

# West Glamorgan Regional Partnership



## Together For Mental Health Annual Statement 2019

### INTRODUCTION

Together for Mental Health is the Welsh Government's 10 year strategy to improve mental health and well-being in Wales. Published in October 2012, following significant engagement and formal consultation with key partner agencies, stakeholders, services users and carers, it is a cross-Government strategy and covers all ages. It encompasses a range of actions, from those designed to improve the mental well-being of all residents in Wales, to those required to support people with a severe and enduring mental illness.

Actions identified in the second Delivery Plan, covering the 2016-2019 period, require a cross-cutting approach, and are implemented jointly by partners, including Welsh Government, health boards, local authorities, third and independent sectors, education, public health Wales, police, fire, ambulance and others. The Delivery Plan is overseen by the National Partnership Board, and there is a Local Partnership Board in each area.

This public-facing report represents the annual statement that is produced in November each year by local partnership boards, for the October 2018- October 2019 period. The report has been co-produced with service user and carer representatives, and is a summary of progress to date against the actions. The document also provides an overview of future priorities. The third and final delivery plan will be published in autumn 2019 and will cover the final period of the 10 year strategy, until 2022.

The 2016-2019 Delivery Plan can be found at:

<https://gweddill.gov.wales/docs/dhss/publications/161010deliveryen.pdf>

### CONTENTS

- LPB Activities.....2
- Co-production and Third Sector.....3
- Key Achievements and Impact Children.....5
- Key Achievements and Impact Adults.....7
- Key Achievements and Impact Older Adults .....10
- Transformation Projects..12
- Future Directions.....14

## 2. West Glamorgan Partnership Activities



During the last 12 months there has been lots of change as our regional footprint has changed to being the geographical area of Neath Port Talbot and Swansea. With this change our Wellbeing and Mental Health Board and Children and Young People's Emotional and Mental Health Planning group have been strategically aligned to the Adult and Children & young People's Transformation Boards of the newly formed West Glamorgan Regional Partnership Board.

This reflects the importance of mental health within the regional partnership as well as the significance of working across statutory and third sectors to deliver change that needs to be transformative. Throughout the year we have:

- ❖ Agreed the priority areas for transformation and modernisation
- ❖ Developed the deliverables as part of the transformation programme
- ❖ Discussed on the development of an adult inpatient capital project
- ❖ Considered future demand modelling and optimum model
- ❖ Discussed 'County Lines' and substance misuse from the Critical Incident Group
- ❖ Reported on the delivery of previous years identified service improvements
- ❖ Discussed increasing involvement in health and social care training
- ❖ Outlined changes to older peoples mental health services and dementia care
- ❖ Discussed Psychological therapies and Care and treatment planning
- ❖ Addressed the implications of NHS boundary changes
- ❖ Regularly addressed service user and carer feedback and actions

As can be seen in some of the topics discussed and actioned within the Wellbeing and Mental Health Board, there is an ambitious transformation and modernisation agenda and programme afoot within the West Glamorgan Regional Partnership footprint which is addressed further in future actions.

### 3. Co-Production & Third Sector Engagement



On October 10th, the Health Board along with third sector partners co-designed and held an event in the LC2 Swansea as part of **World Mental Health Day**. There were over 75 information stands ranging from local support groups to charities to wider NHS and statutory services. Information stands offered advice, support and information to promote mental well-being. Alongside the information stands there were guest speakers and workshops

*'I have been struggling recently, and I now feel reassured there is support out there to help me and I am not alone – thank you'.*

covering numerous topics such as: wellness, de-escalation of crisis, signs of and approach to suicide, and relaxation techniques. The event was attended by over 650 people throughout the day and received very positive feedback:

\*\*\*



Swansea Bay Health Board, Hafal, and Swansea Cares Centre came together to organise **a listening event** on the 26<sup>th</sup> April 2019 at the YMCA Swansea. It was attended by carers, people who have used services, service reps and Swansea Bay HB staff. Feedback was given about Swansea Bay Health Board Inpatient mental health services included actual complaints, compliments, incident forms and internal and external review forms. The information gathered was used to suggest improvements and actions that the HB could then communicate to its services to shape addressing

improvements or continuing good practice. A report was generated and shared with locality and service managers whilst recommendations were presented to the Units senior leadership team to develop, agree and implement an action plan. The Mental Health and Learning Disability unit will roll out Listening Event using feedback in all its localities by April 2020



