

# Mental health in Our Healthier South East London



A partnership of NHS providers and Clinical Commissioning Groups serving the boroughs of Bexley, Bromley, Greenwich, Lambeth, Lewisham and Southwark, with NHS England



## Mental health in Our Healthier SEL and the Sustainability and Transformation Plan

Mental health is principally planned and delivered at a borough basis. However there are three areas where our planning is aggregated.

1. The STP submitted at the end of June will have a section on mental health where we are asked to address specific questions on:

- Implementation of the two new mental health waiting time standards
- Closing the health gap between people with mental health problems, learning disabilities and autism and the population as a whole
- How we will deliver our element of the national taskforces on mental health
- Maintain a minimum of two-thirds diagnosis rate for people with dementia

We have established a mixed provider/commissioner group to work through the development of content.

2. We have embarked on a demand and capacity exercise with our two big mental health providers to ensure the needs of patients in SEL for acute and community mental healthcare are met.

3. Each CLG has undertaken a 'challenge' session to ensure that each of the six OHSEL clinical models has taken on board mental health issues. The mental health components of each of the models are set out in the following slides. We have agreed an engagement process between mental health professionals and Clinical Leadership Group leads to review the progress being made by each group to give assurance that the needs of people with mental health issues are being addressed, ensuring we systematically address mental health throughout the programme

## Mental health

### Urgent and emergency care

#### Adult mental health services

1. Experts streaming at the front door to allow for earlier identification of mental health cases (including dementia) with quicker streaming to specialities for mental health patients
  1. Training nurses at the front door to better recognise mental health needs and refer to mental health services faster
2. The potential for mental health screening to be carried out during the ambulance journey
3. Parallel working of the PLN within the Emergency Department at an early stage, ensuring rapid intervention and moving away from the medical model of clearance
4. Supporting the police to better recognise mental health needs and refer people to mental health services rather than bringing patients to the Emergency Department
5. Ensuring there is a doctor and nurse mental health professional in the Emergency Department at peak times



## Mental health

### Urgent and emergency care

#### **U18 mental health services**

- Specialist input at an early stage to avoid long waits, especially in the 16-18 year age range
- Increase in specialist services within the Emergency Department according to level of need across SEL
- Aim for entry to referral within one hour from streaming or triage nurse to the paediatric mental health nurse
  - Includes more triage nurses and medics, as well as better IT

#### **Drug and alcohol (D&A) services**

- D&A professionals and a rapid access to the D&A service from the Emergency Department to reduce the 'drop off' between the patient taking themselves from the Emergency Department to the D&A service
- Low cost interventions
- Having D&A professionals sited in the Emergency Department



## Mental health

### Cancer

The programme is responding to key recommendations outlined in *Psychological support for people living with cancer* report, published by London Strategic Clinical Networks

- Improving access to appropriate specialist, generalist, social, psychological support
- Carers needs assessments, in order to better support people in care giving roles, including psychological support
- Sage and Thyme training courses – nationally recognised model of basic communication skills training
- Improving access to psychological and emotional support during treatment phase
  - Level 2 CNS
  - Level 3/4 psychiatric liaison services
- Improving access to psychological and emotional support post treatment (patient and carer)
  - IAPT (self/GP referral)
- Holistic Needs Assessments as part of recovery care package for patients with cancer



## Mental health

### Cancer

- Macmillan practice nurse course – upskilling the generalist workforce to ensure better recognition of patients' psychological and emotional needs
- Training and education in the signs and symptoms, recurrence and consequences of cancer, this will include mental health.
- Inclusion of cancer as a criteria for referral to exercise/physical activity on prescription schemes (evidenced benefits on the impact of mental wellbeing)
- Training to support people to return to work – Macmillan vocational model
- Cancer Care Review wellbeing events
- Promotion of early diagnosis and equal access to treatment for all people
  - Focus on early diagnosis for individuals with one or more of the nine protected characteristics, including mental health needs
- Care coordination at diagnosis and treatment
  - Focus on care navigation, including how to access complimentary services such as psychological support



## Mental health

### Children and young people

A holistic approach to the care of children and young people. Service design will take into account the physical, social, emotional and mental wellbeing of the young person plus that of their carers and siblings

