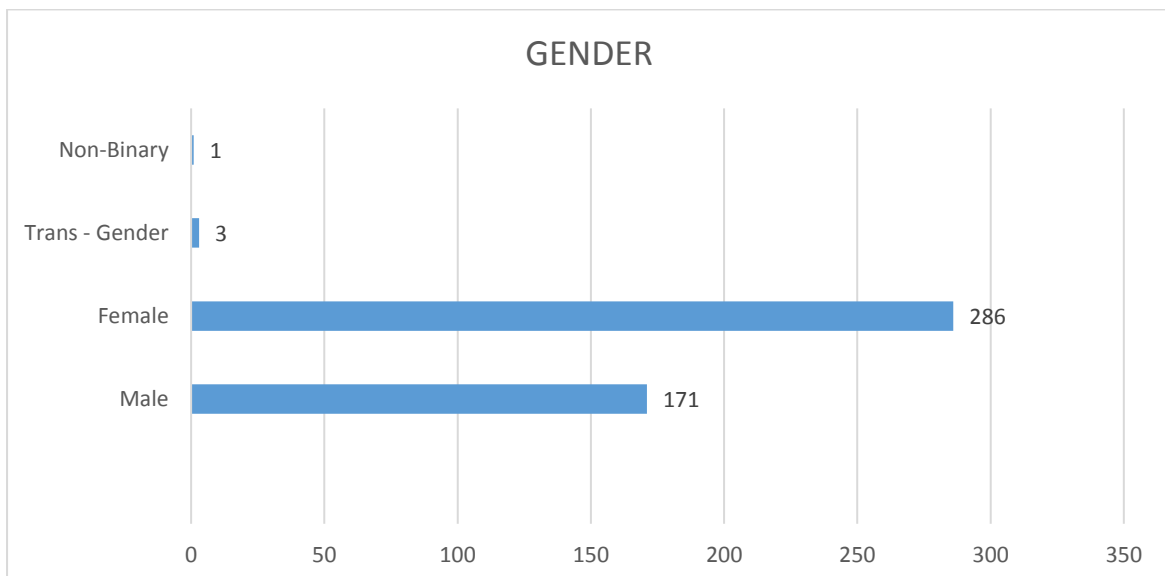# Pilot Cluster/PMHSS Project January 2016 – 31March 2017
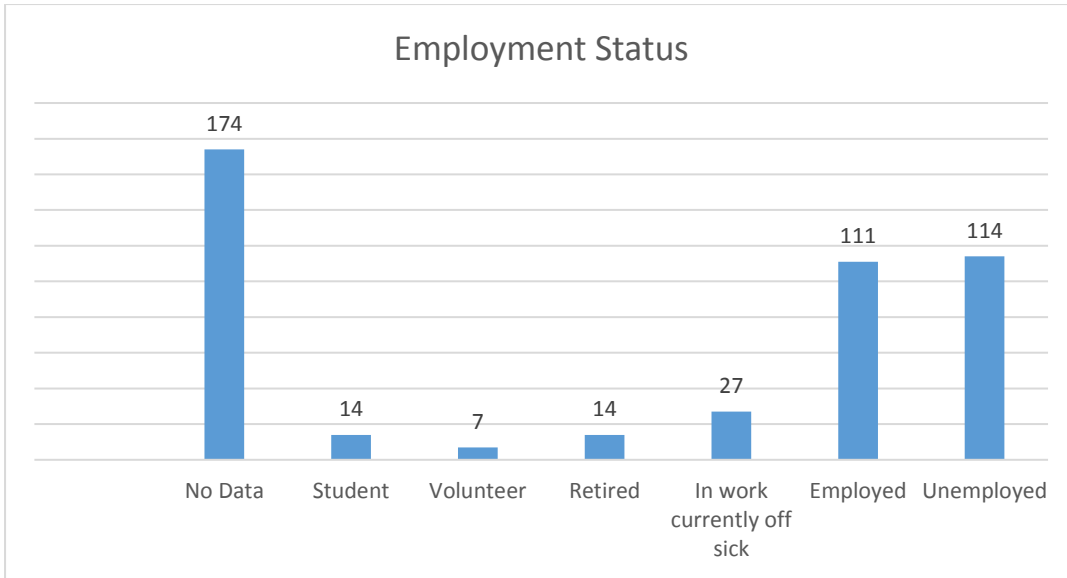
Data from

February 2016 – February 2017

Total number of appointments	**461**
People referred back for mental health assessment	**3**
DNA 1st appointment	**174**

