

London Borough of Hammersmith & Fulham

Report to: Health and Social Care Policy & Accountability Committee

Date: 07/10/2021

Subject: Mental Health update

Report of: Jo Baty, Assistant Director Specialist Services and Independent Living (LBHF) and Helen Mangan, Deputy Director of Local and Specialist Services (West London NHS Trust).

Responsible Director: Lisa Redfern Strategic Director Social Care & Co-Chair H&F Integrated Care Partnership (ICP).

Summary

This report provides an update on the work of the Integrated Care Partnership (ICP) Mental Health Campaign and of the implementation of the Mental Health Integrated Network Teams (MINT) across Hammersmith & Fulham, an update on the areas yet to be developed and a timetable.

To reflect the collaboration within the ICP and Mental Health Campaign specifically, the joint presentation of the update from West London NHS Trust, the Clinical Commissioning Group and Hammersmith and Fulham Council represents the ongoing commitment to collaboration and service improvement.

Recommendation

For the Committee to note and comment on the report.

Wards Affected: All

Relevant H&F Values

Our Values	Summary of how this report aligns to the H&F Priorities
<ul style="list-style-type: none">Creating a compassionate council	Better supporting our residents with a wide range of mental health needs in securing the support they need be it from statutory services or from voluntary and community sector partners
<ul style="list-style-type: none">Doing things with local residents, not to them	Co-producing the pathways of support with our residents – being an accessible and easy to navigate mental health partnership
<ul style="list-style-type: none">Taking pride in H&F	Ensuring that Hammersmith and Fulham have both reputationally and in practice a caring and supportive partnership in mental health service delivery.

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Background Papers Used in Preparing This Report

ICP Mental Health Campaign Stocktake

MINT Information Pack – West London NHS Trust

MINT Information for Patients and Carers – West London NHS Trust

1. Background

1.1 The Integrated Care Partnership Campaigns have further developed over the Summer and initial priorities have now been established and the campaigns are now working on the key deliverables. A key ICP development workshop took place in September 2021.

1.2 There are a number of sub- groups which will feed into the main campaign. There is also a weekly campaign manager meeting, chaired by the ICP programme manager, to ensure strategic coherence across the wider whole. This is also an opportunity for learning to be shared between the campaigns and interdependencies to be monitored. The next stage will be to build on the initial scoping work done within the campaign meetings, as well as the wider work done by PPL, a social enterprise firm working with the ICP to assist with its development, to deliver the tangible benefits.

2. ICP Mental Health Campaign

2.1 The ICP Mental Health Campaign is led by Helen Mangan, Deputy Director of Local Services at West London NHS Trust. A core group has been established and includes representation from health, social care, voluntary sector and lay partners. The campaign has identified the three main priority areas below. It has mapped work which has already started or needs to be undertaken to support the priorities.

Main priority identified	Work to be undertaken
Increase community offer and reduce the use of unscheduled care	<ul style="list-style-type: none"> • Readmission and frequent uses of unscheduled care project • MINT (Mental Health Integrated Network teams) fully operationalised; Integration with primary care and social care • Advance mental health equalities and working with communities to ensure that services meet local need • Expand local voluntary sector and mutual aid groups • Fully operationalise crisis alternatives • Asset mapping (service and community asset mapping) • Identify the strengths of the community/micro-communities/PCN
Reduction of out of area placements and spend	<ul style="list-style-type: none"> • Optimising the use of in-borough supported accommodation • Bolster reablement provision • Increase use of direct payments • Community mental health rehabilitation service to be fully operationalised • Development of complex emotional needs offer from West London Trust
Improving the physical health of people with mental health problems	<ul style="list-style-type: none"> • Annual physical health checks: Minimum requirement 60% of all patients on the Severe Mental Illness (SMI) register and the top 5% of the Common Mental Illness (CMI) register to have the full Physical Health Check • Devise a clear list of interventions available to address areas of need identified from the physical health checks • Undertake CLCH and West London Trust Case load audit to identify where there is overlap/duplication, where services can work together more effectively based on the principles that every contact counts.

2.2 To help inform the development of work in the ‘increase community offer and reduce the use of unscheduled care’ priority, a readmissions and high intensive user of unscheduled care review is being undertaken. This review involves analysis of data from WLT, CLCH and LBHF to provide an accurate snapshot of readmissions and intensive user data across the H&F borough. Each organisation will conduct a deep dive of performance data on this particular cohort.