\*\*\*



The **Mental Health and Wellbeing Volunteer Project** facilitates a self-referral coffee group where those with a history of mental ill health can meet in a supportive environment, free from judgement at coffee shops

around Swansea. The group is run by volunteers, some of whom have accessed mental health services themselves and is supported by staff at SCVS. The strength of the group lies in its members being open and welcoming to new members, enabling new members to form friendships in their own time, in a safe, informal space; thus reducing loneliness and isolation.

\*\*\*

The NPTCVS and SCVS **Mental Health and Emotional Wellbeing Forum** provides appropriate collective responses to Local Authority consultations which focus on the delivery of a broad range

of mental health and wellbeing services. This gives a formal mechanism in which people can be fully involved within service development. Whilst there has also been a relaunch of the NPT Mental Health Service User Network. NPTCVS also held 9 meetings with 44 service users in Ward F for a **coffee and chat** to gain feedback from patients on the ward, to introduce other organisations onto the ward to fulfil a scaffolding of support for service users while on the ward and for when they are ready to leave the ward.

\*\*\*

South Wales Police in collaboration with Together for Children and Young Persons services (T4CYP) developed **podcasts** of 3 children and young persons who experienced mental illness. The podcasts illustrated reoccurring themes, patterns of illness, how they wished to be treated and sharing their journey on the road to recovery. The podcasts have been disseminated within South Wales Police for further development as training aides for police officers and support staff

\*\*\*

The **Penderi Young People's Wellbeing Project (PYPWP)**, offers a brief intervention service integrated within GP surgeries for 11-25 year olds. SCVS is working in partnership with Penderi GP Cluster to deliver this pilot project which commenced in July 2019. It connects people to non-medical sources to improve their health and wellbeing, which can include referral to therapeutic interventions, activities, opportunities or connections to community groups and voluntary organisations. The project was intended to support young people with low level mental health concerns, however, PYPWP has uncovered high levels of ACEs/traumatic experiences both current and historical. This has enabled GPs to have a more in-depth understanding of their patient's background, provided a deeper overview of their current mental health and supported them to make more informed referrals, where necessary, to statutory mental health services.

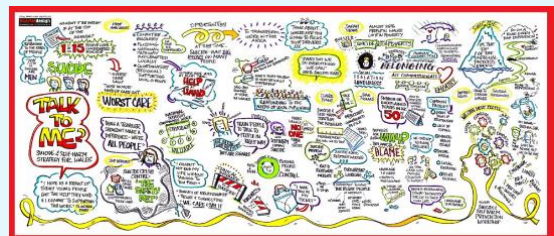
\*\*\*

**Life Project Launch** – NPTCVS provided Support to Port Talbot and Afan Women's Aid and their Big Lottery funded (now known as National Lottery Community Funding) Life Project Launch. The event was an opportunity for women living across Neath Port Talbot whose mental health has been affected by past experiences of domestic abuse to come together, form friendships and join a survivor's network. The event was a great success with a fun afternoon being had by all.

***"Everyone was so friendly and it was lovely to meet new people. The vintage cakes were amazing and the therapist was so interesting, loved every minute of it. Thanks for letting me be a part of the launch, means the world to me. Looking forward to more events to follow."***

\*\*\*

A workshop event was held by Public Health Wales (PHW) in March 2019, to start a conversation around suicide locally and garner support to take collective action to address the issue of suicide across Swansea Bay. The event was attended by 75 people and brought together a wide range of agencies, stakeholders, and individuals with lived experience. A Multi-agency Action Group was convened to lead on the development of an integrated action plan to inform and direct collaborative action for Swansea and Neath Port Talbot. The plan, is being co-designed, co-produced and co-delivered by key agencies and will engage those with lived experience in the development of actions.





