

The Transformation Bulletin

A bimonthly round up of how **community mental health services** are transforming across **Frimley**

Issue #1, September 2022

Hello and welcome

Welcome to the first issue of the **Transformation Bulletin**. This bimonthly newsletter follows on from the previous periodic communications and will feature everything you need to know about the Community Mental Health Transformation Programme (CMHTP) being implemented across Frimley.

This bulletin features news and updates from all of our partners in East Berkshire, North East Hampshire & Farnham and Surrey Heath. You may already know that Frimley Integrated Care Board (ICB) was awarded early implementer status and work on the transformation began in 2019.

Read more for a reminder of our vision and principles, some common misconceptions about the CMHTP and an update on the status of the individual workstreams.



What we stand for Our Principles

These key principles from the Community Mental Health Framework for adults and older adults (NHSE 2019) are applied to all areas of the transformation.

- A focus on significant mental illness (SMI)
- Working within integrated models
- Facilitating co-production
- Learning from peer support roles and Lived Experience Practitioners (LEXP)
- Addressing health inequalities
- Creating more accessible pathways between primary and secondary care
- Utilising community assets
- Strengthening the community voluntary sector offer
- Partnering with the voluntary sector, social care and other agencies
- Adopting trauma informed approaches
- Including all age adults
- Adopting a 'No wrong door' approach

What is the vision based on?

The overall vision of the Community Mental Health Transformation is based on that expressed within the NHS Long Term Plan (2019) and the foundations of the Community Mental Health Framework (2019), including:

NHS Long Term Plan 2019

- Provide a new offer for Community Mental Health
- Focus on complex needs and significant mental illness (SMI)
- Create integrated multidisciplinary services aligned to Primary Care Networks
- Reduce health inequalities

Community Mental Health Framework 2019

- Focus on communities and social factors
- Dissolve barriers
- Integrate mental health services and physical care for people with SMI
- Adopt a collaborative, interagency approach
- Create smoother transitions



Our vision

- We want to transform how we support people with mental health needs **in their own communities** through an innovative new model of **seamless, integrated and recovery-focused care**, by 2024.
- We aim to create a landscape in which adults presenting with any mental health needs can be empowered to better **understand, plan and be supported to access interventions** and offers which allow them to reach their **individual goals**. Support and intervention is also extended to **carers**, recognising the vital contribution and pressures they face.
- We acknowledge the complexity and **stresses of our everyday lives** and the impact this has on our mental health & wellbeing. By providing a holistic approach, which supports **mental, physical health and social determinants of need** we will connect into a growing network of primary care, community offers & specialist mental health and social care, with **fewer barriers to access**.
- This can only be achieved by **the strong collaboration** which has been built and is strengthening across our system.

Common misconceptions

about the community mental health transformation

“That’s the MHICS team right?”

Actually, the CMHTP reaches far beyond the **Mental Health Integrated Community Services Team (MHICS)**. The MHICS service has led the way in offering community based treatment options, however the following areas are also being transformed as part of the CMHTP:

- Eating disorder services
- Older peoples’ mental health services
- Personality difficulties services
- Rehabilitation services
- 18-25 year olds mental health services and more...

“It won’t affect me.”

If you work in Frimley Mental health services, the CMHTP will affect you.

If you are a mental health practitioner, you may be asked to input on new services. If you are a GP you will have more accessible pathways to refer your patients to. If you are a social care or voluntary sector provider there will be more opportunities for joint working on the social issues impacting our service users' mental health.

So, what’s the latest?

Frimley ICB were early implementers of the CMHTP, our teams have been working hard on it for over 2 years. Here is an update as to what has been achieved so far.

Eating disorder services (ED)

In North Frimley there has been a focus on improving access to ED pathways. The First Episode Rapid Early Intervention for Eating Disorders (FREED) pathway is live. In collaboration with BEAT - a voluntary sector organisation - we are developing an all-age ED service.

In Frimley South a field test has been launched for the new Adult Eating Disorders Integrated Mental Health Service (AEDimhs).



