



Update on the North Yorkshire Mental Health Strategy 2015-2020

'Hope, Control and Choice.'

21st July 2017

Presented by: Kathy Clark- NYCC Assistant Director, Commissioning

Summary:

This paper provides an update on progress with the delivery of the North Yorkshire Mental Health strategy 2015-2020 'Hope, Control and Choice' during 2016-17 to date.

Key achievements of the strategy so far are detailed within this report, along with plans for delivery and further development work during 2017-18.

Which of the themes and/or enablers in the North Yorkshire Joint Health & Wellbeing Strategy are addressed in this paper?

[Please tick as appropriate]

Themes	✓
Connected Communities	✓
Start Well	✓
Live Well	✓
Age Well	✓
Dying Well	

Enablers	
A new relationship with people using services	√
Workforce	√
Technology	√
Economic Prosperity	

How does this paper fit with other strategies and plans in place in North Yorkshire?

- Crisis Care Concordat
 - Future in Mind (Transformation Planning)
 - Dementia strategy
 - Autism Strategy
 - Carers strategy
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What do you want the Health & Wellbeing Board to do as a result of this paper?

- Note the progress made with the delivery of the North Yorkshire Mental Health strategy 2015-2010 'Hope, Control and Choice' during 2016-17 and plans for delivery during 2017-18.

1.0 Purpose

- 1.1 To provide an update to the Board on the work undertaken on the delivery of the North Yorkshire Mental Health Strategy 2015-2020 'Hope, Control and Choice' during 2016-17 including key achievements against strategy objectives.

The report also notes plans for future delivery and development work during 2017-18.

2.0 Progress with strategy delivery and key achievements during 2016-17

- 2.1 Progress with the strategy delivery during 2016-17 has been monitored and reviewed through the Hope, Control and Choice Joint Commissioning Group and Mental Health Strategy Implementation Group.

Key achievements identified across work programmes that have contributed towards delivery of strategy objectives during 2016-17 are outlined in appendix A of this report, and include the following:

Public Mental Health

- Public Health have awarded grants to organisations across the county for Mental Health First Aid (MHFA) and ASIST (Applied Suicide Intervention Skills Training) instructor training and course delivery, which is part of local suicide prevention strategy. As a result of the grants 7 new MHFA and 10 new ASIST trainers have been trained, and 191 people have attended either a MHFA or ASIST trainer delivered course.

Children & Young People

- A new County-wide School Mental Health and Wellbeing Service has been implemented and is being delivered by Compass. The service aims to provide support to schools to develop a whole school approach to positive mental health, and improve early identification and access to support.

A key risk for the project is the large geographical area the project will have to cover and service will be offered based on need. An audit of schools will be completed to identify where the need is initially.

Improving Access to Psychological Therapies

- Harrogate and Rural (HaRD) CCG have obtained national monies (300K) to implement an IAPT service dedicated to people with long-term conditions.
- Harrogate have also been nominated for a national award following the introduction of IAPT working in the maternity department at Harrogate Hospital.
- All North Yorkshire CCG's except Vale of York (VoY) have met IAPT prevalence targets.

Crisis Care

- TEWV has secured funding through the Tier 4 vanguard to support the delivery of crisis response and intensive home treatment for children and young people in North Yorkshire and York.
- Vale of York Clinical Commissioning Group have successfully bid to receive funding of £498K from NHS England to bolster liaison mental health services, in order to deliver prompt access to care 24/7.
- North Yorkshire Police has awarded £9.5K to the Major Incident Response Team to develop further MHFA and ASIST.

Social care

- The fourth round of Innovation Fund awarded grants in January 2017 for delivery of 8 early intervention and prevention projects, including 6 which are specifically targeted towards mental health.

- 2.2 Intelligence from a range of sources, including Mental Health Forums, Service User Involvement Groups and professionals indicates that there is the need for more investment into early intervention and prevention, and low level community mental health support across all North Yorkshire localities. In addition it has been identified that the NYCC Living Well Service has been receiving referrals for and providing support to significant numbers of people with mental health issues across all districts of North Yorkshire. This need for support has been identified by the Living Well Service as being highest in the Scarborough Borough Council area.
- 2.3 There has been ongoing engagement with local Mental Health Forums and other mental health interest groups throughout 2016/17. In order to widen the range of expertise to inform the ongoing strategy development, the membership of the Mental Health Strategy Implementation Group has been expanded to include representation from mental health forums and TEWV Service User Involvement Groups.

3.0 Priorities for delivery and further development in 2017-18

- 3.1 The delivery plan for the mental health strategy has been reviewed and refreshed for 2017-18 delivery by members of both the Hope, Control and Choice Joint Commissioning Group and Mental Health Strategy Implementation Group.

Key activity planned for 2017/18 includes:

NYCC Health and Adult Services (HAS) Mental Health Review

During 2017-18 a review will be led by NYCC Health and Adult Services (HAS) to use our current resources better, and to design and implement a Social Care Mental Health offer that meets the needs of the North Yorkshire population, covering both in-house and commissioned service provision.

