

REPORT TO: Health Policy and Performance Board
DATE: 8 September 2015
REPORTING OFFICER: Strategic Director, Communities
PORTFOLIO: Health and Wellbeing
SUBJECT: Mental Health Champion Quarterly report
WARD(S) Borough-wide

1.0 PURPOSE OF THE REPORT

1.1 To provide an update to PPB on mental health related activity undertaken by Halton Borough Council (HBC) and NHS Halton Clinical Commissioning Group (CCG).

2.0 RECOMMENDATION: That

- 1) The contents of the report be noted; and**
- 2) Members direct any comments/questions to the Director for Transformation.**

3.0 SUPPORTING INFORMATION

3.1 It should be noted that Mental Health services in Halton are under huge pressure. Nationally the wait times and need for Mental Health services have risen to an all-time high. Halton is no different and we have a significant challenge to ensure our services (both preventative and treatment) meet National standards. Work is underway to fully review all the adult and older people's provision in line with parity of esteem. This review will be completed in March and will set the scene for the creation of a more effective, responsive service. Our ongoing consultation and co-production of services will continue to help us shape service provision in partnership with users of services. However, huge strides have been taken, and below is an update of changes, updates and innovation underway.

3.2 Award winning innovation

Halton's Wellbeing Practice approach has gained National interest, recently winning a National Association of Primary Care (NAPC) award. This and other services offer a preventative approach to mental health, developing strategies for the public to improve their own resilience. The drive is to know incorporate parity of esteem, meaning we meet the psychological requirements of patients

as well as their physical. Work is underway with partners to improve the input of low level mental wellbeing interventions in all primary care settings. Joint work is ongoing with providers of lower level mental health support commissioned by both CCG and HBC to help support achievement of the IAPT waiting times target by March 2016 (See 3.16)

3.3 Mental Health in GP Practices

Training is provided to clinicians to enable them to manage mental health within their practice or community services. This training enables the GP or clinician to make best use of the approximately 10 minute consultation and glean vital information about the patient's well-being to ensure correct referral and treatment is provided. This Step One level intervention is a pre requisite for practices to move to a self-referral 'opt in' model of IAPT provision to ensure patients who are referred are prepared to engage with therapy, although the option of referral by GP will remain to ensure risk management is effective.

3.4 Mental Health Wellbeing Nurse

In Halton, we have commissioned a Mental Health Wellbeing Nurse Team. This team of Nurses works primarily with the most vulnerable patients with complex issues. This population rarely utilise health care and therefore many health issues go undetected. The performance is very high, for example the team have picked up on risks associated with heart disease , diabetes etc. offering a truly preventative service. This service currently sits within the IAPT service which was transferred from Bridgewater Community Health Foundation Trust following a procurement exercise. However there are proposals for the service to move within 5BP the new provider to sit with a more appropriate service/team – namely the Health and Wellbeing team who provide a similar service to other boroughs.

3.5 Service Provision

Appendix 1 has summary of just some of the service provision across the age ranges, commissioned by Halton CCG and HBC.

3.6 New Governance Structure

In order to support delivery of the All age Mental Health Strategy for Halton and the supporting All Age Action Plan, a revised governance structure has been established to ensure robust oversight of delivery. A new Mental Health Oversight Group chaired by the Local Authority Mental Health Champion has been established and the inaugural meeting was on 13 January 2015. This group holds to account the variety of other groups such as the Dementia Partnership Board, the Suicide Prevention group etc. for delivery of their respective elements of the Strategy and Action Plan. The group has subsequently met in April and will meet again on 14th August 2015.

3.7 Dementia Friendly Communities

Within Halton we have established a Halton Dementia Action Alliance (Halton DAA) in October 2014. This is in line with national dementia strategy recommendations and is an action of the Halton Dementia Strategy. The Halton DAA will work with services, organisations and individuals across all sectors to promote 'dementia friendly practice', to improve outcomes for people living with dementia and their carers. Current membership includes organisations in primary and secondary care, leisure services, trading standards, commissioned care provision, 3rd sector, CCG and HBC.

Halton has recently (Dec 2014) achieved the 'working towards becoming a dementia friendly community' status through the Alzheimer's Society Dementia Friendly Communities recognition process.

For more information about the Halton Dementia Action Alliance and Dementia Friendly Communities please click on the link below

<http://www.dementiaaction.org.uk/>

3.8 Admiral Nurses for Dementia

Admiral Nurses provide families with the knowledge to understand the condition and its effects, the skills and tools to improve communication, and provide emotional and psychological support to help family carers carry on caring for their family member.

An Admiral Nurse service is in the process of being commissioned for the borough of Halton. Following an options appraisal process a hybrid model of the service being hosted by 5Boroughs Partnership mental health Foundation trust, but very much based within a primary and community setting, was selected as bringing the most benefits. Discussions are now ongoing with stakeholders and it is anticipated that the service will become operational from September; recruitment processes allowing.