## 4. Key Achievements & Impact: Children & Young People

In relation to access Swansea has only been an outlier with children & young people waiting longer, however this position improved during 2018/19, and CAMHS are aiming to close the gap during 2019/ 20. Increased liaison work by CAMHS has been positive particularly the role of the specialist CAMHS nurse within the local authority single point of access teams. The feedback from professionals working within the teams has been extremely positive, and a stabilisation of the CAMHS workload has been seen as a result.

The addition of a CAMHS liaison officer has had a positive impact on the outcomes for children and young people referred to Children's Services as there is a more "wrap around" type service available from the outset. When assessments are undertaken, both practitioners and families are able to consider the holistic needs of the family, including what, if any, emotional and/or mental health support a child requires. This ensures they are getting the right support, at the earliest opportunity.



\*\*\*

South Wales Police in collaboration with Together for Children and Young Persons services (T4CYP) developed **podcasts** of 3 children and young persons who experienced mental illness. Feedback from children has been great and encouraging and further work is a foot to develop this.

\*\*\*

Swansea Bay UHB now have an improved understanding of what the issues are for children & young people and the challenges are for CAMHS as a service. This has allowed Swansea Bay UHB to support CAMHS, by developing a 3 year strategic vision including the implementation of a single point of access. S-CAMHS delivered the 80% compliance target at the end of March 2019.

\*\*\*

The SBUHB Neuro Developmental Disorder (NDD) service was launched for children and young people in April 2017 in response to Welsh Government guidance on neurodevelopmental service delivery in Wales, with the purpose of providing assessment and diagnostic services to children and young people (CYP) with Autistic Spectrum Disorder and ADHD. The NDD team have worked with stakeholders to develop evidence-based pathways, assessment frameworks and ongoing professional development tools to ensure that all children and young people within the ABM UHB footprint are able to access appropriate, robust and timely assessments with specialist clinical staff.

The team are working to improve where possible, ongoing pressures on waiting times and the inability to provide a more in depth post diagnostic programme, and these themes from the feedback questionnaires align closely with common themes from formal and informal

concerns. Compliance against the Welsh Government target in October 2018 to 76%. In 2019/20 the NDD team will make efforts to improve access for children & young people.

\*\*\*



The Penderi GP Cluster recognised the demand for a service for families to provide advice on issues such as parenting, anxiety, wellbeing, developmental and behavioural issues and has developed the Primary Care Children and Families' Wellbeing team.

Following the first phase of the project, all participants showed increased levels of wellbeing, improved confidence, resilience and better relationships. Feedback from families and GPs has been extremely positive, and the Team won the NHS Wales Awards 2019, for its work to reduce the impact of adverse childhood experiences in one of the most deprived areas of the city. They have also been shortlisted for the Cluster innovation awards.

\*\*\*

School Based Counselling Services are available from Year 6 to Year 13, a cohort of new ELSA's being trained to deliver this and by the end of the academic year 2019-2020 there will be 112 ELSA trained staff in NPT schools. School Based Counsellors work in collaboration with schools and other agencies when appropriate. The Young Peoples Mental Health Forum continues to develop. Representatives from every secondary school, meet every 6 weeks. Projects and ideas that the group have been working on include the development of mental health workshops, an emotional 1 page profile for schools, a mental health questionnaire, the organising of emotional awareness day within schools, the design of posters, poems and leaflets, the development of support groups in schools, Strong Not Silent Campaign and they are also planning a conference in January.

\*\*\*

Swansea Women's Aid Children & Young People's Service (CHYPS), who support young people aged 5-18 who have experienced domestic abuse have started running courses for children. They have started two courses this year: the S.T.A.R (Safety, trust and respect) and a Play Therapy Pilot which provides intensive support for 20 sessions for school children who are still struggling to manage the longer term impacts of their experiences. The courses have had good feedback so far.

## 5. Key Achievements & Impact: Adults

During the year we have continued to hit all access targets set by Welsh Government in relation to the Mental Health (Wales) Measure 2010. This includes ensuring that people referred to the Local Primary Mental Health Support Service wait no longer than 28 days for assessment and that all people receiving secondary mental health care have a valid care and treatment plan that has been reviewed as a minimum in the last 12 months

We have also been successful in reducing the number of people waiting for high intensity psychological therapy from 1300 people waiting over 2 years to no-one waiting more than 26 weeks.