CCI Outcomes

Age

Age	Count
16 - 21	68
22 - 35	182
36 - 50	126
51-65	68
66+	17

GENDER

Gender	Count
Non-Binary	1
Trans - Gender	3
Female	286
Male	171

Employment Status

Category	Value
No Data	174
Student	14
Volunteer	7
Retired	14
In work currently off sick	27
Employed	111
Unemployed	114
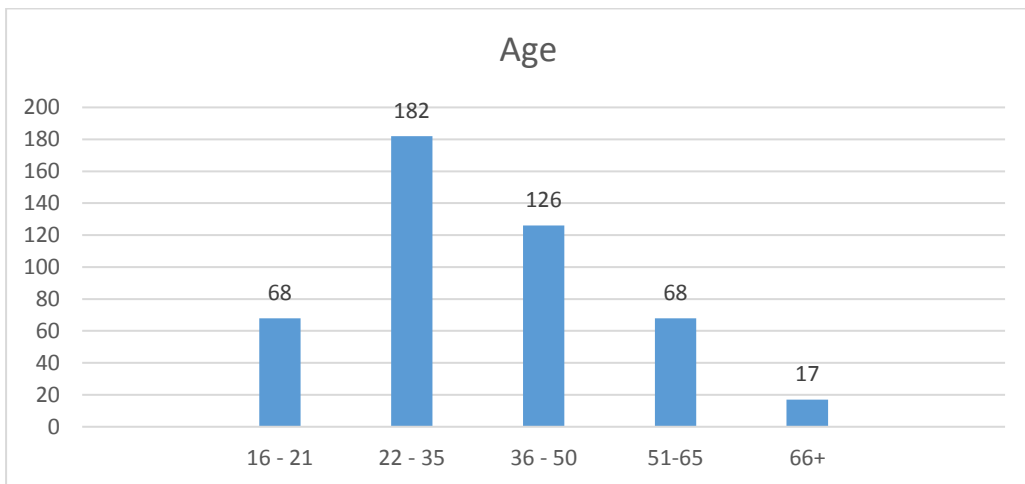
