

Mental Health Community Transformation Programme & Primary Care Network Developments

Hangleton & Knoll Project: West Area Health Forum
27th October 2021

Leila Morley, Mental Health Commissioning Manager, Brighton and
Hove Clinical Commissioning Group

Rosie Cassidy, Team Manager, Southdown

Tasha Barefield, Mental Health Lived Experience Advisory Group
Facilitator, Possability People

Tory Lawrence, Operational Manager, West Hove Primary Care
Network

Agenda

Item	Topic	Who	Length
1.	Introduction to the Adult Mental Health Community Transformation Programme and Primary Care Network developments	Leila Morley	5 mins
2.	Description of the new mental health roles in West Hove Primary Care Network	Leila Morley & Rosie Cassidy	10 mins
3.	How to get involved through our Mental Health Lived Experience Advisory Group	Tasha Barefield	5 mins
4.	Questions and answers / feedback	Everyone	10 mins

What are the issues?

- ▼ There are more people seeking help for their mental health and our services are struggling to manage (increased demand and pressure).
- ▼ Covid-19 has put a lot more pressure on services that may already have been struggling.
- ▼ We overly rely on specialist mental health services.
- ▼ Services don't communicate well with each other ("siloed working"). There is a lack of connection between primary care (e.g. GPs), mental health services, and community voluntary sector services (e.g. charities / not for profit organisations).
- ▼ This means:
 - ▼ Longer waiting times for people to get help.
 - ▼ People get "passed around" between different services (repeat referrals).
 - ▼ People fall between the "gaps" in services (due to service criteria).

Key Feedback from System Stakeholders

Services to be trauma informed and culturally aware

Gaps & threshold's in system mean referrals bounce between services with primary care and CVS often left holding risk

Time limited support presents challenges

One size fits all approach – disadvantages particular population groups e.g.

- Young People
- Refugees and Asylum Seekers

Lack of connection CVS & clinical services

Not fully utilising expertise & potential of CVS

Lack of psychological / therapeutic interventions

Need for greater flexibility & support options (both clinical and non-clinical)

Need for consistent support throughout someone's mental health journey

What is the Community Transformation Programme?

- ▼ NHS England released a national framework called “The Community Mental Health Framework for Adults and Older Adults” to commissioners in September 2019:

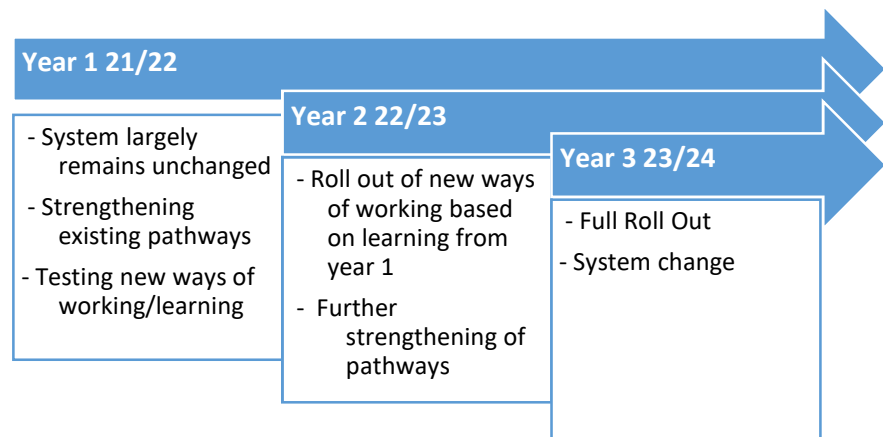
<https://www.england.nhs.uk/publication/the-community-mental-health-framework-for-adults-and-older-adults/>

- ▼ The framework describes how community mental health teams (CMHTs) provide a crucial yet under-recognised role, however, the model of CMHTs has remained largely unchanged since they were established 30 years ago.

- ▼ It also provided a significant amount of money to invest in improving these services.

- ▼ The Community Transformation Programme is a three year programme (from March 2021 to March 2024) which aims to implement the changes set out in the national framework.

- ▼ There are three key elements to the programme; Primary Care Networks, Community Voluntary Sector, & Clinical Services.