- An integrated approach to community based care is being developed for those children and young people with more complex needs
  - Such C&YP often require mental health support and the integration of CAMHS into the team is being explored
- To maintain the mental health and well being of our young people, all professionals coming into contact with them need to be aware of the signs that may indicate an emerging problem – and what support is available. This includes staff working in schools and primary care. The Programme needs to consider how such staff should be trained.
- Each borough has developed a C&YP's Mental Health and Wellbeing Transformation Plan
  - The programme is reviewing these to identify opportunities that could be delivered across south east London



## Mental health

### Children and young people

The programme has identified a number of schemes which local commissioners will consider:

#### **School based CBT support to enhance the emotional resilience of children (CUES-ed)**

- Package designed by SLAM clinical psychologists and CBT therapists – six sessions embedded with evidence based CBT practice delivered as a whole class
- Interactive and use of different media
- Encourages children to recognise the signs or cues when things aren't right, and offer simple coping strategies

#### **Supporting young people to communicate about their mental health (Doc Ready App)**

- Digital tool to help young people prepare and make the most of mental health related GP visits
- Helps young people know what to expect, plan what to say and record outcomes



## Mental health

### Children and young people

#### **Building parenting and peer support capability in the community (EPEC)**

- Empowering parents, empowering communities is a system of parenting support based on the ‘being a parent’ programme
- The programme helps parents learn practical communication skills and develop abilities to raise confident and happy children
- The programme uses discussion groups and role plays, where new skills can be practised with support – there is a significant peer support element
- Parents can become accredited and complete training to lead and facilitate their own parenting support groups

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## Mental health

### Community based care

Examples of comparable models from across SEL shared with CBC delivery leads to inform local mental health commissioning based upon local priorities.

#### Local Care Networks

- Providing training to GPs so that they are able to manage a higher number of patients with mental health and wellbeing conditions
- Upscale the “Improving Access to Psychological Therapies” programme (IAPT) to the remaining areas in South East London. IAPT currently offers free counselling service to residents in Southwark either directly or through GP referral
- Baseline mental health training across disciplines, in particular motivational coaching and interviewing, mental health first aid, solution focused psychological education
- Upscale of services to assist people with dementia
- Use of additional diagnostic tools for use in making decisions on where to refer mental health patients from primary care. e.g. secondary care or other services

#### Upscale of Outreach and Support in South London (OASIS) services

- Early intervention services for people at high risk of psychosis



## Mental health

### Community based care

Examples of comparable models from across SEL shared with CBC delivery leads to inform local mental health commissioning based upon local priorities.

#### **Potential SEL high impact scheme (further research of evidence and impact pursuant to the development of a SEL proposal)**

- Improving psychological and psychiatric support for people with long-term conditions (Swindon & Wiltshire and Birmingham models) also encompassing:
  - Routine mental health wellbeing assessment and support for long term conditions (training, education, extended counselling)
  - Mental health assessment and support for older people

#### **Workforce development (HEE funded project)**

- Development of the coordinator role across community and mental health non-clinical administrative staff to include the core competencies (mental and physical health) and development of training curricula to match agreed career pathway framework



## Mental health

### Maternity

- Physical and emotional wellbeing of women pre conception is important. Resilient communities will support this, as will primary care clinicians
- Continuity of midwife-led care will do much to maintain the emotional well being of women and allow those who are experiencing mental health issues to be identified quickly and appropriate support secured
- We also seek to see women as early as 10 weeks. This too will allow us to assess both the physical and mental health risks early
- Continuity of care needs to extend to postnatal care. We need to make sure that new mothers are monitored and cared for appropriately. Such continuity of care will make sure that emerging mental health issues are recognised and support provided
- Awareness of mental health issues needs to be increased, amongst both midwifery staff and Primary Care and Community practitioners. The programme will consider how best to deliver such training



## Mental health

### Planned care

- The programme recognises that there are opportunities to provide more comprehensive psychological support to patients throughout the planned care pathway
- Mental health support will be included within the following planned care workstreams:
  - Diagnostics
  - Elective Care Centres
  - Pathway Reviews
- We are actively looking for mental health representatives to join the planned care CLG
- Particularly for patients during referral, we will focus on treatment, discharge and rehab and reablement
- Looking at best practice, for instance mental wellbeing questionnaires in use with MSK patients

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## Mental health

### Information management and technology

- Interoperability for urgent and emergency care and cancer
- Digital mental health and wellbeing project underway

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