

HEALTH SCRUTINY PANEL
EMOTIONAL WELLBEING AND MENTAL HEALTH – ACTION PLAN

Response from the Director for Children, Families and Learning, the Director for Social Care and Middlesbrough PCT

30 April 2009

SCRUTINY RECOMMENDATION	Service Response PROPOSED ACTION	BY Whom	Budget Cost	Timescale	PCT response to specific recommendations
<p>1. The Panel would like to hear from Middlesbrough's Dept of Social Care and Middlesbrough PCT, how they are planning to implement the emerging national policy, regarding more preventative services. This is especially so around the prevention of social isolation, which can lead to poor mental health. The Panel would welcome the opportunity to contribute to that work and would be interested to hear how the local authority and PCT are making budgetary provision for such programmes.</p>	<p>The NE Branch of ADASS (Association of Directors of Adults Social Services) intends to commission independent research into the effectiveness and cost benefits of a range of preventative services. This will provide an evidence base for the future development of the Local Preventative Services. In addition, Middlesbrough Council Social Care Scrutiny Panel are currently investigating provision of preventative services. The implementation of the Scrutiny Panel's recommendations are likely to support the further development of services designed to improve emotional well being.</p>	<p>Director of Social Care</p>	<p>Nil (Research project funded by Regional Improvement and efficiency partnership)</p>	<p>Dec 2009</p>	<p><u>PCT response to recommendations 1-4</u> The Panel sought detail from the PCT and social care colleagues regarding plans and budgetary provision to implement emerging national policy regarding preventative services particularly regarding the role of social isolation for this vulnerable group. As described in the PCT's operating plan and reflected in the PCT's financial investment in mental health and well being services, the PCT is committed to providing services for all members of the local community including older people. Along side work planned with regards to dementia which typically though not exclusively impacts upon older people, from 1st April 2009 the PCT's support for older people can be further demonstrated through free swimming provision for the over 60s and an 'Active for Life' programme. These initiatives will support both the preventative/wellbeing agenda as well as result in physical health benefits, and encourage the participation of older people in social and community activities.</p>
<p>2. The Panel would like to see the local authority make it easier for community groups providing activities for older people to access community grant monies, to enable such activities to have a surer financial footing and become more sustainable. This could be done through increased advertisement or awareness raising. The local authority could target specific groups to ensure their awareness of such monies if felt appropriate.</p>	<p>The Council and the PCT will take steps to ensure that opportunities to access grant monies, for example the PCT Easy Access Fund and the Council Grants Programme are improved through increased awareness raising.</p>	<p>Council Grant Officer Joint Public Health Director</p>			
<p>3. The Panel feels that as a condition of financial support being granted to Community Councils, a proportion of that figure should be spent on activities for older people in their area of influence. Such programmes could be aimed at combating social isolation and specifically targeted at those in perceived danger of social isolation.</p>					
<p>4. The Panel would like to receive progress reports on the two recommendations above at 2 and 3.</p>					

