

Mental health act case studies guidance

These people are not real – but their stories are based on things that did happen to real people.

They have been written to raise awareness of how people who are autistic or have a learning disability can end up being detained under the mental health act; and how the right support can stop this from happening.

You can use them to plan how your local system works, or could work, for people like them by gathering data about how many people in your area or using your service have similar needs to them.

Here are some questions to ask about your 'population'.

- How many people in our area, or using our services, are like this character?
- What would happen to someone like this in the area I'm responsible for?
- What other groups are we missing?
- What are we doing to help them have a good life and not be detained?
- Who else do we need to work with to do this?

Here are some questions to ask about each individual

- What is the trajectory of their life if nothing changes?
- What is in their life now to make it meaningful?
- What skills and knowledge are needed locally to support them well
 - In their direct support team?
 - In local community support?
- What plans do we have for when things get tough?

The characters

Paul (51) lives with his mum **Doreen** (late 70's). He may be autistic but has had no formal diagnosis. He often 'falls out' with neighbours, members of the public or people online. Doreen's health is deteriorating and she now has mobility problems and lacks confidence getting around. She needs further health examinations but does not want to leave Paul alone overnight.

'Jo' is an autistic person. In 2016 Jo's mum died, and Jo increasingly turned to alcohol for support as he struggled to cope.

Natalia, 33, has a mild learning disability and is autistic. She experienced five years of coercive control and domestic abuse, responding to this leaves her homeless.

Daniel, 25, has a mild learning disability and ADHD. He's currently living in a secure hospital on section 37-41. He is ready for discharge and has been through the sex offender programme and his risk of reoffending had been assessed as low.

June is in her 70's, she has a learning disability and doesn't use much spoken language. She has some health issues that need investigation, but she gets very distressed in hospitals.