



Making a difference to Mental Health services in Tayside

This report illustrates the changes to the Tayside Mental Health and Wellbeing Programme from as a result of Scoping Sessions held throughout June

SCOPING REPORT

This Scoping report 'Making a difference to Mental Health services in Tayside' contains the outputs of the eight scoping sessions coordinated by the Tayside Mental Health and Wellbeing Programme Team throughout June 2020. This report details the highlights of the deep and detailed discussions undertaken within the scoping sessions. It also details the key themes stakeholders fed back on current Mental Health Services within Tayside. Additionally, it shows feedback on the proposed governance structure for the Tayside Mental Health and Wellbeing Change Programme before showing the outcomes of the suggestions on how the Change Programme may need to change to incorporate feedback provided through scoping. The report concludes with a suggestion of how we will move forward together to ensure the co-production of a Strategy and Tayside Mental Health and Wellbeing Programme to deliver changes to the services as required in Trust and Respect and our action plan, Listen. Learn and Change 2020.

Stakeholders throughout Tayside were invited and engaged within the scoping sessions throughout June. Eight scoping sessions were held to which **over 600** people were invited to attend GPs, Consultants, Service Users, Third Sector representatives, NHS Tayside including clinical and administrative Staff, Health and Social Care Partnership staff, Staffside and more.

**More than
175 people
attended the scoping
sessions throughout June**



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Together we discussed....

The scoping session planned to achieve three objectives, these objectives are detailed further below and were the focus of the discussion throughout all sessions.

1. Clear priorities for our mental health system wide work.

This will support co-creation, co-production and joint delivery of a plan for next 3 years

When discussing the priorities of our mental health system-wide work the acceptance criteria from the 'The views of People with Lived Experience and Staff' report was highlighted along side the views of the **Employee Participation Group** from the Trust and Respect Report (Feb 2020).

A number of key areas were outlined as 'Must-Do's' as part of the programme:

Scottish Government Mental Health Strategy 2017 – 2027

Prevention and early intervention; Access to treatment, and joined up accessible services; The physical wellbeing of people with mental health problems; Rights, information use, and planning



Person centred, Safe and Effective care

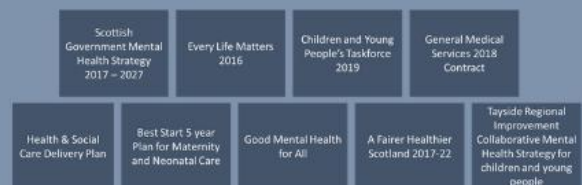
1. Working more effectively with families and carers, 2. Peer Support Workers, 3. Self management and self support, 4. Put a stop to discrimination, 5. Focus on the rights of people with mental illness, 6. Look at the whole person, 7. Use new Technology

2. Shared Understanding of all recommendations in the Independent Inquiry, the actions to be achieved in the change programme, and other national priorities

Key dates of the Independent inquiry were outlined through the 5 cross-cutting themes that sat across the 51 recommendations (2 national) within the Trust and Respect report.



National and Strategic Policies were outlined by which the Mental Health and Wellbeing Programme in Tayside will embed and or be aware of.



3. Collect outputs today to feed into the scoping report which will then refocus our strategy and change programme

All sessions completed a SWOT Analysis to understand our current service, working through what is within scope of the Strategy and Change Programme, consideration into areas of scope not already included and discussed roles and responsibilities for staff who plan to get involved.



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Summary of Results...

Feedback from group exercises for all scoping sessions was analysed in order to identify key themes and trends to help inform how we move forward together.

Overview of Weaknesses, Threats, Strengths and Opportunities of the current Mental Health Service in Tayside

Weaknesses

W	• Lack of Communication between services	• Transition of Patients
	• Staffing Capacity	• Loss of Public Confidence
	• Waiting Times	• Leadership

Threats

T	• Resources (Clinical / Nursing / Community)	• Post-COVID Demand
	• Funding	• National Policy Changes
	• On-going Morale	

Strengths

S	• Staff	• Engagement of staff, carers and service users
	• Willingness to embrace change	
	• Third sector support and interaction	

Opportunities

O	• Improving systems for patients, records and interactions)	• Tayside wide collaboration
	• Improving Pathways	• Service Re-design

Is there anything within the current scoped structure for the Single Tayside Mental Health Strategy and Change Programme that should not be in scope?

Over 97% of all stakeholders who responded determined that all of the areas in scope within the initial scoped structure should be in scope for the Change Programme moving forward.

<ol style="list-style-type: none"> 1. Mentally Healthy Environments and Communities 2. Mentally Healthy Infants, Children and Young People 3. Mentally Healthy Employment and Working Life 4. Mentally Healthy Later Life 5. Reducing the Prevalence of Common Mental Health Problems, Distress, Self-Harm and Suicide 6. Improving the Quality of Life of those Experiencing Mental Health Problems 	Digital Technologies	In Patient Services	Adult Mental Health In Patient Services
	Prisoner Healthcare	Children and Adolescent Mental Health	Community Mental Health Teams
	Primary Mental Health Team	Neurodevelopmental Pathway	Crisis Care and Home Treatment
	Transforming Mental Health in Accident and Emergency	Universal Services	Emotionally Unstable Personality Disorder (EUPD)
	Suicide Prevention		Learning Disabilities
			Rehabilitation and Recovery
			Perinatal Mental Health

Should anything else be in scope from a Tayside perspective?

Substance Misuse Services	Psychological Therapies	Impact of Mental Health on Physical Health
Adult Neuro-development	Forensic Mental Health/ Secure Care	Prescribing
Forensic Learning Disabilities	Autism	Eating Disorder

Many areas within Mental Health were suggested to be considered for being in scope, above are the areas that were raised on more than 5 occasions throughout the scoping sessions.

A wider set of sub-groups to include a focus on e-Mental Health through data driven decisions and workforce sub-group to span all areas of the change programme

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How we move forward together....

You said, we did



You said:

"It would be really positive if you allowed us to provide feedback in many different ways at different times so that everyone could be continually engaged."

We did:

In the scoping sessions we utilised the Menti system with the chatbox in Microsoft Teams and also provided a direct e-mail contact. Communications and engagement will be through more platforms moving forward

Roles in the programme



Over 40 additional stakeholders from every area of the Mental Health Service in Tayside put their name forward to be part of the change programme moving forward. The programme team will contact these people to further assess their capacity to get involved before finalising project teams.

Additional names can come through this email:

mentalhealth.tayside@nhs.net

Programme FAQs



Over 300 Actions/ Questions/ points to be considered were collated throughout the scoping sessions.

These are being collated and reviewed for response on an ongoing basis through an FAQ page.

The page will be built into our Mental Health and Wellbeing website pages as part of NHS Tayside.

To keep up with communications from the Mental Health and Wellbeing Programme you can follow us on our website:



www.nhstayside.scot.nhs.uk/MentalHealthandLearningDisabilityServices

Want to get in touch about the Programme?

e-mail the Mental Health and Wellbeing Programme on

mentalhealth.tayside@nhs.net



Tayside Mental Health and Wellbeing Programme