

THE STRENGTH BASED APPROACH IN THE EAST INTEGRATED NEIGHBOURHOOD TEAM

The What & Why of the SBA

Embedding the “Let’s Do it” Principles of

- ❖ **Local** in Neighbourhoods
- ❖ **Enterprise**
- ❖ Delivering **Together**
- ❖ **Strengths based approach**

BY

- ❖ Building on the strengths of individuals, families & communities rather than focussing on deficit
- ❖ Building new relationships – working with not doing to...
- ❖ Prioritising well being prevention & early intervention

How we have embraced the SBA in EAST INT



All team trained in the SBA



Identified Team champions



QI Project



shared with colleagues & fed into the community care budget savings target



Powerful case studies



Forms part of the INT (FOCUS On....)/ Neighbourhood & assurance meetings

STRENGTH BASED APPROACH

Deficit Based

Can't DO

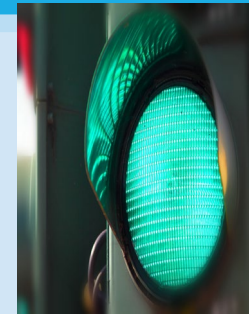
- *Problems*
- *Blame*
- *What's missing*
- *Scarcity*
- *Needs*
- *Control outside in*
- *Top down*
- *Do to...*
- *Passive receivers*



Asset Based

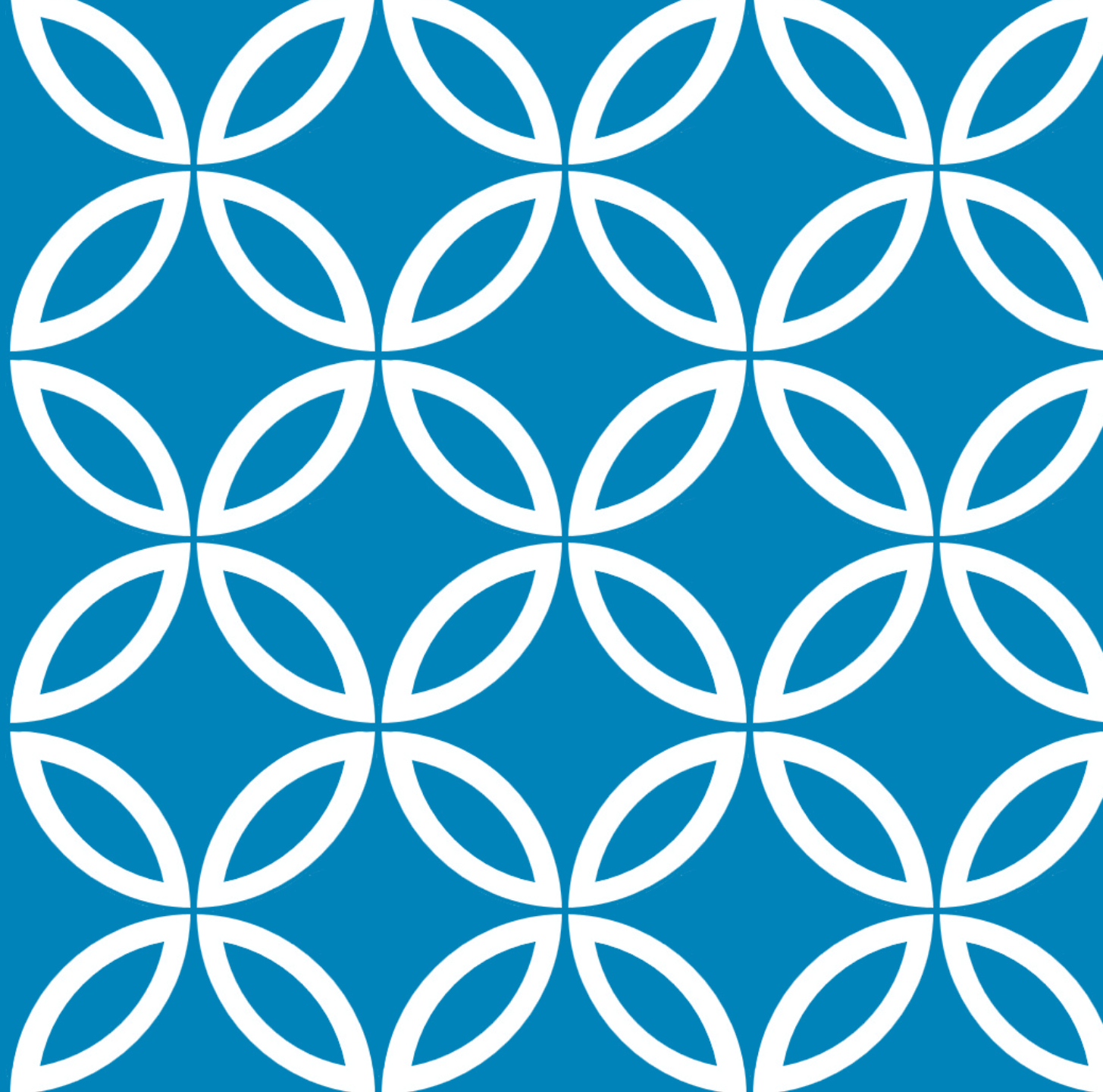
Can DO

- *Possibilities*
- *Shared ownership*
- *What's there*
- *Abundance*
- *Courageous leaders*
- *Strengths Capacities Assets*
- *Citizen Led*
- *Do with*
- *Enable*
- *Active producer & Co producers*



EAST CASE STUDY

A Strength Based Approach.



