

Mental Health Buckinghamshire Adult and Older adult services

July 2021 – Presentation for Health and Wellbeing Board



Mental Health Service Landscape

- Broad and diverse scope of services in place across Buckinghamshire supporting peoples mental health:
 - Commissioned services funded by CCG and LA
 - Voluntary and community sector providers operating on commissioned basis or as independent organisations
- Commissioned adult mental health services delivered by Oxford Health include:
 - Improving Access to Psychological Services
 - Community mental health teams
 - Perinatal mental health
 - Eating Disorder Services
 - Crisis support
 - Early Intervention in Psychosis
 - Acute mental health in-patient services

Mental Health Services – Headlines

- Increases in activity – particularly adult community mental health and eating disorders
- Moved to remote delivery where clinically appropriate at the start of the pandemic
- Initial suppressed demand in Q1 20/21, but demand surged in Q3/4
- Increase in safeguarding alerts across services during the pandemic
- The 24/7 Mental Health Helpline for Buckinghamshire and Oxfordshire was established
- The South Buckinghamshire Mental Health Hub, in Easton Street, High Wycombe. Bringing together a range of mental health teams under one roof to provide improved and integrated high quality service to the adults and young people we care for, with care delivered in a fresh, modern environment.
- Safe Haven in Wycombe expanding to 7 evenings per week from August 2021

Improving Access to Psychological Therapies (IAPT)

- Known locally as Healthy Minds – nationally driven programme to improve access to psychological therapies for adults 18+ with low to moderate anxiety and depression
- FY 20/21 Q4 achieved high compliance with national access standards, based upon population prevalence (2,612 people entered treatment).
- Recovery and wait time performance above national target
- Maximised use of digital delivery throughout the pandemic
- Employment advisors helped 837 people in FY 20/21.
- Covid response – MH 24/7 helpline, You Matter staff MH & Wellbeing hub, Long Covid clinic and support to voluntary and business sectors.
- Initial suppressed demand at the start of the pandemic, now returned to pre-covid levels
- Additional investment from the CCG in 20/21 to expand the offer to larger proportion of the population in line with Long Term Plan (LTP) ambition. Further investment needed to meet LTP ambition of 14,255 per annum entering treatment.
- Surge demand mapping completed at BOB level and submitted to NHSE.

Eating Disorders

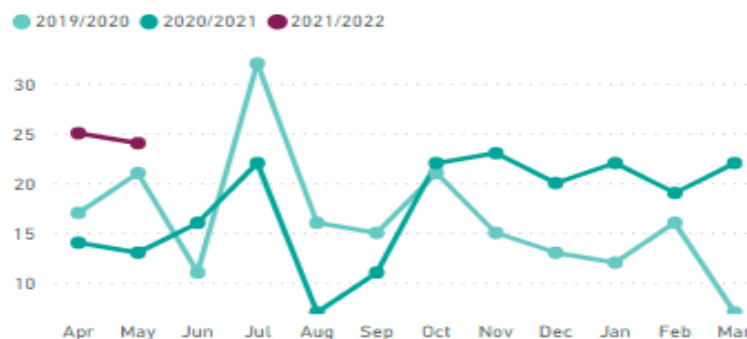
Key Headlines

- CYP and Adult Eating Disorder service pathway
- National spotlight on services linked to NHS Long Term Plan
- Additional investment from CCG in 20/21 in line with increased demand
- Considered as priority for further investment in 21/22
- 14% increase in Adult ED referrals (20/21 compared to 19/20).
- 69% increase in CYP ED referrals (20/21 compared to 19/20)

Referral Data

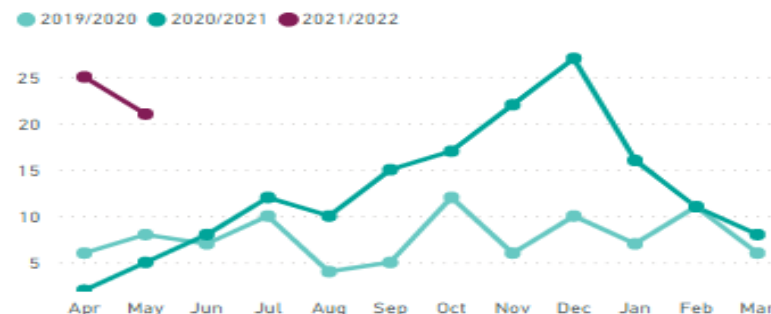
Adult ED

How many referrals have been received and how do the numbers compare to last year?



