

West Kent CCG Mental Health highlight report – January 2019

Mental Health in Local Care – Zena Watson

Following a recent recruitment drive there are now 8 primary care mental health specialist nurses based across West Kent. This doubles the previous workforce and will enable even more people to transfer their mental health care from secondary care services to primary care with the support that they require being provided closer to home and in conjunction with their GPs. Patients and their families who use this service have provided very positive feedback.

West Kent CCG continues to work closely with KMPT, other partnership organisations and GPs to further develop a new model of local care which is able to provide care and support for many of the people who are currently seen in secondary care. If you are interested in being involved with this work please contact Zena Watson (contact details are at the end of this report).

Eating Disorder Service Redesign – Zena Watson

Kent and Medway CCG's have worked together to plan a new, improved eating disorder service. There was extensive public and patient consultation to determine what is important to local people when designing a new service. Included in improvements that people said that they wanted to see were:

- Early identification of eating disorders and earlier access to specialist services
- No gap between children's and adult services
- No waiting lists
- Care available closer to home
- More support for families/carers

These areas have been included in a new service specification and, following a comprehensive procurement process, a new service provider has been awarded a 3 year contract for delivery of an all-age eating disorder service across Kent and Medway. North East London Foundation Trust (NELFT) started to deliver this new service from 1st September 2017. Their contact number is 0300 300 1980.

For more details regarding any of the above please contact Zena Watson (contact details are at the end of this report).

Children and Young people's mental health – Alison Watson

The seven Kent Clinical Commissioning Groups, Kent County Council and Public Health have been working together for some time to improve the quality and scope of universal, targeted and specialist Emotional Health and Mental Wellbeing (EHWB) provision for children and young people across the Kent County Council area. The aim is to deliver a new whole system approach with support that extends beyond the traditional reach of commissioned Emotional Health and Wellbeing Services.

To realise the shared ambition to improve the emotional health and wellbeing of children and young people commissioners have been working on a number of important projects:

- More support to improve emotional health through the School Health Service commissioned by Public Health from April 2017 and delivered by KCHFT. This

service provides support to improve pupils' mental health and emotional resilience delivered through the School Health Team.

- The rollout of the Big Lottery funded Headstart programme in Kent which aims to improve the mental wellbeing of at-risk 10 to 16 year-olds in Kent and specifically those who have been impacted by domestic abuse.
- The new Children and Young People's Mental Health services (CYPMHS), delivered by North East London Foundation Trust (NELFT), went live from 1 September 2017. The new service has a strong focus on improving outcomes and providing support using a range of approaches to best meet the needs of children and young people. As well as providing targeted and specialist mental health services for children and young people, this service has a single point of access (SPA) that will provide advice, guidance and access to all newly commissioned services provided through the emotional health and wellbeing strategy.

The contract with NELFT also provides additional support for looked after and very vulnerable children supported by KCC. These services have been jointly commissioned by the seven Kent CCGs and KCC and include:

- An enhanced assessment service for Kent Looked After Children
- Support to Early Help Units (delivered by KCHFT) co-located with the CYPMHS SPA
- Post sexual abuse and harmful sexual behaviour services

Improving Access to Psychological Therapies (IAPT) – Zena Watson

IAPT services provide help and support for people who are suffering with stress, low mood, anxiety and other mild to moderate mental health issues that affect daily life. A range of free and confidential talking therapies are available at a number of locations across west Kent.

NHS England has set new access targets of 25% (currently 19%) that have to be achieved by 2020/21; the CCG and providers will work towards increasing 3% year on year. This will include IAPT for Long Term Conditions such as Diabetes, COPD, Chronic pain and other conditions.

Procurement has been completed for a Lead Provider and Thinkaction were the successful bidders. The new Lead provider contract commenced on 1st Dec 2017. Thinkaction will be working with other providers who are sub-contracted to work for them to ensure that high standards and choice remain a key part of the new service. The process for referral has not changed, people can still self-refer or be referred by GP etc. but there will be a single point of access which should make things easier for everyone.

To contact Thinkaction please call 0300 012 0012.

