

## **INFORMAL NOTES FROM CALDERDALE MENTAL HEALTH INNOVATION HUB MEETING 11/4/19**

The Calderdale Mental Innovation Hub (i-Hub) was established in 2015 to provide a forum for local organisations to work together to improve support and care for people in mental distress and their families/carers. The i-Hub has a wide membership, including representatives from voluntary sector organisations, the NHS and the local authority.

Councillors Blagborough and Hutchinson attended the i-Hub's meeting on 11<sup>th</sup> April 2019 to hear about work being undertaken to support the emotional health and wellbeing of Calderdale people. Each i-Hub member present had only a short amount of time in which to speak; therefore the below is not a comprehensive overview but designed to give a flavour of the breadth of support available.

The notes below are informal ones taken at the time of the meeting.

Caroline Taylor, GP at Beechwood Medical Centre and Calderdale CCG GP clinical lead for mental health

- Work on physical health of patients with serious mental illness and/or learning disability; improved communication between specialist services and primary care, electronic template around physical health of people with serious mental illness which can be completed by both primary care and SWYPFT.
- North Halifax locality, work on population health management resulting in mental health as the initial focus. Looking at the wider determinants of health and how they can be improved. Setting up some SWYPFT clinics in the community, with presence at the same time of other services eg smoking cessation, employment support as a type of one stop shop to maximise every contact counts, exploring an expanded care navigation/social prescribing offer.

Rhona Radley, Deputy Head of Service Improvement, Calderdale CCG

- Working on Care Closer to Home model (CC2H) in Calderdale which has been in development for some time. Focus is on place-based services such as dementia, IAPT, etc. Organisations have started to work in localities, and Primary Care Networks have been launched by NHS England. Working through the implications of this.
- The CCG has established a position where it could work with its existing providers to develop an approach to integration. Following deliberation with colleagues across organisations it has developed the CC2H prospectus, this is in absolute harmony with Calderdale Cares.
- In order to proceed in an effective, integrated way, the CCG is seeking a collaborative arrangement through which existing local service providers work together, including Calderdale and Huddersfield Foundation Trust, South and West Yorkshire Partnership NHS Foundation Trust, Locala, GP practices and the Third Sector, to address gaps in care provision and providing holistic and patient-centred care across its five localities.
- There is no change to existing contracts, this is about working together through principles of co-operation, integration and collaboration. The prospectus sets out the key performance indicators for CC2H; these reflect the outcome-based approach of CC2H.

John Keaveny, Deputy Director, Calderdale & Kirklees Business Development Unit, South West Yorkshire Partnership NHS Foundation Trust (SWYPFT)

- Issue identified with high out of area acute bed use by Calderdale and Kirklees led to an independent report being commissioned around pressures in the whole system and how they impact on bed management. Action plan developed from that report, working with partners to deliver that.
- Looking at front end of mental health pathway, having discussions about early interventions in general communities.
- Also focusing on early intervention and admission avoidance.

Sarah Antemes, Head of Commissioning – Continuing Health Care and Mental Health/Learning Disabilities lead, Calderdale CCG

- Doing work on the West Yorkshire and Harrogate footprint around the model of care for secure services
- Also working on reducing need and reducing length of stay for locked rehabilitation through getting community services right
- Work around developing a range of housing services so when people are ready to move on from acute/rehabilitation/secure services, they can do so in a timely manner.
- Calderdale CCG is planning to meet the Mental Health Investment Standard, as defined by NHS England, in 2019/20.

Corinne McDonald, Commissioning Manager – Adult Mental Health, Calderdale CCG/Calderdale Council

- Working on review of adult psychology services in Calderdale. Engagement and equality report due to be published very shortly.
- This with a number of other items of information will be considered in the review, and proposals developed to improve things.