Other areas of progress include

- ❖ As part of the areas cluster transformation programme, a pilot designed to enhance the quality and accessibility of mental health services within Primary Care will be trialed within 4 Clusters across SBUHB. Mental Health Practitioners will be part of a new service providing an early intervention service for patients who wish to access Mental Health professional expertise in a timely manner in their local surgery.
- ❖ The multi-disciplinary care home in reach team (CHIRT) was developed so that residents in local care homes have easier access to mental health services. Due to their age and sometimes frailty they may be unable to attend appointments but are now able to access services in their own home.
- ❖ Strengthened the workforce in relation to early intervention and to further develop the skills of the existing workforce through additional registered practitioners.
- ❖ Secured funding from Welsh Government to implement the Mental Health strategic framework
- ❖ Enhanced Perinatal service and PRAMS to offer specialist services in line with Welsh Government guidance
- ❖ Extended Psychiatric liaison service to general hospital emergency departments to 10pm 7 days per week
- ❖ Enhanced early intervention in Psychosis service and undertook self-assessment as part of the EIP network to provide a benchmark for improvement.

### **KEY HIGHLIGHT**

The CREST Recovery College will support individuals with experience of mental health issues to assist in living the life they want to lead and become experts in their own self-care. An educational approach will be used to improve health and to compliment care and treatment offered by Swansea City Council and SBHB. The college offers strengths based course designed to contribute towards wellbeing and enable hope, control and opportunity in all students.

All Courses will be co-produced and co-delivered by individuals with lived experiences of mental health challenges alongside tutors with mental health experience, providing a shared learning environment.

Supporting the Recovery College to achieve their aims, Swansea University, Gower College and UWTSD have agreed to offer further educational courses that individuals might apply for to assist with their personal goals or act as potential steps to higher

## **Liaison Psychiatry Service Receives National Accreditation from the Royal College of Psychiatrists**

The Department of Liaison Psychiatry, based at Morriston Hospital, are celebrating their success as the only Liaison Psychiatric Service in Wales to be accredited by the Centre for Quality Improvement at the Royal College, following a comprehensive review of service standards.

Following funding from Welsh Government in 2016, the team increased hours of service, staffing levels and scope of practice to improve mental health care and treatment in our General Hospitals. Clare Pressdee, Liaison Psychiatry Manager, committed to an ambitious service development plan to attain Royal College accreditation by involving all team members.

As part of the accreditation process, a panel of reviewers from the Royal College talked to team members, General Hospital staff, patients and carers. Their principle task was to benchmark the Royal College standards against the teams practice. They also visited the Emergency Department paying particular attention to the environment and its suitability for those attending with mental health problems. This resulted in Liaison acquiring a purpose built assessment room in the Emergency Department, which allows privacy and dignity for patients.

As members of the Accreditation Network Liaison staff members have been trained to visit and review other Liaison services in the UK thus bringing ideas and best practice back to Swansea Bay UHB.



## Update from the Psychological Therapies Management Committee

The Swansea Bay Psychological Therapies Management Committee (PTMC) works in close partnership with the National Psychological Therapies Management Committee (NPTMC) which is hosted by Andrea Gray Mental Health Development Lead at Public Health Wales. The Chair of the NPTMC is Melanie Davies, Vice Chair of Powys Teaching Health Board. Within Swansea Bay the PTMC reports to the Health Board's Quality and Safety Forum.

The Chair of Swansea Bay PTMC is Christine Morrell Deputy Director of Therapies and Health Science, the Vice Chair is Nicola Massie Lead for Psychological Therapies MH&LD DU.

