

Together for Mental Health Annual Statement Gwent Mental Health & Learning Disabilities Strategic Partnership 2017-2018



Bwrdd Partneriaeth
Rhanbarthol Gwent
Gwent Regional
Partnership Board

Introduction

Together for Mental Health is the Welsh Government's 10 year strategy to improve mental health and well-being in Wales. Published in October 2012, following significant engagement and formal consultation with key partner agencies, stakeholders, services users and carers, it is a cross-Government strategy and covers all ages. It encompasses a range of actions, from those designed to improve the mental well-being of all residents in Wales, to those required to support people with a severe and enduring mental illness.

Actions identified in the second Delivery Plan, covering the 2016-2019 period, require a cross-cutting approach, and are implemented jointly by partners, including Welsh Government, health boards, local authorities, the third and independent sectors, education, public health Wales, police, fire, ambulance and others. The Delivery Plan is overseen by the National Partnership Board, and there are local partnership structures in each area.

This public-facing report represents the annual statement that is produced in November each year by the Mental Health and Learning Disabilities Strategic Partnership, for the October 2017- October 2018 period. The report is a summary of progress to date against the actions. The document also provides an overview of future priorities.

The 2016-2019 Delivery Plan can be found at:

<http://gov.wales/topics/health/nhswales/plans/mental-health>

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2 Gwent Mental Health & Learning Disabilities Strategic Partnership

Partnership working

The Mental Health and Learning Disabilities (MH&LD) Strategic Partnership is one of the partnership groups that sits under the Gwent Regional Partnership Board. The MH&LD Strategic Partnership works closely with the other Strategic Partnerships such as Children and Families and Carers. The MH&LD Strategic Partnership has a wide range of organisations who attend its meetings, including representatives from health, social care, housing, the police and the third sector.

Regional Partnership Boards are statutory groups established under Part 9 of the Social Services and Well-being Act. They are responsible for ensuring that local authorities and health boards work together in an integrated way around the four principles of the Act including Prevention, Well-being, People and Partnership.

Areas of Focus for the Mental Health and Learning Disabilities Strategic Partnership

- 'Whole Person, Whole System' Mental Health Crisis Support Programme.
- Implementation of the 'Review of the needs of individuals living in the Learning Disabilities residential service'.
- Developing a vision for integrated learning disabilities community services.
- Supporting people with complex needs.
- Developing Gwent integrated strategies for people with a learning disability and people with a mental health need.
- Ensuring mental health and learning disability input into developing services closer to people's homes and the development of wellbeing hubs.
- Developing stronger links with housing to ensure that people with a mental health need, a learning disability, a substance misuse need or a co-occurring need have access to the appropriate accommodation and housing related support.

Service user and carer activities

- Over 20 peer mentors with lived experience supporting people across Gwent. This includes two paid Peer Support Workers working within the Early Intervention in psychosis Service.
- Working with Gwent Carers' Strategic Partnership to progress work in relation to mental health & learning disabilities carers.
- Comprehensive engagement with service users and carers in order to inform the development of integrated Mental Health and Learning Disability strategies.
- Mental Health Crisis Programme – Third sector lead engagement with engagement within the Community of Practice
- Learning Disability Strategy Planners Group and appointment of Gwent Ambassadors for Learning Disability

Responding to mental illness is not the sole responsibility of any one organization, the challenge is one shared across all partners and there is an increasing recognition that the wider issues that affect health and well-being (housing, education, employment) sit with equal importance alongside clinical diagnosis and treatment.

3 Key Achievements and Impact – Children and Young People

Primary Care Mental Health Support Service (PCMHSS)

Integrated referrals process

Over the last year there has been the roll-out of a clear, integrated referral process for children and young people. This involves a single point for all referrals to be sent to with a weekly multi-agency review taking place and the allocation of a child or young person to the agency best placed to provide support. This process is in place in Newport and Monmouthshire, with roll out to the other three boroughs by March 2019.

Mental health workers support to schools

Mental health workers have been employed to support schools in ensuring good mental health and well being for all pupils. The mental health workers are currently out and about meeting with schools.

Specialist Child and Adolescent Mental Health Service (S-CAMHS)

Waiting times

There has been a significant focus in 2017/18 on improving waiting times and increasing the numbers of children and young people accessing support. The service reports that average waiting times for S-CAMHS is 2 weeks from referral to assessment and 24 hours for urgent/emergency referrals.