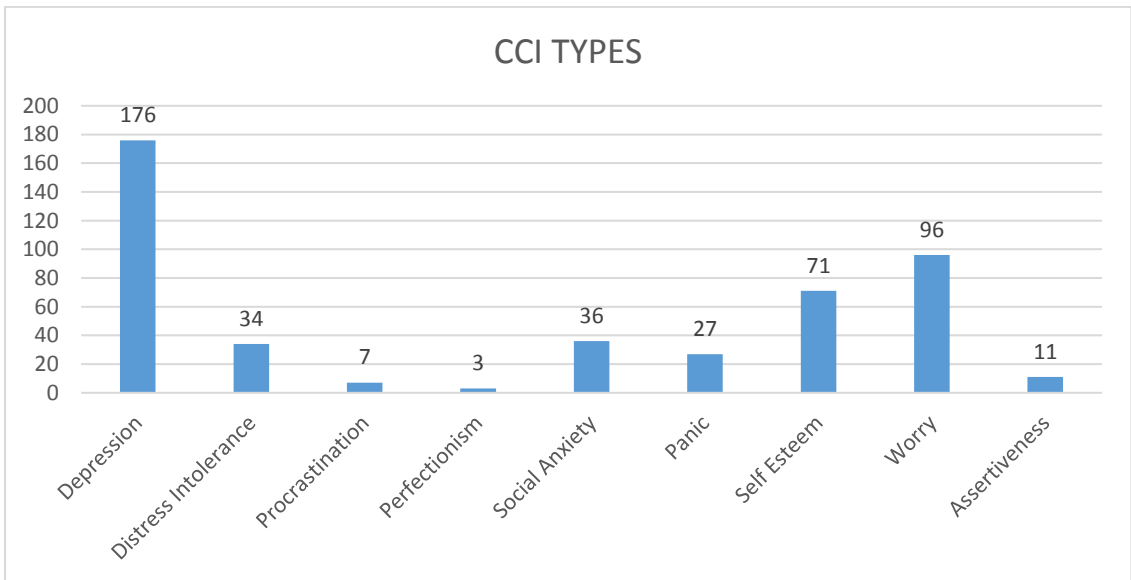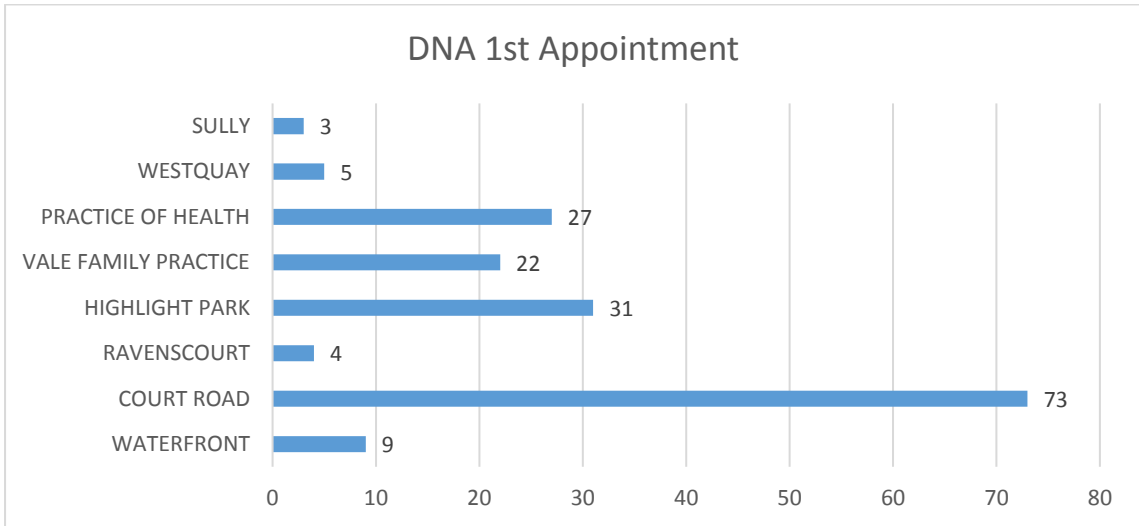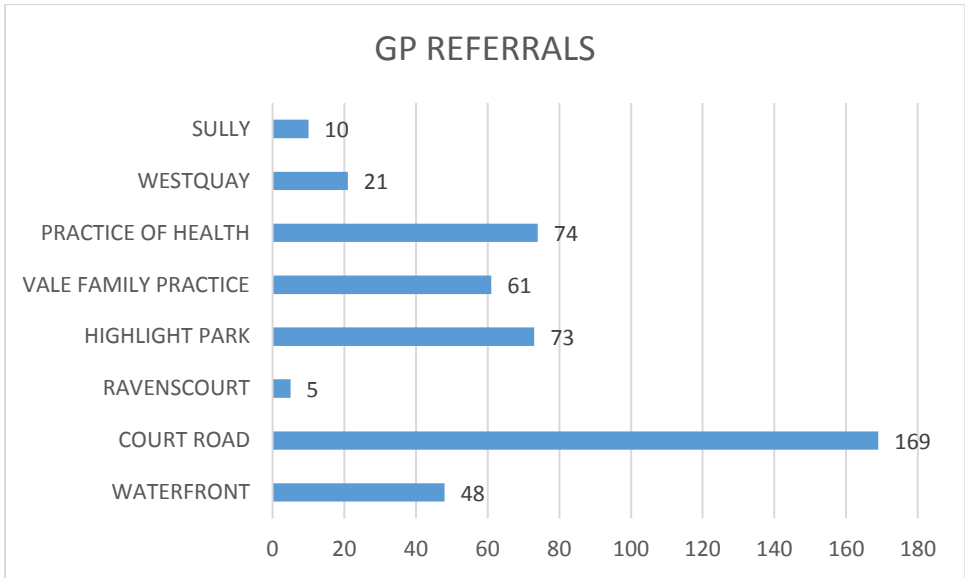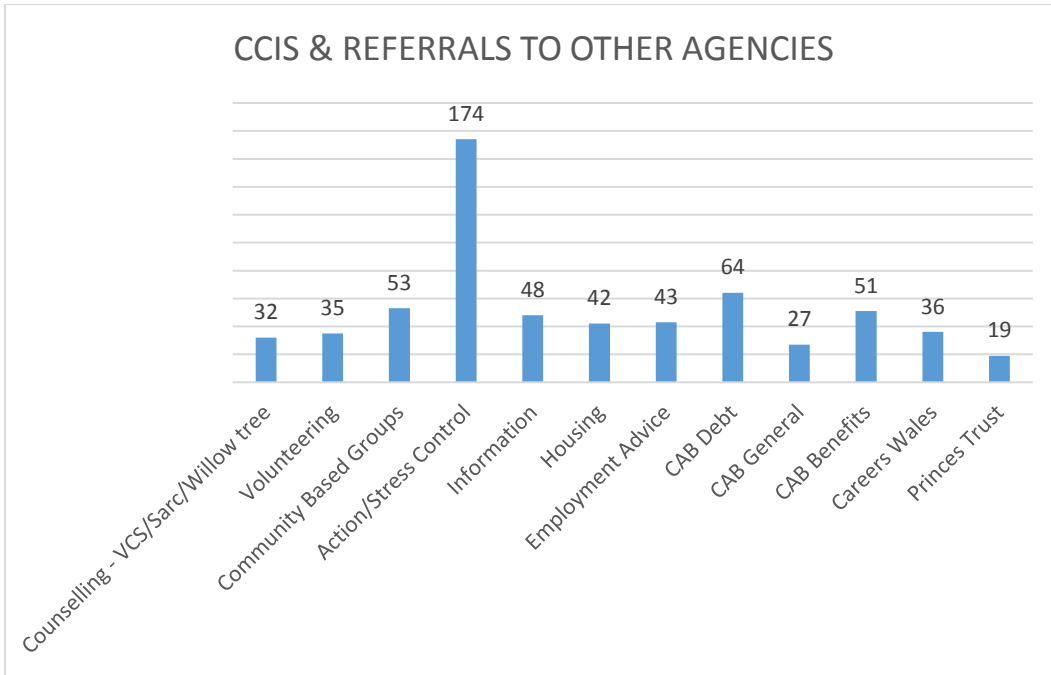**Of the 27 people who were on the sick at the beginning of the CCI's 6 returned to work. Of the 114 people who were unemployed 9 have found either full or part time work.**