Over the past 12 months the PTMC has

- Worked closely with the NPTMC which is attend by Vice Chair PTMC forging links with other Heath Boards
- Progressed within the Health Board the National Plan for the Delivery of Matrics Cymru (2018) including collection of information to map services providing psychological therapy across the Health Board
- Refreshed the terms of reference to ensure close alignment with the NPTMC terms of reference
- Refreshed membership to enable effective partnership working across the Health Board
- Ensured job matching of new all Wales job descriptions for Psychological Therapists
- Overseen bids to Welsh Government for monies to increase the pace of access to psychological therapy in MH&LD and the development of a Child Psychology service in Health Psychology.
- Vice Chair has visited Delivery Units to advise on the role and function of the PTMC and support with mapping project
- Vice Chair has liaised with All Wales Traumatic Stress Quality Improvement Initiative and become the Quality Improvement Lead representing the Health Board.

## 6. Key Achievements & Impact: Older People

### Key Highlight:



#### The Derwen Arms

Men who used to meet up in the pub after work are still enjoying their evening pint even though they are in a hospital dementia ward. Located within Derwen Ward, an all-male assessment unit in Swansea's Cefn Coed Hospital for men with a diagnosis of dementia, it has proved hugely popular since its official opening late last year. Despite its location on a men-only ward, the patients are often joined by their wives for a social evening. The Derwen Arms hosted its first Valentine's Day supper for both patients and guests.

**"It's about trying to normalise things they were doing before they came into hospital. The reaction has been huge. They're socialising well. They have a day area and they use it, but they often ask us when the pub is opening."**

There is evidence that the quality of care and patient engagement have improved, and pharmacological intervention has reduced as a result of this initiative.

Swansea Council Voluntary Services are responsible for the launch of a new social group for people living with dementia in Swansea. Forgetful friends was launched after Elaine, whose husband has been diagnosed with dementia, realised that there was a need for such a support group in the Cwmtawe and Llchwyr areas of Swansea. Since the group has launched, they now have a regular 24 members with varying degrees of dementia.

#### Swansea North Dementia and Carer Project

The project offers advice and support to anyone concerned about their memory, or of a family member or friend, and also to carers of someone living with dementia in the Cwmtawe and Llchwyr cluster areas. Success in 2019:



The Dementia and Carer Project Worker has:

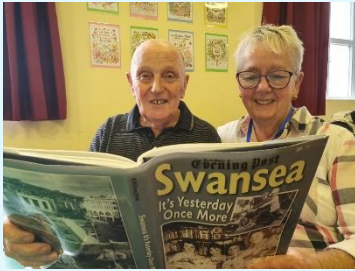
- ❖ Received over 50 referrals from GP practices, 3<sup>rd</sup> sector organisations and carers themselves.
- ❖ Information and support has been provided for issues such as Blue Badge applications, Council Tax reduction.
- ❖ Volunteers have been recruited to befriend people living with dementia and provide social support by going out for coffee, joining a social group, attending Musical Memories or just visiting at home for a chat.
- ❖ Several coffee morning have been held for carers and, as a result, a new weekly social group called Forgetful Friends commenced in August and now has 35 members.
- ❖ 17 Dementia Friends sessions have been held and 200 Dementia Friends created.
- ❖ Over 70 staff from the GP Practices attended training on the Virtual Dementia Tour Bus and now feel better informed to identify and support people living with dementia.

\*\*\*

#### Forgetful Friends

Elaine Rees, a retired nurse, together with





**“My husband Brian has had dementia since 2014. I’ve seen a big deterioration in the last six months, but something like this, he looks forwards to. He doesn’t remember where he’s going but when he gets here, he enjoys it. That’s what it’s all about. It’s nice when you see a spark and the eyes come alight. It’s a wonderful feeling to see that happen.”**

\*\*\*

### **New Walking Hockey Team**



Older people with memory difficulties in Swansea are more active and steadier on their feet after signing up to a new walking hockey team. The team was set up by the community mental health physiotherapy service in January 2019 and offers exercise in the community for older people with cognitive impairment. The exercise is attached to the end of the existing cognitive stimulation therapy (CST) sessions, for 45 minutes to an hour, once a week.

The aim was to help improve balance, mobility and posture of older people – which many with cognitive impairment often struggle with, doubling the risk of falls. Results revealed that general balance and function had improved and the number of falls the patients were experiencing had dramatically reduced.

