

Health and Wellbeing Strategy – Mental Health Update



Priority 1

Mental health and wellbeing and the development of resilience in children, young people and adults



Overview of Areas covered under this Priority

Raising awareness and challenging stigma

- Public awareness campaigns on keeping well and using the **Five Ways to Wellbeing**;
- large scale programmes on **emotional health and wellbeing** for children, parents and older people;
- locality based **social networks** across Herefordshire that create greater community capacity and support across parish councils, pastoral support networks and the community;

Improving access to assessment and treatment

- For parents during **pregnancy and early years**;
- high quality and accessible **hospital care and treatment** for those who need it most;
- Development of **care closer to home**, with a reduction of out-of-county placements

Overview of Areas covered under this Priority (2)

This area has a number of thematic groups (with relevant action plans) to progress the work:

- **Dementia** Care led by the Dementia Partnership
- **Crisis care** led by the Crisis Care Concordat
- **Children and young people's mental health** and emotional wellbeing led by the Children and Young People Mental Health Partnership
- **Ross on Wye Mental Health Promotion Pilot Project led by Herefordshire Council**

In 2015/16, the Council and CCG came together to develop an integrated **outcomes model** for the commissioning of services. This is now being rolled out across contracts.



Achievements and progress

1. Refreshed **CAMHS transformation plan**, with developments on workforce planning; a task & finish group on developing whole school resources; new cohort of CYP –IAPT practitioners start University courses to enhance evidence-based practice; and development of care pathways.
For example, we have achieved improved waiting times for CAMHs (on average 4 weeks) and roll-out of Strong Young Minds in schools.
2. Successful funding bid for refurbishment of our health-based **Place of Safety**. This is another stage towards improving crisis care in the county.
3. Improvements to the model and delivery of **Improving Access to Psychological Therapies** (Lets Talk) resulting in more people accessing the service with mild and moderate mental health.
4. A number of successful mental health **campaigns** such as World Mental Health Day and Public Health England's "One You" programme.



Five Year View – next steps

1. Commissioning intentions

- Continuing and increased commissioning collaboration with the Local Authority, and also with other partners where appropriate.
- Continuing implementation of the Mental Health Outcomes Framework, identified through the Mental Health Needs Assessment.
- Development of prevention services, both Adult and Child and Adolescent with Herefordshire Council
- Review of individual placements and the development of alternative in-county options to support current and future service users.
- Promotion of Work Place Health programmes in conjunction with Herefordshire Council and the Chamber of Commerce

2. New model of care in the community to **integrate mental and physical care** under One Herefordshire over the next two years.



Mental Health Partnership - Next Steps

An overarching group for children and young people mental health has been in existence for over 18 months.

In January 2017, an equivalent Adult Mental Health partnership was created. Although still in its infancy, the topics it will be exploring in 2017 are:

- Suicide prevention
- Crisis care update
- Pathway issues
 - Acquired brain injury/ Autism/ physical health and mental health/ chronic pain / dementia
- Prevention and Mental Health Promotion
 - Early intervention