3.9 In patient redesign project

The local provider of the majority of mental health services to the borough, 5 Boroughs Partnership Community Foundation Trust, has developed a revised improved clinical model for inpatient services. This work is on - going and has now been widened to incorporate review of community services to ensure the pathway for mental health services works well. This work will also incorporate the move to borough based services and support the direction of travel for primary care relating to neighborhood hubs. The 5Boroughs footprint review will be completed by end September 2015 and the report will make recommendations on a borough basis which will influence future commissioning decisions. The report will be shared widely with partners when it is delivered.

3.10 Emotional Wellbeing services for children

Following a successful tendering process the tier 2 CAMHS service is now provided by 5 Boroughs partnership Mental Health Foundation trust in collaboration with Xenzone (providers of on line counseling resources KOOTH). The service was mobilized from 1st June 2015 and is currently in the process of marketing the new services with schools locally and integrating the Tier 2 service into the Tier 3 service to provide a single point of access for targeted CAMHS services locally

3.11 The 'Future in Mind' report and Transformational plans for CAMHS, including Eating Disorders

Following release of the Future in Mind report all CCGs and Partners are required to submit transformational plans as to how they intend to improve CAMHS services for children locally based on the main aspirations of integration of services, timely access and promotion of resilience and wellbeing. Additional funding will be made available. Fortunately the existence of the children and young people's section of the all MH Strategy and Action Plan puts Halton in a good place to submit robust actions plans largely built on existing work which underpins the aspirations of the guidance already.

There will also be specific guidance regarding the provision of a specialised Eating Disorder service which again will attract a share of £30million nationally. A small working group has been established to take forward a proposal working on the current 5BP footprint to ensure the critical mass of population required (500k) is reached.

3.12 System Resilience Funding

Halton secured £81k of additional funding from a bid for additional system resilience funding for mental health specifically in the final quarter of 2014/15 which was utilised in increasing capacity in the Alternative to Hospital service and ensuring 24 hour nurse cover to the existing Psychiatric Liaison Service for a time limited period.

3.13 The Mental Health Crisis Care Concordat

The Mental Health Crisis Care Concordat was published by Central Government in late 2013. The concordat aims to encourage all services which provide support to people with mental health needs across a wide area to work closely together to reduce the likelihood of people reaching a mental health crisis. This includes health services, the police, housing authorities, social services and the private and voluntary sectors, all of whom are required to sign a pledge to achieve the aims of the concordat, and then develop and implement an action plan.

Locally, Halton has been working closely for some time with partners across the Cheshire footprint. A declaration has been developed and agreed across the partners, and an action plan is in development. Regular meetings are taking place to monitor progress. The overall process is being supported regionally by the Advancing Quality Alliance; a membership body consisting of Mental Health Trusts, CCGs and Local Authorities, and the Association of Directors of Adults Social Services is also actively promoting this work. In order to simplify the approach rather than monitor two separate action plans, it is proposed that actions for the Concordat Action Plan will be incorporated into the All Age MH Strategy Action Plan that is monitored by the MH Oversight Group.

3.14 Operation Emblem/ Street Triage

The Operation Emblem Service is currently being externally evaluated to demonstrate the benefits this scheme has brought to the wider system and patients. The evaluation report is due for publication end August 2015 and will inform future commissioning of this service following the pilot phase. Initial reports are very positive and recommendations for ongoing commissioning and expansion of the project are likely.

3.15 Liaison Psychiatry Service

The extended Liaison Psychiatry Service was launched within Warrington and Halton Hospitals NHS Foundation Trust in August 2014. This service has been introduced to reduce waiting times in A&E, reduce length of stay and to reduce discharge to institutional care placements. The service has met with some challenges in becoming embedded within the hospital trust and so a workshop was held for senior stakeholders on 9th July. A way forward has been agreed and executive engagement by the Trust has been secured to ensure further roll out of the service.

3.16 IAPT – Halton Psychological Therapies Service

The Halton Psychological Therapies service is now provided by 5 Boroughs Partnership NHS Foundation Trust and went live on 1st August 2014. The service was launched with a considerable waiting list, however, action plans and recovery plans are in place to reduce the list and early performance data indicates that the service has begun to increase the access and recovery rates for Halton patients. All initial appointments are now offered within a 2-3 week time frame of referral or 'opt in' by patients.

Due to the higher than expected number of referrals, the service continues to be challenged by the demand compared to the capacity within the service. We have committed both non-recurrent funding £64k and recurrent funding £200k annually to increase the capacity of the service to address any long waits into ongoing therapies. In addition there is a 6 week access target that needs to be achieved by the service by March 2016 and so we are working closely with the service to implement a number of different initiatives to enable a

robust alternative offer for some patients who do not necessarily need a fully IAPT compliant service offer, enhanced training of primary care to enable all practices to move to a self-referral/opt in model, and also working with the service to increase internal efficiencies. In addition a submission has been made for central non-recurrent funding to clear any backlog of patients who may be waiting for ongoing therapies, with the aim of ensuring compliance with the waiting time standard by March 2016. (see 3.2).