WHO IS P?

Name: P

Age: 35

Family : Lives alone. No family support

Employed as a cleaner & a dinner lady.

P was not in receipt of any services. Referral made for personal budget.





P was referred into the East INT by her friend who requested and assessment to look at a personal Budget.



P was reported to have a mild learning disability diagnosis & Asperger's.



P had no formal support in place. Came into us as a potential hoarder, and financial issues.



P's friend K was informally supporting her with finances, correspondence & emotional support.



Case allocated to Karis to assess eligibility of needs. Karis gathered background information and arranged a joint visit with Calico who were already involved with P.

SUMMARY OF BACKGROUND.

P'S WISHES & FEELINGS

P was experiencing housing maintenance issues that she felt unable to deal with herself due to her anxiety.

P struggled to speak with others in any situation and had quite a bad stutter. This stopped her from seeking support/speaking to professionals.

P had no confidence to see other professionals on her own.

P wanted support to sort her benefits out because her PIP had been stopped and this was causing financial difficulties & causing her further anxiety.

P was also worried that she was about to be made redundant from her job in Pest control.

WHAT DID WE DO DIFFERENTLY?

Karis had attended the Ethnographic and Strength based training which looks at a different approach to how we assess and deliver support.

Karis felt that P maybe didn't need a personal budget and that with support to resolve the current issues in her life that were causing anxiety P could remain independent.

P agreed to a GP appointment but expressed that she too anxious to go on her own. Karis offered to go with her to the appointment to support her which we wouldn't normally do.

Karis went out to see P with a different mindset, focusing on P's strengths and how we can use community resources to resolve the main issues that were affecting P's life, rather than putting a commissioned service in place.

SUMMARY OF INTERVENTION

Karis met with Six Town at P's house to raise the issues with the property.

Karis Contacted her dental practice as due to her anxiety P hadn't been for over seven years and asked them to keep her on their books due to her anxiety with appointment.

Karis encouraged P to have a smart meter fitted so she wouldn't have the anxiety of having to ring with a meter reading.

Actions agreed:

Made a referral to Beacon service to support with her benefits forms as she's had her benefits cancelled. Beacon referred her to citizen advice.

Liaised with GP for transfer of care which confirmed that P does not have a mild LD. With P's agreement Karis made her an appointment with the GP and went with her to the appointment.

Karis spoke to Unite on behalf of P to confirm her current medical diagnosis and this enabled Unite to argue that P was in vulnerable group, which should help P to get redundancy.

Karis referred P to DWP for an access to work assessment.

THE OUTCOME

Through supporting P to attend the GP surgery she was given a formal diagnosis of severe social anxiety.

The GP referred her onto the community mental health practitioner to look at LD diagnosis. This **worker** is now involved and completing bereavement counselling with P and some anxiety sessions.

Six Town dealt with the damp issue in the property and arranged to complete several small repair jobs.

Calico have helped P to clear her loan debt and she is now up-to-date with payments. P has received redundancy from her Pest control role.

Penny (CMHP) & Becky from Beacon service are planning to take P to a coffee morning to help her to start to feel comfortable in social settings. The long-term plan is to get her to be confident enough to go to the gym. They will work with her on goal-setting.

P's case will be closed with no formal support package in place as all the issues that were present at the first visit have either been resolved or P is now getting support to manage these.

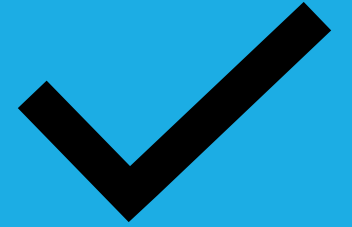
P'S FEEDBACK

I feel that all the support I have received has been really beneficial, it has enabled me to access resources that I have been too anxious to access independently.

All the people I have come into contact with have been approachable and easy to communicate with.

I have very much appreciated Karis's kind and friendly approach and I now feel confident enough to continue independently.

I feel encouraged knowing that if I struggle in future, there is a place I can come to so I can be helped to maintain my independence.



FINANCIAL SAVINGS

Total savings made to date

Annual saving = **89,626.86**

In year saving = **32,079.47**

Average total hours with clients

12 hours

Case STUDY	Annual Saving	In Year Saving			Cost following review using SBA
One Female	12,986.26	7,465.38			0.00 from Sept 2021
Two Male (71)	18,018.00	Case STUDY	Annual Saving	In Year Saving	Cost following review using SBA
		One Female	12,986.26	7,465.38	0.00 from Sept 2021
		Two Male (71)	18,018.00	12,630.57	0.00 from Feb 2022
Three Female (32)	11,005.00 + recouped PB monies of £45,000.00	Three Female (32)	11,005.00 + recouped PB monies of £45,000.00	9,311.92	8.397.40
Four Female (35).	New service user – no current services in place.	Four Female (35).	New service user – no current services in place.	26,17.60	Nil Cost.

SBA Team Champions &
Change Makers

Self care Workshop
October 22

SBA & Asset mapping
Workshop
November 22

Submitting Nomination
for Let's do it brilliantly
Staff awards
SBA Team champion

Case Studies embedded
in the FOCUS On
Team meetings

2023 Rolling
programme of Training
Part of the Workforce
Strategy

7 steps assessment tool
Ready for
implementation

My life
My Way
Assessment Document
In development

Embedding SBA as part
of the induction process

**NEXT STEPS
FOR THE SBA
IN THE
EAST
INT TEAM**