

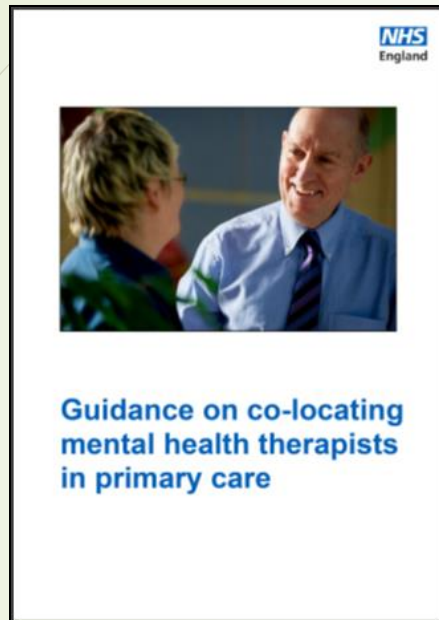
Brief overview of emerging MH priorities

National → London → SW London → Kingston

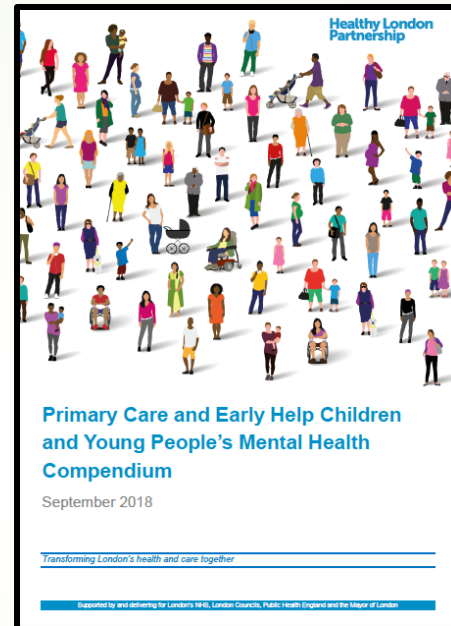
Phil Moore

December 2018

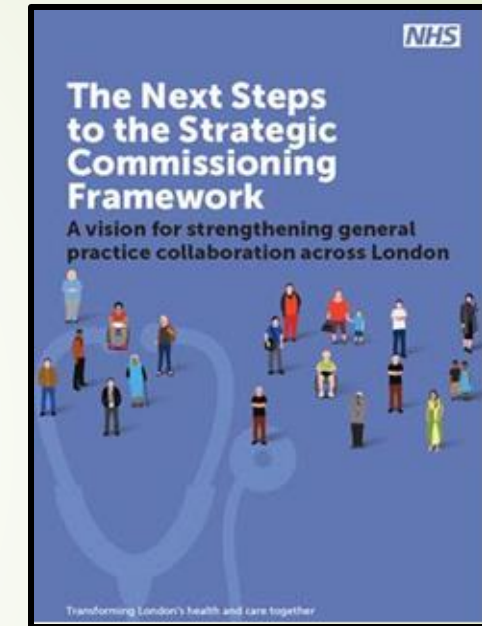
National



- Guidance to assist integrating mental health therapists into primary care
- GP is 'most people's first port of call in times of health care need'. Primary Care Mental Health (PCMH) services present opportunities for:
 - early identification
 - early intervention
 - improved management of LTCs
 - accessible and holistic care
 - mental health awareness
 - faster diagnosis
 - reducing use of physical health services.



- MH best managed in PC wherever possible
- No single service model – identifies & promotes service components essential to effective PCMH services
- At scale work enables:
 - new PCMH services giving timely MH treatment and support close to community support, in less stigmatised settings
 - improved communication & joint working between primary care and specialists
 - ICS to join up services



- A collection of good practice examples of how primary care and early help enhances care for children and young people with mental health problems.
- It showcases models that professionals in London and across England felt were effective, innovative and supported by evaluation data where available.