<p>5. The panel recommends that Middlesbrough PCT, Middlesbrough Council and partners use their best endeavours to deliver a mental health first aid programme, specifically designed for Children & Young People. Further, that all staff working with children & young people be given the opportunity to attend that specialist mental health first aid training, when it is operational.</p>	<p>A Multi-Agency Working Party, including the involvement of young people, has been established to develop a Self Harm Protocol. This will consider specialist mental health training including training in attachment and risk and resilience. External CAMHS consultant trained in Mental Health First Aid Course will be engaged to build on training already provided to 75 professionals in Middlesbrough in 2008.</p>	<p>Director of Public Health</p>	<p>Existing resources</p>	<p>March 2010</p>	<p><u>PCT response to recommendations 5, 6 and 8</u></p> <p>Recommendation 5, 6 and 8 which makes recommendations to provide awareness and training aimed at children young people and professionals working with this group, this will be incorporated as part of the planned review of the effectiveness of child and adolescent mental health services as detailed in the Child Health scheme of the Annual Operating Plan. This includes school provision as recommended in the report. The PCT suggests, and will seek to work with partners during 2009/10 to scope the feasibility of commissioning work on developing Mental Health First Aid programmes for children and young people, specifically that this work should be progressed through the Children's Trust's 'Be Healthy' Theme Group in the first instance. The AOP Child Health scheme also describes plans to improve the commissioning of prevention and treatment modalities for young people as well as tackling wider issues such as recognising indicators of poor mental health and challenging stigma using innovative and targeted social marketing appreciates.</p>
<p>6. The Panel recommends that school governors, investigate how that particular school can seek to address emotional wellbeing training for staff.</p>	<p>Reasonably priced training opportunities will be sought and raised with governors through the Governors' Forum.</p>	<p>Head of Governor Support</p>	<p>School budgets</p>	<p>Ongoing</p>	
<p>7. The Panel recommends that the Children's Trust seeks clarity on how it is identifying the mental health and emotional wellbeing needs of children. The Panel would like to hear the outcome of that exercise and hear the examples of the services being commissioned.</p>	<p>The Trust will review the mental health and emotional wellbeing needs of children through the Be Healthy group in line with a recommendation in the Annual Performance Assessment (APA).</p>	<p>Director of Public Health</p>	<p>Existing resources</p>	<p>March 2010</p>	<p><u>PCT response to recommendation 7</u></p> <p>The local authority and the PCT have representatives on the Children's Trust Board through joint appointments that will ensure all organisations work together to develop a shared understanding of the emerging role for Children's Trusts and their role in the commissioning and provision of emotional health and wellbeing services for children. As an example, the PCT through the Children's Trust, has supported the Local Authority through facilitating the commissioning of work from the North East Public Health Observatory [NEPHO] in 2009 to undertake a detailed systematic audit of the mental health needs of children and young people. NEPHO has recommended that a detailed analysis is undertaken of key national data sets in the first instance and using local data, extrapolate relevant data to the Middlesbrough population to gain a clearer understanding of the prevalence of specific mental health disorders in children and young people. The outcome of this work should be widely shared with key partners to inform the future commissioning and delivery of services</p>

<p>8. The Panel recommends that a systematic audit takes place to inform the incidence of poor mental health in Middlesbrough amongst children and young people. Until this is done, a commissioning strategy and associated investment cannot be reliably undertaken. This should be completed as a priority.</p>	<p>The Be Healthy themed group of the Children and Young People's Trust will audit mental health needs.</p>	<p>Director of Public Health</p>	<p>Existing resources</p>	<p>March 2010</p>	<p>See PCT response to recommendations 5 and 6 above.</p>
<p>9. The Panel would encourage the Children's Trust, to support Looked After Children and their foster families in accessing leisure facilities.</p>	<p>CFL on behalf of the Children's Trust will continue to support Looked After Children and their foster families in accessing leisure facilities.</p>	<p>Deputy Director, Safeguarding</p>	<p>Existing resources</p>	<p>Ongoing</p>	<p><u>PCT response to recommendation 9 and 11</u> Reassurance has been sought from the PCT, along with partners invest in leisure facilities for children and young people, actively supporting looked after children and foster families. The PCT has a history of investment in this area and welcomes the opportunity to expand investment and service provision working with partners.</p>
<p>10. The Panel recommends that Middlesbrough Council, as a corporate parent, continues to invest in leisure passes for Looked After Children and their foster families.</p>	<p>Middlesbrough Council will continue to invest in leisure passes for Looked After Children and their foster families.</p>	<p>Deputy Director, Safeguarding</p>	<p>Existing resources</p>	<p>Ongoing</p>	
<p>11. Middlesbrough PCT looks to actively support Looked After Children their foster families in undertaking leisure activities, which would be beneficial for their physical and mental health.</p>					<p>See PCT response to recommendation 9 above</p>
<p>12. The Panel recommends that Middlesbrough Council and PCT extend services for Adult Mental Health first aid across the town, so it is accessible for all people who would benefit from the training in the performance of their job. The Panel would envisage that this would necessitate extra investment in the programme.</p>	<p>The Council and the PCT will work together to extend the delivery of Mental Health First Aid across the town, targeting frontline staff in relevant agencies.</p>	<p>Head Of Service MH and LD Middlesbrough Council and Commissioning Manager MH Services in Middlesbrough PCT</p>	<p>£40k</p>	<p>December 2009</p>	<p><u>PCT response to recommendation 12</u> The contribution of Mental Health First Aid (MHFA) is recognised in the PCT Strategy as part of a suite of integrated programmes and this particular programme has clear benefits of increasing awareness and confidence in trained individuals to identify and provide support to people with mental health problems. In addition to the training that has been delivered as part of regional work, the PCT has invested an additional £10,000 in MHFA this year and will seek to identify additional resources during 2009/10. The PCT hopes that this commitment is also well reflected in the attached extract from the 2009/10 Annual Operating Plan.</p>