Ethnicity

Category	Value
No Data	174
White Other	23
White British	335
Black Carribean	17
White and Black African	3
White and Black Carribean	3
Asian	6

GP REFERRALS

Practice	Referrals
SULLY	10
WESTQUAY	21
PRACTICE OF HEALTH	74
VALE FAMILY PRACTICE	61
HIGHLIGHT PARK	73
RAVENSCOURT	5
COURT ROAD	169
WATERFRONT	48

DNA 1st Appointment

Practice	DNA
SULLY	3
WESTQUAY	5
PRACTICE OF HEALTH	27
VALE FAMILY PRACTICE	22
HIGHLIGHT PARK	31
RAVENSCOURT	4
COURT ROAD	73
WATERFRONT	9

CCI TYPES

Type	Count
Depression	176
Distress Intolerance	34
Procrastination	7
Perfectionism	3
Social Anxiety	36
Panic	27
Self Esteem	71
Worry	96
Assertiveness	11

CCIS & REFERRALS TO OTHER AGENCIES

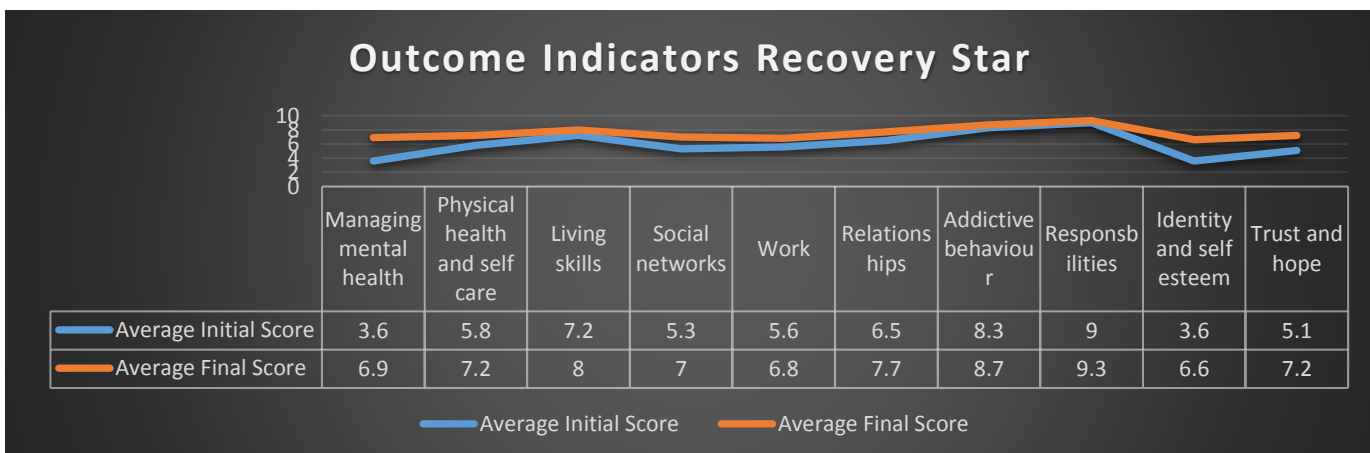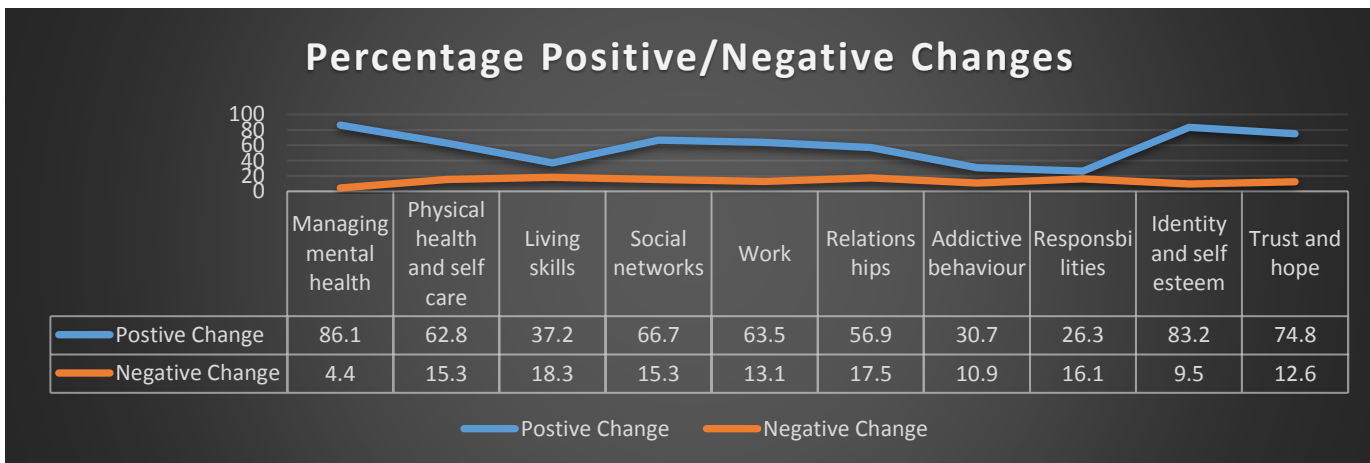| Category	Value
Counselling - VCS/Sarc/Willow tree	32
Volunteering	35
Community Based Groups	53
Action/Stress Control	174
Information	48
Housing	42
Employment Advice	43
CAB Debt	64
CAB General	27
CAB Benefits	51
Careers Wales	36
Princes Trust	19

