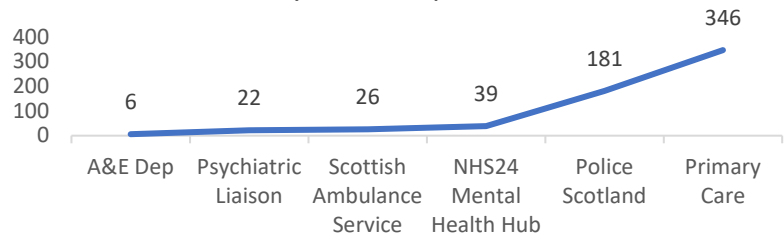


## 11.11 Distress Brief Interventions

Project Aim	Start Date	Testing End Date	Progress Scale												
Increase the number of Distress Brief Interventions opportunities for people presenting to frontline services in distress by 10% by 2021. <b>Project Manager:</b> Rachel Middleton, Penumbra <a href="#">Project Charter Approved Feb 2020</a>	Feb 2020	Mar 2021	8												
Changes Being Tested (Specify location/ test group)	Are our changes resulting in improvement?														
<p>In May 2020 a nationwide expansion of the Distress Brief Intervention (DBI) programme launched. This is a nationwide response to supporting people in distress associated with Covid-19 with no need for a clinical intervention contacting the NHS24 Mental Health Hub. This is an addition to the DBI provision Penumbra are delivering.</p> <ul style="list-style-type: none"> <li>• A&amp;E plans on pause.</li> <li>• DBI Implementation meetings taking place fortnightly with local and national DBI partners.</li> <li>• The DBI data set updated to include of data outcomes from NHS24 Mental Health Hub referrals.</li> <li>• DBI provision continues across Aberdeen City including the new pathway with NHS24.</li> </ul>	<p>A 10% increase has been achieved.</p> <ul style="list-style-type: none"> <li>• Number of trained DBI Level 1 staff – 80 new NHS24 Mental Health Hub staff.</li> <li>• Graph 1: To date in 2020 total DBI referrals = 620 compared to 496 in the same period in 2019. 25% increase now achieved.</li> <li>• Graph 2: A&amp;E continue referring to DBI with a 50% increase compared to 2019.</li> <li>• Graph 3: The new NHS24 Mental Health Hub expansion contributes to 6% of all DBI opportunities in Aberdeen.</li> <li>• Graph 4: 77% of all referrals engaged with DBI support (at least one supportive phone call) and completed a Distress Management Plan.</li> </ul> <p>Moving forward the focus is sustaining the improvements through continuous monitoring of referral numbers and providing support to all referring partners to keep the number of trained staff at the current level.</p>														
Improvement Data															
<p style="text-align: center;"><b>Graph 1.</b> No. of DBIs opportunities - comparison February-September 2019 and February-September 2020</p> <table border="1"> <caption>Data for Graph 1</caption> <thead> <tr> <th>Period</th> <th>No. of DBIs opportunities</th> </tr> </thead> <tbody> <tr> <td>01/02/2019 - 31/09/2020</td> <td>496</td> </tr> <tr> <td>01/02/2020 - 31/09/2020</td> <td>620</td> </tr> </tbody> </table>	Period	No. of DBIs opportunities	01/02/2019 - 31/09/2020	496	01/02/2020 - 31/09/2020	620	<p style="text-align: center;"><b>Graph 2.</b> Increase No. of DBI referrals from A&amp;E Department - comparison February-September 2019 and February-September 2020</p> <table border="1"> <caption>Data for Graph 2</caption> <thead> <tr> <th>Period</th> <th>Increase No. of DBI referrals from A&amp;E</th> </tr> </thead> <tbody> <tr> <td>01/02/2019 - 31/09/2019</td> <td>4</td> </tr> <tr> <td>01/02/2020 - 31/09/2020</td> <td>6</td> </tr> </tbody> </table>			Period	Increase No. of DBI referrals from A&E	01/02/2019 - 31/09/2019	4	01/02/2020 - 31/09/2020	6
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01/02/2019 - 31/09/2019	4														
01/02/2020 - 31/09/2020	6														

Graph 3.  
Total no. of DBI referrals from all frontline partners  
February 2020 - September 2020



Graph 4.  
% of people with a planned exit and completed Distress Management Plan in place  
May 2020 - September 2020