The aim is to ensure a focus on prevention and recovery within these services and to offer support to enable people with mental health needs to live the full life that the Hope Choice and Control strategy aims to deliver.

An initial review of HAS in-house provision has already been completed and has resulted in a new management structure. The service is still delivered in an integrated way with health provision but with a stronger focus on the social care contribution to mental health. An engagement exercise will commence in July to involve people using services, their carers, current and potential

providers in what a Social Care Mental Health offer in North Yorkshire should look like.

The final model will inform re-commissioning of current voluntary and community sector services, and the development of HAS in-house service provision.

Public Mental Health

NYCC Public Health have commissioned an organisation ICE Creates to deliver a targeted wellbeing campaign. ICE Creates are currently engaging with local stakeholders and looking to recruit people to take part in the initial research and co-design of the campaign.

NYCC Public Health has been working with the national Time to change anti stigma campaign and has awarded a contract to Scarborough survivors to deliver an anti-stigma programme. The service will adopt a social contact model to administer small community grants for anti-stigma activities and co-ordinate the involvement in service users.

The public health approach “Making Every Contact Count” (MECC) is complementary to the mental health agenda in that the five topics covered in the training include mental health and wellbeing.

NYCC employees have been able to undertake MECC training since September. A second stage roll-out has commenced and is using a train the trainer approach to target the wider Public Health workforce. Participants on this second phase MECC training will attend a RSPH (Royal society of Public Health) accredited knowledge and skills training course, which will help them develop skills and knowledge to have ‘healthy’ conversations with the public. Following this they will use course materials to practice deliver elements of the MECC course to their work colleagues. Local mental health organisations will be encouraged to participate in the phase 2 delivery.

A Public Mental Health Group has been established and is being led by NYCC Public Health to support delivery of early intervention and prevention objectives across the North Yorkshire Mental Health Strategy. This group will explore opportunities to improve access to early intervention and prevention across North Yorkshire, taking into account other work that is already being undertaken regarding this on a strategic level and in local communities.

Children and Young People

The Social, Emotional and Mental Health (SEMH) steering group priorities will include progressing the following pieces of work:

- The development of a workforce strategy
- Establishing routes for co-production
- Establishing a coherent perinatal mental health offer
- Implementing the School Wellbeing Project
- Implementing the SEMH Partners In Practice extension embedding 'No wrong' door principles to a particular co-hort of children
- Re-modelling of locality Special Educational Needs and Disability (SEND) Social Emotional and Mental Health provision

Crisis Care

Work is ongoing towards the implementation of an all age 24 hour, seven day week service, to be called the North Yorkshire Mental Health Crisis Service.

CCGs are working closely with the provider trust TEWV on the pilot for New Models of Care for crisis support and intensive home treatment (IHT) for children and young people. This project is establishing a model based on planned and unplanned care, with the crisis team 'holding' urgent cases until and after assessment and decisions regarding care and treatment. The service will be open daily seven days per week.

There has been a successful bid to the Department of Health for a York safe haven, with £178K allocated to refurbish Sycamore House. This is expected to launch October 2017

Improving Access to Psychological Therapies

Achievement of IAPT targets remains a priority for all North Yorkshire CCG's.

In response to performance concerns a VoY CCG action plan has been developed which aims to deliver sufficient capacity to meet and sustain the 16/17 prevalence target of 15%, achieve the 50% recovery target, and to reduce the existing backlog of patients waiting for second appointment (treatment modalities) to an acceptable level.

Engagement and co-production

Further work will also be undertaken during 2017-18 to develop engagement and co-production as part of the strategy, in order to build upon what is already in place and working well throughout the County- including the TEWV engagement approach.

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Appendix A: Summary of key HC&C achievements 2016-17

Work programme	Activity	Achievements / Expected benefits
Public Mental Health	<p>Public health have awarded grants to organisations across the county for Mental Health First Aid (MHFA) and ASIST (Applied Suicide Intervention Skills Training) instructor training and course delivery, which is part of local suicide prevention strategy.</p> <p>In May 2017, the public health team commissioned an organisation to develop an evidence based campaign to promote mental health promotion techniques including the 'Five Ways to Wellbeing'.</p>	<ul style="list-style-type: none"> ➤ 7 new MHFA trainers in North Yorkshire ➤ 10 new ASIST trainers in North Yorkshire ➤ 6 ASIST courses delivered (83 participants) ➤ 5 MHFA courses delivered (108 participants (total = 191)) ➤ Overall aim is that MHFA/ASIST training will be delivered to 700 individuals across the county
Children & Young People	<p>Implementation of the School Mental Health and Wellbeing Service, being delivered by Compass. The service aims to provide support to schools to develop a whole school approach to positive mental health by delivering tiered training to school staff and key partners, followed up by expert professional consultation, coaching and mentoring to education staff on</p>	<ul style="list-style-type: none"> ➤ Service aims- to improve early identification and improve access to support. ➤ All 370 schools/colleges/PRS' in North Yorkshire were contacted and sent the service factsheet. All schools that provided lead contact information received a follow-up email from the project requesting further data for the school matrix to ensure service can meet the specific needs of the schools. At the current time 52 schools/colleges/PRS' have provided this information

