

# How do Personal Health Budgets support Mental Wellbeing?

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# What can help me get well and stay well?

*‘PHBs are not intended to replace services but instead, they are “**the salt and pepper seasoning on top of everything else**”. They are shaped around what is already on offer in the community that can meet each individual’s own recovery goals’*

CCG Commissioner for Mental Health Services in evaluation with NDTi

# The Advocacy Project

# MENTAL HEALTH RECOVERY PHB JOURNEY




**John**  
- 29 year old male  
- Has schizophrenia  
- Hears voices  
- Enjoys basketball  
- Enjoys cooking



**1 ELFT Recovery Planning**  
Personalised assessment and recovery care planning using Dialogue + and Recovery Plan. Identifies patient recovery goals and outcomes.

**2 Explain PHBs and Consent**  
Clinician will explain PHBs and provide patient with PHB information leaflet. Patient consent required for the PHB evaluation




**4 Budget Calculation**  
Clinician will calculate the patient's budget value based upon services or support that need to be purchased with a PHB



**3 Support Planning**  
Patient, clinician and/or the PHB Advisor together use the Digital Hub to find services, activities or support to achieve the patient's recovery goals

**PHB Advisor Support**  
A referral can be made to the PHB Advisor from the Advocacy Project to help the patient plan how to spend their PHB.



The Advocacy Project

**5 PHB Clinical Sign Off**  
PHB Budget Form detailing agreed recovery goals and services that will be purchased must be submitted for appropriate approval based upon the size of the budget.



**6 Payments Setup**  
PHB Advisor sets up payments for agreed services using preferred payment method, including the option for all payments to be made on the patient's behalf



**7 Access Chosen Activities & Purchases**  
Patient accesses purchases for the agreed period of time set out within their recovery plan



**8 Clinical Review**  
Clinical review of patients needs and whether to continue with the PHB





# City & Hackney Personal Health Budget: Support Plan

Submitted with online request via The Advocacy Project - <https://www.advocacyproject.org.uk/phb/personal-health-budget-referral-and-payment/>

When I am unwell:

Things that are important to me are:

This does not work well for me:

About Me:

My Personal Detail:

My NHS Number is:

My name is:

This works well for me:

Working together to stay well:

## My Personal Support Plan

PHB Amount £

My Personal Support Plan has been developed together with my ELFT clinician and / or with support from a PHB Advisor. Within this plan I have identified what I would like to do to continue my recovery and the services, activities or support that I would like to access to achieve my recovery goals set out in the table below.

### Notional Budget

My Recovery Goals	Service / Activity / Purchase	Nature / Frequency	What needs to happen and by when?
	Core Arts /		
	The Recovery College /		
	Step Up /		

### Direct Payments

My Recovery Goals	Service / Activity / Purchase	Nature / Frequency	What needs to happen and by when?

This plan will be reviewed on  by me and  who works for the ELFT  team.

If I want to review my plan sooner I can contact my clinician by telephone on  or by email on

Client Approval:  ELFT approval:  Date:

## About Me and My Recovery Journey

Please fold on dotted line

### Sharing My Plan and My Information

#### Information Sharing and Data Collection

Please confirm that you have read the leaflet and tick each box to show that you agree with the following -

- I confirm that I have read and understood the Information Sharing and Data Collection information
- I have had the opportunity to consider the information and ask questions, which have been answered satisfactory
- I agree for My Personal Support Plan to be shared with the Advocacy Project to set up and administer my PHB
- I agree for My Personal Support Plan to be shared with organisations who are providing my PHB services
- I agree for my PHB financial information to be shared with the Advocacy Project and Pre-Paid Financial Services to process and monitor my PHB payments
- I agree for information about my PHB use and my anonymised health data from the Local Data Services for Commissioners Regional Office (DSCRO) to be collected and analysed for the purpose of PHB evaluation
- I agree to be part of the NHS England PHB Evaluation Study and for my anonymised information to be shared with NHS England and academics
- I understand that my participation is voluntary and that I am free to withdraw at any time without giving any reason, and my health or social care will not be affected.