Nik Lee, Child and Adolescent Mental Health Services Team Manager, SWYPFT

- Specialist CAMHS service for young people who have severe and enduring mental health problems, as a collective we have moved away from the tiered model of services and are now well on with implementing the THRIVE model, which is a needs based approach based on four clusters for children and young people with mental health problems and their families – coping, getting help, getting more help and getting risk support
- As part of the Open Minds Partnership with Northpoint and Kooth, we are working together in a more joined up way, which ensures young people and families do not fall through the gaps of services
- The SWYPFT waiting list for specialist treatment is around 4-6 weeks which is a reduction from 6 months, from July 2018
- We are now completing around 16 ADHD assessments per month, which is an increase from 3-4 assessments per month in July 2018
- We are also now completing 20 ASC assessments per month, which is an increase from around 4-5 assessments per month in July 2018 – we have had additional resource on the ASC pathway, and we are on track for our waiting list to be down to 1 year by March 2020

Jonny Richardson Glenn, Chief Officer, Healthy Minds

- Healthy Minds provides accessible services that people do not need a diagnosis to access
- Peer support, education, recovery and support, Safespace
- Co-produce all services with people with lived experience of mental distress, and make sure that all services are based on what works for people

Vicky McGhee, Neighbourhood Manager and Staying Well Manager, North Halifax Partnership

- Staying Well works with referrals and self-referrals
- Home visits or conversations with people who feel isolated, lonely, need help with their wider wellbeing
- Social prescribing into community groups and organisations providing activities e.g. Phoenix Men's Shed, Healthy Minds
- Community organisations embedded within the model and managing the project: North Halifax Partnership, Halifax Opportunities Trust, Hebden Bridge Community Association
- Short-term input to get people involved in activities, some ongoing handholding to build confidence and resilience.

- Supporting community to respond with solutions, community budgets and building local decision making infrastructure
- Community education in innovative ways, for example health from head to toes, providers coming along to illustrate a range of services

Lisa Connelly, Employment Services Co-ordinator, Halifax Opportunities Trust

- Employment services, based in Park Ward
- High proportion of service users have mental health issues
- Support people to achieve goals and break down barriers
- Link with Staying Well
- Identify trends and develop projects, for example 'Steps for Fitness', partnered with Primal Training developed a 12 week training course for men, moving to an independent volunteer-led group
- Keyworker around employment, working with lots of organisations, putting employment journeys together

Gemma Watkins, Work Wellness Advisor, Beechwood Medical Practice

- Pilot, supporting people with issues, around 'work wellness'
- Start with 1 hour support based IAG appointment with a mental health at work focus.
- Work Wellness improves confidence, encouraging and recognising attributes. Allows individuals to discuss personal challenges and helps rebuild self esteem
- Social prescribing, referring or signposting to appropriate services
- Multi Agency working with local services
- Supporting Return to work and vulnerably
- Works well being based in the practice, reduction in GP/NHS appointments and cost saving
- First three months saw 165 patients, of whom only 33 needed GP intervention
- Work with employers to offer guidance to best support employee in Return to Work, Sharing best practice to enable positive change in organisation culture

Caron Walker, Public Health Consultant, Calderdale Council

- Population approaches to improving health, people keeping healthy in the first place
- Suicide prevention – multi-agency group with a number of priorities, targeting high risk groups, reducing means of suicide, media reporting
- Have set up arrangement to receive data from police
- Hoping to undertake another suicide audit
- Work across the West Yorkshire and Harrogate Health and Care Partnership around post-vention

Richard Porter, Health Improvement Specialist, Calderdale Council

- Focusing on pulling together work being done around prevention
- Specific work around the new Prevention Concordat for better mental health

Jan Spence, Manager, Yorkshire Smokefree Calderdale

- Provide specialist stop smoking services – groups, 1-1s
- Subcontract to other organisations e.g. GPs, pharmacies, Humankind, etc
- Taken time to get mental health professionals to refer people into the service
- Based in Laura Mitchell Health and Wellbeing Centre and out in the community
- Provide training in brief interventions
- The Patient Group Direction (PGD) has been updated by SWYT (2018) .Some criteria has now been removed which allows more clients with a mental health illness access to Champix to help them to stop smoking, giving them a higher chance of quitting using this medication.