3.17 Mental Health Service Reviews

There are a number of services which are currently commissioned across HBC and CCG to support individuals with mental health issues in the community and transitioning out of secondary care. These services are; Mental Health Outreach Team (MHOT), Mental Health Social Worker team based at the Brooker Centre, and various third sector providers including: Making Space, SHAP, plus Dane, Mind and Building Bridges.

It has been highlighted that there may be a need to review the service provided around mental health, and understand the current pathways, and patient experience. A small task group has been established and preliminary work has begun on this. (See 3.2)

3.18 Suicide Prevention Strategy

The final draft of the suicide prevention strategy will shortly be presented for Board level approval. The public health team have engaged with a wide range of stakeholders in this process and a task and finish group has been formed. The suicide prevention initiatives outlined within the strategy focus on increasing protective factors and reducing risk factors for suicide within Halton.

Key areas for action to prevent suicides include:

- Improving the mental health and wellbeing of Halton residents
- Promoting the early identification and support of people feeling suicidal
- Reducing the risk of suicide in known high risk groups
- Reducing access to the means of suicide
- Providing better information and support to those bereaved or affected by suicide
- Evaluating interventions, data collection and monitoring progress

Key activities linked to the strategy to reduce suicides locally include:

- Developing a local multi-agency suicide awareness campaign plan
- Developing a local training plan to deliver suicide awareness training for community members, local community groups and key professionals who interact with known groups at high risk of suicide

- Ensuring those identified as being at risk of suicide can access immediate support
- Reducing access to the means of suicide locally
- Continued support of Operation Emblem
- Commissioning a post intervention service to ensure we have effective local responses to the aftermath of a suicide

3.19 **Support 4 Change**

The Warrington Criminal Justice Liaison Service (CJLS) is an integrated, multi-professional and practitioner led mental health service. The service acts as a link between Health, Social Services and all Criminal Justice Agencies in their work with adults who have mental health needs or a learning disability, who find themselves at any stage of the criminal justice system.

In September 2014, additional funding from NHS England was successfully sought/awarded to expand the Support 4 Change service to cover Halton and Warrington. In November 2014 Warrington Borough Council and HBC commenced working together to provide the Support 4 Change service across Halton and Warrington. The magistrates' court covers Halton and Warrington, as does the Probation court staff. Therefore it has previously been confusing for the magistrates and Probation staff to consider recommending a Community Order for one area and not the other.

The aim is to offer intensive, innovative and assertive CJLS support, coupled, where appropriate, with an element of compulsion provided by a formal court order, to engage these offenders and to help them turn their lives around.

Funding for Warrington was originally until March 15 but because of delays in receiving the funding in the first place the pilot only started running in October 2012 so Warrington will tie their work into the pilot in Halton and this will run up until to September 2015.

3.20 **Access targets for Early Intervention in Psychosis for First episode of psychosis**

In addition to the access target around IAPT services there is also a requirement for access to treatment within 2 weeks of referral to an EI service. A task and finish group has been established to work on the implications of achieving this target and the associated additional resource required given there is no 'new funding' being made available nationally.

4.0 **POLICY IMPLICATIONS**

- 4.1 The activity outlined has been directed by the overarching Mental Health Delivery Plan and national mandates.

5.0 OTHER/FINANCIAL IMPLICATIONS

5.1 Any financial implications associated with the activity outlined has been/ will be highlighted through the appropriate reporting channels.

6.0 IMPLICATIONS FOR THE COUNCIL'S PRIORITIES

6.1 Children & Young People in Halton

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Emotional and mental health and wellbeing is a critical factor in supporting children and young people's social development, behaviour and resilience, educational attainment and achievement and life chances.

6.2 Employment, Learning & Skills in Halton

Good emotional and mental health and wellbeing is a vital factor for children, young people and adults accessing learning and future employment opportunities.

6.3 A Healthy Halton

Emotional and mental health services impact directly upon the health and wellbeing of adults, children and young people.

6.4 A Safer Halton

Those who do not experience good emotional and mental health and wellbeing are more likely to be subject to a range of risk factors that can impact negatively on community safety issues.

6.5 Halton's Urban Renewal

None identified at this time

7.0 RISK ANALYSIS

7.1 Failure to ensure that appropriate services to support emotional and mental health and wellbeing is likely to impact negatively on outcomes and life chances for local residents.

8.0 EQUALITY AND DIVERSITY ISSUES

8.1 None identified at this time

9.0 LIST OF BACKGROUND PAPERS UNDER SECTION 100D OF THE LOCAL GOVERNMENT ACT 1972

None.