Please sign overleaf to confirm your agreement

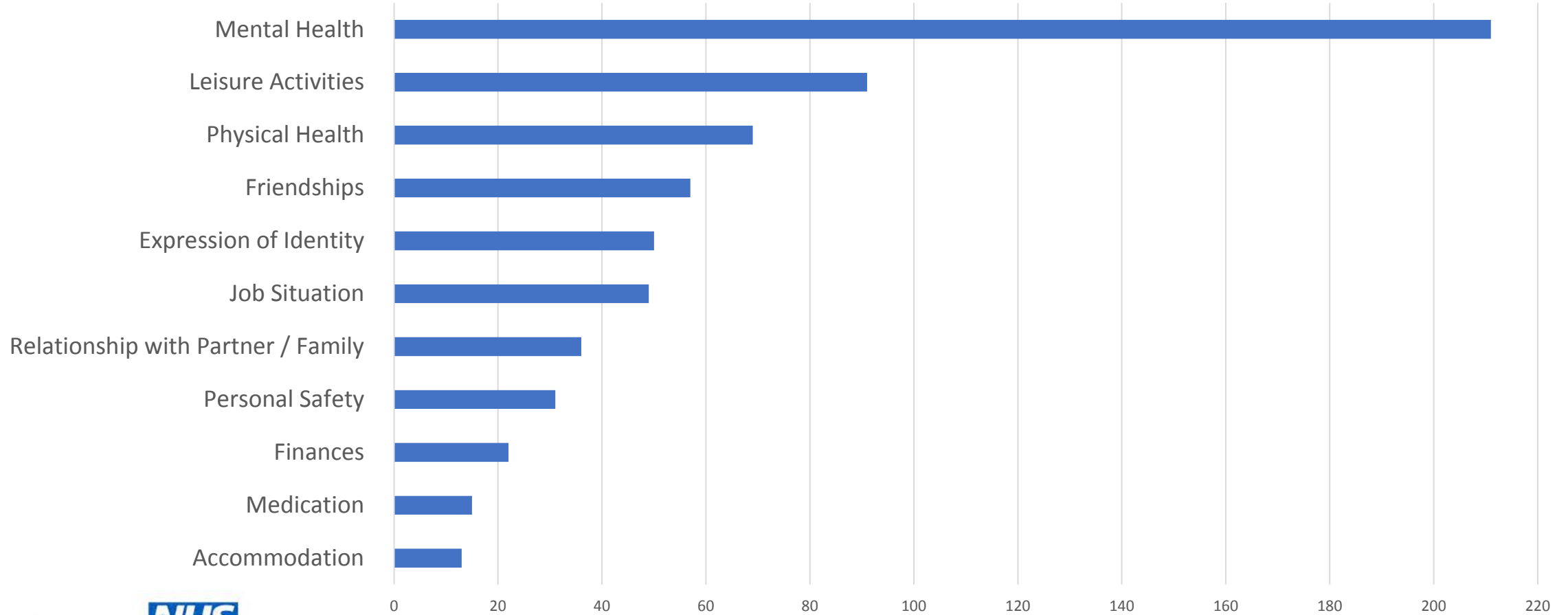
## MY PERSONAL SUPPORT PLAN

**NHS** CITY AND HACKNEY PERSONAL HEALTH BUDGETS

**NHS** City and Hackney Clinical Commissioning Group

# Year 1 analysis: budget holder recovery goals

## Recovery Goal (aligned with Dialogue+)



## Year 1: how a PHB has been used

### A projector

Watch films with the family to help with feeling calm and relaxed at a time of increased anxiety [during lockdown].

### Monthly Boxing Membership

Improve my physical health and manage medication side effects by taking part in an activity I am passionate about.

### CIH Level 3 Certificate in Housing Practice

Completing the course will help self-confidence & lead to part-time or full-time employment

### Sikh Clothing

Understand more about my identity and feel more connected to my culture.

### Table Tennis Bat

Attend table tennis clubs to meet new people and build confidence.

### Cinema Pass

Distract from paranoid thoughts of MI5 and provide a space to feel safe in

### Gardening Course

Continue learning gardening skills to lead to volunteering or employment & meet new people

### French course

Improve low mood often brought on by boredom by studying and keeping my mind stimulated.

### Guitar

Playing the guitar helps me to relax, feel less anxious and manage my health by myself

## Year 1: Sarah's recovery journey

### Personal Health Budget £560

Bronze casting course (12 weeks),  
London Sculpture Workshop

### Budget holder

Sarah's an artist who wants to learn a new skill so she can get out of the house and begin a new project.

### Recovery goals

Sarah hopes to meet new friends and prevent her from relapsing. She plans to use the skills she learns to start her own project.

### Feedback / outcomes

Since completing the course, Sarah has made new friends, secured a studio space & continues her art work. Her medication has been reduced. *"This has given me my life back. I feel like myself again and am full of hope for my future"*

# Year 1: Henry's recovery journey

**Personal Health Budget £329**

Laptop

## Budget holder

Henry has recently started GCSEs in Maths and English at college.

## Recovery goals

Getting qualifications is important for Henry's sense of identity and gives him routine and structure. Henry needs to complete coursework outside college. Due to his autism, he does not like leaving the house and finds it very difficult to study using computers in the library. A laptop would allow Henry to study independently at home.

## Feedback / outcomes

Henry's impact scores improved by 20%. *"It's been great. I used my PHB to apply for a laptop for educational purposes. This has come in more handy than I thought because I am now using my laptop to launch my own business. Please keep funding it."*



## Year 1: Yoland's recovery journey

**Personal Health Budget £140**  
African clothes making course  
(10 weeks), New City College

### Budget holder

Yoland experiences low mood at times and has found making clothes helps her to sustain a more positive mood.

### Recovery goals

Yoland hopes to develop new skills in African clothes-making that will help her towards selling her clothes at the market and eventually starting her own business.

### Feedback / outcomes

Yoland is continuing to work towards her goal by researching and experimenting with sewing designs. *"The course gave me new skills which helped my sewing and helped with the therapeutic aspect that I use sewing for. It also got me involved in a group which was nice. It gave me routine also which was good."*

## How do Personal Health Budgets support mental wellbeing?

**‘A PHB can help me get what I need to get well and stay well’**

‘People who haven’t been interested in anything for years are thinking for themselves’

“I’ve got people in college after being out of work for 20 years”. She thinks “it’s an absolutely fantastic initiative. When it was first introduced, I thought it was almost too good to be true”

Care coordinators in evaluation with NDTi

‘It’s not about the purchase. It’s not about the value.  
It’s about the recovery you’re going to achieve.’

**ELFT Recovery Lead in Evaluation with NDTi**

Q&A