CYP ED

How many referrals have been received and how do the numbers compare to last year?

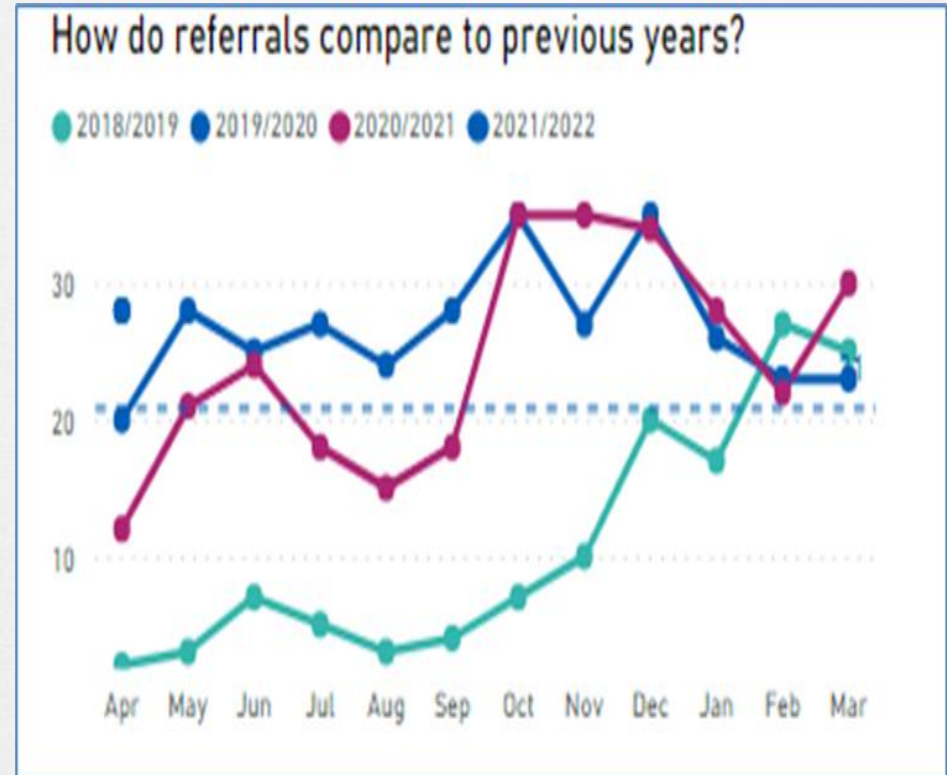


Perinatal

Key Headlines

- Access rates are lower than expected - focus and initiatives to support improved access underway.
- 'IWantGreatCare' patient feedback
 - Service receiving 5/5-star rating.
 - nearly 100% service users reporting they would recommend the service.
- Buckinghamshire Mind, Oxford Health and Buckinghamshire Health Care Partnership Services.
- Parliamentary award finalist July 7th 2021

