the method and looks at issues such as CPA, medication, crises, user involvement, advocacy and complaints.

## A Mental Health Workforce for the Future

*A planners' guide (2001)*

**PRICE: £15**

ISBN: 1 870480 57 0



The recruitment and retention of mental health staff has been problematic for years. Despite this, workforce planning has always been a neglected area within mental health services. Now the demands of new legislation for more and better trained staff mean that this has become a priority. This guide sets out a workforce planning model for the future that can be used by all mental health organisations.

## Finding and Keeping

*Review of recruitment and retention in the mental health workforce (2000)*

**PRICE: £15**

ISBN: 1 870480 46 5



This major review looks at problems with the supply of staff to working mental health services and at how recruitment and retention might be improved. The team visited a range of services and examined other employment sectors to find practical solutions. This report is essential reading for all senior managers in mental health including HR and clinical directors.

## More Than A Friend

*Role of support workers in community mental health services (1997)*

**PRICE: £8**

ISBN: 1 870480 30 9

This study looks at the work of non-professionally trained staff working directly with users in community mental health services. It surveys the expectations of senior managers, clinical staff, unions and users, and examines the roles of support workers and their professional colleagues. It highlights the degree of overlap between the work of support workers and trained mental health professionals and examines the value placed on support workers by mental health service providers and users.

## Pulling Together

*The future roles and training of mental health staff (1997)*

**PRICE: £9**

ISBN: 1 870480 24 4



This groundbreaking report was the first to look at the different roles and training of mental health staff. It identified the core skills, knowledge and attitudes that all staff need and set the agenda for the future development of the mental health workforce.

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The Sainsbury Centre for Mental Health (SCMH) is a charity that works to improve the quality of life for people with severe mental health problems. It carries out research, development and training work to influence policy and practice in health and social care. SCMH was founded in 1985 by the Gatsby Charitable Foundation, one of the Sainsbury Family Charitable Trusts, from which it receives core funding. SCMH is affiliated to the Institute of Psychiatry at King's College, London.

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134-138 Borough High Street

London

SE1 1LB

Tel: 020 7827 8352

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