

TELFORD & WREKIN COUNCIL

HEALTH & WELLBEING BOARD: November 13th 2013

TITLE: Emotional Health & Wellbeing and review of Mental Health Modernisation

REPORT OF:

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HEALTH & WELLBEING BOARD PRIORITY SPONSOR:

Cllr. Liz Clare

PART A) – SUMMARY REPORT

1. SUMMARY OF MAIN PROPOSALS

This report has two components. Firstly it provides the Board with an update on the development of the local offer for emotional health and wellbeing support across the life course, specifically preventative tier 1 and tier 2 levels. The offer will cover all children, young people and adults, older people in Telford & Wrekin. This report includes:

- a summary of progress on the development of the local offer, including local strengths weaknesses, key gaps and opportunities for improvement
- clarity on next steps, with milestones for progress

Secondly the report includes an update on next stage of Mental Health Modernisation prompted by the temporary closure of Castle Lodge and new approaches in Community based care.

2. RECOMMENDATIONS

The Board is asked to:-

1. Note the information in this report
2. Acknowledge the recent developments towards the development of the emotional health and wellbeing offer.
3. Support the proposals to complete a review of progress in modernising Mental Health Services.

3. IMPACT OF ACTION

There are two elements that support the lower level prevention work around emotional health and wellbeing previously which were identified as priorities for 2013/14:

Improving the universal health and wellbeing offer (tier 1) – agreeing and promoting key messages and information to support and encourage wellbeing

Improving the targeted information and approaches (tier 2) to young people who are vulnerable or at risk.

4. SUMMARY IMPACT ASSESSMENT

COMMUNITY IMPACT	Do these proposals contribute to a specific HWB Priority	
	Yes	Emotional Health and Wellbeing
	Do these proposals contribute to specific Co-Operative Council priority objective(s)	
	Yes	Improve the health and wellbeing of our communities and address health inequalities
	Will the proposals impact on specific groups of people?	
	Yes	It impacts on all people in the Borough and more vulnerable groups.
TARGET COMPLETION/DELIVERY DATE	Ongoing improvement as part of the Health & Wellbeing Strategy	
FINANCIAL/VALUE FOR MONEY IMPACT	Yes	<p>The National Framework To Improve Mental Health and Wellbeing was published by the Department of Health on 24 July 2012 and set out the vision for improving mental health and wellbeing in England for the NHS ,Public Health and Local Authorities and is consistent with the Outcomes Frameworks for the NHS , Adult Social Care and Public Health.</p> <p>The Public Health Outcomes Framework 2013-16 was published under section 73B(1) of the NHS Act 2006 (inserted by section 31 of the Health and Social Care Act 2012) as a document that local authorities must have regard to in the exercise of the public health functions for which they became responsible on 1 April 2013 under the 2012 Act.</p>
LEGAL ISSUES	Yes	<p>The National Framework To Improve Mental Health and Wellbeing was published by the Department of Health on 24 July 2012 and set out the vision for improving mental health and wellbeing in England for the NHS ,Public Health and Local Authorities and is consistent with the Outcomes Frameworks for the NHS, Adult Social Care and Public Health.</p> <p>The Public Health Outcomes Framework 2013-16 was published under section 73B(1) of the NHS Act 2006 (inserted by section 31 of the Health and Social Care Act 2012) as a</p>

		document that local authorities must have regard to in the exercise of the public health functions for which they became responsible on 1 April 2013 under the 2012 Act.
EQUALITY & DIVERSITY	Yes	There are specific health inequalities associated with levels of mental health.
IMPACT ON SPECIFIC WARDS	Yes	Borough-wide impact
PATIENTS & PUBLIC ENGAGEMENT	Yes	A period of consultation on a draft version of the action plan is planned, with feedback being used.
OTHER IMPACTS, RISKS & OPPORTUNITIES	No	There are key links to other HWB priorities, including teenage, pregnancy, excess weight, supporting people with autism, reducing the misuse of drugs and alcohol, improve carers health and wellbeing, supporting people to live independently, supporting people with dementia.

PART B) – ADDITIONAL INFORMATION – Emotional Health and Well Being

1. INFORMATION

1.1 Why is it important?

The Board received a brief report on the development of the offer for universal tier 1 and tier 2 emotional health and well being programmes in July 2013. The work is being led by the Public Health team working with a wide range of colleagues: across the council, the CCG, NHS England Area Team, the voluntary community sector, the police and local schools.

