



Perth & Kinross Integration Joint Board

6 November 2019

Update on Redesign of Community Mental Health Services and Supports in Perth and Kinross

Report by Head of Health (Report No. G/19/171)

PURPOSE OF REPORT

To provide an update on the review of community mental health services and supports in Perth and Kinross.

1. RECOMMENDATION(S)

It is recommended that the IJB:

- Consider the content of this report and the progress of the review of community mental health services and supports.
- Commit the Chief Officer to present to the IJB the Community Mental Health Strategy once produced.

2. BACKGROUND

The strategic drive in Perth and Kinross is to support people with mental health issues to remain at home in their own communities with the same life chances and opportunities as wider society. Over the past two decades there has been a shift away from institutional care and a wide range of community based service and supports have been made available for people with mental health issues and their carers in Perth and Kinross. However, there is a need to review and further development the range of services and supports available to people with mental health issues and this work, which will support the redesign of inpatient services in Tayside, is now underway.

2.1 Aim

The aim of this review is to scope existing community services and supports for people with mental health issues in Perth and Kinross and to identify any gaps and areas for improvement. It will also identify any redesign necessary to support the review of the inpatient bed base in Tayside. The findings from this review will contribute to a new Community Mental Health Strategy and Implementation Plan for Perth and Kinross.

The six strategic aims identified in Perth and Kinross HSCP's Strategic Plan will underpin this review and the new strategy;

- Prevention and early intervention
- Person-centred healthcare and support
- Working with communities
- Reducing health inequalities and promoting health living
- Making the best use of available facilities, people and resources
- Keeping people safe

2.2 Objectives

The objectives of the review are to

- Ensure personalised support is available at the right time for individuals throughout Perth and Kinross to maximise their recovery and independence
- Embed multi-disciplinary teams and inter-agency working at the heart of 'seamless' care pathways and support for people
- Implement a high quality model of care that is financially sustainable
- Ensure there is a focus on health promotion and early intervention and prevention, including supporting young people as they transition to adulthood.

3. PROGRESS TO DATE

3.1 Mental Health and Wellbeing Strategy Group

The Mental Health and Wellbeing Strategy Group have been refreshed and is now meeting again regularly. The Strategy Group will lead the review of community mental health services and support in Perth and Kinross and will develop the Improvement Plan. The Strategy Group will also make recommendations on how any new monies, including Action 15 monies, are spent and any plans for decommissioning current services.

3.2 Tayside Mental Health Alliance

The Tayside Mental Health Alliance has been established to bring together NHS Tayside and the three Health and Social Care Partnerships responsible for delivering or commissioning mental health services. The Alliance will

operate at a strategic level to identify the opportunities for developing and improving mental health services on a 'once for Tayside' basis. This will ensure that all elements of care and treatment are joined up and consistent irrespective of where in Tayside the person lives or what age they are.

The Alliance is now meeting regularly and the Perth and Kinross representatives are the Head of Health and the Head of Adult Social Work and Social Care.

3.3 Tayside Public Health Information Network (TAYPHIN)

Perth and Kinross HSCP now has representatives on TAYPHIN. Part of this group's remit is to collect and analyse data relating to mental health across Tayside to benchmark with other areas, identify gaps in provision and inform service development.

3.4 Mental Health Needs Analysis

A needs analysis for mental health in Perth and Kinross is being conducted. Information and data from a range of sources has been considered to inform understanding of; prevalence rates; hospital admissions; detentions and compulsory treatment orders, suicide rates and treatment diagnoses. This information is being analysed to identify key issues/themes in Perth and Kinross to inform the development of the strategy and improvement actions.

A robust Performance Framework will also be developed to determine the impact of community based services and supports for people with mental health issues in Perth and Kinross. This local Performance Framework will align to the Tayside wide Performance Framework being developed by the Tayside Mental Health Alliance.

3.5 Action 15 monies

The Scottish Government has awarded funding to HSCPs to improve support for people with mental health issues. Due to timescales to secure the money, decisions had to be made regarding how to use the first tranche of funding before this review of community services could be completed. The following themes were used to inform decisions;

- **Improving Access to Services:** Six nurses have been recruited and aligned to GP Practices to provide triage, initial assessment and support and ongoing referral/signposting as required for people presenting at GP Practices with mental health issues. A nurse has also been recruited to the Access Team (adult social work intake team) to provide the same role for people presenting there. Three mental health support workers have been funded to provide support with self-management, symptom control and to provide wellbeing advice. Funding for a coordinator for the 'It's Good to Talk' service has been provided so that this service is now available in every GP Practice. Funding has been awarded to Mindspace to increase the number of

counselling sessions, to reduce waiting times and increase availability in rural areas.

- **Support for people in crisis/distress:** Funding has been awarded for a co-ordinator for the 'Lighthouse Project' which will provide support for people 'in distress' out with office hours. This is a jointly funded project between mental health and substance use.
- **Prison Healthcare:** Two CBT Therapists and 1.6 (whole time equivalent) OTs are being recruited to support people with mental health issues in Perth Prison. A part-time specialist doctor, part-time Advanced Nurse Practitioner and 1.5 Non-Medical Prescribers are also being recruited to support prisoners with substance misuse issues using funding provided by the Alcohol and Drug Partnership.

3.6 Scoping of Current Services and Supports

Current services and supports for people with mental health issues in Perth and Kinross have been scoped and aligned to one of five pathways (see appendix 1):

- Self-Referral and Community Based Prevention and Early Intervention Support
- Wider mental health support and wellbeing
- Community based specialist mental health support
- In patient services
- Crisis response and Out of Hours

The pathways provide a summary of the various services and supports available in pictorial form. This helps to identify any gaps or areas of duplication and these will be updated regularly. Information has also been collated detailing the support each organisation/service on the pathway provides (see appendix 2).