<p>13. The Panel recommends that the PCT commissions a comprehensive range of services, from as wide range of providers as possible, aimed at assisting people with mental health concerns, at the earliest possible juncture. This would assist General Practice in being able to have more options of appropriate support for people, such as debt advice where relevant and talking therapies.</p>					<p><u>PCT response to recommendations 13 and 14</u></p> <p>Middlesbrough PCT notes the Panel's recommendations that the organisation commissions and invests in a wide range of service form a diverse array of providers to support mental health needs at the earliest opportunity. The PCT in 2009/10 has a total budget of £277 million to invest in improving local health services with the additional investment already outlined for psychological services and MEND programmes.</p> <p>The PCT strategy together with the regional strategy sets out a 'stepped care' model for mental health and well being services with an emphasis on early intervention and timely response for people. This is to ensure delivery of interventions and support at the appropriate level of intensity to meet individual needs. Step two of the model has a particular focus on low level interventions and guided self help set to be available through primary care. There has already been investment in additional staff at this level, the introduction of computerised CBT, work with library services to support books on prescription, education for pharmacy staff and primary care mental health workers on sleep hygiene. Additionally the PCT currently supports through the Citizens Advice Bureau benefits advice and for those returning to work.</p> <p>IAPT services will be delivered by a range of providers and will have formal links to Job Centre Plus Condition Management Programme and Occupational Health departments. The service model enables people to self refer if appropriate which in the pilot sites has proven to be effective in encouraging access to the services from traditionally hard to reach groups such as BME communities and men. As outlined, IAPT represents a significant and continued investment by the PCT.</p> <p>In addition to the primary care and community based mental health services commissioned through Tees, Esk and Wear Valley Foundation NHS Trust, the PCT also resources primary care mental health services directly from GP practices such as practice attached counsellors, community pharmacists as well as MIND support services and Advocacy with third sector providers.</p> <p>The PCT Strategy recognises the need to focus on increasing the level of investment in primary and</p>
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					preventative interventions and this will require investments in these areas to be balanced with the needs of other services that require a more intensive input, including in-patient and secure services. Providers such as GPs are integral to the delivery of the PCT's strategy and the PCT acknowledges the need to communicate more effectively with these and other service providers the range of alternative support options available for people with mental health needs e.g. personalised care budgets, debt advice, talking therapies etc. to ensure that uptake is maximised.
14. Connected to the above, the Panel would recommend that the PCT support this policy shift by committing substantial investment to its implementation. The Panel would not seek to suggest a precise sum, but would recommend that it is substantially more than the current 3% spend on primary care services out of the budgetary provision for adult mental health services.					See PCT response to recommendation 13 above.
15. The Panel would, in the near future, like to see evidence of the PCT and the Middlesbrough Council implementing joint investment plans for the emotional wellbeing and mental health services in Middlesbrough, which is very much a shared priority.	The Council will collaborate with the PCT in any joint investment plans for emotional well being and mental health services in Middlesbrough through Be Healthy group in line with a recommendation in the APA.	Director of Public Health	Existing resources	March 2010	<u>PCT response to recommendation 15</u> With regards to joint investment plans the PCT welcomes the opportunity to work collaboratively with partners and there are a range of services which are jointly supported by the PCT and Local Authority that contribute to improving mental health and emotional well-being. These include integrated mental health teams, user and carer involvement and advocacy services. In the current year Middlesbrough PCT and the Council jointly invested in a range of services that specifically will improve mental health and emotional well-being and resilience such as 'Families First', supporting children and families at risk of substance misuse, in addition to the outlined free swimming and the Active for Life programmes for older people.
16. As a final observation, the Panel notes that there will be indicators that can be devised to ascertain whether the suggested actions above have had an impact. For example, the success of a Commissioning Strategy will largely be borne out as to whether GPs feel that there are more options in prescribing services for poor mental health. It would also be indicative of an improved					<u>PCT response to recommendation 16</u> The PCT Strategy is underpinned by a range of indicators to assess progress and the effectiveness of implementation. These include reduced waiting times for talking therapies, reduction in hospital admissions for drug and alcohol misuse, increased numbers of people with mental health problems in settled accommodation and employment and a reduction in