163 People who referred into CCI's decided not to complete CCI's after receiving support from other agencies.

RECOVERY STAR OUTCOME INDICATORS
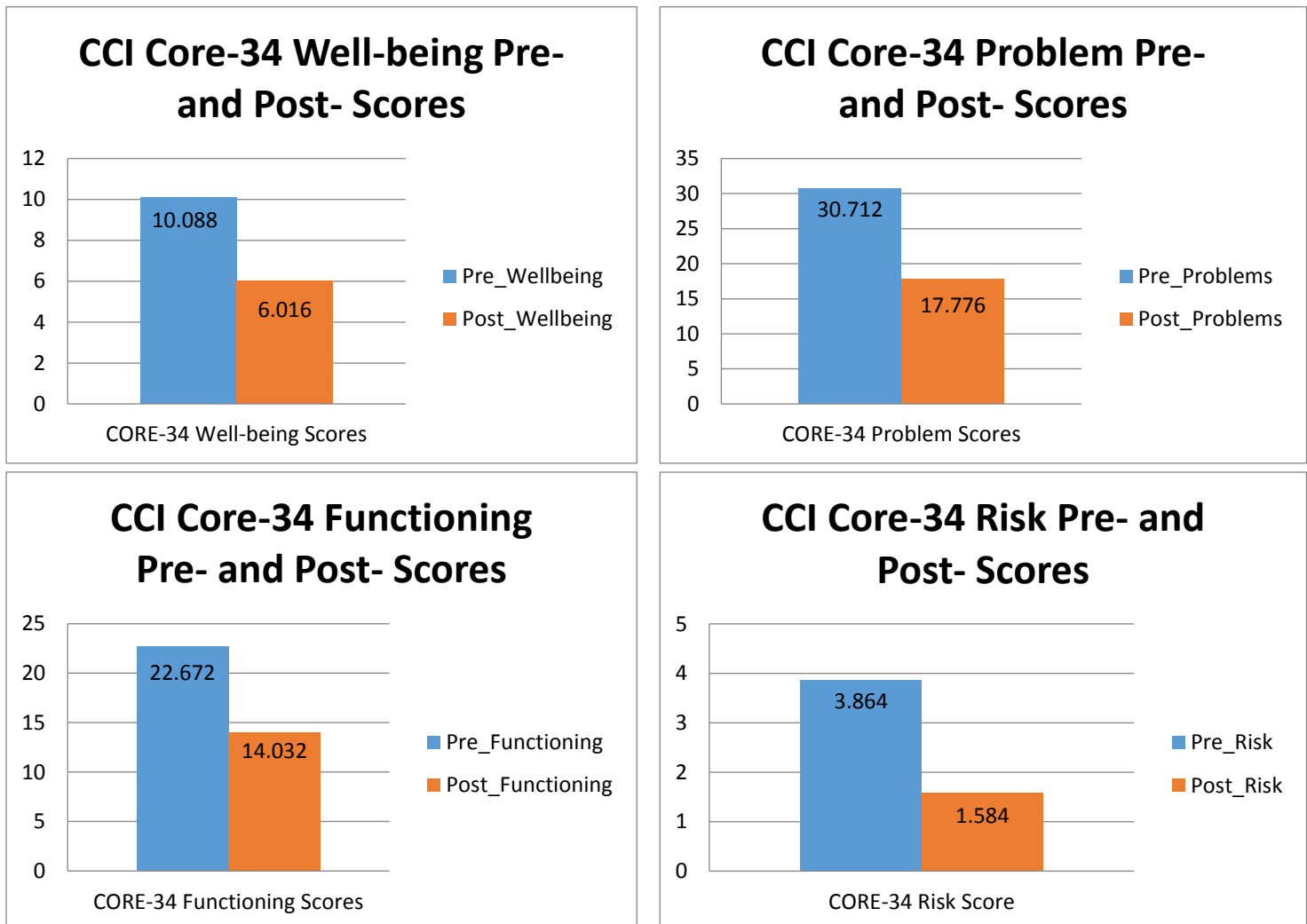

Percentage Positive/Negative Changes

	Managing mental health	Physical health and self care	Living skills	Social networks	Work	Relations hips	Addictive behaviour	Responsbilities	Identity and self esteem	Trust and hope
Postive Change	86.1	62.8	37.2	66.7	63.5	56.9	30.7	26.3	83.2	74.8
Negative Change	4.4	15.3	18.3	15.3	13.1	17.5	10.9	16.1	9.5	12.6

Outcome Indicators Recovery Star

	Managing mental health	Physical health and self care	Living skills	Social networks	Work	Relations hips	Addictive behaviour	Responsbilities	Identity and self esteem	Trust and hope
Average Initial Score	3.6	5.8	7.2	5.3	5.6	6.5	8.3	9	3.6	5.1
Average Final Score	6.9	7.2	8	7	6.8	7.7	8.7	9.3	6.6	7.2

All 125 data sets have completed both pre- and post- measures. The average age of attendees for the CCI support was 38 years old (SD: 14.96) (Range: 15-69), with 64.8% (81 attendees) being female, and 35.2% (44 attendees) being male.

CORE-34 break-down:

CCI Core-34 Well-being Pre- and Post- Scores

Pre_Wellbeing: 10.088
Post_Wellbeing: 6.016

CORE-34 Well-being Scores

CCI Core-34 Problem Pre- and Post- Scores

Pre_Problems: 30.712
Post_Problems: 17.776

CORE-34 Problem Scores

CCI Core-34 Functioning Pre- and Post- Scores

Pre_Functioning: 22.672
Post_Functioning: 14.032

CORE-34 Functioning Scores

CCI Core-34 Risk Pre- and Post- Scores

Pre_Risk: 3.864
Post_Risk: 1.584

CORE-34 Risk Score

Using a paired samples t-test, there was a significant mean decrease of 4.07 (95% CI, 3.31 to 4.83) on the well-being scale, $t(124) = 10.61$, $p < 0.001$; a significant mean decrease of 12.94 (95% CI, 11.05 to 14.81) on the problems scale, $t(124) = 13.63$, $p < 0.001$; a significant mean decrease of 8.64 (95% CI, 7.22 to 10.06) on the functioning scale, $t(124) = 12.04$, $p < 0.001$; and a significant mean decrease of 2.28 (95% CI, 1.71 to 2.85) on the risk scale, $t(124) = 7.97$, $p < 0.001$. This suggests that CCI's were able to significant decrease scores on each of the CORE-34 scales.