2.3 Twenty patients will be selected from each cohort for qualitative analysis of patient notes/ care journey. WLT will use the ‘BPS Power Threat Meaning Framework’ to categorise themes and identify patterns of emotional distress. This qualitative section will be supported by input from experts-by-experience to help identify themes and verifying findings. The aim is for this work to be completed by the end of the year and will provide recommendations on how use of unscheduled care can be reduced.

3. Mental Health Children & Young People Sub-group

3.1 A children and young people's sub- group of the mental health campaign has been established chaired by Helen Mangan. Three priorities have been identified:

- Pathway mapping. This will deliver improved service user experience, easier system navigation for parents and professionals and clarity on the roles, responsibilities and assurance processes of all agencies across the different stages of the pathways:
- CAMHS transformation to deliver the requirements of the long- term plan, increased access and capacity. LTP target 35% of prevalence and treatment within 18 weeks and
- 16-25 offer- this will focus on ensuring that mental health services for young adults meet the specific needs of this age-group and provide an effective transition between children's and adult mental health services.

The Campaign is currently developing draft metrics and identifying leads for each of the areas.

4. ICP Mental Health Campaign – stakeholder engagement and co-production

4.1 The ICP Development Workshop for Hammersmith and Fulham on 15th September 2021, identified that the ICP needs to build a shared approach to co-production, using assets that exist already in Hammersmith & Fulham and that true co-production means working with all residents and communities through planning, delivery and assurance.

4.2 The ICP Mental Health Campaign has established a monthly Mental Health Stakeholder Forum with over 80 organisations and services represented. The overarching aim of the Forum is to share information as to what services and support are available within Hammersmith and Fulham, to identify how best to support community resilience as part of Covid recovery and to inform address the four Mental Health Campaign priorities.

4.3 As critical as co-production with stakeholders is co-production with our residents with lived experience of mental health. The Mental Health Stakeholder Forum, next due to meet in October 2021, will begin to identify how we can co-produce with a network of residents who are accessing the services and support of those represented at the Mental Health Stakeholder Forum and those furthest away from decision making. This work will build on the work of We Coproduce, SOBUS (BAME Mental Health Report) and the work of the Council's Co-production Strategic Leads.

5. Updates on implementation of Mental Health Integrated Network Teams (MINT)

5.1 MINT provides community-based mental health services and support for adults aged 18 and over living in Hammersmith & Fulham (Ealing and Hounslow). Recovery and Primary Care Mental Health Services teams across Hammersmith & Fulham (Ealing and Hounslow) have merged to create the MINT community-based teams. Linked to primary care networks, their aim is to provide more personalised care, at the earliest opportunity for our residents.

5.2 Most people will access MINT services through primary care, but some people will access MINT from acute services or be referred by emergency or social care services through the Single Point of Access (SPA). People in crisis, needing emergency support within 24 hours will continue to be referred through the Single Point of Access (SPA).

5.3 MINT will provide a wider range of support such as:

- > Therapeutic support, focusing on areas including emotional regulation, developing coping skills and strategies, and support for wellbeing, such as sleeping better and exercise.
- > Education and training delivered by the Recovery College and other locally based partner organisations, helping people develop practical skills to support their recovery.
- > Employment, volunteering and other occupational support, available through MINT's Vocational Recovery and Individual Placement & Support services.
- > Peer support, working alongside someone with lived experience of mental health needs to develop an understanding of what happened and a meaningful way forward
- > Link workers building community connections and helping people to access community and social groups or engage with new interests, hobbies and activities.

5.4 Update on MINT since it was launched in July 2021

5.5 Since the launch of the service, there has been greater working partnership with primary care and community assets. One of the noted benefits from a GP perspective has been what we call 'Shared Care', this is the coming together of all primary care services and mental health see how as a system we can support the community and their mental health needs.

5.6 West London NHS Trust are working with LBHF Social Care to launch a grants programme towards the end of 2021 which will enable funding of third sector organisations who support local communities and particularly those furthest away from decision making and from our diverse communities.

6. Future developments

- 6.1 MINT will be expanded to provide further services and building on the engagement with the Mental Health Stakeholder Forum, we will co-produce with the involvement of people with experience of using our services.

Future service developments include:

- > Treatment for adults with eating disorders
- > Support for adults with complex emotional needs
- > Treatment for 18- to 25-year-olds
- > Community rehabilitation
- > Crisis services and support
- > Voluntary sector partnerships