A set of objectives and terms of reference have been agreed for this work through senior Council officers in Children and Young People and Public Health teams. (A separate action plan is available, if required). This report provides an update on progress to date and outlines actions for the next steps.

1.2 The Process to Date

Engagement with key stakeholders has taken place through: dedicated workshops, 1-2-1 interviews and attendance at meetings with the voluntary sector, service providers and commissioners, head teacher forums, parent forums reps, PODS, multi-agency workshops (30 attendees) and has incorporated key findings from previous local consultation work. The workshops have included a summary of the national evidence base, demographic data, key local challenges, recent service reviews, local strategies and priorities, and emerging commissioning responsibilities across the mental health pathway for both adults and children. The workshops also included mapping and gapping of current activity, SWOT analysis of current practice, discussions on ideas for new programmes and different ways of working based around the five ways to wellbeing.

1.3 Consultation with Key Population Groups

A process for consultation with key local groups of children, adults and older people is taking place alongside the workshops for stakeholders and will be achieved through existing groups, through the participation team of the council as well as with voluntary sector organisations. The findings and personal insights of local men living in Telford & Wrekin has been included. The comprehensive and informative piece of consultation work previously carried out in Telford & Wrekin in 2012 captured personal insights from 103 local men who had experienced different levels of depression, anxiety and other mental health issues as well as feedback from 23 partners/family members and nine local organisations.

1.4 Mapping and Gapping

There are numerous activities, initiatives, organisations, project and workforce opportunities on offer at tier 1 for the wider population across the age ranges but especially for children and young people. There is less resource available for older people. At tier 2 there is also provision, but this is much more targeted and limited. A number of key challenges and strengths have been identified for children, adults and older people in relation to tier 1 and tier 2 provision - some of which are common across the life course, some can be easily rectified and others which require investment and change. A key emerging messages is the need to ensure that we intervene at the critical point before needs escalate and costs rise. See overleaf for an overview of key themes.

Children Tier 1 & 2**Adults Tier 1 & 2****Challenges**

- At tier one there is a large workforce but the profile of 'promoting universal emotional health & wellbeing as everyone's business' is not high enough
- School nurse workforce is not focused on emotional health and wellbeing
- Tier 1 offer needs to focus on the delivery of simple key messages and information across the entire population to support and encourage well-being
- No healthy schools programme or workforce
- No T&W-wide programme such as Targeted Mental health Service in Schools (TaMHS which promotes emotional health and wellbeing in schools
- No clear and commonly agreed pathway for EHWB and there is confusion about threshold levels
- Gap in provision of programmes at tier 2 for children and families with some evidenced-based services such as Parenting Programmes and Family Nurse Partnership in limited supply
- At tier two more targeted information needs to be developed for those who are vulnerable or at risk
- Data measures are limited both in terms of targeted provision and for the wider population

Strengths

- At tier one there are local assets both physical such as the town park, community centres & libraries as well as at a social capital level through a strong community spirit and good practice to build on such as Park Lane and Brookside
 - Highly committed and dedicated workforce that work together at grassroots level, but there is duplication and staff report the recent structural changes have resulted in confusion about who is doing what
 - Good practice has been maintained locally such as Parenting Programmes, Triple P, parents as volunteers, activity days in the community, some staff outreaching via Children's Centres, parent partnerships, young carers
 - At tier two there are many opportunities for the voluntary sector
 - Some good integrated programmes and motivated workforces delivering these such as Triple P but limited availability
- At tier one there is a large workforce however the profile of 'promoting universal emotional health & wellbeing as everyone's business' does not seem to be high
 - There is a gap in provision at tier two for the population with some specialised services such as Parenting Programmes and FNP in limited supply
 - At tier two there is confusion around the thresholds
 - There is a lack of provision of services and programmes for teenagers
 - There is limited provision for post natal depression
- At tier one there are many local assets both physical such as the town park, community centres and libraries as well as a strong community spirit and a dedicated workforce with good practice to build on such as Park Lane and Brookside
 - There is a highly committed and dedicated workforce that work together at grassroots level but there is duplication and staff report the recent structural changes have resulted in confusion about who is doing what
 - There are strong locality structures in place

Please see Appendices 1 & 2 (SWOT analysis Tier 1 & Tier 2) for further detail.