commissioning strategy, if General Practice felt that services were improving. In addition, the success of more mental health first aid training for those in contact with young people or older people may mean an increase in accurate and appropriate referrals.					people claiming incapacity benefit due to anxiety and depression. However, other indicators of progress will also be developed by the PCT as the strategy unfolds to ensure effective implementation, investment and commissioned service provision to demonstrably improve the mental health and wellbeing of the young, working age and older people of Middlesbrough.
17. The Panel would suggest that in considering new commissioning strategies, such performance measures are investigated.	A suite of appropriate performance measures, applicable to both the Council and PCT, will be developed.	Head of Service (MH & LD) and relevant PCT leads	Nil. Within existing resources	Performance Indicators determined by September 2009.	

Additional information from the Middlesbrough Primary Care Trust

Strategic Overview

The PCT's Strategy sets out a clear framework for the future development of wellbeing and mental health services. It demonstrates the commitment of the PCT to tackling this agenda through the inclusion of 'Mental Health and Wellbeing' as one of the strategy's eight strategic themes. This is supported by robust operational delivery plans and investment; examples include £1million mental health investment to improve access to psychological services as well as £286,000 for the MEND programme (Mind, Exercise, Nutrition, Do it!) pioneered by the PCT which promote wellbeing and the associated benefits of exercise and nutrition on mental health.

The aim of the PCT strategy is to support people to live healthy, resilient and engaged lives, supported by appropriate and personalised services. The holistic approach taken by the PCT is reflected in its plans to focus on the development of an integrated system to better manage mental health needs, and improve the wellbeing of individuals as well as the wider community.

The strategy builds upon the national culture shift in relation to this agenda and this direction of travel is clearly endorsed by the Panel. It reflects the significant improvements in the access to, quality of, range and responsiveness of services for people with mental health needs since the publication of the National Service Framework (NSF) in 1999 which focussed on mental wellbeing and health promotion and prevention, rather than solely treatment. In addition, the Strategy is aligned to regional strategic health plans such as NHS North East's *Our Vision, Our Future, Our North East* and the regional health and wellbeing strategy *Better Health, Fairer Health*. Furthermore, the strategy addresses issues identified through the local Joint Strategic Needs Assessment with Local Authority partners.

Delivering Improvements in Mental Health and Wellbeing

The PCT's Annual Operating Plan 2009-10 outlines the first year of implementation of the PCT strategy and clearly describes the actions, measures of success and the underpinning investment required to achieve each scheme. In addition to a dedicated mental health and wellbeing scheme (Appendix 1), these issues also feature within other schemes such as the Child Health scheme, reflecting the PCT's whole systems approach.

Key first steps towards delivering well being are to better align services to needs with parallel commitment given to improving access to psychological therapies. The Panel's concern regarding the availability of psychological therapies in primary care highlighted in the Panel's report is shared by the PCT and, as outlined within the Annual Operating Plan (AOP), priorities for the first year of the five year strategy include proactively progressing the Improving Access to Psychological Therapies (IAPT) programme ahead of national timeframes. This programme will increase psychological service provision and support recovery and the promotion of social inclusion, within reduced waiting times.

Other AOP priorities include working with partners to develop and deliver the Stepped Model of Care approach. This will improve early diagnosis and management of mental health as well as include a review of investments and disinvestments to ensure provision supports the model's ethos. In addition, the PCT will tackle specific issues such as dementia and dual diagnosis ensuring services reflect national strategies whilst responding to local needs as well as and improve quality monitoring (addressing recommendations 16 and 17) to inform value for money assessments, including the development of user focused outcome measures.

Progress against the Annual Operating Plan will be subject to robust monitoring by the PCT's Board's through well established assurance mechanisms, in particular regular reviews of the PCT Business Plan through a Compliance panel chaired by a non Executive Board member.