

3. ACTION 15

Background

The National Mental Health strategy 2017 – 2027 details a number of improvements it expects Health & Social Care Partnerships to deliver. Included is Action 15 which is: Increasing the workforce to give access to dedicated mental health professionals to all A&Es; all GP practices; every Police station custody suite and to all our Prisons.

Budget Provision

The Scottish Government has allocated a budget to specifically support the delivery of Action 15 as follows, with Perth & Kinross receiving a 2.73% share of the national allocation:

		Total for Scotland	P&K Contribution
Year 1	2018 / 19	£11m	£300,357
Year 2	2019 / 20	£17m	£464,188
Year 3	2020 / 21	£24m	£655,325
Year 4	2021 / 22	£32m	£873,766

Release of the funding by the Scottish Government requires each Health & Social Care Partnership to provide details about how the monies will be utilised to satisfy Action 15, with a proportion of the funding being held back until the relevant details have been approved.

The submission for Perth & Kinross has been made and accepted by the Scottish Government who have given permission for implementation of the initiatives to proceed.

Year 1 (2018/19) spend

The priority for Perth & Kinross for 2018/19 is to align Action 15 with developments implemented through the Primary Care Improvement Fund (PCIF) and existing services to develop an easily accessible, coordinated and effective pathway of support for people with mental health issues.

£200,000 from the PCIF and £78,938 from Action 15 is being used to fund six Band 5, Mental Health Nurses who will be aligned to GP practices. These nurses will provide an initial assessment and support to people with mental health issues. They will also refer or signpost to other supports as required.

Action 15 monies will be used to increase the options available for people requiring further support including:

- Access to a therapeutic listening service from a third sector organisation. This will be provided by the 'Do You Need to Talk' listening service. This is already available in half of the GP surgeries in Perth and Kinross and the funding will allow this to be rolled out to all GP surgeries. A trained listener provides 50 minute sessions to allow the person time to explore

their situation through an asset based approach which emphasises self-management.

- Three Band 4, Mental Health Support Workers linked to the Healthy Communities Team will assist people requiring further support regarding coping strategies, motivational interviewing, self-management of symptoms, health promotion and health behaviour change.
- Counselling sessions from Mindspace. There is currently a backlog for counselling which means this support is not available to people when they require it. Counselling is available to people throughout Perth and Kinross but sessions, with a few exceptions, are only available in Perth City. The funding will enable the backlog to be cleared so support can be accessed when it is required and sessions will also be made available in rural Perth and Kinross.
- Computer based Cognitive Behavioural Therapy. A stock of iPads will be purchased to increase access to this support throughout Perth and Kinross.
- User licences for the mental health smartphone app, Brain in Hand. This app provides bespoke support to people via an app on their smartphone. The app can be used to set up guidance and prompts to support people through times in their daily routine they find challenging. A traffic light system can be used to obtain support from other people if required. This can come from the person's social network or from a national or local call centre. Funding will be used to purchase twenty licences, training and the option of support from a national call centre.

A mental health nurse/social worker will be aligned to the Adult Social Work and Social Care intake team, the Access Team, to provide specialist mental health support when triaging referrals and, where appropriate, provide a specialist response to people with mental health issues who are in crisis.

A mental health nurse trained in cognitive behavioural therapy and a mental health OT will be recruited to support people who have mental health issues in Perth Prison. This is Perth and Kinross's contribution to the Tayside Wide supports funded by Action 15 monies. Dundee and Angus are proposing to fund Tayside wide supports in A and E and custody suites.

Year Two (2019/20)

The year one initiatives will continue to be supported and reviewed to determine impact. Further investment will be allocated if required and we will also invest in supports for people in distress which will involve working closely with the third sector.

It is assumed that one third of the action 15 monies will be utilised by the collaborative agreements between our neighbouring Partnerships in Tayside based on the year one agreement.

Year Three (2020/21)

The year two initiatives will continue to be supported, reviewed and additional funding allocated if required. It is assumed that one third of the action 15 monies will continue to be utilised by the collaborative agreements with our neighbour Partnerships.

Year Four (2021/22)

This year will see the full roll out of all projects, with up-scaling and investment in the models that have proved effective.

We will ensure robust evaluation from the outset to ensure evidence based investment in the later stages of implementation.