'No bounce principle'

The service is implementing a 'no bounce principle' to ensure that mental health services for children and young people are better joined up so that children don't 'bounce' around the system, particularly when they do not meet service criteria.

Schools

The service is engaging with school health nurses and educational psychologists to ensure that children and young people are able to access swift, consistent and high quality emotional and mental health support, and to address issues of stigma.

Crisis care

S-CAMHS is further developing its model of crisis care to ensure that children and young people are better supported after a crisis and in the community by mobilising the Emergency Liaison function as part of the Crisis Outreach Team model and evaluating the options for providing an extended emergency response.

Welsh Government Transformation Fund

S-CAMHS, Psychology and PCMHSS have worked together with the 5 Local Authorities / Local Education Authorities and set out a joint vision and plan of improved emotional and mental health wellbeing that is sustainable and effective. This resulted in a successful bid to Welsh Government's Transformation Fund for £2.6 to transform mental health services over the next 2 years.

Resources

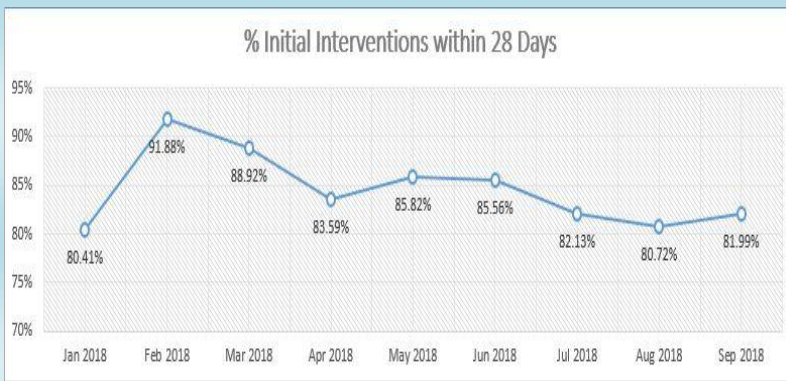
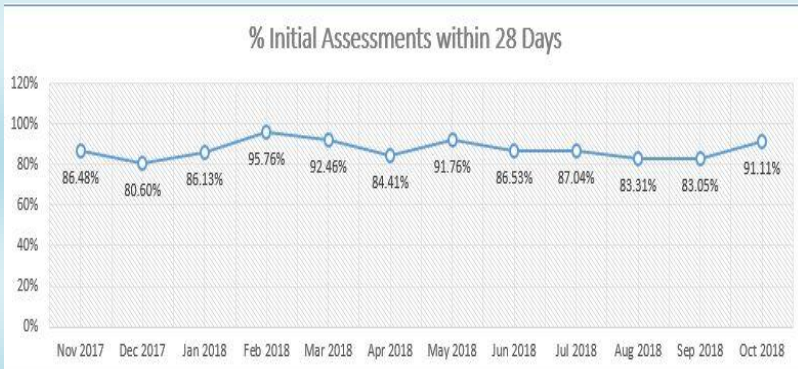
S-CAMHS is engaging young people in the design of resources and a website to support the emotional and mental health needs of children, young people and their families and also resources to support professionals.

Eating Disorders

There is a well-established, dedicated CAMHS Eating Disorder Service. The service works closely with the Crisis Outreach Team and the Emergency Liaison Team who support young people in order to avoid a hospital admission.

4 Key Achievements and Impact - Adults

Primary Care Mental Health Support Service



Mental Health Measure

The Primary Care Mental health Support Service (PCMhSS) has two Welsh Government targets:

- 80% of accepted referrals to the service must be seen for an initial assessment within 28 days
- 80% of patients assessed by the service as requiring therapy must receive their first therapy session within 28 days from when they were assessed.

The graphs opposite show the service's performance over the last year and show that the Welsh Government targets have been consistently met.

90% of service users in Aneurin Bevan University Health Board have a valid Care and Treatment Plan in place.