	<p>the use of brief interventions and targeted group work.</p> <p>Eating disorder offer (FiM funded), delivered by CAMHS service.</p> <p>A DfE strategic plan for specialist education provision & improved outcomes for children with SEMH difficulties.</p>	<ul style="list-style-type: none"> ➤ Tiered Training - The Wellbeing Workers are receiving 'train the trainer training' ➤ Will bring access and waiting times in line with national expectations. ➤ The community eating disorder service for children and young people has been commissioned through Tees Esk and Wear Valley NHS Foundation Trust. The service is available Monday-Friday 5 days a week, 9am-5pm, and is delivered in the community through the hub and spoke model, working in partnership with locality based CAMHS teams. The Harrogate and York hubs are fully operational and the service is delivered at the Scarborough & Northallerton 'spokes' once a week. ➤ To build a support team around schools that can prevent exclusion and improve outcomes for children and young people with SEMH difficulties. A 'Deep Dive' report updating on the progress of this service is due at the end of Aug 17.
<p>Improving access to psychological therapies</p>	<p>Work on developing IAPT (Increasing Access to Psychological Therapies) services) across all CCG's.</p> <p>Harrogate CCG were successful in bidding for national monies (300K) to</p>	<ul style="list-style-type: none"> ➤ Harrogate/Scarborough and Ryedale and Hambleton, Richmondshire and Whitby CCGs all saw an increased performance in IAPT during 2016/17. All met the prevalence, 6 and 18 week targets. Hambleton, Richmondshire and Whitby CCG and Harrogate CCG met the national recovery target and Scarborough saw their recovery rate increase from the outset of 2016/17.

	<p>implement an IAPT service dedicated to people with Long-term conditions.</p> <p>BDCFT successfully bid for £48k funding to improve IAPT recovery rates. The monies were used to:</p> <ul style="list-style-type: none"> • Replace existing Stresspac psycho-educational courses with StressControl • Implement and publicise the SilverCloud online platform for computerised Cognitive Behaviour Therapy. • Subcontract The Cellar Trust to recruit Peer Support Workers to take telephone and online self-referrals. <p>VoY CCG action plan developed in response to performance concerns</p>	<ul style="list-style-type: none"> ➤ Harrogate have also been nominated for a national award following the introduction of IAPT working in the maternity department at Harrogate Hospital. ➤ Improve IAPT recovery rates ➤ Airedale, Wharfedale and & Craven CCG continues to maintain recovery rate well above the national target of 50% <ul style="list-style-type: none"> ➤ Plan objectives: to deliver sufficient capacity to meet and sustain the 16/17 prevalence target of 15%, achieve the 50% recovery target, and to reduce the existing backlog of patients waiting for second appointment (treatment modalities) to an acceptable level.
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<p>Crisis Care</p>	<p>TEWV has secured funding through the Tier 4 vanguard.</p> <p>Vale of York Clinical Commissioning Group have successfully bid to receive funding of £498K from NHS England to bolster liaison mental health services</p> <p>North Yorkshire Police has awarded £9.5K to the Major Incident Response Team to develop further MHFA and ASIST.</p> <p>Crisis Care Concordat looking at 136 information sharing between partners, availability of Section 12 doctors, AMHPs and issues relating to transport.</p>	<ul style="list-style-type: none"> ➤ To support the delivery of crisis response and intensive home treatment for children and young people in North Yorkshire and York ➤ To deliver prompt access to care 24/7. ➤ Increased capacity and capability in MHFA and ASIST ➤ Urgent and emergency access to crisis care - making sure that a mental health crisis is treated with the same urgency as a physical health emergency. Quality of treatment and care when in crisis - making sure that people are treated with dignity and respect, in a therapeutic environment. Recovering and staying well - preventing future crises by making sure people are referred to appropriate services.
<p>Social care</p>	<p>The fourth round of Innovation Fund has awarded grants in January 2017 for delivery of 8 early intervention and prevention projects, including 6 which</p>	<ul style="list-style-type: none"> ➤ Innovation Fund round 4 projects are being evaluated on the following: <ul style="list-style-type: none"> - Reduction in social isolation/loneliness - Increased wellbeing

	<p>are specifically targeted towards mental health.</p> <p>Mental health review A strategic review of HAS mental health services will begin in July 2017 with the aim of developing a distinct Mental Health Social Care offer for North Yorkshire. The overall offer will include HAS in-house services and commissioned services.</p>	<ul style="list-style-type: none"> - Social return on investment <p>The round 4 evaluation report will be completed by Dec 17.</p> <ul style="list-style-type: none"> ➤ The aim is to ensure there is a NY distinct social care mental health offer which meets local needs and is based on prevention and recovery.
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