Amanda McKenzie, Vocational Team and IPS Manager and Mair Ollerenshaw, Occupational Therapist VOCT SWPFT

- Vocational service takes referrals from Core and Enhanced mental health teams in the community for all those with vocational aspirations
- Designed to offer a continuum of support and access to paid work, work retention, volunteering, work placements, education and pre-work skills.
- Holistic vocational profiling to help people identify strengths, interests goals
- Help them to link them with organisations such as Halifax Opportunities Trust, Works Better and employee liaison.
- Team led by Occupational therapists with vocational Council staff, able to provide therapeutic support and liaison with community teams
- Debunking myths and raising culture of work related aspirations for people with SMI
- Access for people in primary care for Work Wellness course via Recovery College
- Expertise around work retention, returning to work, liaison with employers around reasonable adjustments and staying well at work resilience.
- Lots of success with people through their journey
- Exciting new team development called Individual Placement and Support with successful NHS England bid and new employment specialist team within community teams.

Matt Ellis, Recovery College Principal - Calderdale and Kirklees, SWYPFT

- Not just about recovery, but about making a life worth living
- Not an academic institution, about developing personal skills
- Prospectus about to come out. Two workers, working with people with lived experience and professionals to co-produce courses. Examples are wellness action planning, craft activities (helping with social confidence). The idea is to nudge people into courses/activities
- About wellness and wellbeing
- Uses assets in the community
- Links in with the vocational team

Libby Smith, Service Manager (Mental Health), Calderdale Council

- Involved in lots of different areas of work, some of which have been covered above
- Taking forward next stage of accommodation review, developing the council's housing strategy for people with vulnerabilities
- Modernising parts of other Council services, for example supporting people to take on their own tenancies
- Connecting Council services with each other
- Take 10 pilot – about getting inactive people active, particularly office-based staff

Lisa Cooper, Occupational Therapist, Cardiac Rehabilitation Service, Calderdale and Huddersfield Foundation NHS Trust

- Works with patients in their own homes around stress and anxiety management
- Teaches relaxation techniques and has developed a video to guide people through them – this means they can use the resource at any time
- Also works with people on fatigue – energy conservation and pacing

Rebecca Hughes, Service Lead, Insight Healthcare

- Insight takes referrals and self-referrals for mild to moderate mental health problems and provides talking therapies in a variety of community locations
- Links with multi-agency domestic abuse hub
- Focusing on IAPT for long term conditions, integration into GP practices (currently 11), undertaking wellbeing assessments that GP practices can book patients in for directly
- Working with SWYPFT around perinatal mental health, supporting new parents. (Parents can now bring their baby with them to appointments)

- Focusing more on older adults who have low rates nationally and locally of accessing the service
- Looking at doing more home visits

Lynn Powell, Acting Service Manager, Commissioning and Contracts, Calderdale Council

- Improving emotional health and wellbeing for children and young people is a key priority in Calderdale
- Emotional Health and Wellbeing Local Transformation Plan has been delivering now for four years, steered by a multi-agency taskforce, the ambitions are based on 'Future in Mind' report and recommendations
- Have had NHSE funding to develop and test new projects and services- a lot of work around early intervention particularly in schools- we are now working to embed projects which have been successful
- MH/schools link project is working to build relationships between schools and CAMHS and building capacity in school staff.
- There is now a single referral route for all CAMHS referrals through the First Point of Contact
- CCG are commissioning Kooth online counselling service for young people aged 11 to 25, anonymous and free
- The LTP is funding 'Time Out' a children and young people's version of Recovery College, delivered by Healthy Minds in partnership with local organisations. For ages 10 – 19 with activities and workshops being delivered inside and outside school supporting CYP to 'Find Your Thing.'
- Open Minds website developed initially by Northpoint Wellbeing, and was co-produced with young people, the site averages 1000 to 1,500 hits per month. The website is aimed at children and young people but there is also a section for parents and carers and, professionals. Developing a section for school staff.
- Developed a range of useful resources for professionals and parents. Emotional Health and Wellbeing Services guide, one for families, one for professionals and also now developing a guide for school staff on the provision which is available in schools
- All projects etc. are co-produced with young people from the Tough Times Reference Group, who also developed some postcards for children and young people to use to initiate difficult conversations with their parents/families
- The Tough Times group are planning a CYP celebration event on 14<sup>th</sup> May
- Emotional health and wellbeing is everyone's business!