

#dbi_scot

Connected Compassionate Support
For people experiencing distress in Scotland



Distress Brief Interventions (DBI): *working beyond front-line boundaries to build connected, compassionate support for people presenting in distress*



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EDINBURGH
SCOTLAND
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Distress Brief Interventions – 3 years experience of a National Pilot Programme

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DBI – Forming the idea

- Intent to do more for distress in suicide prevention strategy 2013-2016
- Poor experience of people in distress and frustrated service providers
- Rather than closing the door, open it, accept people need help that doesn't have to come from traditional specialists.
- Support, listen and help people think through their problems and find solutions - perhaps therefore they wont need to present in same way again.
- Active components
 - Simplicity of vision, process and for those using and referring
 - Help within 24 hours
 - Compassion and kindness
 - As little exclusion as possible
 - Not a mental health intervention, not a treatment – a total person intervention and public health opportunity
 - Crisis as an opportunity for change

DBI – The idea

- People who have presented to emergency departments, police, ambulance and primary care in distress
- Who don't need direct emergency service intervention
- Over 18
- DBI option identified as appropriate by level 1 (front line staff) worker who has had short learnpro training to be compassionate and to discuss and refer.
- Discussion with person and with their agreement e referral to level 2 DBI worker
- Level 2 DBI worker from third sector background – special training and supervision
- Contact within 24 hours and negotiated interactions for up to 14 days
- Assisted problem solving and support
- Distress plan created and shared
- Common processes and data for evaluation

DBI – Developing the Idea

- Tested the idea – talked to people
- No literature to support...an opportunity.... And need for strong evaluation
- Alignment with and influencing of policy – Mental Health and Suicide Prevention but then justice and substance misuse saw potential
- Minister persuaded and programme established November 2016. Action 11 Mental Health Strategy.
- NHS Lanarkshire National programme management – pilot sites in Lanarkshire, Borders, Inverness, Aberdeen.
- Programme brought
 - A place to bring everyone together – true collaboration
 - Wisdom and experience
 - Thoughtful incremental implementation
 - Articulation of compassionate connected care.

DBI – Early observations and experiences

- Over 4,000 referrals
- 100% received a contact attempt within 24hrs of referral.
- 57% Female.
- 85% engaged in further DBI level 2 support.
- 74% of referrals where from the five most deprived deciles
- 20% self-reported being under the influence of alcohol/ substances at point of referral.
- Levels of distress half
- Transforming cross-sectoral working
- Highly valued by front lines services and people who receive support
- High levels of compassion experience.
- Those receiving DBI, report feeling more able to manage both immediate and future distress.
- Reducing suicidal behaviour and in turn saving lives.

DBI – Evolution

- Expansion of Mental Health as a priority
- DBI featuring in programmes for government, suicide prevention action plan, child and young people's mental health taskforce.
- DBI widely liked and felt to be effective.
- Extension to under 18's and creation of associates programme
- A programme , a club, a family

- Impact of positive evaluation by Stirling University
- Expansion to 15 year olds and under from April 2020.
- Programme ends March 2021.
- Full economic evaluation
- Sustainability will depend on how it fits into
 - Health and social care response to distress and unscheduled care
 - Primary care transformation plans and link workers
 - Broader improvements in whole system crisis response work
 - PfG commitment to development and roll out of community mental health and wellbeing services.

None of Us are as Smart as All of Us



“a sensitivity to distress together with the commitment, courage and wisdom to do something about it”,

Thank You.....

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Stories From the Frontline