Crisis Café: Nathalie Mulroy

Both crisis cafes were launched in April 2017 and have had a very good response rate to date. The Solace Café is located at West Kent Mind Wellbeing centre, 3 St Mary's Road, Tonbridge TN9 2LD and the Hope Café at The Recovery & Wellbeing Centre, 23 College Road, Maidstone, ME15 6YE

Opening times are as follows:

The Hope café:

Friday 5pm - 9pm

Sunday 1pm- 5pm

The Solace café:

Thursday 5pm - 9pm

Saturday 5pm - 9pm

A report was presented to the senior executive team in March to request further funding, the CCG agreed to continue the funding in line with the PCC's commitment for a further two years. This will allow the cafés to become embedded as part of the clinical pathway for crisis care and assist in achieving and supporting the Crisis Care Concordat action plans and sustainability and Transformation partnership (STP).

Street Triage – Jacquie Pryke

Street Triage service is intended to provide guidance and assessment for anyone suffering from a mental disorder in a public place. There will be a strong focus on diversion rather than detention; however the primary focus is providing a service that is right for the individual and supporting identification for the most suitable pathway at the earliest opportunity.

The countywide service continues to run an out of hour's when a senior Health Care worker is based in both the Police and SECamb control room and a qualified practitioner is available to carry out assessments across Kent. This service is provided on

Sunday: 16.00 - Midnight

Monday: 16.00 - Midnight

Tuesday: 16.00 – Midnight

The two community pilots that were running in Thanet and Medway have now come to an end and are part of the ongoing current review to increase Street Triage across the county to a 24/7 service.

Perinatal Mental Health – Alison Watson

Mother and Infant Mental Health Services (MIMHS) have been provided by KMPT in West Kent since 2001. In 2010 the service was expanded county-wide. The MIMHS specialises in the assessment, diagnosis and short-term treatment of women affected by a mental health illness in the preconception, antenatal and postnatal period. The service is for pregnant women with a pre-existing mental illness or those at risk, and women who encounter problems for the first time during or after their pregnancy. Previously, referrals came via the crisis team which meant only those patients with severe needs were being seen.

In 2016, Kent and Medway were successful in a bid for a £2.3m Community Development Fund (CDF) for workforce development with an additional £35k for specialist training (GPs, community MH staff, midwives, health visitors). In 2018, MIMHS received an additional £314k to further expand the workforce. The additional funding has allowed for expansion of a multi-disciplinary team for all localities, in line with NICE guidance: consultant psychiatrist, clinical psychologists, occupational therapists, accredited nursery nurses, social workers, Band 6 nurses, quality & compliance assistant and non-consultant medical input. Various locations are being utilised for new clinics, including: children's centres, community hubs, third sector/voluntary organisation venues, making the service more accessible to patients. The new service went live on 1st November 2017 and is now receiving direct referrals enabling specialist perinatal mental health support for more women. The service can provide earlier intervention and support for women with a history of mental ill health or previous perinatal mental health needs along with increased support to primary care colleagues. 598 additional women are expected to be seen annually with 900 more contacts per year.

In addition, a new Mother & Baby Unit opened at Littlebrook Hospital in August 2018. The facility, commissioned by NHSE, will service Kent, Surrey and Sussex and offers inpatient care for mothers experiencing significant mental health problems from 32 weeks pregnant to 12 months after the birth.

Liaison Psychiatry – Jacquie Pryke

Adult services are running an 8-8 service, seven days a week in both Maidstone & Tunbridge Wells Hospital.

We were successful in securing the bid to NHSE to fund a 24/7 service at MTW site. Plans are currently being made to develop this service. KMPT are developing a new model to increase the service to a 24/7 service in one of the two sites in West Kent. A proposal paper went to the A&E Delivery Board in early April where it was discussed and an outcome will be provided in due course.

Learning Disabilities – Chris Hird

The CCG continues to work closely with the Community Learning Disability Team to increase the uptake of annual health checks for people with a learning disability through close engagement with GP practices.

Mental Health Placements – Chris Hird

West Kent currently has 45 people placed in out of area specialist mental health and learning disability hospital placements.

Neurodevelopmental pathway – Chris Hird

Work continues on a business case for a Kent and Medway Neurodevelopmental Health Service for adults over 18 with the ambition of a service commencing in April 2020.

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