

## Report Title: Mental Health Update

### 1. Introduction

1.1 As part of the implementation of the Five Year Forward View for Mental Health, within Devon a Mental Health mandate has been created to identify the priority areas for improvement over the next few years. There are seven priorities which it requires us to address, which are:

- Children & Young Peoples Mental Health
- Perinatal Mental Health
- Adult Common Mental Health
- Adult Mental Health - crisis, community and acute
- Dementia and Older Peoples Mental Health
- Infrastructure, Finance and Workforce Secure Care, New Care Models and Health & Justice
- Suicide Prevention

In addition to these seven priority areas, the Mental Health Mandate has also identified five formal work areas, which have been identified as a priority for 2017/18 and 2018/19. These are:

- Workstream Area 1: Development and implementation of an STP wide Mental Health Strategy for 2017/18 – 2021/22
- Workstream Area 2: Improving outcomes for children and young people
- Workstream Area 3: Dementia
- Workstream Area 4: Primary and Secondary
- Workstream Area 5: Urgent and Crisis Care

It is noted that most of the outcomes within the Workstream also link to the priorities included within the MH5YFV, the exception to this is the Strategy workstream, which is required to ensure a consistent and linked approach across Devon.

### 2. Current Position and Future State

2.1 Workstream Area 1: Development and implementation of an STP wide Mental Health Strategy for 2017/18 – 2021/22

2.2 Current Position:

- The work to update and combine the strategic intent for Mental Health across the STP has progressed, with a multi-agency approach taken, involving both Health and Social Care partners. It is anticipated that engagement and socialisation on the initial draft strategy will be taking place in early Q1 2018/19.

2.3 In the future we will have:

- A cohesive and joint strategic approach to all age Mental Health, identifying and acknowledging the wider determinants that affect health and wellbeing, with a strong focus on preventing mental ill health, supporting individual resilience as well as outlining the intentions for access to services in the right place at the right time.

## 2.4 Workstream Area 2: Improving outcomes for children and young people

### 2.5 Current Position:

- We have listened to the views of six thousand children across Torbay and Southern Devon, via an online survey which was completed within primary and secondary schools which has indicated the challenges that they face with regards to their emotional health and wellbeing,
- We have undertaken a refresh of the Local Transformation Plan which has indicated the following areas of need:
  - We are aware that there are gaps in services which can assist in improving resilience for children and young people and their families.
  - Early intervention is one area where improvements can be made in terms of interventions within the community,
  - We do not yet have consistent delivery of 24/7 crisis services across Torbay,
  - We do not always have consistent pathways which allow C&YP to move into adult services leading to a negative effect on their wellbeing and recovery,
  - Waiting times for CAMHS services should be improved, to ensure that individuals can access services at the time of need, and
  - We have identified the THRIVE model as the way in which we want to support C&YP, however this has not yet been implemented fully. The model consists of supporting individuals in:
    - Being connected to those around you
    - Being active
    - Being able to learn new skills and interests
    - Being able to give to others by helping or supporting them
    - Being curious and mindful of the moment you're in

### 2.6 In the future we will have:

- Implemented the priorities within the Local Plan refresh, referred to above,
- Embedded the THRIVE model within Torbay the development of good emotional health and wellbeing by taking a preventative
- Reduced waiting times for CAMHS services in Torbay,
- Through collaborative commissioning plans, there will be additional CAMHS and Speech and Language Therapy support for those children and young people who are referred to the Youth Offending Teams,
- There will be increased perinatal mental health services, providing a service for parents who need support from specialist mental health practitioners, and
- Continuing to deliver the Torbay Education Safeguarding Service which provides advice to schools and is jointly funded between schools and Torbay Children's services.