Highlights of adult services

- There has been ongoing work within the Gwent 'Whole Person, Whole System' crisis model approach which has included 2 communities of practice events which were well attended and allowed the service to test new ideas and engage in future service planning.
- A feasibility study has been completed for the development of a crisis house.
- A small study has been completed within the Crisis Resolution Home Treatment teams to test new ways of working which involved separating the functions of assessment and home treatment. It is hoped this will be expanded in 2019. Mental Health Transformational monies will enable our crisis services to become more multi-disciplinary and responsive.
- In conjunction with colleagues in Gwent Police there are now mental health professionals based within Gwent Police's control room which allows front line officers to talk to a mental health professional when they are dealing with an individual they believe is experiencing a mental health crisis.
- The Early Intervention in Psychosis service has developed a website which will be available nationally and seeks to offer advice and signposting for professionals, service users and carers. This will be available in the New Year.
- A 6 month pilot has commenced in the GP Out of Hours contact centre where a mental health clinician is based there at peak times. The clinician can offer advice and signposting over the phone which will improve patient experience and flow.
- A new service model has been developed which will pilot mental health clinicians being based within GP surgeries. This will allow patients the opportunity to see a mental health worker as soon as they attend the surgery.
- A working group has been established that is aiming to standardise the physical monitoring pathways of people with a mental illness and to expand on innovative ways of good practice

5 Key Achievements and Impact – Older People

Highlights of older people's services

- The redesign of Older Adult Mental Health services is progressing well. To support improved clinical leadership the number of deputy ward managers has increased from 2 to 3. The wards are now clearly defined in role:
Sycamore Ward in St Woolos Hospital, Ysbyty Tri Chwm in Blaenau Gwent and Annwyflfan Ward in Ysbyty Ystrad Fawr are now our Dementia wards and Hafan Deg ward in Ty Siriol is now our central Functional illness ward.
- Services have increased in the community such as the Behavioural Support Team which is now in all five boroughs and Dementia Support Workers from the Alzheimer's Society are also available in all five boroughs The Exercise and Activity pilot is progressing well.
- 18 Dementia Care mappers have been trained to be able to map services in all five boroughs alongside providing Person Centred Care Training for staff caring for those with Dementia.
- The Value Based Health Care project for the Memory Assessment Service has now introduced all the outcome measures planned and is moving towards the standardisation of the five borough pathways into one equitable pathway up to the point of diagnosis.
- The Psychological Therapy service was successful in attracting additional funding and now has two more psychologists helping to improve waiting times.
- The RAID service now has Health Care Support Workers working alongside them to provide assistance to general ward staff in managing patients demonstrating distress due to cognitive impairment, by providing practical activities for patients and modelling approaches to reduce conflict/distress.



The Gwent Population Needs Assessment for older people highlighted the following priorities:

- ***To improve outcomes for people living with dementia and their carers***
- ***To improve emotional well-being for older people by reducing loneliness and social isolation with earlier intervention and community resilience***

6 Priority Areas 2018-2019

Talk to Me 2

In December 2018 the Aneurin Bevan Gwent Public Health Team are organising an annual suicide and self-harm prevention workshop. This will support the development of the Gwent action plan based on the national 'Talk to Me 2' strategy. The workshop will bring together key partners and stakeholders to:

- Update the local action plan and review actions undertaken in the past year
- Develop the plan for the coming year
- Agree action leads, next steps and monitoring processes
- Focus on key themes within the strategy to support our local plan

Service User Experience Strategy

A co-produced Service User Experience Strategy will be developed in the New Year to regularly receive feedback and thus improve the quality of our services.

Perinatal support

The service has been successful in obtaining Welsh Government psychological therapies monies to:

1. Increase the clinical psychologist resource in the team by 3 sessions (1½ days)
2. Pilot project on developing parent - infant psychotherapy in the perinatal team
3. Skilling up clinicians across a range of services in providing evidenced based infant mental health interventions

ISCAN Service

The ISCAN children's neuro developmental service will be focusing on reducing the waiting times to 26 weeks and below. The next steps for the service are:

- Establishing a stronger interface with education services as 90% of referrals come from there.
- Reviewing the pathway to ensure maximum efficiency.
- Examining complaints to ensure that the service is meeting the needs of families referred to them.
- Reviewing the referral criteria to ensure that the service is capturing those with the greatest need.
- Considering the wider needs of the families eg psychological support

7 Priority Areas 2018-2019 continued

Early Intervention in Psychosis (EIP)

The service will continue to work with Welsh Government around the defining and measuring of the 48 hours target to improve performance.

Carers

The Mental Health and Learning Disabilities Strategic Partnership is working with the Carers Strategic Partnership to address the needs of carers for people with a mental health need or a learning disability.

Substance Misuse

There will be on-going work to raise awareness of the substance misuse treatment framework and to develop a practical response at a clinician level via the Complex Needs subgroup.

