

AN UPDATE ON CAPE SERVICES

Ella Simpson, Mental Health
& Wellbeing Team Leader

Sarah Farrell, Clinical Lead



WHO WE ARE

- Community Activities Projects Ealing (CAPE) was founded in **1997** to meet the complex needs of people who fall between **gaps in mental health** provision
- Our founding service was an **outreach service** to those hard to reach and this continues today
- Earlier this year, we moved to a new premises in Ealing to continue developing and delivering CAPE's **1-2-1 and group format** model
- **Ella Simpson** – Mental Health & Wellbeing Team Leader
- **Sarah Farrell** – Clinical Lead



THE TEAM

- **Psychological Support Practitioners** – x3 who provide psychological support to a caseload of clients, and link them in with our group programme and wider community services
- **Psychotherapists** – x9 qualified & advanced training practitioners, who work for up to a year with clients who are not considered for therapy elsewhere
- **Mental Health Recovery Worker** – seconded to the Women's Wellness Zone, a complex women's service in partnership with Ealing RISE drug & alcohol service
- **Co-Production and Employment Lead** – actively promotes, coordinates and involves a wide range of people with lived experience of mental health challenges



OUR VISION

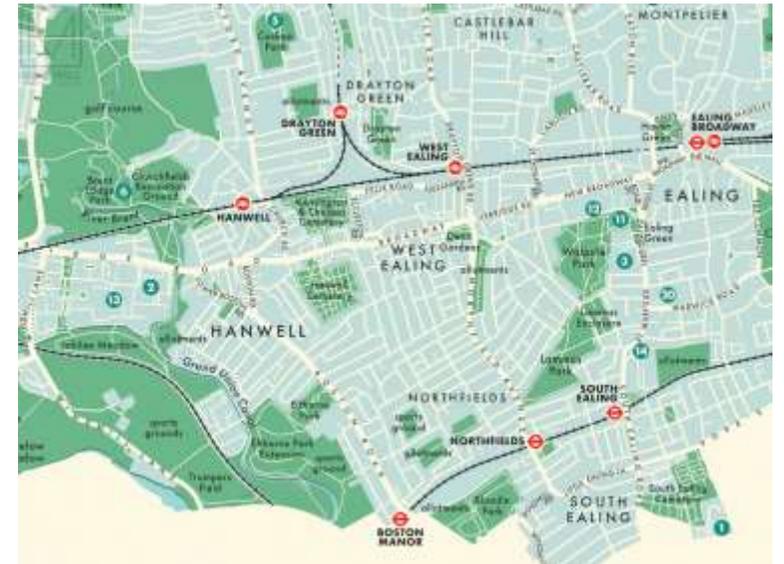
To build the emotional resilience of adults experiencing complex and enduring mental ill health to live a fulfilled life.



WHO WE WORK WITH



- Adults **over 18**
- Those living in the borough of **Ealing**
- Those who experience **complex & enduring mental health issues**
- **Clinical presentations** we typically work with include –
 - Complex depression and anxiety
 - Bipolar disorder
 - Psychosis
 - Personality disorders
 - PTSD



HOW WE WORK



- **Holistic** – we look at a person as a whole i.e., their physical, emotional, mental and social wellbeing
- **Relational** – we are compassionate, non-judgemental and non-defensive
- **Strengths-based** – we empower clients to nurture their own mental health, building on their existing strengths to recognise their further potential
- **Equality of opportunity** – we understand that everyone has a unique mental health journey
- **Partnership working** – in close collaboration with MINT, forensic services, crisis resolution, home treatment teams, and other community support

WHAT WE DO: 1-2-1 SUPPORT



- Each **Psychological Support Practitioner** holds a caseload of clients that they meet with regularly to provide 1-2-1 support
- The aim is to **enable and empower** each individual to determine their own pathway to reach their goals
- We use the **Mental Health Recovery Star tool** at the start of support to start a conversation with the client to identify what is important for them today and assess who is best placed to deliver the therapeutic/socio-educational interventions – internally and externally
- We provide **outreach** for those who are particularly chronic in presentation and/ or in profound crisis

WHAT WE DO: GROUP PROGRAMME



- We provide a comprehensive programme of therapy and wellbeing groups for those that are engaging with Cape
- **Wellbeing Groups –**
 - Mindfulness, Stretching for Stress, Exercise Class, Peer Support Group
- **Therapy Groups –**
 - Mentalisation Based Therapy, Behavioural Activation Therapy, Interpersonal Effectiveness Therapy, Compassion Focussed Therapy for Psychosis, Hearing Voices, Art & Wellbeing Group

WHAT WE DO: PSYCHOTHERAPY

- We offer **individual psychotherapy** for up to one year
- Our **volunteer therapists** are either fully qualified or in their 4th/5th year of training
- For those who experience **barriers accessing local talking therapies**
- Therapists are **highly supervised** and have a minimum of 300 hours client work



WHAT WE DO: WWZ



- We second a **Mental Health Recovery Worker** to the Women's Wellness Zone as part of a multi-disciplinary team
- WWZ is a service for women over the age of 18 residing in Ealing who require support with a variety of **complex needs** including -
 - Substance misuse, mental health, domestic abuse/violence, prostitution/trafficking and offending behaviour



Women's
Wellness Zone
Ealing

WHAT WE DO: CO-PRODUCTION

- Through co-production with other organisations, we map essential **connections** and pathways
- We **coordinate the volunteer and peer support** element of Co-Production, providing supervision and support to those participating, inclusive of the design, development and launch of a boroughwide Co-Production charter
- We build and develop **partnerships** that deliver the articulated needs of those with complex mental health needs
- We support clients in accessing **employment, volunteering and educational** opportunities



OUR AIMS

- To meet the complex needs of those who fall through the **gaps** in mental health provision
- To minimise hospital admissions, support **statutory services** & acute episodes
- To reduce the length of stay when clients are receiving **inpatient care**
- To reduce, delay or prevent people's need for **social care**
- To improve **relationships** and engagement in life within the **local community** for individuals



REFERRAL PATHWAY



1. Contact Sarah or Ella (call or email) to discuss **individual needs and risk** and to assess how CAPE services are able to meet those needs and work with that risk.
2. If part or all of the mental health needs of the individual can be supported by CAPE and they are in agreement that a referral should be made, a **referral form** should be completed alongside the client and submitted to CAPE.
3. CAPE team meet weekly at a **referrals meeting** to look at resource, capacity, risk management and to allocate clients.
4. We will keep the **referrer and client** informed at all times on the progress of the referral and when first meeting can be scheduled.

CLIENT FEEDBACK



'You are the only good thing to come from my diagnosis'

'You have really helped me to get where I am today'

'Thank you for helping me find other community groups'

'I feel like you are the only ones who are here for me'

'You have saved my life several times over lockdown, I genuinely wouldn't be here without your calls'

'Without your calls I wouldn't be here, now'

PSYCHOTHERAPIST FEEDBACK



“I appreciated the holding nature of this placement provided through Sarah’s accessibility and also through the outreach support available to clients within this service. This allowed for in-depth therapeutic work with clients who had complex psychological presentations, which otherwise might have been limiting.”

“I appreciated the opportunity to work with clients who might not be able to access psychotherapy in the other contexts and at the same time was in great need for this support.”

“I experienced CAPE to be a considered and well functioning setting, which facilitated my growth and development well. I was especially well held when circumstances became adverse, which contributed to a sense of safety. When I feel safer, and that I can rely on an institution I am working with, I am best able to develop therapeutic relationships.”

THANK YOU!



Any further questions, please email us on –

sarahf@capeproject.org.uk

ella@capeproject.org.uk