

“...personal budgets for evidence based therapies are the way forward...”

Dr Susan Mizen

Laurie Bryant, service user/carer lead working with CSIP (2005)

□ ***'Choice listens to me, involves me, responds to me, values me, and supports me on the road to recovery. If we are serious about putting service users at the heart of modern mental health services, providing choice is essential' .***

Three points:

- 'Choice' and 'responsibility' are taken from physical healthcare services models based on assumptions which do not apply to some mental health problems.
- Personal budgets may result in deterioration and social exclusion for people with severe attachment difficulties
- 'The first dimension of quality must be that we do no harm to patients'. (Darzi 2008)

1. Assumptions

- Takes no account of:
 - Emotional obstacles to the wish to recover are in the very nature of mental health problems.
 - Self destructive feelings.
 - The significance of the relationship with healthcare professionals as the central determinant of the clinical presentation.

2. Attachment and service use: M.U.S.

	N =	Outpatient	Inpatient	Cost Per Annum	Outcome
Non MUS 27 years	1	£14,720	£22,500	£1378.2	Multiple severe health problems
Moderate MUS Patients	14	£151,300 Mean: £8707	£180,100 Mean £12,867 Range £0- £47,250	£1290	Frustrating lack of access to a service which addresses their difficulties
Severe MUS Patients	41	£447,120 Mean: £10,905	£5,502,030 Mean: £134,195 Range £3750 - £682,500	£16,547.5	Clinical deterioration outside therapeutic settings.

2. Health economics:

- **Total spend on 41 Severe MUS patients**
 - **£5,949,150**
- **RD&E serves population of 400,000**
- **National spend £900,000,000.**

Case

Miss L

2. Some characteristics of MUS patients n=13

Incest	3
CSA	2
Disabled or mentally ill parent or sibling	6
Physical illness complicated by abnormal illness behaviour	4
Episode of injury triggering symptoms	2
Worked as a nurse or health care professional	4

3. Outcomes:

Patient	Duration (years)	Outpatient	Inpatient	Community Care Packages	Outcome
A	24	56	£333,000 (61)		Chronic morbidity
B	2	0	£25,500 (3)		Adolescent unit
C	10	11	£60,000 (40)		Six children in care.
D	12	14	£70,500 (12)		Chronic morbidity
E	1	3	£41,250 (3)		Chronic invalid amputated both legs Lost care of 5 children
F	6	18	£256,500 (51)		Permanent catheter Chronic morbidity
G		25	£198,000 (19)		Child protection proceedings
H	9	16	£74,250 (10)		Wheelchair Chronic morbidity
I	28	23	£240,000 (17)		Chronic invalid amputation
J	5	13	£150,000 (34)		Chronic morbidity
K*	2	3	£247,500 (1)		Adolescent unit
L	16	13	£682,500 (23)	£104,000/yr	Chronic invalid in bed
M	30	51	£634,500 (24)	£104,000/yr	Chronic invalid in wheelchair
13		£123,000	£3,013,000		Total:3,136,000