Filling the chasm

Key elements:

- Identifying the opportunities for prevention and the promotion of positive mental health
- Maximising social interventions for mental health
- Culture change – embracing the holistic approach
- Empowering the person – moving 'from patient to person'
- Bridging the gap between primary and secondary care

Recommendations:

- make PCMH a central strand of the NHS Long- Term Plan and all future strategies for both MH and primary care
- Support CCGs, STPs and ICSs to commission differently to support development of new models of PCMH
- Identify the scope and activity for health promotion and prevention in relation to MH in primary care
- Develop appropriate outcome measures for MH in primary care
- Develop workforce plans to build the capacity of primary care in relation to MH





Ten Year Plan

► **Priority 1 – Children & Young People**

- Trailblazer model will endorse new CYP delivery models
- Wave 2 for funding
- Not set a waiting times and access standard but will use learning from the Trailblazers to set a national target
- Open up the debate on how to support young adults – 18-25-year-olds – over the next two years – transition needs to be based on needs, rather than age

► **Priority 2 – Severe Mental Illness**

- More explicit on the service model for people with PD
- Guidance on building in a small resource for CMHTs to better support people with dual diagnosis, via specialist workers, as well as about wrapping CMHTs around primary care

► **Priority 3 – Mental Health Crisis Care**

- New national crisis number will be introduced, via NHS111, which will patch through direct tot a SPA and will include CYP
- Expectation that everywhere will have 24/7 home treatment teams in place
- Crisis cafes will also be endorsed as an integrated part of the MH crisis pathway
- Kitting out some ambulances to support people in MH crisis
- Discussion of inpatient services as therapeutic area – no extra funding into inpatient care – and an end to dormitory provision – but there will be some small amounts of funding for peer support workers on wards.
- Some mention of homelessness and gambling addition as new priorities for improving MH links

Thrive London



A city where individuals and communities take the lead

We will enable a citywide movement for all Londoners that empowers individuals and communities to lead change, address inequalities that lead to poor mental health and create their own ways to improve mental health and wellbeing. We will support more Londoners to access a range of activities that help them to maintain good mental health and wellbeing.



A city free from mental health stigma and discrimination

We will work with partners to develop a programme that ends mental health stigma and discrimination in London. We will ensure support is available to help improve people's understanding of mental health and push for more mental health first aid and other training to be provided so London becomes a city that is more mental health aware and equipped to act.



A city that maximises the potential of children and young people

We will build on the exciting developments happening across London to engage children and young people in mental health, encourage them to lead initiatives, and develop training and resources for youth organisations, schools, and student societies.



A city with a happy, healthy and productive workforce

Many employers are making mental health and wellbeing central to the workplace; we want to support all workplaces to do the same. We will bring partners together to develop and implement a programme to help people who experience poor mental health access support to gain and maintain work. We will work closely with employers to encourage work opportunities in both the public and private sector.



A city with services that are there when, and where needed

We will work with partners to create new ways to access services and support. We will build on existing work investigating how best to harness the powers of digital technologies to promote positive mental health and improve information about accessing effective support so that Londoners can better help themselves and support each other.



A zero suicide city

We will work with partners across the city to reduce suicides in London. We will build on existing suicide reduction and prevention initiatives by establishing a zero suicide ambition for London.



Healthy London Partnership

A developing vision

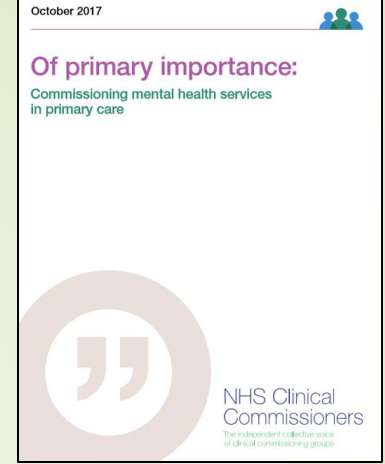
- Individuals and communities are enabled to help themselves and know when and where to seek support
- No child starts school unable to learn or leaves school unable to work
- Everyone living with complex and severe mental illness has the same life expectancy as their fellow citizens
- Everyone living with a long term physical health condition receives support for their mental health
- No one accesses MH treatment and care through A&E or the Criminal Justice System for want of an earlier intervention
- No one takes their own life

Proposes the following priorities which would be underpinned by improvement in specific conditions, pathways, and services:

- **Prevention** to ensure access to appropriate support at the right time across the life course
- **Community services for complex needs** in order to produce a sustainable MH treatment system
- **Integration** to mobilise the potential of all NHS and other public services to realise the potential benefits for Londoners, including efficiencies for systems, from reducing risk and increasing resilience in a diverse and dynamic global city in a way that is enabling, responsive and coherent