Vision for future services

Learning from
Covid-19

Reducing
health
inequalities

Making better use of
local resources we have
in the community

Addressing “gaps” in services, for example:

- Having more access to psychological therapy
- Improving physical health care for people with mental health needs
- More employment support
- More personalised care
- Services that are more trauma-informed
- Support to manage medication
- Support for self-harm
- Support for substance misuse

Making referral
processes
better

More focus on
prevention;
stepping in earlier
to help before
problems get
worse

Better
Communication
and joint working
between services

Doing things differently
e.g. having new mental
health staff based in GP
practices

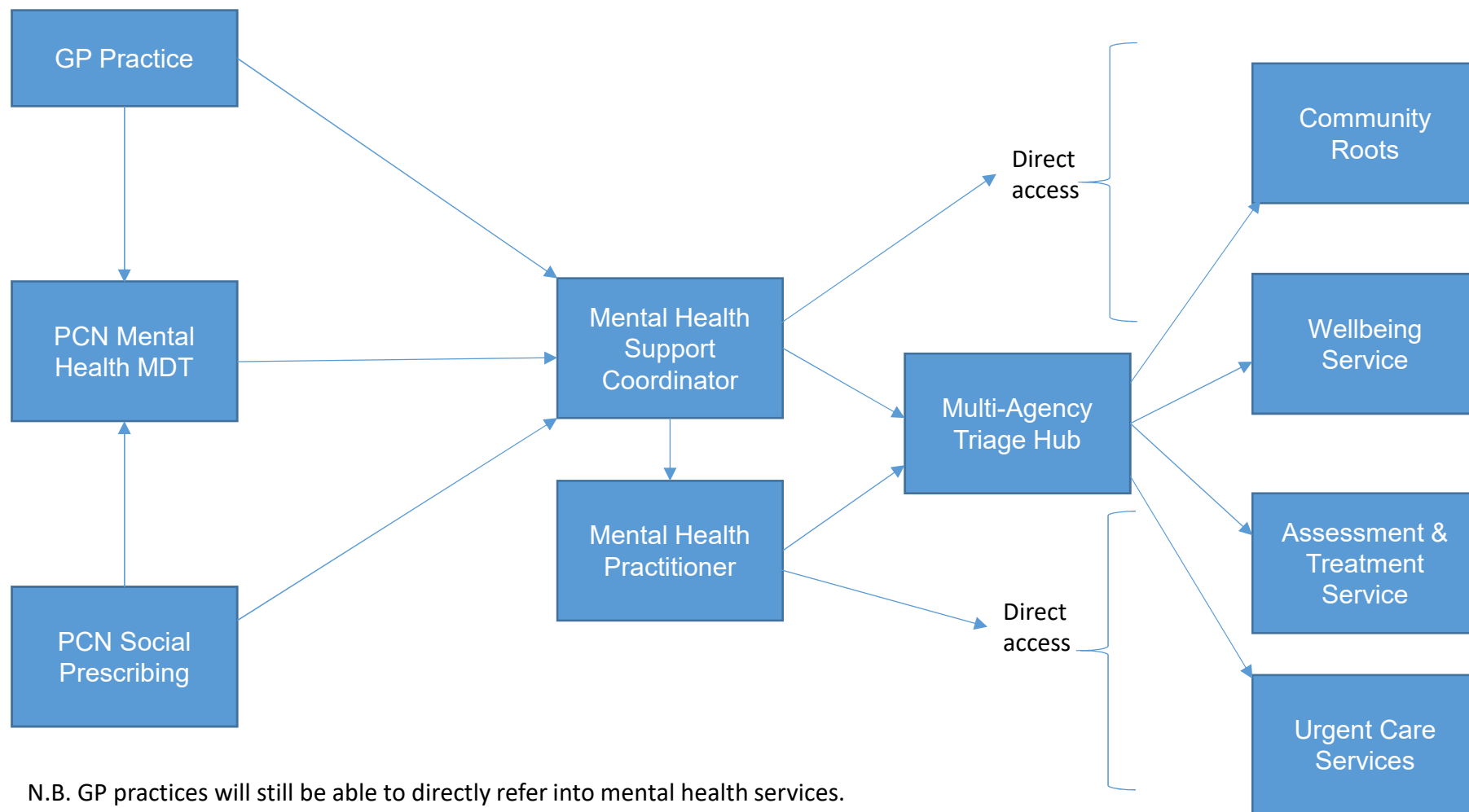
Primary Care Networks

- ▼ In Brighton and Hove we have three Primary Care Networks who are testing out new models of care for mental health:
 - ▼ West Hove Primary Care Network
 - ▼ East and Central Brighton Primary Care Network
 - ▼ North and Central Brighton Primary Care Network