CCI Core-34 Total Pre- and Post-Scores
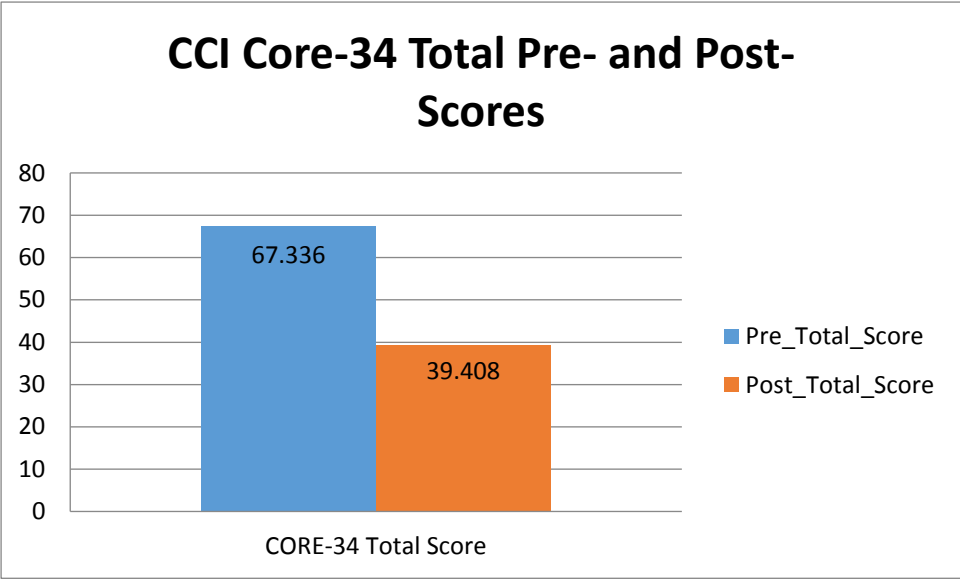
The average total pre CORE-34 score was 67.34, and the average total post CORE-34 score was 39.41. Using a paired samples t-test, there was a significant decrease of 27.93 (95% CI, 24.00 to 31.86) on the total CORE-34 score, $t(124) = 14.07$, $p < 0.001$. This suggests that overall, CCI's were able to significantly decrease overall psychological distress.