1.5 Developing the Offer

Using the feedback from the workshops and the SWOT analysis together with feedback and insight from consultation with key groups and stakeholders we will be in a position to develop a Telford & Wrekin-wide population based offer for tier 1 and tier 2 support, which will underpin more specialised service provision at tiers 3 and 4. The offer will be based around the Five Ways to Wellbeing. This is a clear and simple (with a strong evidence base) approach to improving the mental health and wellbeing of the whole population¹. Feedback from the workshops to date has already identified some practical and small scale solutions that will encourage individuals to think about and do the small things every day that helps them feel better about themselves.

Ambitious larger scale initiatives were also identified, including:

- an emotional health and well programme for schools
- development of Forest Schools
- peer and volunteer mentoring schemes
- mental health awareness training across sectors (helping to increase understanding and raise awareness of mental health and well-being).
- developing a befriending programme for older people
- creation of social capital in communities through locality structures using infrastructure such as Children's Centres, Parent Participation Groups, the Children's Participation Team and Voluntary sector
- link to the health initiative at Telford Football Club and promote sport and mental health
- better use of the Town Park and promotion of assets of the town to create a sense of 'Pride in Telford'
- promotion of mobile phone applications for children, adults and men

1.6 The Next Steps

During November and December 2013, key actions will include:

- Firm up the offer and sense check this with key representatives from local agencies
- Work with commissioning colleagues on a clear pathway for EHWP
- Work with relevant leads on threshold levels
- Work with head teacher representatives following a similar but shorter process
- Consult with the voluntary sector and key consultation groups on the draft offer
- Develop an action plan with clearly identified objectives, lead officers, and timescales for progress based on measures and outcomes
- Identify key resources required to implement the action plan

¹ Foresight Mental Capital and Wellbeing Project (2008)

<http://webarchive.nationalarchives.gov.uk/+/http://www.bis.gov.uk/foresight/our-work/projects/current-projects/mental-capital-and-wellbeing>

- Present the action plan to the H&WB for feedback and endorsement

2.1 **Modernisation of Mental Health Services Review**

Telford and Wrekin CCG is working with the Staffordshire and Shropshire Healthcare Foundation Trust (SSSFT) and all stakeholders to review progress against the Pan-Shropshire Mental Health Modernisation Plan and to develop proposals for future changes.

The need to review progress was prompted by the temporary closure of Castle Lodge and recognition that following the closure of Shelton Hospital, the opening of The Redwoods, and expansion of Home Treatment Services, there is a need to establish the future model for Mental Health services. This will be critical in determining what bed and community capacity will be needed for the future and what function bed based services will provide.

The decision to temporarily close Castle Lodge has been scrutinised by the Joint Health Overview Scrutiny Committee who support the need to complete a full review to inform future commissioning intentions and the development of best mental health practices in Telford & Wrekin.

A high level action plan is included at Appendix 3. This shows the planned engagement, analysis and timescale for the completion of the Review.

The 'Modernisation' review will dovetail with the current Telford & Wrekin Mental Health and Wellbeing 'Commissioning Strategy' review underway by the Mental Health Partnership Board. This Board includes statutory services (commissioners and providers), Voluntary Sector Services, and organisations representing service users and carers.

The Partnership Board intends to refresh the strategy, with a renewed focus on developing services which reflect the local priorities:

- Personalisation
- Promoting Independence
- Enablement
- Choice and Control

This work which had already been planned to include wide consultation and to deliver recommendations by the end of March 2014 will also inform the future landscape required for Mental Health Services for our population.

3.0 IMPACT ASSESSMENT – ADDITIONAL INFORMATION

See summary impact assessment section on pages 2-3 for details.

4.0 PREVIOUS MINUTES

Health & Wellbeing strategy priority position statement May 2013: emotional health and wellbeing

5.0 BACKGROUND PAPERS

Report prepared by:

