

## East Kent Mental Health Commissioning Team Update September 2019

### 1. Safe Havens in East Kent

We are pleased to announce the development of three 'safe havens' in east Kent.

#### What is a Safe Haven?

Safe havens will be a place for people who feel they are moving to a mental health crisis or to de-escalate a mental health crisis as well as improving the experience of adults in a mental health crisis, the services will also to provide social prescribing to link people back into their communities.

Key features of a safe haven include:

- Open door policy – there for anyone that needs it
- An assessment of need for everyone attending
- 1 project will be open to over 18s but 2 will be open from over 16s
- Professional assessment and support
- Open every evening and weekends, 365 days per year (including public holidays)
- All customers will receive emotional support and resilience building with recovery plans created.
- Risk assessment/management and active liaison with statutory services, particularly the mental health trust, when clinical risk requires
- Peer-led support where appropriate

Two of these projects will be led by the STP and one by ourselves with charitable trust partners.

Location of the east Kent Safe Havens:

- Folkestone
- Thanet
- One more to be confirmed

In addition to the safe havens we are looking to expand the peer led crisis support service that runs on a Sunday evening to two more areas of east Kent. More information will follow as this project develops

### 2. High Intensity Users Project

We are working on a high intensity users project. This project will look at targeting the 80 most frequent attenders across health. By health we mean attendances at A & E, Outpatients, Hospital, GP attendances and ambulance use. The project will build on evidence from existing national projects using a step down service using a social prescribing approach to connect people to local resources and address loneliness and social isolation. Many of the individuals who will be identified to this project will not be known to secondary mental health services.

### 3. Communications

The Stay Alive suicide prevention app is now available on android / apple app store

The four clinical commissioning groups (CCGs) in east Kent are working together to improve healthcare across their communities.

to download for free.

**Apple App Store:** <https://itunes.apple.com/us/app/stay-alive/id915458967>

**Android Google Play:** <https://play.google.com/store/apps/details?id=uk.org.suicideprevention.stayalive>

#### **4. Local Care**

We have now been able to get the procurement decision ratified at our governing body and we are now complying with procurement law and are at the cool off period which is the pause between the point when the contract is awarded and the final contract conclusion, during which time bidders can challenge the decision. When this period of time ends we can announce the successful bidder to deliver our local care contract. We will update people in our next monthly mail out.

#### **5. Physical Health and Mental Health**

As part of the work on improving the physical health of those people registered on the severe mental illness register the East Kent CCGs will be resourcing a physical health checks team to work alongside primary care and the new Mental Health in Local Care service to undertake comprehensive health checks with individuals and support them to access health and wellbeing services as required.

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