



St Mungo's  
Broadway  
Rebuilding lives, day by day

# **Bristol Men's Crisis House & Bristol Sanctuary**

Paul Hudson

Group Manager Mental Health  
Bristol and B&NES.

# What is the men's crisis house?

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- It is a place for men over 18 who are experiencing mental health problems where hospital admission might otherwise be the only alternative
- It is a service that improves the options for men in crisis and is part of a coherent community based mental health service.

# Why a men's crisis house?

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- Service Users wanted it.
- *“It was clearly and repeatedly expressed that a crisis house for men should be a choice as an alternative to hospital admission”.*
- Promotes independence
- Provides a social model of treatment
- “Evidence that women's crisis houses are as effective as traditional psychiatric wards, and may be more cost-effective”.
- *Howard et al: British Journal of Psychiatry, 197(Supplement 53), August 2010*

# What are the aims for the men's crisis house (and Sanctuary)?

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- To be recovery orientated
- To have active and meaningful client involvement
- To provide an intervention preferred by clients
- To be psychologically informed
- To be part of the care pathway
- To reduce hospital admissions
- To be cost effective

# How does it work?

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- **Referral routes:**

Anyone can refer; Telephone referrals: access as straight forward as possible. Avoiding clients having to repeat their story.

- **Assessment /entry criteria**

Level of impact upon them and those around them?

Drugs/ Alcohol & Housing

- **Reviews/ monitoring**

Outcome star; WEMWBS

- **Leaving / length of stay**

28 days, extension in exceptional circumstances

WRAP/ crisis plans

# How Implemented?

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- Service user consultation and involvement
- Finding the right building
- Finding the right staff and volunteers
- Preparing the building
- Opening the doors
- Getting referrals

# Challenges?

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- Drugs & Alcohol
- Housing; move on accommodation.
- Management of medication
- Self harm
- Relationships with other services.
- On-going client involvement/ groups

# What have we learnt?

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- Start early letting people/ services know what the house will provide
- Clear guidelines around drugs & alcohol
- Groups; don't try to over complicate
- Client involvement in the house (but also allow them not to)
- Look after staff
- Be prepared to be flexible



# What is the Bristol Sanctuary?

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- *“It is a comfortable, safe place to come when you feel you cannot cope. It is open to anyone who is in distress, or caring for someone who is in distress”.*
- *It is based in a city centre location and is open Friday to Monday from 7pm to 2am*

# Why a Bristol Sanctuary?

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- *“As well as a mental health emergency service, broad consultation with the people of Bristol identified a need for a place of sanctuary, where people experiencing distress can receive support to help them stabilise themselves and to prevent deterioration into a mental health crisis and ensure their safety and wellbeing”.*

# How does it work?

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- Anyone can refer themselves
- Telephone referral for people to book a place
- There is some scope for people to turn up but spaces are limited each evening
- The aim is for one off interventions with signposting to other services.
- Social and 1:1 support

# Challenges?

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- Accommodation:
- Relationship with neighbours
- Staffing - unsocial hours
- Getting the message out about how service operates and what it can provide.
- It is not a drop-in service

# Acknowledgements

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- Service users who have been involved in asking for and setting up these services
- Grace Elias Commissioning manager Bristol CCG
- Glen Townsend Patient Monitoring and Development Co-ordinator Bristol CCG
- Partner organisations.



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MARK IN ROOM 5 ☺

JUNE 2015

**“Staying at the men’s crisis house has literally been a life saving experience for me, and that’s not me being over melodramatic”**

STAYING AT THE MENS CRISIS HOUSE HAS LITERALLY BEEN A LIFE SAVING EXPERIENCE FOR ME, AND THATS NOT ME BEING OVER MELODRAMATIC.

I HAVE REACHED AN ALL TIME LOW POINT, BEING SUICIDAL PUTTING AN ENORMOUS STRAIN ON MY MARRIAGE AND MAKING IT IMPOSSIBLE FOR ME TO WORK, SOMEWHAT [IRONICALLY, IN MY JOB AS MENTAL HEALTH SUPPORT WORKER

WHEN I CAME TO STAY AT THE HOUSE IT FELT AS IF I'D REACHED THE END OF THE LINE AND I WAS FEELING HOPELESS AND TOTALLY DISABLED BY DEPRESSION.

THE LAST 3 WEEKS OF SPACE, SUPPORT, CAMARADERIE AND PLANNING HAVE REALLY HELPED ME TO HEAL AT LEAST SOME OF MY MENTAL SCARS.

IT HASN'T BEEN EASY, PUTTING MY FAMILY LIFE ON HOLD TO LIVE WITH A BUNCH OF GUYS, SOMETIMES THINKING WISH THEY'D ALL MOVE OUT! BUT WEVE ALL PULLED TOGETHER AS OUR LIFE JOURNEYS HAVE BRIEFLY COINCIDED.

AND LETS NOT FORGET THE AMAZING PEOPLE WHO WORK HERE AND MAKE IT HAPPEN, I'LL NEVER FORGET THIS EXPERIENCE

**Thank you**

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**Paul Hudson  
Mungo's Broadway**

[Paul.hudson@mungosbroadway.org.uk](mailto:Paul.hudson@mungosbroadway.org.uk)

**07768301753**