

# The Transformation Bulletin

News & updates from the BOB Community Mental Health Transformation Programme.

Issue #2 July 2023

## Hello and welcome

Welcome to the second issue of the BOB Transformation Bulletin.

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## MHICS Reading celebrated 1<sup>st</sup> Anniversary

Leanne Ballantyne, Clinical Transformation Lead, Berkshire Healthcare says: “The success of our first year has shown us the real need in the community for this type of service. MHICS addresses the factors that contribute to poor mental health such as housing and employment issues, isolation, and poor physical health alongside other clinical interventions. Many people experiencing these difficulties have been unable to access support until now. We have had some great feedback from patients and other services, and I look forward to rolling out MHICS to the rest of Berkshire.”

100% of people offered appointments in under 4 weeks from referral. The service has supported over 570 local people in its first year, with the majority reporting a positive impact on their mental health and wellbeing.

One person who used the MHICS service is Reading claimed “**It was very helpful, it made me see things clearer and feel more able to cope when things go wrong.**”

[Read more about MHICS on our website.](#)

# New 'Managing Emotions Programme' Launches

## The Managing Emotions Programme launches August 2023

A new offer of psychoeducation will be available as part of the Community Mental Health Transformation Programme's focus on improving services for people with personality difficulties.

Berkshire Healthcare is commissioning **Together for Mental Wellbeing** to deliver a comprehensive programme of interactive group courses. Facilitated by mental health professionals and individuals with lived experience, these courses aim to equip participants with the necessary skills to cope with overwhelming emotions and foster emotional resilience.

The primary objective of the Managing Emotions Programme is to enhance participants' understanding and awareness of emotions, their underlying mechanisms, and the profound influence they have on our daily lives. By exploring the reasons behind emotional experiences and their potential impact, these courses empower individuals to develop healthier emotional responses and effectively manage difficult emotions in their day-to-day lives.

The programme encompasses three distinct levels of courses, each tailored to varying needs and requirements, which span over 1, 4, or 8 sessions. Participants will be assigned to the course that best aligns with their specific needs, ensuring personalised support.

Additionally, a specialised 4-session course will be available for carers and loved ones of individuals facing emotional difficulties. This course provides invaluable knowledge and skills, enabling them to provide support while prioritising their own wellbeing.



### **Course 1 – Understanding Emotions – an introduction**

This single group workshop gives a basic introduction to the function of emotions and some coping skills to help during times of distress.

### **Course 2 – Learning Strategies to manage emotions**

Over 4 weeks, we will explore how to better understand and communicate our emotions, as well as various skills to help manage them when they feel too intense or overwhelming.

### **Course 3 – Developing skills to manage and regulate emotions**

This 8-week workshop takes an in-depth look at emotional awareness and skills to cope during times of distress.

### **Course for Carers – Supporting someone with emotional difficulties**

This 4-week course looks at the knowledge and skills needed to support someone with emotional difficulties while looking after your own wellbeing.

[Read more about the Managing Emotions Programme on our website.](#)

# Why ARRS roles have been crucial

## to improving mental health care in the community

In a significant step towards improving mental health support in Primary care, Berkshire Healthcare initiated the recruitment of Specialist Primary Care Mental Health Practitioners (PCMHPs) under the Additional Roles Reimbursement Scheme (ARRS) during the summer of 2021.

The ARRS PCMHPs are stationed within GP surgeries, fulfilling a vital role in triage and signposting for primary care patients. They offer timely assessments, either through telephone or face-to-face consultations, to individuals identified as needing mental health support.

### What does the role involve?

The responsibilities of ARRS PCMHPs may also encompass the following, depending on their agreement with the Primary Care Network (PCN):

- Provision of same-day appointments for patients seeking mental health consultations
- Liaison with IAPT (Improving Access to Psychological Therapies), MHICS (Mental Health Integrated Community Service), secondary care services, specialist services, and CRHTT (Crisis Resolution and Home Treatment Teams)
- Completion of the mental health component of the annual Severe Mental Illness (SMI) review
- Offering consultation to primary care clinical staff, including reviewing updates in the RIO system, assessing current secondary care care-planning and risk factors, etc
- Reviewing mental health letters and documentation sent to the PCN
- Assisting PCNs in devising management plans for patients requiring additional consideration or frequently presenting patients
- Providing follow-up care after the initiation of antidepressant medication and reviewing patients who have been on medication for over five years



## Successes since the programme launch

### Building the team

Between November 2021 and March 2023, the Trust has welcomed ten ARRS Mental Health Practitioners who are now serving ten PCNs across Reading, Wokingham, and West Berkshire. In the past month, three additional posts have been offered, and we will soon advertise two more positions.