The views and opinions of service users will also be gathered.

New services for 2018/19 and beyond

ABUHB has received £1,339,000 per annum on a recurring basis from Welsh Government's Mental Health Transformation Fund. Below are highlights of the new services being developed:

Whole Person Whole System Crisis Support Transformation

- A remodelling and extension of our Crisis Response Assessment and Home Treatment (CRHT) teams to move to a 7 day service.
- The pilot of a Host Families initiative that will provide a direct alternative to in-patient admission.
- Roll out of Care Aims training to staff from in-patient wards, CRHT teams and Community Mental Health Teams to support new ways of working and service transformation.

Iceberg model

- A new model to support the emotional and mental health of children, young people and families across Gwent with a greater focus on prevention and early intervention and the development of community based/community embedded support initiatives.

Continuing Healthcare

- A comprehensive review will be undertaken of all individuals placed outside of the ABUHB area.
- An innovative enhanced community support model is being developed in collaboration with the third sector, wrapped around the needs of individuals to facilitate earlier local discharge back from out of area placements.
- An enhanced community psychological therapy support model will be tested which if successful could be rolled out as a hub and spoke model aligned to Crisis Resolution and Home Treatment teams.
- A transition co-ordinator will be employed who would act as a link person for young people coming up to transition across the ABUHB area to provide more consistency within the transition process.
- Development of Qlik Sense performance dashboards to enhance service planning.

Housing

- A time limited piece of work will undertake a needs assessment to map all the current housing related resource for people with a mental health need in the ABUHB area, identify the gaps and recommend solutions based on good practice and evidence from elsewhere.

Eating Disorders

- A pilot to provide an alternative model of support to ensure (i) physical health checks of all patients within the specialist eating disorders service and (ii) appropriate support for those individuals admitted to medical settings for medical stabilisation and refeeding.

Co-occurring substance misuse

- A needs assessment to understand what it would take to improve access, experience and outcomes for people with a Co-occurring Substance Misuse and Mental Health problem.

9 Focus: Psychological Therapies

New services for 2018/19 and beyond

ABUHB has received £765,000 per annum on a recurring basis from Welsh Government's Psychological Therapies Fund. Below are highlights of what is being funded:

Adult Mental Health

- An additional number of qualified and unqualified staff will be employed by the service to increase access and to improve service user experience and quality of care.
- Training to enhance staff competencies across a range of evidence based therapies eg DBT, EMDR and ACT.

Older Adult Mental Health

- An additional two senior psychologists will join the service to increase the ability of the service to meet the waiting time targets and to improve access.
- An audit of good practice for LGBT Adults and Older Adults in in-patient settings with a good practice guide available by April 2019.
- Delivery of training in evidence based psychological therapies to the wider workforce across older adult and adult mental health and staff working in physical health.

Learning Disabilities

- An additional psychology assistant will join the service to increase access to psychological therapies delivered in a group format for people with a learning disability.

Perinatal Mental Health

- An additional 3 sessions of psychology will be available to the perinatal team to improve rapid access to psychological therapies for women in the perinatal period.
- Pilot project on developing parent - infant psychotherapy in the perinatal team.

Primary Care Mental Health Support Service (PCMHSS)

- To increase access to high intensity psychological therapies within the PCMHSS by ring-fencing some appropriately skilled PCMHSS practitioner time.

Early Intervention in Psychosis

- Delivery of CBT for psychosis training to enhance staff competencies to deliver effective, evidence based psychological intervention to young people and adults experiencing psychosis.

10 Challenges and Future Directions

The Mental Health and Learning Disabilities Strategic Partnership is responsible for overseeing the delivery of the 'Together for Mental Health' Delivery Plan. The Strategic Partnership will continue to provide overarching multi-agency strategic oversight and leadership for the delivery of the Gwent Regional Partnership Board's vision for the development and delivery of integrated services and support to Mental Health and Learning Disability services.

Key priority areas to ensure that the actions in the 'Together for Mental Health' Delivery Plan are achieved are outlined on pages 6-7.

The 'Areas of Focus' as outlined on page 2 will remain the responsibility of the Mental Health and Learning Disabilities Strategic Partnership to ensure that the outcomes are achieved for people with a mental health need or learning disability in the ABUHB area.

The Mental Health and Learning Disabilities Strategic Partnership will also be monitoring the implementation of the new services funded by Welsh Government's Mental Health Transformation Fund and Psychological Therapies Fund.