Referral data



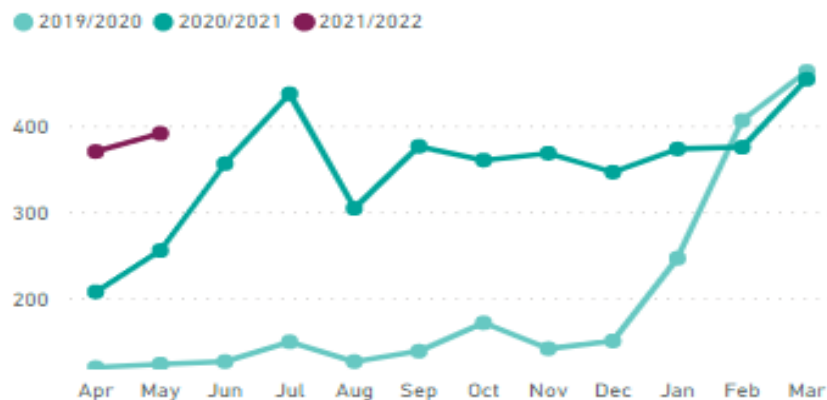
Community Mental Health Teams

Key Headlines

- Adult MH Community Mental Health Teams & Crisis Response & Home Treatment (CRHT) saw increase in referrals pre Covid. In phase 1 there was some suppression however since then there continues to be an upward trend. (NB CRHT commenced Jan 2020).
- Older Adult – Services continued; however wider community provisions not accessible due to Covid. Therefore, the service has seen increased acuity due to the impact of social isolation and shielding.

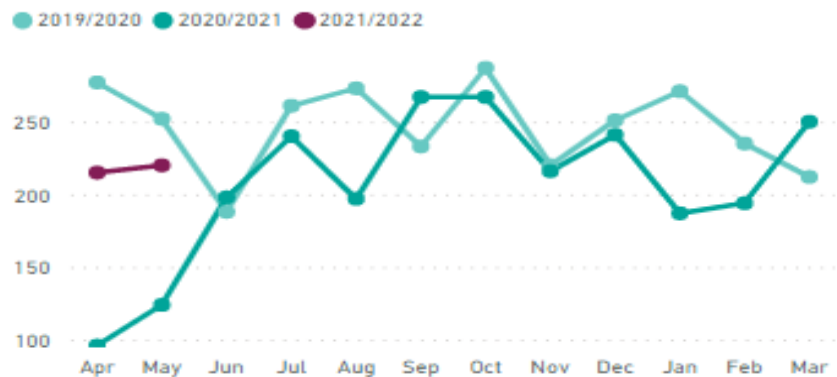
Adult MH Community

How many referrals have been received and how do the numbers compare to last year?



Older Adult MH Community

How many referrals have been received and how do the numbers compare to last year?



Suicide Prevention

- BOB bid approved in January 2021 for national funding to support Suicide Prevention
- £356,807 per annum (2021/22, 2022/23, 2023/24)
- Bid focuses on the following:
 - Follow up for presentations of repeat self-harm or attempted suicide
 - BOB Training and Education lead
 - Enhance Real Time Suicide Surveillance (RTSS)
- Suicide Bereavement Support Service launched April 2020 delivered by Bucks Mind
- Suicide Prevention Grant Funding available for the voluntary and community sector (focusing on prevention of male suicide)
- Suicide Prevention training programme includes targeted training for schools, faith based organisations and those working around financial advice and stress
- Multi agency suicide prevention group meets quarterly

Covid-19 Mental Health Voluntary Sector Response Group

- **VCSE Mental Health Response Group set up in April '20, jointly chaired by Bucks Mind and Oxford Health**
- **Purpose:-**
 - Share key updates, challenges, best practice and resources from our organisations
 - Discuss the VCS response across mental health and provide a valuable interface with system colleagues working in Oxford Health, BHT, Primary Care and Public Health.
 - Provide peer support, particularly in relation to workforce/volunteer wellbeing
 - Provide a forum to co-create solutions and plan a response together to be respond to increased demand for mental health support.
 - Maximise the reach of key messages through our communication channels, e.g. the Bucks Big Chat, the Mental Health Helpline.
 - Share updates on funding opportunities to ensure that our services remain adequately resourced and sustainable in the face of increased demand.



Some examples of VCSE impact

Lindengate

Have launched “*The Nature Alliance*” providing a fully integrated greencare provision for under 25's across Bucks and with the aim of improving/simplifying accessibility and the interface for referrals and evaluation between Voluntary and statutory services. This responds to a significant increase in under 25's wishing to attend. In addition, Lindengate have been contracted by Bucks NHS Healthcare Trust to provide wellbeing sessions for all their staff.