Suite of PCMH documents

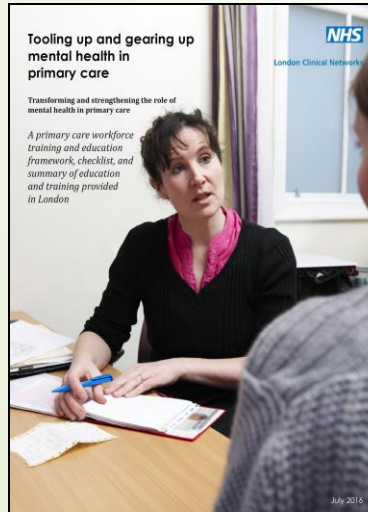
8 varied examples of PCMH
(2017)



A review of the evidence
base for PCMH
(2014)



Understanding the workforce
development needs in PCMH
(2016)



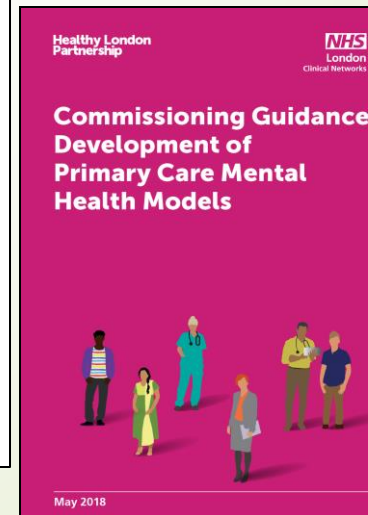
A detailed scientific
literature review for PCMH
(2017)



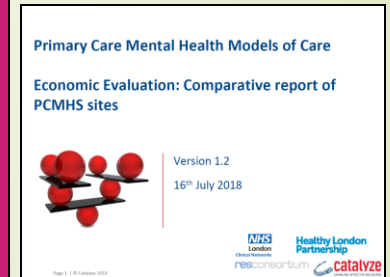
Scoping of the development of PCMH
models across London
(2017)



Promoting the evidence
base for commissioning
PCMH (2018)



Understanding value in diverse
models of PCMH in context
of local needs (2018)



Published by
London Mental Health
Clinical Network
Healthy London Partnership

SW London Health & Care Partnership

CYP a priority

- ▶ Trailblazer funding to take forward the work

Ambitions:

- ▶ **To ensure that no person takes their own life**
 - ▶ Suicide prevention strategy
- ▶ **No-one has to attend A&E for a mental health crisis**
 - ▶ Acute care pathway
- ▶ **Everyone with a long-term condition (LTC) receives support for their mental health**
 - ▶ Review IAPT service delivery and implement findings
 - ▶ Deliver expanded LTC IAPT services, including step up/down to/from acute hospital psychology services
 - ▶ Implement and embed new NICE guidelines for dementia care
- ▶ **People with serious mental illness have the same life expectancy as the general population**
 - ▶ Increase the numbers of people with SMI who receive a comprehensive annual physical health check and support them to access additional screening/treatment services according to their needs
 - ▶ Embed intervention and prevention for people with SMI
 - ▶ Deliver Wave 2 IPS expansion
 - ▶ Embed DIALOG outcomes framework