Appendix 1 – Examples of Service Provision

Young People

- Universal and Targeted Emotional Health and Well-being, educational sessions in youth clubs and community venues, across Halton.
- Tier 2 Emotional Health and Well-being service to all children and young people aged 5yrs to 19yrs.
- Emotional Health and Well-being service for Children in Care, through Barnardos.
- Young Addaction offer support to children and young people age 10yrs to 19yrs affected by parental mental illness.
- Multi-agency training on mental health, dual diagnosis and self-harm.
- Robust specialist services Tier 3 support for young people with complex issues.

Alternatives for Adults and Children

- Wellbeing Enterprises deliver the NAPC award winning Community Wellbeing Practices initiative to all 17 GP practices in borough. Patients experiencing mild to moderate mental health problems are referred by the GP or health care worker for a personalised wellbeing review, which includes one to one tailored support to identify any social problems at the root cause of mental health distress. The reviews also aim to unlock patient's skills and talents in order to develop a personalised wellbeing plan - in which staff provide ongoing support to help patients to address underlying problems, achieve their goals and to connect with other sources of support available locally.
- The outcomes evidence that 56% of patients report a reduction in their depression symptoms and 64% of patients improve their subjective mental and physical wellbeing levels as a result of their intervention.
- Halton commission wellbeing enterprises to work in partnership with local Mental Health providers (e.g. 5 Boroughs Partnership NHS Foundation Trust) to ensure patients who have been admitted to hospital because of mental health problems also receive wellbeing and social support to ensure they are fully repatriated into their community and receive appropriate community support from their team and other partners.
- Wellbeing Enterprises provides the highly acclaimed 'Ways to Wellbeing' social prescribing programme. Social prescribing is about providing non-medical sources of support to patients with mild to moderate mental health conditions. The team delivers educational and social support groups based on life skills training, cognitive behavioural principles, relaxation classes, sleep hygiene courses, confidence classes and community events that teach people how to stay resilient during difficult times.

- Wellbeing Enterprises CIC have received three years of funding to develop the first, comprehensive wraparound service for children and younger people on waiting lists for CAMHs services because of mild to moderate mental health problems. Children and young people in the borough who are waiting for specialist services will have access to life skills training based on cognitive behavioural principles as well as mindfulness and confidence training as an adjunct to main stay treatment, which it is believed will better prepare younger people for clinical care and will improve outcomes. In addition to this there will be a series of community led projects run by and for children that enable them to share their stories of recovery and to train young people up as peer supporters with a view to creating an informal ecosystem of mental wellbeing support.

Marketing/Prevention and Anti-Stigma

- ‘Like Minds for better mental health in Halton’ was developed in partnership with the CCG, HBC and PPB to help tackle stigma associated with Mental Health.
- Drawing on the national Time for Change campaign, Like Minds took local people’s stories and discussed their experiences with mental health and what they did to help them overcome or work towards overcoming their issues.
- The campaign was launched via a mixed media approach in October 2013, with a second phase focusing on loneliness in the over 55s being launched in October 2014 to coincide with World Mental Health Day.
- To date we have disseminated 10,000 materials across GP surgeries, pharmacies and other community venues. We received mass press coverage in the local media and have delivered approx. 50 training sessions to health professionals, schools and colleges that encompass the Like Minds campaign. We are currently in the process of training all school teachers in self-harm using Sophie’s story as a training aide- this to be completed by March 2015.
- The website dedicated to Like Minds www.haltonlikeminds.co.uk has received positive feedback via the online feedback form in terms of changing opinion of mental health and feeling more inclined to talk about mental health than they did before seeing the campaign.

A quote from a member of public on the Like Minds campaign:

“I actually cried reading this, not because I was sad or upset. Seeing stories like this written down made me see where I was back then to where I am now. It was a happy cry, and the last time I cried like that was when my son was born, which made me cry more because I’ve gotten access to seeing him again. What I mean to say is thank you. I think it’s great, I really do”.

Loneliness and older people

- The Halton loneliness strategy aims to make Halton a place without loneliness. We aim to achieve this by working with communities and professionals to identify people who are lonely and then tackling that loneliness with a range of interventions.
- These include visits from professionals and volunteers to try and engage the lonely person in activities in the community, simple Skype like devices to enable people to keep in touch with friends and loved ones, linking with existing tele-friending services such as Silverline and Call in Time, and encouraging schools to twin up with local care homes.
- Dementia Navigator Service, for people living with dementia and their carers. Service provides a listening ear, someone who understands, getting to root cause of social issues and providing tailored support to help them improve wellbeing. We also signpost patients to various sources of clinical and non-clinical support.
- NHS Halton CCG and HBC are signed up as a Dementia friendly organisation and action alliance.