

# Maidstone Weald Mental Health Action Group (MHAG)



Meeting on 19<sup>th</sup> January, 2017 at 2pm  
At Maidstone Community Support Centre, 39-48 Marsham Street, Maidstone, ME14 1HH

PRESENT	ORGANISATION & EMAIL ADDRESS
Juliette Page – Co-Chair	Involve Older People's Services
Ali Marsh – Co-Chair	ThinkAction
Sue Sargeant – Minutes	West Kent Mind
Carol Sommerville	Assert Advocacy
Jenny Solomon	Insight Healthcare
Fran Matthews	Insight Healthcare
Colin Thompson	KCC Public Health
Susannah Adams	KCC Public Health
Buba Cooper	KMPT Service Manager, Maidstone CMHT
Danielle Sparks	mcch
Margaret Bell	Samaritans
Kathrin Davis	Sanctuary Supported Living, Project Worker
TM	Service user, Sanctuary Supported Living
DS	Service user, Involve & Platform
Stephanie Warner	Think Action, West Kent & Swale Team leader

APOLOGIES	ORGANISATION
Jenny Dickson	Insight Healthcare
Maureen Belcher	Involve Carers
Andy Wood	KCC, Kent Enablement Recovery Service (KERS)
Adrian Croucher	KCC, Kent Enablement Recovery Service (KERS)
Kelly Shurmer	Kent Police, Community Liaison Officer
Amanda Sidwell	Making a Difference to Maidstone
Lindsay Topham	Shaw Trust Live Well Kent
Jacquie Pryke	West Kent CCG

## 1. Welcome Introductions & Apologies

The Chair welcomed the group and apologies were noted.

## 2. Draft Kent Drugs and Alcohol Strategy, Colin Thompson

The Consultation for the Draft Kent Drugs and Alcohol Strategy for 2017-2022 was launched on Monday 9 January 2017 and is open until Sunday 19<sup>th</sup> February and is available via the following link: <http://www.kent.gov.uk/drugandalcoholstrategy>. The final version will then be signed off by the Adult Social Committee at KCC before implementation.

Public Health at Kent County Council is working with Kent Police for a combined strategy around Drugs and Alcohol and want to attend groups to ask people's views directly. The previous Kent Alcohol Strategy 2016 and Kent Police Drug and Alcohol Strategy (ending early 2017) had notable successes. However, the pattern of drug and alcohol use is changing so now is the ideal time to create a new and joint Drugs and Alcohol Strategy with all partners.

There are 5 Key themes: Resilience, Identification, Early Help and Harm reduction, Recovery and Supply. The following were discussed:

1. Resilience including supporting people with dual diagnosis. The observation is that this doesn't happen across the county and needs to be implemented.

Comments:

- Maidstone & Malling CMHT currently tries to get CGL to do joint assessments but there are not enough resources and they struggle to get CGL to attend.
- These assessments are happening in Ashford

2. Supporting people with lower level support needs, not necessarily a dual diagnosis.

3. Early help and harm reduction includes prioritising people with dual diagnosis earlier. Addressing different age groups is also included in the strategy, as are links with other health behaviours.

Comment:

- Need to ensure message is clearer when there are changes to provider contracts and names as it confuses service users.

Juliette invited Colin and Susannah to attend the Involve service user group on 31<sup>st</sup> January.

### 3. Open Dialogue, Yasmin Ishaq

This presentation has been circulated and is also available on the Live it Well website.

Open Dialogue is an innovative approach to understanding and supporting mental distress. KMPT have been looking at developing this for last couple of years.

The following are the optimal principles for organising psychiatric treatment:

**Immediate response:** Someone would still get acute crisis response but it would be same workers everyday and those workers would continue working with them through recovery and into discharge. The first meeting would occur within 24 hours after contact.

**Social networks perspective:** Involvement of client's social network. It is important to find out what is happening for everybody involved and what would be helpful for them, ie family members.

**Tolerating uncertainty:** Not jumping to conclusions about what has happened. Listening to everyone to get the fuller picture and have more opportunity to offer wider options.

**Dialogicity:** Listening to dialogue to increase understanding about the actual crises and being open to all possibilities about what is going on.

Yasmin talked about how this fits with NHS 5 year forward view (5YFV). Sustainability and Transformation Plans (STPs) are being produced by every Trust, there is no more money available so they are thinking about innovation, collaboration etc

Research from Finland shows it is cost effective but we need to research it here too. KMPT is involved in the largest ever research trial of Open Dialogue in the world. £2.4 million has been secured for a 5 year research trial looking at outcomes in Kent, Surrey and Sussex and a conference is being held in March 2017 in Crawley. Money has been received from Health Education Kent, Surrey, Sussex to train an additional 25 staff (16 have already been trained). A standalone team is being piloted in Canterbury to see the effectiveness in one area and look at how it can be generalised, and should be up and running by the middle of February 2017.

