

Dartford, Gravesham & Swanley Mental Health Action Group



Meeting on Tuesday 15th May, 2017, 12.30 – 2pm
Dartford Civic Centre, Home Gardens, Dartford, DA1 1DR

| Name | Organisation and Role |
|-------------------|---|
| Alan Heyes | MHAG Chair Mental Health Matters |
| Marie McEwen | MHAG Minutes West Kent Mind, MHAG Manager |
| Andy Hales | MEGAN CIC/MHAG Co-Chair |
| Angela Powis | Porchlight, Community Link Worker |
| Vince Braithwaite | MEGAN CIC |
| Teresa Snowden | Porchlight Live Well Kent Development & Monitoring Officer |
| Kevin Halpin | KMPT DGS Community Mental Health Team |
| Raj Jhamat | Rethink Mental Illness |
| Tracy Avis | Carers First |
| Philippa Darby | DWP (Jobcentre) |
| Jenny Solomon | Insight Healthcare |
| Claire Jordan | Therapy Partners |

| | |
|------------------|---------------------|
| APOLOGIES | ORGANISATION |
|------------------|---------------------|

Kirstie Wright Insight Healthcare
Caroline Potter-Edwards DGS & Swale Clinical Commissioning Group

| |
|--|
| 1. Welcome, Introductions & Apologies |
|--|

The Chair welcomed the group and apologies were noted as above.

| |
|--|
| 2. Minutes from last meeting – Approved without amendment |
|--|

| |
|--|
| 3. Therapy Partners Eating Disorder Service |
|--|

Therapy Partners have been commissioned by DGS & Swale CCGs to deliver a pilot for the Eating Disorder service for your people 14-25yrs. We offer one to one, Peer support and Family Peer Support. We are seeing referrals for some as young as 10 years and also higher numbers than before for young males, which is not traditional for eating disorders.

Protocols based on Fairburn Enhanced CBT for Eating Disorder offer up to 20 sessions depending on need. This looks at eating restraint and restriction i.e. how they eat and if there is a list of foods to avoid. Lots of young women are turning vegan to hide what and when they can eat, including food colours or order they eat them. We identify triggers, consequences, beliefs behind it, e.g. feeling worthless etc. We incorporate the Prof. Janet Treasure family model and also deliver

education seminars in schools. If you know anyone who might benefit from this please refer now as this is time limited. See leaflet here <https://tinyurl.com/ydbc8tf7>

Questions/comments

Q: Do people generally take up the 20 sessions?

Response: The 20 sessions were available at the start of the project but it would be down to 15 now as we are nearing the end of the pilot. We meet twice weekly for first four weeks to build trust and monitor eating habits.

Q: Do you refer to other therapies?

Yes but not at the beginning. Initially the focus is on eating or not eating. Thinking becomes restricted when brain shrinks through food avoidance. Eventually we look at other areas to enhance lifestyle.

Q: What is the eligibility criteria?

Response: We don't accept anyone with a BMI under 15. The lowest so far has been 16.2. We want to catch people before they get to that stage and this is where the early intervention is needed.

Q: Do you get lots of referrals from professionals?

Response: No, mostly from parents or self-referral as they have not reached crisis stage yet and unlikely to have made contact with professionals,

Q: What happens after treatment?

Response: They move onto the peer support groups.

Q: Where are you based?

Response: We are very flexible and do home visits, GP surgeries or wherever is needed. We also have a room at the Riverside Community Centre in Gravesend.

3. Action Points

(a) from last meeting:

1. Forward comments on KMPT Patient Survey to Nick Dent for comment.
Completed. Responses contained in body of last minutes.
2. Ask CCG where 20 beds for eating disorders will be located.
Response from Caroline Potter-Edwards: National Health Service England (NHSE) are the commissioners for Tier 4 beds. CCGs have been meeting with NHSE commissioners to look at our pathways for eating disorders and have been informed by NHSE that they will be commissioning "at least 8 and may be as high as 20 CAMHS Eating Disorder Service beds in the South East" (Kent, Surrey and Sussex). They could not confirm where these would be located or whether they will be in one site. We hope to get more information on these soon.
3. Ask CCG how they arrived at the 10% target for suicide reduction by 2021.
*Response from Caroline Potter-Edwards: This is a national target as set out in The Five Year Forward View (5YFV) which states:
"The Five Year Forward View for Mental Health called for the Department of Health, Public Health England and NHS England to support all local areas to have multi-agency suicide prevention plans in place as part of major drive to reduce suicides in England by 10 per cent by 2020/21."*
4. Ask CCG why the target is 2021 for implementation of the Core 24 Model for liaison psychiatry.
*Response from Caroline Potter-Edwards: Again, this is a national target from the 5YFV for mental health which states:
"By 2020/21, all acute hospitals will have all-age mental health liaison teams in place, and at least 50% of these will meet the "Core 24" service standard as a minimum."
Funding is released in waves by NHSE and DGS will re-apply in the autumn for next wave of funding in 2018/19.*

- (b) **Raised at the County MHAG:** No questions were brought forward from any of the 8 local MHAGs. This is the first time this has happened and is a positive indication that local commissioners are responding promptly.