3.7 Consultation and Engagement

A workshop has been held with professional stakeholders from the statutory and independent sectors, where the above pathways were discussed. The aim of this was to 'sense check' the pathways to ensure they are correct and add any missing services and supports. Groups also discussed any issues and ideas for improving the pathways. Discussions highlighted that a lot of the organisations on the pathways weren't aware of other supports available in Perth and Kinross and one proposal for the future is to have regular network meetings to improve communication and ensure people are accessing the most appropriate support at the appropriate time.

A consultation with the public is currently underway using the PKC Consultation Hub to obtain feedback on community mental health services and supports in Perth and Kinross.

A second survey for HSCP staff is also underway seeking views and opinions of the mental health supports being provided, which will supplement the views from the professionals' workshop.

A further workshop is planned with professionals and service user and carer representatives to analyse the findings from the first workshop and the consultation.

3.8 Community Police Triage

Funding has been identified to continue to support the Community Police Triage pilot in Perth and Kinross. The involves mental health nurses providing joint assessments and/or advice to police officers who are dealing with people who are presenting in crisis and/or experiencing mental illness in the community. The nurses also assist with ongoing referrals and signposting, as required. This helps ensure people receive appropriate support when they require it and reduces the risk of them ending up in custody.

3.9 Emerging Issues

Although the review of community health services and supports is still ongoing a number of issues and themes are emerging.

- Accessibility of services, especially in rural areas, needs to be investigated.
- More community-based supports, especially in Perth City, are needed to reduce the requirement for statutory supports at a later date and there is a need for increased Social Prescribing capacity to help people access them.
- The pathway for people with a Personality Disorder needs to be reviewed to ensure timeous access to appropriate support.
- Links between mental health and substance use services need to be improved especially for younger adults; integrated funding needs to be investigated and pathways need to be developed.
- A review of support to reduce the risk of people completing suicide is required, especially in Perth City.
- To reduce hospital admissions the support for people in crisis needs to be improved, including the development of A and E Liaison Service and improved Anticipatory Care Planning.
- The reasons for people being readmitted to hospital need to be investigated to identify approaches that reduce the incidence of this.

- Investigation and benchmarking is required to identify the reason(s) for the rising number of people from Perth and Kinross being compulsorily detained.
- The potential of Advanced Mental Health Nurse Practitioners needs to be explored as a role that can developed to support people with complex mental health needs to remain in the community.

4. CONCLUSION

Once completed, information from the needs analysis, the workshops, the consultations, the scoping/gap analysis and evaluation of action 15 monies spend to date will be collated and analysed along with data and information from other sources including the Independent Inquiry into Mental Health Services in Tayside and the Perth Plus Survey on 'Acute Mental Health Bed Centralisation in NHS Tayside for 16-65 year olds.'

This will then be used to inform the development of the new Community Mental Health and Wellbeing Strategy and Implementation Plan for Perth and Kinross, which will be presented to the IJB for approval in the new year.

Author(s)

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NOTE: No background papers, as defined by Section 50D of the Local Government (Scotland) Act 1973 (other than any containing confidential or exempt information), were relied on to any material extent in preparing this report.

1. IMPLICATIONS, ASSESSMENTS, CONSULTATION AND COMMUNICATION

| Strategic Implications | Yes / None |
|--|-------------------|
| HSCP Strategic Commissioning Plan | Yes |
| Transformation Programme | n/a |
| Resource Implications | |
| Financial | Yes |
| Workforce | Yes |
| Assessments | |
| Equality Impact Assessment | n/a |
| Risk | Yes |
| Other assessments (enter here from para 3.3) | |
| Consultation | |
| External | Yes |
| Internal | Yes |
| Legal & Governance | |
| Legal | No |
| Clinical/Care/Professional Governance | Yes |
| Corporate Governance | No |
| Directions | No |
| Communication | |
| Communications Plan | Yes |

1. Strategic Implications

1.1 Strategic Commissioning Plan

The proposals contribute to all the key themes of the HSCP's Strategic Plan.

2. Resource Implications

2.1 Financial

This redesign will need to take place within existing budgets but include the allocation of the Action 15 monies provided by the Scottish Government over a four year funding period.

Funding has been provided with a remit to increase the workforce to give access to dedicated mental health professionals and for Perth & Kinross, the requirement is to create a minimum of 21.8 new positions by the March 2022. The Action 15 funding allocation for Perth & Kinross totals £2,293,420 and is due as follows:

- 2018/19 - £300,141
- 2019/20 - £464,188
- 2020/21 - £655,325
- 2021/22 - £873,766

2.2 Workforce

HR and Professional Leads have been consulted as required.

3. **Assessments**

3.1 Equality Impact Assessment

Not applicable

3.2 Risk

Any risks will be managed and escalated when necessary to the Mental Health and Wellbeing Board.

3.3 Other assessments

Any further assessments will be completed as required.

4. **Consultation – Patient/Service User first priority**

On line consultation in progress, one workshop has happened and another is being arranged.

5. **Legal and Governance**

The redesign project reports to the Mental Health and Wellbeing Board.

6. **Directions**

There are no Directions with this paper.

7. **Communication**

A Communications Plan is being developed.

8. **BACKGROUND PAPERS/REFERENCES**

Not applicable.

9. **APPENDICES**

This paper contains two appendices applicable to the content. Both of these documents are working versions and will evolve as the project progresses.

Appendix 1 – Perth & Kinross Mental Health Pathway

The attached document shows, in summary, the five levels within the pathway and the supports for each.

Appendix 2 – Perth & Kinross Mental Health

The attached document provides more detailed information about the supports within the overall mental health pathway.