#### How Open Dialogue will work:

2 clinicians will be in attendance and will make comments in the meeting – This is a collaborative approach with everyone's voice being heard.

Moving staff from existing services and taking on some of their work, ie Crisis, CMHT workers.

Training has been given to peer support workers.

Service model: Referrals will come through Single Point of Access (SPoA) and we will work with the individual and family to suit their availability. We have had lots of positive feedback.

For the research we are working with people presenting in crisis for the first time to secondary services or re-presenting after discharge.

Yasmin will come back in a couple of months with someone who has been through the experience.

#### 4. Minutes from the last meeting were approved with no amendments.

#### 5. Action Points

##### a) From Maidstone Weald MHAG:

Action No.	Action Point	Status
1	Insight to give a presentation on the carers group once the pilot has finished.	Fran Matthews is here today.
2	Circulate a date for the first networking coffee meeting	Details under 'Working Group'. Wording to be confirmed and circulated after the MHAG

Fran Matthews is a Psychological Wellbeing Practitioner and champion lead for carers at Insight Healthcare. Linked in with Involve Carers project, the carers' workshop was a Step 2, 6 week, self guided cognitive based programme for carers with moderate to severe levels of depression/anxiety. The idea was for carers to form their own peer groups and support each other, which has happened. Carers were assessed first and suitability was ascertained. Everyone participated very well and it was very hands on. Insight want to get this out across Kent and Medway to provide therapeutic interventions to support carers.

##### b) Response to question taken to County MHAG: None taken

#### 6. Service User & Carer Questions

From the pre-meeting: None

Take to County: No questions.

#### 7. Information Sharing

- County Mental Health Action Group Update** – The County MHAG minutes and local questions are all available at <http://www.liveitwell.org.uk/your-community/county-mental-health-action-group/>
- Commissioners Reports:** These reports were circulated separately and are also available on the Live It Well website.
  - Sue Scamell, KCC** – Shaw Trust now provide an update on behalf of Kent County Council. However, Sue is always happy for any queries to be emailed directly to her on [sue.scamell@kent.gov.uk](mailto:sue.scamell@kent.gov.uk)
  - Jacquie Pryke, West Kent CCG**
- Service Update/Introduction for new members**

**Insight Healthcare, Jenny:** We provide IAPT for 18 year olds and over. We are currently running a pilot study using Skype as a medium to provide cognitive behavioural therapy (CBT), counselling and guided self help from 9am to 5pm. This is aimed at hard to reach clients e.g housebound clients, carers and clients living in areas with no face-to-face community provision.

**KMPT, Buba:** KMPT are having CQC inspection this week.

**Mcch, Danielle:** She works in the Dartford office and hadn't realised there was a closer MHAG. They are struggling to get referrals through the door and are attending local meetings and getting into GP surgeries and Jobcentres to make sure they are aware of what Mcch offer. Lots of referrals come from CMHT. They work with secondary and primary care. Danielle will provide information about Mcch's services and criteria for circulation to the DGS MHAG.

**Samaritans, Margaret:** We are available to give talks about our service to any group of volunteers, service users or other organisations. I am happy for people to contact me on [mab123@blueyonder.co.uk](mailto:mab123@blueyonder.co.uk) to arrange this.

4. **Staff changes** - None reported.

#### 8. Vacant co-chair position

Ali Marsh put herself forward for the co-chair position and was voted in by the group.

#### 9. Working Groups

1. The Networking and Wellbeing Event with Shaw Trust will be put on hold until after the new contracts have been awarded.
2. Regular networking breakfast meeting. The first meeting will be on 9<sup>th</sup> February from 9am to 10am at The Involve Shop, Ground Floor, The Mall (Chequers Centre), Pads Hill Maidstone, ME15 6AT and is open to both voluntary and statutory service providers to share information about referral pathways into their services. Everyone will be given the opportunity to give a short description of their services with an opportunity afterwards to network. It is the intention to hold one every alternate month in between the MHAG. RSVP Juliette Page at [juliette.page@involvekent.org.uk](mailto:juliette.page@involvekent.org.uk)

#### 10. Date of next meeting

16<sup>th</sup> March, 2017, 2pm at Maidstone Community Support Centre, 39-48 Marsham Street, Maidstone ME14 1HH.

The meeting finished at 3.30pm

#### ACTION TABLE

Action No.	Action Point	Responsibility	Status
None			

#### Administration :

Phone: 01732 744950

Email: [mhaq@westkentmind.org.uk](mailto:mhaq@westkentmind.org.uk)

Minutes posted on:

<http://www.liveitwell.org.uk/localnews/West-Kent>