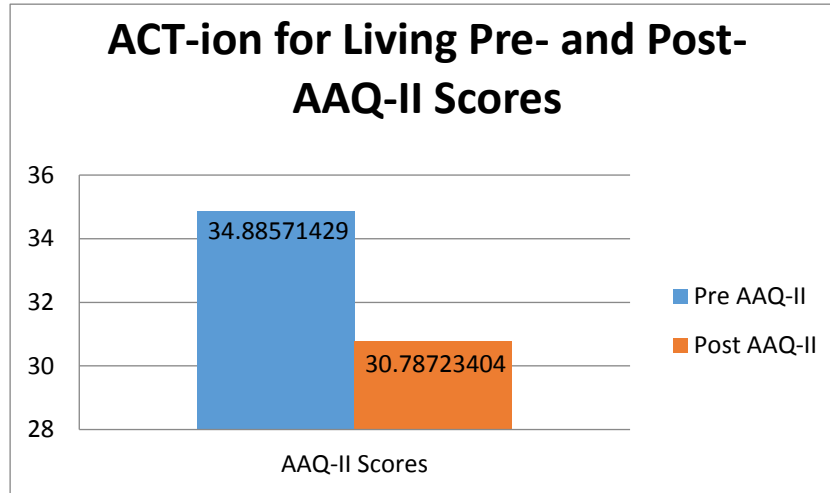
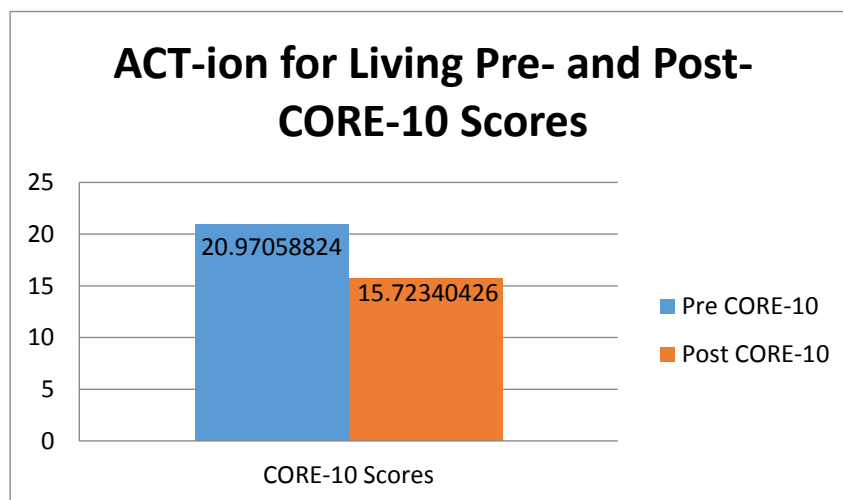## STRESS CONTROL & ACT-ion FOR LIVING COMMUNITY COURSES
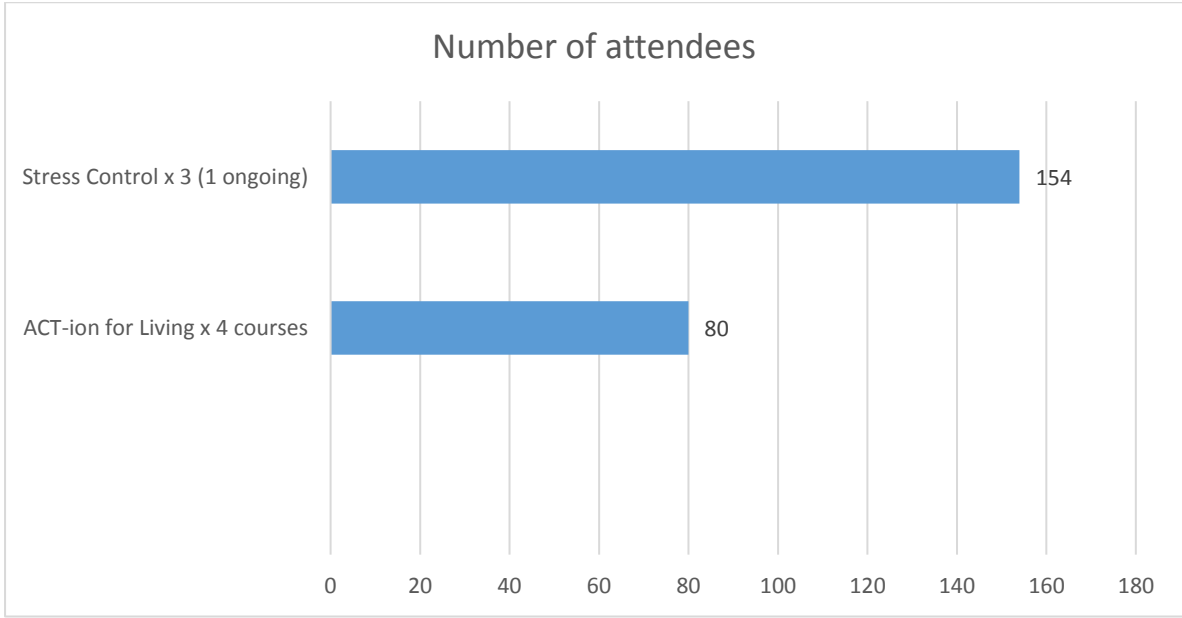
77 people completed at least one part of the pre- and post- measures when attending ACT-ion for Living. The average age of attendees to the course was 39 years old, with 72.7% (56 attendees) being female, and 27.3% (21 attendees) being male.