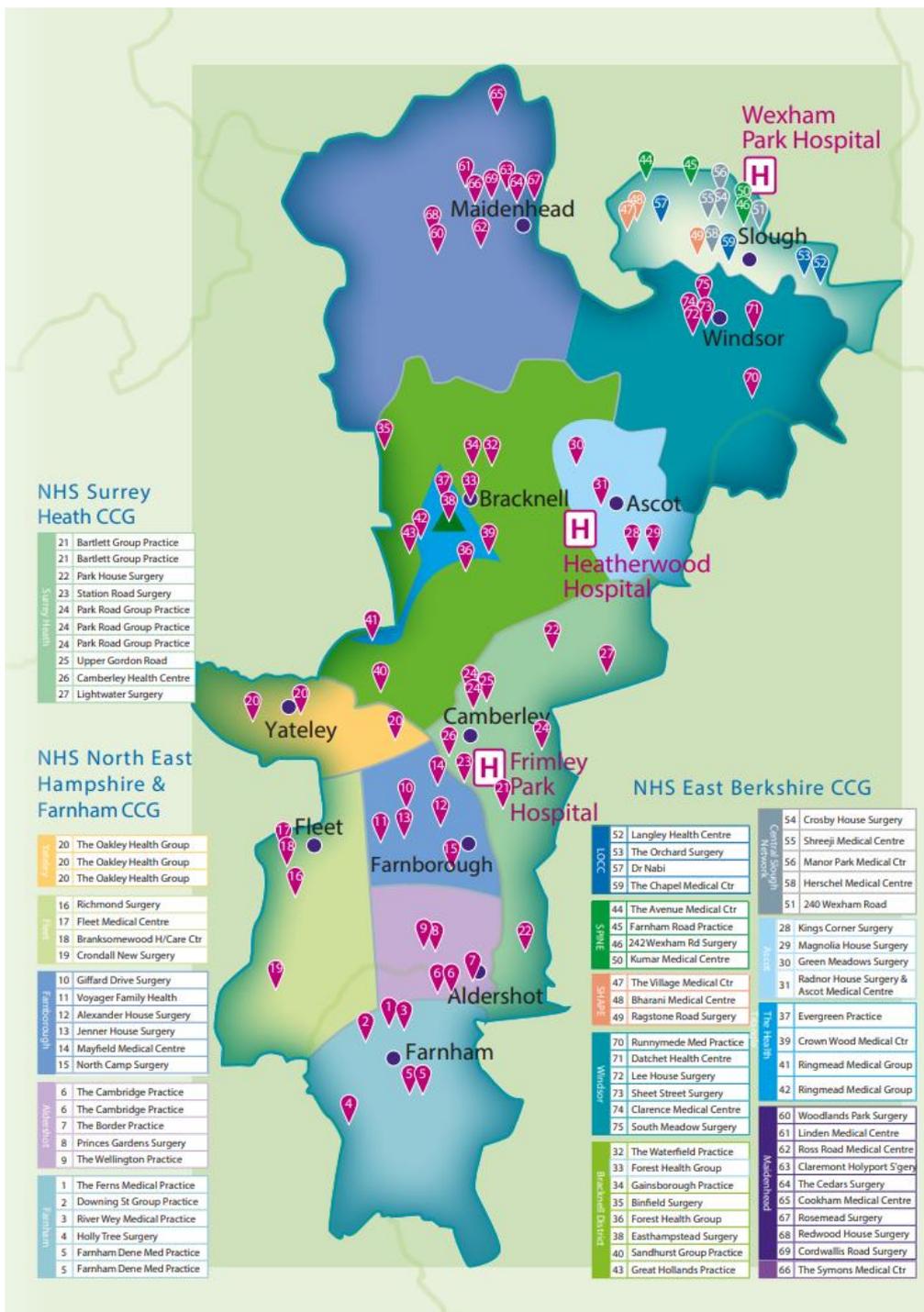
Status update continued...