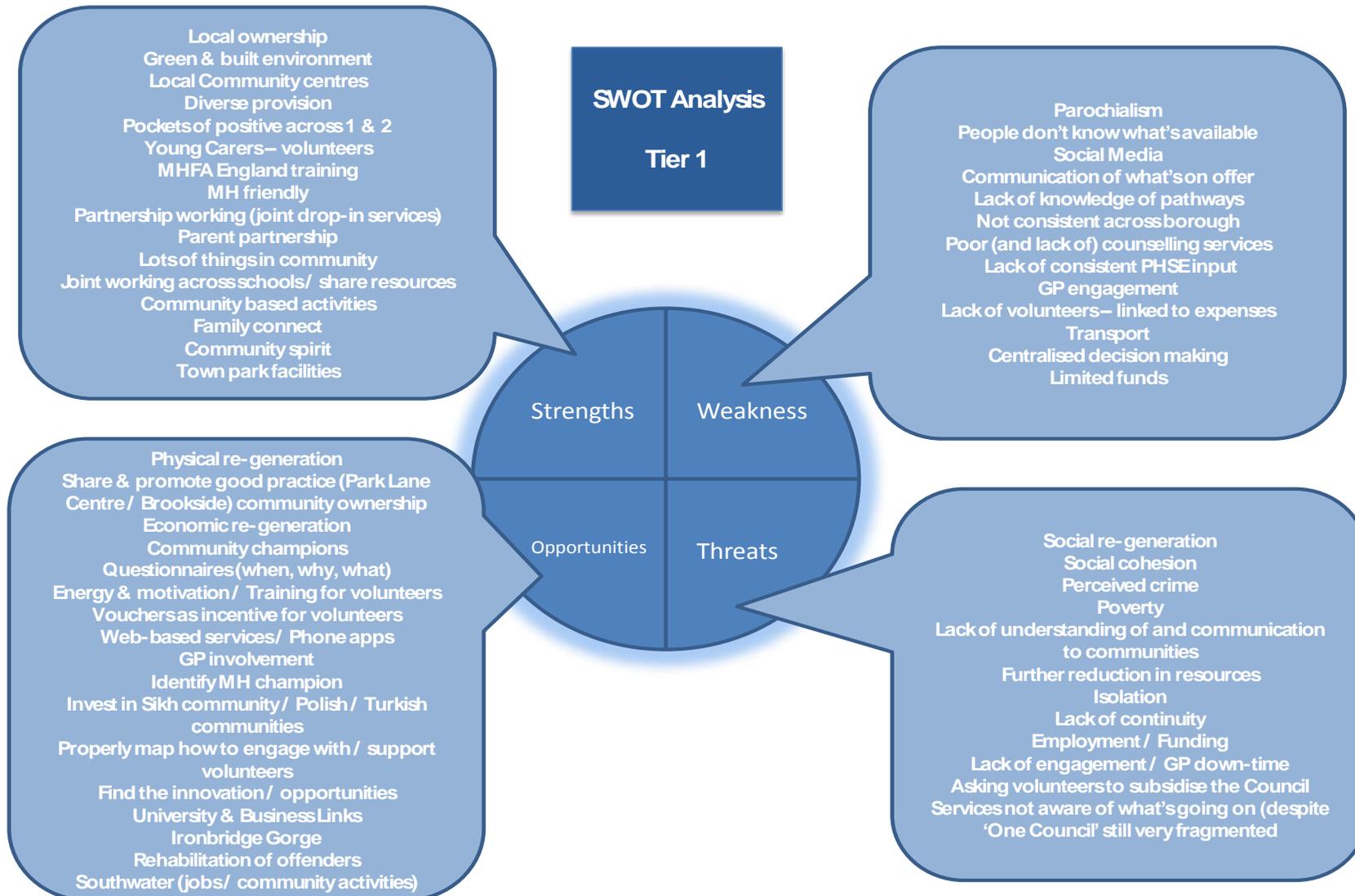
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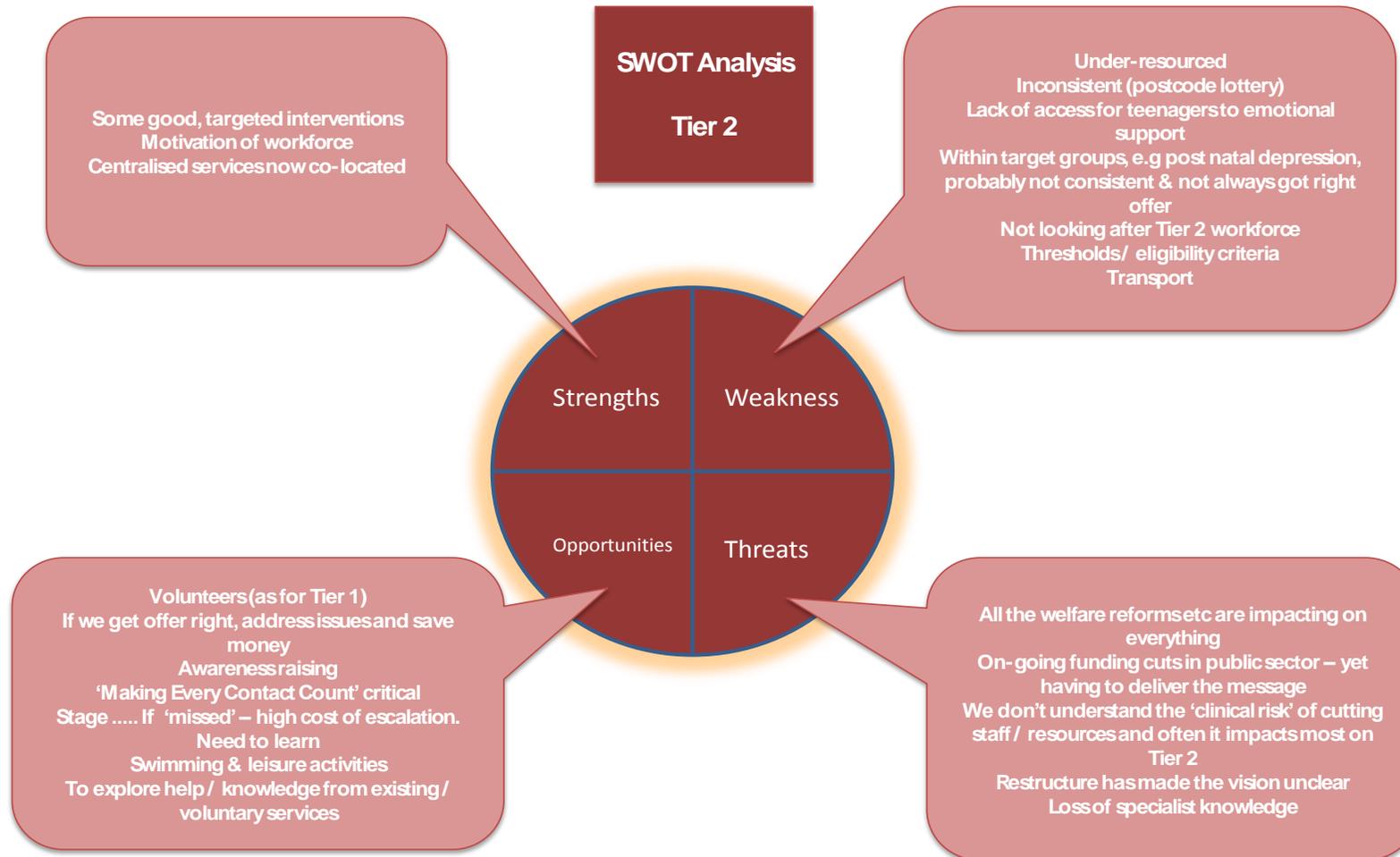
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Emotional Health and Wellbeing SWOT Analysis: Tier 1