- ▼ The new model will mean introducing a new mental health team based in Primary Care Networks. The team will act as a first contact for mental health needs in primary care. The team will provide integrated care through the following new roles:
 - ▼ Mental Health Practitioner – registered mental health clinician from the local mental health NHS trust (e.g. nurse, social worker, occupational therapist, psychologist)
 - ▼ Mental Health Support Coordinator – non-clinical member of staff from the local community & voluntary sector

- ▼ This year we are introducing 1 Mental Health Practitioner and 3 Mental Health Support Coordinators into West Hove Primary Care Network. The aim will be to expand this team over the next two years.

The Model



N.B. GP practices will still be able to directly refer into mental health services. PCN Mental Health MDT and Multi-Agency Triage Hub provide opportunity to discuss and agree more complex referrals.

New Roles

Mental Health Support Coordinator:

- Triage and referral management
- Advice, information and signposting
- Assessment of mental health support needs and recovery focused support planning
- Coordinated interventions offered by local Community and Voluntary Sector (Community Roots Service – a network of 16 organisations working together in the City);
 - One to one work
 - Joint physical and mental health interventions
 - Access to health and wellbeing groups, workshops, and courses through the Wellbeing College
- End of support evaluation and feedback sessions
- Timely response to those returning to the service in urgent need or requiring crisis prevention support

Mental Health Practitioner:

- Consultation and advice to practice colleagues (e.g. training and reflective practice sessions)
- Joint assessment and support planning (including risk assessment)
- Brief one to one interventions (up to 6 sessions);
 - Psycho – education
 - Stabilisation interventions
 - Relapse prevention strategies
 - Self-management tools
 - Reinforcement of previous treatment
 - Time limited clinical intervention to prevent deterioration
- Direct access into Wellbeing Service for;
 - Cognitive Behaviour Therapy
 - STEPPS EI group
 - Managing Suicidal Thoughts workshop
 - Wellbeing Colleague course / workshop
- Direct access into Assessment and Treatment Service for those with complex mental health needs and/or for specialist psychiatric medication review
- Direct access into Urgent Care Services for those with significant / imminent risk

How to get involved

New mental health service user group

Join us...

Do you have a lived experience of mental health services in Brighton and Hove, or do you care for someone who does?

Then come and join our new group where your experiences can influence decisions.

MAKE YOUR EXPERIENCE MATTER

Tell us what you think...

...worked well, worked less well, what could be improved.

This group will feed back to decision makers who are commissioning and designing mental health services for the city. Meetings will start off online, but we may have a chance to meet face to face later in the year.

Contact us

If you would like to find out more, please contact Tasha on 07305 034311 or email inclusion@possabilitypeople.org.uk

Possability People
1981 - 2021 40 years

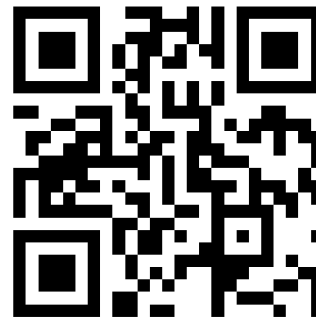
NHS
Brighton and Hove
Clinical Commissioning Group

- ▼ We realise how important it is that we involve people who:
 - ▼ Live locally
 - ▼ Have a real lived experience of mental health (including carers)
 - ▼ Have used our local mental health services
- ▼ We want to improve services for local people and so we need to know what is important to people who might use these services.
- ▼ In Brighton and Hove we have set up a group called the Mental Health Lived Experience Advisory Group
- ▼ The group is run by Possability People
- ▼ The group gives us feedback based on their experiences and their thoughts about our plans

Q&A / feedback

- ▼ Do you have any questions?
- ▼ Do you have any feedback? E.g.
 - ▼ What do you think will be good about the new primary care network mental health team?
 - ▼ Do you have any concerns?
 - ▼ Do you think we need to consider or change anything in our plans?
- ▼ If you prefer to give written feedback please either use the chat function on Zoom or join our slido by entering the website address into your browser and entering the slido number when prompted or scan the QR code on your mobile device. The slido will be open until 2nd November.

Join at
slido.com
#899 297



Or please use this link: <https://app.sli.do/event/iu5dxdw0>



Thank you for listening to us today and for providing us with your thoughts and feedback