## 2.7 Workstream Area 3: Dementia

### 2.8 Current Position:

- We have yet to achieve the national diagnosis rate target of 67% against the prevalence rate, which means that there is a disparity in terms of the adherence to the national standard as well as poorer outcomes for individuals living with Dementia but who have not yet been diagnosed, particularly those in Residential and Nursing Homes,
- There are higher than national rates of discharge into Residential and Nursing Homes following admission to secondary health providers, where the individuals had previously resided in their own home,

- There are high levels of non-elective admissions for individuals with Dementia from Residential and Care Homes as a result of the inability to manage deteriorating behaviours as well as those who entering the end of their lives, and
- There is not yet a consistent approach to supporting individuals to change behaviours which would support a reduction of the risk of developing Dementia. This is in relation to support within Public Health, Primary Care and Secondary Care services.

#### 2.9 In the future we will have:

- Implemented programmes of work to assist in the prevention of Dementia with Public Health, to improve the general health of individuals which can reduce the risk of individuals developing Dementia by 30%,
- Expanded the support that can be provided to individuals and their carers/families once a diagnosis of Dementia has been made. This will be via a combination of formally commissioned services as well as support from the Voluntary Sector,
- Support and training in Dementia care for Residential, Nursing Home & Domiciliary Care staff to ensure that there is sufficient confidence and expertise to manage the complex and challenging behaviours that can be associated with moderate to severe Dementia. This will also include specific training around End of Life, to assist with the wishes of the individual in relation to their preferred place,
- There will be a range of accommodation, including Extra Care and Supported Living options for individuals and where appropriate their families, to enable them to live well and independently with Dementia, and
- A wide range of respite and replacement care will be available to support individuals which reduce the risk of carer breakdown as well as improving the quality of care for individuals living with Dementia.

#### 2.10 Workstream Area 4: Primary and Secondary Care Interface

##### 2.11 Current Position:

- We are aware that in Torbay there are higher levels of referrals into Secondary Mental Health Services as well as to the Depression and Anxiety Service than the rest of Devon. We are aware that there are complexities within the Local Authority footprint in terms of housing, education, poverty, alcohol and drug dependency which contribute to this, and
- Individuals facing difficulties within their lives which manifest in mental ill health often do not have the tools or support network in place which create demand on primary care services, acute services and social care.

##### 2.12 In the future we will have:

- We will have a menu of services, both statutory and voluntary sector, which will support individuals with low level mental health difficulties, such as depression and anxiety, which will reduce the risk of escalation of acuity and crisis,
- Making Every Contact Count will be implemented across Torbay, providing opportunity for mental wellbeing to be discussed across a wider platform than healthcare settings,
- There will be a consistent approach to managing the physical health of individuals with Serious Mental Illness to improve outcomes in relation to long term conditions and life expectancy,
- There will be clear pathways into services, including self-referral, which will be easy to use and seamless across organisational boundaries, and
- There will be support within Primary Care settings, such as Health Navigators and specialist practitioners who can support and signpost individuals, reducing the risk of escalation into secondary mental health services.

## 2.13 Workstream Area 5: Urgent and Crisis Care

### 2.14 Current Position:

- We know that improvements need to be made around the delivery of safe and effective acute care pathways with mental health inpatient services and community pathways that have sufficient capacity for the people of wider Devon. Broadly there are three areas around admission avoidance, flow and capacity, delayed discharges which need to be addressed,
- There is a lack comprehensive range of services in place to avoid crises escalating where possible, and provide timely, accessible and compassionate support to those in a crisis supported by effective community pathways for people with complex needs, and
- We are aware that Psychiatric Liaison services need to be in place within Torbay.

### 2.15 In the future we will have:

- We will have implemented the 'Housing First' project to support individuals who are homeless, which will impact positively on their ability to manage their mental wellbeing,
- We will have achieved a 10% reduction in suicides within Torbay, by working in partnership with physical and mental health services, primary care, public health and social care. This will include building resilient communities through the use of training, such as ASIST and Connect 5,
- We will have delivered safe and effective acute care pathways with mental health inpatient services and community pathways that have sufficient capacity for the people of wider Devon,
- We will have delivered a comprehensive range of services that avoid crises escalating where possible, and provide timely, accessible and compassionate support to those in a crisis supported by effective community pathways for people with complex needs and
- There will be comprehensive Psychiatric Liaison services in place.