Emotional Health and Wellbeing SWOT Analysis: Tier 2



Mental Health Modernisation review Action Plan

Action	Rationale	By when
Develop steering group for modernisation project	To assure CCGs, LA's and SSSFT that the process is robustly managed and accountable	November 2013
Agree how to dovetail the review of Mental Health Strategy with the review of Mental Health Modernisation	There is a risk that two related exercises each aiming to inform future commissioning intentions are not 'joined up'. The Steering group above will meet with the Mental Health Partnership to clarify how to ensure synergy is achieved.	End of November 2014
To hold a series of engagement events with patients, service providers, voluntary organisations, including with the Health Overview Scrutiny Committee.	To ascertain the views of the patients, local population and other stakeholders views about Mental health services and the needs for the future	To be arranged in December 2013 and January 2014
Assess activity and performance of all bed based services including measuring the frequency of the use of out of area placements and PICU (Psychiatric Intensive Care Units) following the changes implemented through the modernisation process.	To ensure that numbers of commissioned beds days and types of beds commissioned are appropriate for level of identified need Inform future commissioning process	January 2014
To map out best practice in relation to mental health provision and compare to present	To ensure quality of service meets local needs and encompasses best practice	January 2014

<p>Prepare options appraisal based on outcome of activity information and engagement with stakeholders</p>	<p>To identify most appropriate model of care to meet local population need</p>	<p>February 2013</p>
<p>Implement agreed model identified through the options appraisal and present to the Joint Health Overview Scrutiny Committee and Health and Well Being Board.</p>	<p>Ensure the continued delivery of mental health services matched to local need</p>	<p>April 2014</p>