After some discussion with the patients and nursing staff, Hockey was then chosen by the patients. The benefits of a team sport, as said by specialist mental health physiotherapist Hara Hagikalfa said: **“The idea was that the team sport will require more advanced motor skills and cognitive skills such as planning and negotiating than the initial exercise group.**

Since the launch of this initiative, the team have been introducing some of the patients to Bikeability Wales based in Dunvant, where they enjoyed cycling in side by side bikes along the cycle path. This is great for not only physical exercise but their mental well-being too.



## 7. Transformation Projects

We have targeted funding made available in 2019 by Welsh Government at the following priority areas

- Expansion of Primary CAMHS to provide increased capacity and a more robust team structure
- Increased resource in psychological therapies input into Primary CAMHS
- Integration of primary and secondary CAMHS through the implementation of a Single Point of Access
- Increased CAMHS Crisis Staffing expanding the hours of operation to midnight
- Expanding the Perinatal MH service workforce
- Building on last year's investment to further broaden the range of Psychological Therapies
- Implementing a Single Point of Access for Primary and Secondary Mental Health services for adults.
- Addressing inequalities in Health and delivering specialist mental health pharmacy service in community settings
- Developing a cluster based Social Prescribing service
- Development of flexible step down provision for people from adult acute inpatient services.
- Improving our capacity for involvement of Service user and carers in training and gathering experience feedback to improve services
- Expanding the Eating Disorders workforce in advance of the reviewed service model

In addition we have been working collaboratively on other service developments including:-

- ❖ **Mental Health Triage Call Centre Pilot.** In response to the growing demand of Mental Health related occurrences upon South Wales Police (SWP) and the need for better outcomes for the person, a joint project has developed the Mental Health Triage Pilot within the SWP Public Service Call Centre. The triage team consists of community psychiatric nurses seconded from the three health boards and can take over on phone calls from persons requesting help and help/advise/signpost/intervene as appropriate as well as speaking directly to frontline officers to assist and advise. SWP have seen a reduction of two-thirds of people with mental health issues in custody, a reduction of 86% in repeat callers to mental health triage team, a 13.6% reduction in the amount of Section 136's compared to the previous year, and also anecdotally Officers reporting reduced anxiety due to the impact of the pilot.
- ❖ **Mental Health Crisis Sanctuary Service.** Alongside the National Crisis Care Concordat, it was identified there was a need for an out of hour's crisis service for those not experiencing an acute

disorder. A project team has developed a specification for a service which will be delivered by third sector to offer an out of hours, appointment non-accommodation based service, operating out of hours which will provide somewhere to turn to for people who are experiencing a social/emotional crisis, anxiety, panic attacks, depression and/or having suicidal thoughts. It will do this by providing non-clinical therapeutic support to people in Mental Health Crisis in a calming and safe environment. This will enable individuals to de-escalate and deal with the factors/issues affecting their crisis and identify coping strategies to increase their resilience. The specification shall shortly be going to tender to be procured by a third sector Organisation and has a go live date of March 2021.

