



Together Wellbeing Pathway (TWP) Overview

Pathway

TWP service offers independent, flexible, needs-led support drawing on the principles of mentoring and advocacy. The service offers support to men who are screened on to the OPD pathway, however we provide particular focus on the following protected characteristics:

- Ethnicity: People from the Black, Asian and Minority Ethnic Groups
- Age: Men over the age of 18

The service provides emotional and practical support for up to 12-18 months with the aims to:

- Increase and sustain individuals' engagement with support networks
- Build stronger relationships (e.g. family, friends, community-based groups)
- Support with practical issues

We provide low intensity emotional and practical support. Using techniques of motivational interviewing, CBT and psycho-education.

The support is provided in the community and within prison, work with prisoner's pre-release is a core component of the service. TWP can provide in reach/through the gate support to people in prison, it is preferred that this enables a six-month contact with the service pre-release. In exceptional circumstances, a longer period of engagement may be justified. We are a voluntary service, accessing our service is optional.

Referral Criteria

Criteria:

- Are 18 years old or over
- Identify as male
- Have been screened on to the OPD pathway
- Are on licence (no minimum length on licence required)
- Are supervised by London's probation service
- The person has expressed they would like to access the support available via TWP and consents to a referral being made

Referrers should email together.referrals.twp@nhs.net and include the OPD PAN London Referral form, a Level 2 or 3 Formulation (please note pro-forma is available) and the OASys with additional documents such as PSR/psych report if available.





Referral Options

If you would like to make a referral to TWP, please approach our Forensic Mental Health Practitioners (FMHP) for a consultation:

- North West & South West London: Miriam Anya, M: 07566783133 - secure Email: miriam.anya1@nhs.net
- North East & South East London: Shamoly Begum, M: 07541585955 - secure Email: shamoly.begum1@nhs.net

Alternatively you can discuss this with your local PD practitioner during an individual consultation who can also support a referral to TWP

The TWP service offers a combination of emotional and practical support through our team of Forensic Mental Health Practitioners and Community Link Workers.

Forensic Mental Health Practitioners (FMPHs):

- The FMPHs are our frontline team responsible for assessing the service user's needs and empower them to lead on their support plan
- Supporting individuals with relational and emotional needs
- Providing low-intensity support interventions
- Contributing to the prevention and management of harmful and violent behaviour
- Helping individuals to build self-esteem and increase motivation

Community Link Workers (CLWs):

- CLW's are more junior than the forensic mental health practitioners
- Providing both practical and emotional support which is holistic and person-centred
- Making referrals to external services
- Signposting to other community support
- Assist with housing and benefits applications
- Accompanying to appointments and GP registration

To learn more about Together's TWP service and referral pathways, contact Enhanced Service Manager, Chloe Piper

Mobile: **07566783055** –
Secure Email: chloe.piper@nhs.net