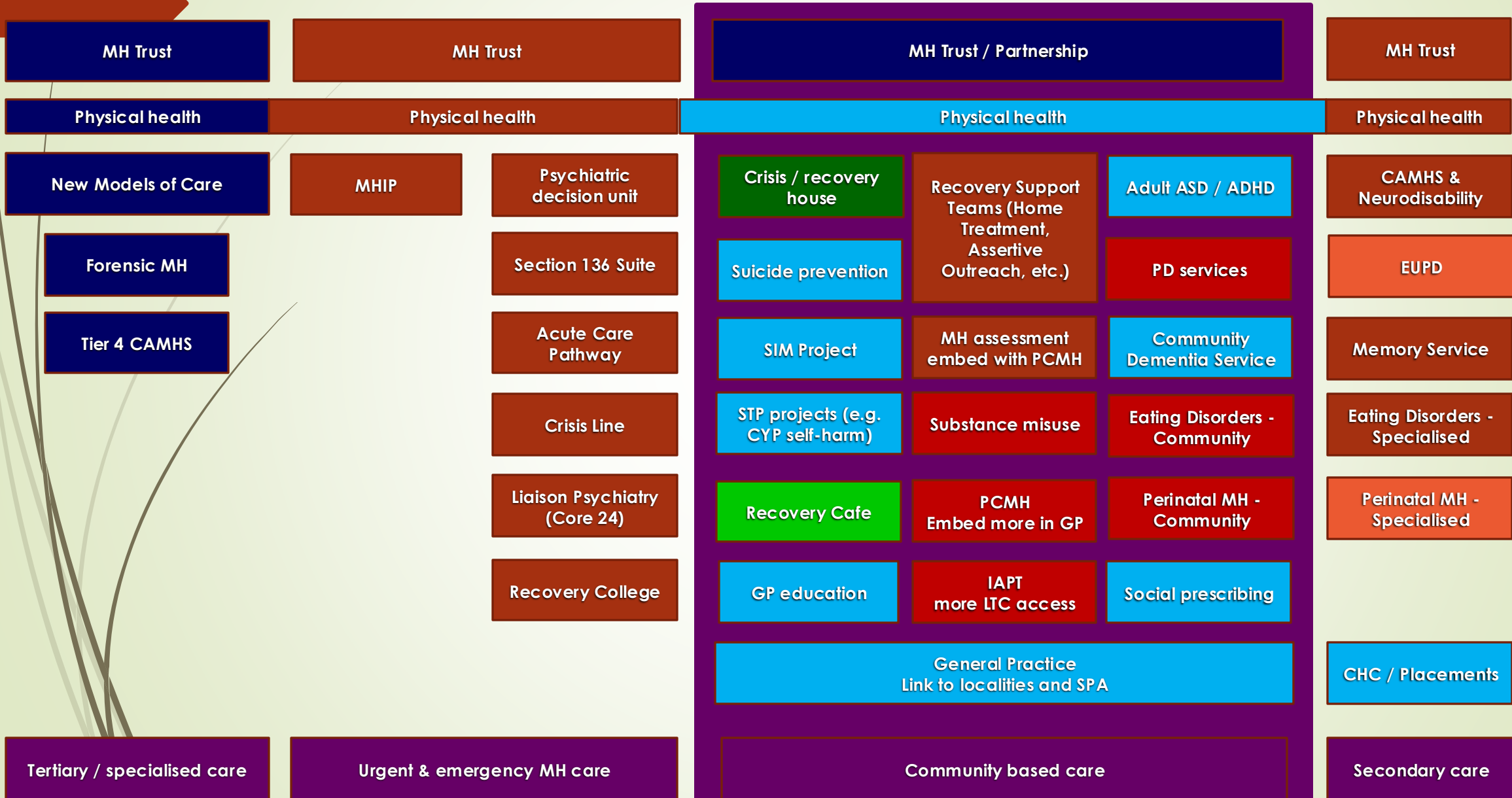


Kingston

- MH strategy
- Suicide prevention strategy
- Working to develop a SW London-wide EUPD service
- Developing primary care mental health and integration with community services
- And much more
- Heading towards truly integrated care systems (ICS)

ICS – what might it look like?

Shaped by Demand & Capacity Review





Links

- <http://www.londonscn.nhs.uk/wp-content/uploads/2015/01/london-mh-scn-primary-care-commiss-0720141.pdf>
- <http://www.londonscn.nhs.uk/wp-content/uploads/2016/08/mh-pri-care-edu-framework-checklist-082016.pdf>
- <https://www.healthylondon.org/wp-content/uploads/2017/11/Literature-review-Primary-care-mental-health-service-development.pdf>
- <https://www.healthylondon.org/wp-content/uploads/2017/11/Scoping-report-Primary-care-mental-health-service-development.pdf>
- <https://www.healthylondon.org/wp-content/uploads/2018/11/Primary-care-mental-health-guidance-with-evaluation-Sep-2018.pdf>
- <https://www.healthylondon.org/wp-content/uploads/2018/11/Primary-care-mental-health-economic-evaluation-capping-paper.pdf>
- https://445oon4dhpj7gjvs2jih81q-wpengine.netdna-ssl.com/wp-content/uploads/2017/10/Primary-care-MHCN-report_clip.png
- <https://www.england.nhs.uk/wp-content/uploads/2018/08/guidance-co-locating-mental-health-therapists-primary-care.pdf>
- <https://www.healthylondon.org/resource/good-practice-guidance-for-children-and-young-peoples-mental-health-care-in-primary-care/>
- <https://www.healthylondon.org/wp-content/uploads/2018/10/HLP-Next-Steps-Commissioning-Framework-2018.pdf>
- https://www.centreformentalhealth.org.uk/sites/default/files/2018-12/CentreforMH_Filling_the_chasm_0.pdf