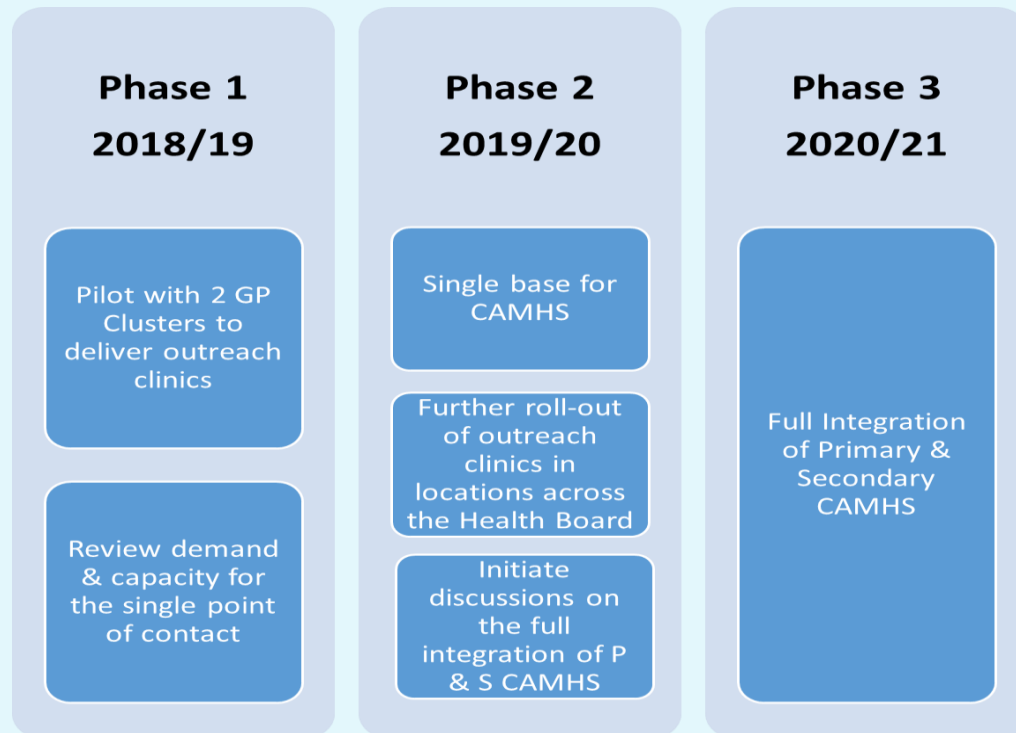
- ❖ **Primary Care Cluster Transformation Mental Health Practitioner Pilot.** As part of the areas cluster transformation programme, a new service designed to enhance the quality and accessibility of mental health services within Primary Care is being piloted. The new service will provide mental health and wellbeing expertise alongside GP's and will focus on "what matters" conversations with patients to assess their overall wellbeing and what can be done to increase their resilience. It is primarily tasked with providing GP's with additional expertise within a triage access model, giving patients access to a mental health professional quickly and effectively.
- ❖ **Development of flexible step down provision for people from adult acute inpatient services.** It is recognised that inpatient care is likely to come under increasing pressure with population growth and along with other developments to offer alternatives to hospital admission. Through a block purchase of capacity and a specific pathway agreement, the creation of in-patient capacity at times of greatest demand will be enabled by placing suitable patients on leave to Llanfair House. This will allow capacity for the admission of people with greater acuity and risk to be admitted and managed within a hospital setting whilst also providing an environment that can support skills development or rehabilitation prior to discharge home.



## 7. Future Directions

### Child & Adolescent Mental Health Services (CAMHS) – Strategic Vision

Aligning services through a single point of access which will provide all professionals working with children and young people with access to advice, consultation, collaborative diversion, joint working and referral into any part of CAMHS as appropriate. In 2018/19 plans were agreed between Swansea Bay University Health Board and Cwm Taf Morgannwg University Health Board to implement the three year strategic vision for the Service as highlighted below:



The benefits of the integrated model include:

- ❖ The current three small CAMHS Teams operating as a single team across Swansea and Neath Port Talbot, so improving the resilience of the service and reducing variation in access to services across the area;
- ❖ Improved access for patients with shorter waiting times;
- ❖ Advice and support for professionals;
- ❖ Appointments delivered at non-stigmatised outreach accommodation;
- ❖ CAMHS staff organised so that vacancies do not impact so significantly on performance;
- ❖ Consistent decision making on assessment of referrals to reduce the risk of children and young people 'bouncing' around the system;
- ❖ Compliance with Welsh Government targets.

## Strategic Framework for Adult Mental Health

Our ambition for improving the emotional and mental wellbeing of our population is to maximise independence through a strengths based model that supports choice and responsibility, working alongside people and families within community settings or **'my home first'** with hospital based care the exception rather than the norm.

We aim to effectively support some of the most disadvantaged and vulnerable individuals in our society who are known to be poorer than the general population due to their increased likelihood of experiencing poverty, poor diet, less exercise and use of tobacco, alcohol and/or illegal substances. Additionally, people with severe mental illness or learning disabilities also experience significant health inequalities often as a consequence of difficulties they experience in accessing timely, appropriate and effective health care.