Wycombe Mind

Have launched a new decluttering and hoarding service ‘Freespace’ which is being supported by Bucks Fire & Rescue Service.

LEAP

Over 100 Healthy Minds therapists upskilled to have a conversation about the benefits of regular activity with service users. Recruitment has started on a role embedded within the Healthy Minds team to support signposting and establish group activities for service users as part of CBT therapy.

In addition, 200+ coaches & instructors based in Bucks and MK have undertaken the Mind and UK Coaching Mental Health Awareness in Sport & Physical Activity workshop.

Community Impact Bucks

Worked with Bucks Mind to create 3 free videos to support volunteer wellbeing.



Building VCSE Partnerships

Buckinghamshire Mind - Safe Haven +

The Safe Haven in High Wycombe will extend to 7 days a week from August 2021 operating from 6.00pm – 12 midnight. Building on the successful partnership with Oxford Health our new partners, **Oasis, Connection Support and Citizen Advice Bucks**, will further enhance our alternative to crisis model.*

The Partnership

- Task and Finish groups established to design service model and pathways between organisations.
- Standard Operating Procedure developed to establish clear lines of accountability and responsibility along the pathways to and within each organisation.
- Agreed Multi Agency Referral Forms with dedicated 'Safe Haven referral' email address within each partner organisation.

The Service User Journey

- ✓ With service user consent, the partnership enables Safe Haven to refer service users directly to a dedicated mental health support worker, employed within each partner organisation.
- ✓ By Safe Haven supporting service users with the introduction into partner organisation, increased service user engagement with referral partner.
- ✓ Timely access to targeted support with issues potentially contributing to mental health crisis.

* Funding is via Alternatives to Crisis Transformation funds from Oxford Health.

Recovery and Transformation

Additional investment for mental health services in 21/22 as part of the CCGs commitment to the national mental health investment standard (MHIS)

Additional investment from NHSE through spending review allocations and transformation opportunities targeting specific pressure areas

Closer alignment of community mental health services, primary care, VCS and wider community support services through the community mental health framework

Increase in number of mental health professionals working in primary care. Each PCN is entitled to one worker from April 2021 (likely to increase in 2022)

24/7 mental health support line implemented in 2020 – expedited in response to covid. Now recurrently funded

Transformation – Community Mental Health Framework (CMHF)

- 3 year change programme across mental health, primary care and community sector
- Transformation funding will be received in all CCG areas across the country
- Re-designing the way in which community mental health services are delivered with new models of care
- Alignment to primary care and embedded workers
- Focus on people with a severe mental illness and improving the care and support they receive
 - Personality Disorders
 - Eating Disorders and
 - Community based mental health rehabilitation
- Drawing upon the strengths of the community to holistically support peoples needs
- Building relationships with VCSE and other community services

Community Mental Health Framework Funding

- Funding will flow predominantly to the secondary care mental health provider
- Within the workforce model Voluntary Community Sector roles have been built in, to enable connection with wider community service provision
- First tranche of funding will be received July 2021
- Implementation from April 2021

Financial Year	Indicative funding
2021/22 (Year 1)	£882,682*
2022/23	£2,150,896*
2023/24	£2,643,390*

**Cumulative figures*

Additional Roles Reimbursement Scheme (ARRS)

- ARRS roles extended to mental health
- All PCNs across the country entitled to 1 WTE mental health practitioner
- Bridge the gap between IAPT and secondary care mental health services
- 50% funded by ARRS 50% funded by mental health provider
- Need to ensure alignment to CMHF
- A positive opportunity to improve mental health footprint within primary care

MHP benefits to PCN

- No formal referral processes required.
- Practitioner works as part of the PCN MDT.
- Provides a bridge between primary care and specialist mental health providers.
- Can draw on a range of provider mental health services.
- Reduces employment burden.
- Improved integration between primary care and mental health.

MHP benefits to patients

- Integrated pathway for patients.
- Access to specialist mental health support.
- Reduced waiting times.
- Prevention of referral into secondary care.
- Positive patient experience.