### CPD Events

Since January 2023, monthly Continuing Professional Development (CPD) days have been held at London House and online for both East and West based PCMHPs. We warmly welcome guest speakers from across the organisation to join these sessions. Please get in contact with Samantha Danesh-Pour at [samantha.daneshpour@berkshire.nhs.uk](mailto:samantha.daneshpour@berkshire.nhs.uk) to register your interest.

### Knowledge sharing

PCMHPs have also actively contributed to their respective PCNs by sharing insights into their roles, providing local training and support, and conducting tailored teaching sessions during Mental Health Week 2023.

From October 2023, there will be placements for mental health nursing students. The ARRS team have developed both student and new starter induction information packs based on their experiences and reflections on the ARRS role.

### Contributing to trust objectives

We promote the exploration of inclusion and diversity issues both within our supervision and business meetings. Following a dedicated piece of SMI work within one of the Reading PCNs, the designated PCMHP shared key information about the identified barriers to engagement and worked to problem solve some of these issues with the support of other treatment services involved with the patients. This learning has been shared with the Mental Health GP Lead as well as the local PCNs during the quarterly reviews. Plans are in place for the ARRS West Lead to undertake a yellow belt project to further explore the barrier to engagement in the BAME population.



### The impact of ARRS

The impact of ARRS PCMHPs on patient care and staff well-being has been highly effective, as highlighted by a Practice Manager who shared their feedback:

“We have had a Mental Health Practitioner working with us for over 18 months now and this service has really made a difference to care for our patients and how we address our staff health and wellbeing.”

“Our patients have really benefitted from having a MHP to assess and signpost effectively whilst supporting them and assessing their individual needs, our MHP has broad knowledge of the available services and our patients are getting the help they need more quickly. Having a MHP on site has been a reminder to our staff that looking after our mental health needs to be a priority and we now have a well-established health and wellbeing staff committee which is a success. Our MHP is now an integrated part of the team and the contribution is invaluable.”

**With ongoing efforts to enhance mental health services in Berkshire, the ARRS Mental Health West programme continues to make positive strides in improving patient care and fostering a supportive environment for both patients and healthcare professionals.**

## So, what's the latest?

BOB launched the programme in Autumn 2021 and is on track to deliver the programme by May 2024. Read more about what we've achieved so far and what's next.

### New Let's Connect group in Newbury

After a successful roll out in Reading and Wokingham, the Let's Connect Wellbeing Network launched in Newbury recently.

Let's connect is a social network to support wellbeing, by helping people to connect with others, organisations, services, and opportunities in the local community.

The network offers group meetings, 1:1 sessions and community connection services to people over the age of 18.

[Read more about Let's Connect.](#)

[Find the next Newbury group meeting on Eventbrite.](#)

### New partnership offers long term mental health support

Berkshire Healthcare have recently partnered with Elmore Community Services to offer a number of people with complex needs across Berkshire access to long term support allowing them to be cared for in the community rather than acute inpatient settings.

Elmore can offer mental health support, access to physical and mental health services, advocacy, benefits or budgeting advice, isolation and community engagement among other support.

If you'd like to know more about Elmore's services, please email

Info@elmorecommunityservices.org.uk  
FAO  
Berkshire Team



### Workbook coproduced to support young adults' transitioning from CAMHS

Working in partnership with the Frimley Community Mental Health Transformation 18-25 workstream and service users, we have coproduced a booklet of information to support young adults with their transition from CAMHS to adult services.

This booklet contains useful information about our services, local voluntary sector services, features tips from service users who have been through the transition and also has a workbook space for young adults to record their progress.

Printed versions will be circulated to CAMHS professionals in a pilot starting August 23.



### In the next issue...

More news and updates from the BOB Community Mental Health Transformation Programme.

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