Our ambition is to deliver services that minimize these barriers to good mental and physical health by supporting people directly to access **'the right care, by the right person, at the right time'** and to ensure we make reasonable adjustments in how we provide health services so that people have equitable access and outcomes.

The achievement of our ambitions are dependent upon working as **'one system'** to effectively joint commission and work **'better together'** with local authorities, people with lived experience, carers, other public services and the third sector.

The Health Board and Local Authorities within the West Glamorgan region have agreed that their mental health services for adults and older people need to be transformed to provide modernised, integrated services, aimed at earlier intervention with a focus on prevention. This will be achieved by delivering a range of services which are available to everyone experiencing mental health problems, irrespective of the severity, aimed at prevention and earlier intervention. Services should stop problems occurring or getting worse which will affect people's mental health as well as providing earlier support for people whose mental health is deteriorating. This includes options to help people be confident to deal with problems themselves as much as possible and more complex interventions and approaches reserved for addressing more complex needs. The following priority areas have been agreed as a partnership for development over the coming years:

- Increasing partnership/integrated working across West Glamorgan (pooling budgets, aligning services, jointly planning, commissioning and procuring services)
- Ensuring up to date, easily accessible information is available for service users, carers and professionals on the help and support services available
- Developing a single point of access for people requiring mental health services
- Strengthening progression pathways that prevent hospital admissions and promote early hospital discharge
- Delivering a strategic approach to ensure individual outcomes are met

- Strengthening the transition process
- Supporting people and carers in ways that promote independence
- Developing localised community support networks
- Developing a range of prevention and preventative action that individuals, communities and organisations can take within their community
- Developing modern accommodation models
- Ensuring help and support packages are tailored to the needs of the individual and are reviewed appropriately
- Modernising day services
- Promoting and increasing the uptake of Direct Payments where appropriate
- Developing and strengthening support for people with substance misuse issues, particularly our prison population
- Developing clear pathways for people with dementia
- Promoting mental well-being and helping to build resilience for people, families and communities
- Working with people, families and communities to develop and provide mental health help and support

A Mental Health Transformation Programme has therefore been set up with support of the Integrated Care Fund within which there are a series of projects which are now commencing and will take services forward over the coming years.

The following Projects have been agreed as a partnership.

### **1. Wellbeing and Prevention**

- ❖ Introduction of social prescribing workers for each primary care cluster
- ❖ Recommissioning of mental health third sector services

### **2. Modernising Day Services**

- ❖ Review of existing provision by LA area against strategic framework
- ❖ The development of commissioning options for drop in services where identified
- ❖ The development a Recovery College service model

### **3. Responding to Urgent Needs**

- ❖ The development and procurement of a Sanctuary service
- ❖ Review of CRHT service operation
- ❖ Commissioning of escalation/step down beds from local authority to provide flexibility in acute sector

### **4. Addressing Health Inequalities**

- ❖ Development of a strategy and approach for addressing health inequalities
- ❖ Recruitment of practitioners to improve physical wellbeing

## **5. CMHTs & Cluster Based Services**

- ❖ Development of a plan to align secondary mental health care services to primary clusters
- ❖ Development of a single point of access for mental health service
- ❖ Undertake a review of LPMHSS provision
- ❖ Expansion of community based perinatal services
- ❖ Implementation of revised stepped care service model for delivery of psychological therapies

## **6. Adult Acute Assessment Re-provision**

- ❖ Commissioning of a new site for unscheduled adult care, acute inpatient beds and provision of local PICU accommodation.

## **7. Developing Range of Specialist Recovery Services**

- ❖ Development of a women's low secure service
- ❖ Expansion of male locked rehab service

## **8. Older Peoples Mental Health Services**

- ❖ Implement dedicated memory loss assessment services aligned to clusters
- ❖ Feasibility for co-location of specialist mental health services with physical health services for older people and frailty services
- ❖ Development of pathway and standards for specialist OPMHS
- ❖ Improved community based support for people with dementia and their families