4. Service User & Carer Questions

a) **Question raised at today's pre-meeting:**

1. Vince raised a question about accessing IAPT. Jenny will meet Vince to discuss after the meeting today.

5. Information Sharing:

1. **County Update:** Please refer to the County draft minutes for full details of discussion on the Live It Well website on this link <http://www.liveitwell.org.uk/your-community/county-mental-health-action-group/>.

Extract from county minutes: The Terms of Reference were well received and considered to be a good starting point to review the MHAGs and will be looked at again. KCC intends to have some workshops to invite everyone to contribute to how the MHAGs should look going forward. The workshops may take place instead of the July meetings. We do not yet know if the workshops will be locality based or if they will include all localities together. Information will be circulated in due course.

2. **Commissioners Reports:** All reports have been circulated and can be found on this link on the Live It Well website: <http://www.liveitwell.org.uk/localnews/thanet/#MHAGInformation>.

Live Well Kent End of Year Report– Teresa Snowden: Additional comments on the report:

- Referrals were high but included those transferring across from other providers where they were already receiving a service. Those not returning to use service means they are new referrals.
- There is a small service to help with housing needs but there is a vacancy at the moment for this locality.
- 15% of referrals were for preventative support.
- Successes – we responded well to the high demand and this is now levelling out.
- Recognise that peer support helps people maintain being well and recovery.
- Innovation fund had good projects:
 - Limelight Project is a drama group set up by North Kent Mind and is open to anyone. This includes the stages of production etc. They will be performing a short play at end of June.
 - Fairfield Leisure project is a 12 week, one to one programme for exercise and activities. This has been very positive and the group were meeting up independently within two weeks.
 - Walk Tall is aimed at younger people who will be staging a published play in schools and colleges in June with workshops to raise mental health awareness.
 - North West Kent Countryside Partnership - Ecology Island is a former bowls club renovated to provide open grassed area/woodland/stream/giant tree house, for outdoor skills groups. There will be an open day celebration around mid-July.

Questions raised on report:

Q: Is start date June on target for Payment by Results (PBR)?

Response: All organisations are aware of the start date and we are communicating with them. Improvements have been made to ensure that all delivery partners are using the same data sets and outcomes.

Q: Is it possible that some organisations pick and choose who to accept into their service based on the likelihood of a successful outcome under PBR?

Response: We ensure that targets do not skew behaviour. It is not just about hard targets, we also measure soft targets. The wellbeing scale identifies what people need and at end of their journey that scale will have improved under key indicators. Gaps for longer term conditions has been identified and we are looking at peer support with good quality support and training. North Kent Mind offer open sessions for as long as needed which comes under peer support rather than the recovery model.

Q: Will there be another opportunity to bid for innovation funds for project such as Vince's Public Media project?

Response: Yes, Vince could put forward a proposal next year. We can also support Vince to look at other funding opportunities. When the Kent Countryside project ends we are supporting them to look to Sport England to continue their project.

Q: Is there any difference in referrals between genders?

Response: The numbers are pretty even now as more men are referring. There are lots more campaigns for men such as Release the Pressure and lots of services have seen an increase in referrals since the London Marathon sponsored by the Royals.

3. Provider Service Update/New Members:

Vince: Recently met Mayor Holmes to talk about creating a community space in Lowfield Street to support people in positive activities to help them engage in the community and on the road back to employment. Chris and Vince agreed to meet up to discuss this further.

MEGAN – Andy:

- The DGS Service User Forum is held on the first Tuesday of the month from 10-11.30am at the Gravesend Adult Education Centre. MEGAN CIC also run a monthly social group following the forum. The Personality Disorder Peer Support Group runs every Thursday from 1-3pm at the Gravesend Adult Education Centre. We continue to work with organisations and recently had a representative from The Grand attend the forum to share information about the services available.
- MEGAN CIC are looking to arrange a visit to the Gurdwara temple in Gravesend and will be holding a daytrip in September 2017.

DWP – Philippa Darby: First time attending, not from this area and looking to make good contacts. The remit of the Disability Employment Trainers has changed and we will be upskilling for this role.

Carers First – Tracy Avis: We support carers from age 16 upwards. Carers Week 12th – 19th June with lots of events at Gravesend Gateway with lots of organisations offering advice and information. We also offer social events, theatre trips, arts and crafts with the Ellenor Foundation. Young adult carer afternoon tea talking about what they face and might need.

7. Task & Finish Group Update

Chris advised that although the Police & Crime Commissioner (PCC) had provided funding for the Crisis Café it had not been possible to take this project forward for a number of reasons. After a lot of hard work they were unable to get further funding to make this happen. Reluctantly had to take a step back and the funds were returned to the PCC.

7. Date of next meeting

The next meeting is scheduled for 19th September, 2017, 12.30am at **Dartford Civic Centre**, Home Gardens, Dartford, DA1 1DR.

PLEASE NOTE THE JULY MEETING HAS BEEN CANCELLED DUE TO THE MHAG REVIEW

No Actions were raised at the meeting.

Minutes posted on: <http://www.liveitwell.org.uk/local-news/DGS>

Administration :

Phone: 01732 744950

Email: mhag@westkentmind.org.uk

