Sustaining Successful Transitions to the Community

Improving transitions for vulnerable adults with forensic history

Vivien Chukwubinyelum Okoye | Scholars Programme

Project Overview

- Project: Sustaining transitions for vulnerable adults
- Need: Reduce recalls to inpatient settings
- Based on: NICE Quick Guide (2016)
- Service: Supported living for adults with complex mental and physical needs
- Change Theory: Kotter's 8-Step Model

The Project Management Lifecycle

Initiation: Defined scope, identified stakeholders

Planning: Set SMART goals, timelines, and risk plans

Execution: Delivered training, implemented new practices

Closing: Evaluation, handover, lessons learned

Initiation Phase

Scope: Transition support for adults with forensic history

SMART goals: Reduce recalls, improve care continuity

Constraints: Limited housing, varied readiness

Team: About 20 staff, supported by MDT

Proposal: Align discharge process with NICE

Project Team

- Multidisciplinary Team (MDT)
- Roles: Nurses(OBIS), Social Workers, Psychologists/Psychiatrists, Advocates, Police(PPU)
- Support workers including keyworker
- Project Sponsor: Services Director

RACI Role Summary

Name	Role	Responsibility
Chapu Tavashure	Co-Worker(Responsible a	Supporting the Key worker
Blessing Mungazi	Key worker(Responsible a	In charge of implementing care plan
Austin Nwokeiwu	Co-Worker	Supporting the Key worker
Walter Mandava	Team leader(Accountable	Operational management working

Project Plan & Milestones

- Milestones: Training delivered, community integration plans
- Tasks: Identify needs, secure training, measure outcomes
- Tools: Kanban, RACI matrix

Expected Outcomes & Risks

- Outcomes: Reduced recalls, improved staff confidence
- Risks: Poor communication, housing issues
- Mitigation: MDT involvement, early discharge planning
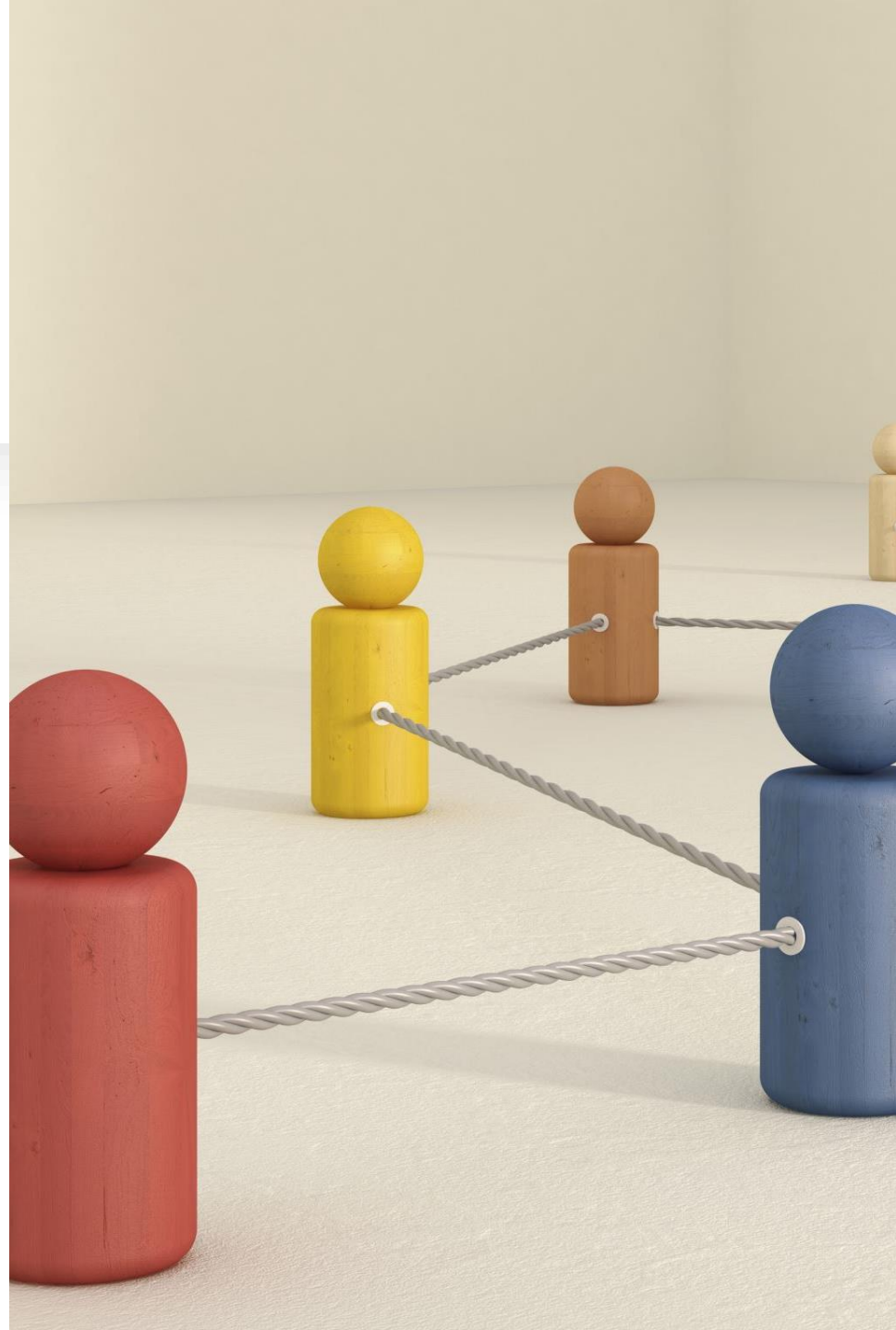
Project Monitoring

Tool Used: Kanban board

Purpose: Track task status, identify delays

Supported decision-making and collaboration

NICE Quick Guide Link

- Title: Improving young people's experiences in transition

- URL: https://www.nice.org.uk/about/nice-communities/social-care/quick-guides/improving-young-people-s-experiences-in-transition-to-and-from-inpatient-mental-health-settings

Change Management Theory

Model: Kotter's 8 Steps

Steps: Urgency, Coalition, Vision, Communication, Empowerment, Wins, Consolidate, Anchor

Chose for structure and focus on leadership, communication

Evaluation

- Evaluated against Kotter's model and NICE guidelines
- Used surveys and feedback from MDT and service users
- Measured improvements in communication and engagement

Summary & Lessons Learned

- Improved communication & risk management
- Trauma-informed and person-centred care
- Use RACI early, allow service users time, monitor trends

Personal Achievements

Learned structured project and change management

Improved leadership and collaboration skills

Enjoyed seeing staff confidence grow.

Hearing feedback from Discharge CPA and seeing the service users succeed in weekly tasks set out and consciously making choices that does not put them at risk of reoffending.

THANK YOU