AAQ-II Results:

ACT-ion for Living Pre- and Post- AAQ-II Scores

40 full data sets. Based on those who completed pre-measures, the average AAQ-II score was 34.89. Based on those who completed post-measures, the average AAQ-II score was 30.79. A mean decrease of 4.28 (95% CI, 2.06 to 6.49) was found, $t(39) = 3.90$, $p < 0.001$.

CORE-10 Results:

**ACT-ion for Living Pre- and Post- CORE-10 Scores**

39 full data sets. For the pre-measures, the average CORE-10 score was 20.97. For the post-measures, the average CORE-10 score was 15.72. A mean decrease of 5.37 (95% CI, 3.21 to 7.52) was found, $t(38) = 5.04$, $p < 0.001$.

<div align="center">Stress Control:</div>

101 people completed at least one part of the pre- and post-measures when attending Stress Control. The average age of attendees to the course was 40 years old (SD: 15.76) (Range: 17-83), with 63.6% (68 attendees) being female, and 35.5% (38 attendees) being male.

CORE-10 Results:
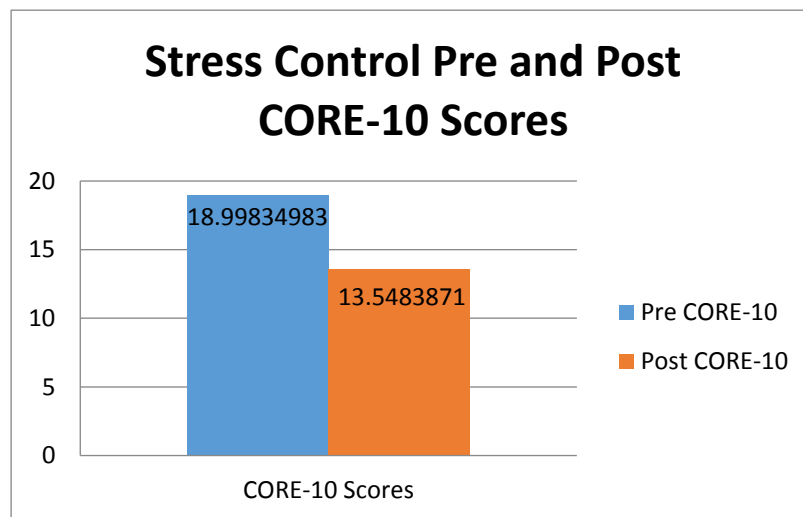
30 full data sets. Based on those who completed pre-measure, the average CORE-10 score was 18.96. Based on those who completed post-measures, the average CORE-10 score was 13.55. A mean decrease of 6.80 (95% CI, 4.30 to 9.31) was found, t(29) = 5.55, p < 0.001.

<div align="center">**Improvements/Suggestions from the pilot:**</div>

- GP Referral Form needs to be changed to include tick boxes for childcare and work commitments.
- ***Admin component – particularly needed for sending letters, booking appointments and organising data collection. PMHSS staff completed data organisation for recent collection and this took quite a period of time due to current system with lack of admin time.***
- CCIs are not able to be translated with an interprator for people who cannot hear.
- 163 People who referred into CCI's decided not to complete CCI's but were given support and signposting. This may be a different type of service in house that people may benefit from?