Mental health integrated community services (MHICS)

MHICS have now been launched in 9 Primary Care Networks (PCNs). 5 of these are in North Frimley and 4 in the South. These are small, multi agency teams providing earlier access to people with significant mental illness in a primary care setting.

The remaining PCNs will launch MHICS once teams are recruited and data protection agreements are signed.

One of the focuses for the team continues to be further developing MHICS to support the uptake of SMI physical health checks in primary care and encourage access to physical health interventions.



PCNs with live MHICS teams

- LOCC
- Braccan
- Bracknell District
- Health Triangle
- Windsor
- Surrey Heath
- Aldershot
- Farnham
- Farnborough

MHICS teams to be launched

- Ascot
- Maidenhead
- Slough Central
- SPINE
- SHAPE
- Yateley
- Fleet

Status update continued...

Personality difficulties services (PD)

Psychologically informed consultation & training (PICT) has been launched across Frimley. This is a small team of psychological therapists who support primary care practitioners with patients with personality difficulties.

Service user networks (SUN) have also been set up across Frimley. These are groups to support people to manage their ongoing difficulties through regular peer support, opportunities to discuss concerns and develop their own safety plans.

The managing emotions programme (MEP) is another part of the PD offering. This is a co-designed and co-delivered service which aims to increase service users' understanding and emotion management skills. The MEP is also being delivered across Frimley.

Lived experience practitioners (LEXP)

People with lived experience of mental illness are being employed to provide peer support and to inform service development. People in peer support roles will use their own lived experience of mental health difficulties, or from caring for others experiencing mental health difficulties, to help other people.

We have now appointed a LEXP Lead for the Frimley CMHTP programme building on the valuable work started by the Frimley South lead. Lived experience roles are to be employed/supported through the voluntary sector across Frimley and will provide invaluable support to better meet the needs of our communities.



Older peoples' mental health (OPMH)

Focuses include establishing strong pathways for OPMH referrals to MHICS, training for staff in recognising risk in older adults and recruitment of OPMH LExPs. Workstream leads have been recruited across Frimley.

18-25 mental health

Task & finish groups are being set up to implement 5 key action points informed by young adult (YA) service users across Frimley.

1. Easing the transition from CAMHS to adult mental health services
2. Adopting 'Tell my story once' which is a trauma informed approach to care
3. Improving web-based information to serve a digital savvy service user
4. Implementing training programmes for staff and carers working with YAs to learn about communication
5. Creating paid and voluntary roles for YAs with lived experience

Rehabilitation

A new Community Rehabilitation Enhanced Support Team (CREST) will be established in 22/23 for Frimley North. Frimley South are currently mapping the existing offer to inform improvements to services.

Status update continued...



Equalities

Frimley North have commissioned Slough CVS to undertake community research and help ensure the programme is inclusive and relevant for 'seldom heard' communities. Frimley South are recruiting a new role and LExP workforce to engage and better serve some of our under-served communities.

One Team

Initial work is starting to plan for further CMH transformation to reduce barriers between primary and secondary mental health services.

This will include the learning's from Surrey and Border's pilot currently in place across Epsom PCN, as well as good practice to reduce barriers.

Voluntary sector partnerships

Frimley North have commissioned BROWNS in Slough and Citizens Advice East Berkshire (CAEB) across East Berks to provide specialist support to community mental health services. Across Frimley we have expanded Specialist CAB & Individual Placement support (IPS) offers to provide support to MHICS cohort - delivered by the voluntary sector - in addition to an LExP workforce being recruited.

Supporting Carers

MHICS are checking at assessments whether carers need supporting in line with carers strategies. They are also building relationships with local supporting carers teams to ensure local pathways are accessible. Surrey carers portal is in place with further development needed across North East Hampshire.

In the next issue...

Come back in November for an in depth interview with the MHICS workstream leads to find out more about the service.

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Surrey and Borders Partnership
NHS Foundation Trust



Frimley

& our partners in primary & social care and across our local voluntary and community organisations