



BLUEPRINT FOR MENTAL HEALTH

TOWN COUNCIL MEETING

REPORT 41/18

21 MAY 2018

The purpose of this paper is to ask Members to consider their response to the document recently published by the Island's Clinical Commissioning Group *Talking mental health: a draft blueprint for the Island*.

No. DETAILS

1) BACKGROUND

- a) The document was originally published at the end of January as part of the response by the Clinical Commissioning Group (CCG), the NHS Trust and the Isle of Wight Council to the concerns about the quality of the Island's Mental Health Services.
 - b) The objective of the document is set out by the CCG's Chair Michelle Legg in her Foreword to it: *Improving the mental health of our local population is a key priority for our health and care services on the Isle of Wight. This 'blueprint' document sets out our vision of how we might achieve this goal.*
 - c) She added: *We need to hear from you, so that we can be confident we are making the right plans.*
 - d) The full 44-page document is available by clicking [this link](#).
 - e) A shorter 6-page summary has also been published and a copy of that is attached to this Report.
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2) RESPONSE

- a) The Mental Health Transformation Lead for the NHS Trust Sue Lightfoot attended the 24 April meeting of our South Wight Parishes Health & Wellbeing Forum and gave a presentation about the Blueprint and expressed disappointment at the level of responses, particularly from Town & Parish Councils.
 - b) Representatives of all eight Town & Parish Councils at the meeting agreed to take the consultation paper back to their Councils to ensure that it is considered at their next Town & Parish Council meeting.
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3) RECOMMENDATION

Members are recommended to fulfil this Town Council's commitment by considering the document and providing a response to it.



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Making the money work

- We will change the way we spend our money and focus more on prevention and community based services***

Like many areas of the country, our public finances are tight. We will have to take some tough decisions about prioritising our resources. Despite that, we reaffirm our commitment to investing in mental health with any additional national mental health funding we are given.

Too much of the money we spend on mental health goes on bed-based services and not enough has been spent on developing our community mental health services, or on supporting the development of alternative forms of care and support. We need to change this, and ensure care is delivered in the right place at the right time.



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Improving quality, outcomes and holding to account

- We will set new standards for the quality of our local mental health services.***
- We will agree the outcomes to be achieved by those providing services and we will hold them to account.***
- We will evaluate the experience of service users and involve them in how we respond to what they tell us.***

We will create a set of locally developed and agreed quality and outcome measures. These will be specific to the Isle of Wight and reflect the particular issues we face and the priorities we have set. These will be in addition to any national quality outcome measures and standards we are required to meet.

We will put in place a process to routinely seek the views of those who have experienced mental health services, with the particular aim of learning what we could do better to improve their experience.

How does it sound so far? What happens now and how you can be involved...

Mental health is everyone's business – this blueprint is the beginning of a process to improve the mental health of every islander.

We have already begun to make changes in response to the things we have heard from service users, the public and the findings of the Care Quality Commission report. We want and need to do more, and we want you to be involved in a conversation about how we can realise our ambitions.

That's why we are inviting you to tell us what you think about our plans for the future – including the seven steps outlined here - whether you have had direct experience of local services or not. See below for details of how to contact us.

We actively welcome involvement in our forums and meetings so that everyone's voice can be heard. We want to come out to local communities, local meetings and to local services to hear from as many people as possible so that we can discuss our plans widely and take on board your feedback.

We are also inviting our key people who use, work in or have an interest in mental health and care services on the island to join us in the delivery of our aspiration for a mentally healthy Isle of Wight. We are encouraging them to contribute to our plans, and, with them we will develop a set of actions that we can all sign up to.

We will produce a detailed set of recommendations for the future so that the communities on the island understand what we will do and by when.

We encourage all of our partners, staff and the public to hold us to account for delivering on the promise to make the island mentally healthier and for meeting the standards they rightly expect of a high quality mental health service.

To tell us what you think about the vision set out in this document, you can contact us in the following ways:

Email: mhstrategy@iow.nhs.uk

Call: 01983 822099 x 5457 to reach the mental health commissioning team

Write: Mental Health Commissioning Team, Isle of Wight Clinical Commissioning Group, Building A, the Apex, St Cross Business Park, Newport, Isle of Wight. PO30 5WN

Website: www.isleofwightccg.nhs.uk/get-involved/mental-health-blueprint

Talking mental health

A draft blueprint for the island
join the conversation



CS46538 NHS Creative January 2018



What is it we are trying to fix?

We know that, for some people, their experience of our mental health services has not been as good as it should have been. On too many occasions people have not been able to get the care they need, when they need it, or they have not had access to the right services.

The NHS, the council, the voluntary sector and other organisations involved in, or supporting, the delivery of mental health services have all agreed that we must work together to transform the way care is provided. And that's where you come in, too, because we want to give you every opportunity to have your say on what we are proposing.

Your feedback so far has been really helpful...

Many people have expressed their views and thoughts about what is going well and where things need to improve. We have reflected on the feedback we have received from people who use services and the wider public following local engagement events, and the findings of local Healthwatch reports and the Care Quality Commission report.

One comment that has really resonated with us, and sums up much of the feedback we have heard, is that sometimes it feels 'like being in a pinball machine, bouncing around' the mental health system.

We've already started making improvements, but we're committed to doing more. That is why we have developed this blueprint for mental health. It sets out our vision and describes our shared aspirations for change.

We want you to join us as we develop more detailed plans for the delivery of this blueprint. Good mental health and wellbeing are central to living a healthy, productive and enjoyable life. Achieving the ambition of being a mentally healthy island that enables everyone to thrive is our aim for the people of the Isle of Wight.

So, what is it we want to do?

With our partners and local communities we can make a positive difference to mental health care. We will promote self-care and prevention through the delivery of high quality mental health services, at all times focusing on the person themselves being in control and developing personal, family and community resilience.

Our blueprint is built on a collective ambition to address the improvement of everyone's mental health. Our vision for the future is one that will tackle the issues that affect the mental health of islanders and will improve the quality of services available.

We want to become a mentally healthy island. We want people to feel in control of their mental health and know what they can do or who they can contact when they need the support of a network of high quality services.

To achieve that aim we have set out seven initial proposals for improvement:



1 Supporting people to maintain good mental health and renewing our focus on delivering prevention

- We will encourage the public to have good mental health and work with us to develop services that better meet their needs.**
- We will address the factors that can lead to poor mental health and wellbeing.**
- We will reduce the number of lives lost through suicide.**

There are three main areas we want to concentrate on:

Self-care, mental health promotion and prevention: through joint initiatives and educational work across the island.

Enabling our communities to be mentally healthy and have their say: putting in place a forum to gather information from islanders about the things they think most affect their mental health and how they would like to see these addressed.

Reducing suicide: reviewing and refreshing our existing suicide prevention strategy, learning from the good practice in other parts of the country and adopting their approaches. We will also work with local communities to raise awareness of suicide and its impact and we will start with a commitment to reducing suicide among those people known to our mental health services.

2 Reducing stigma and raising mental health awareness

- We commit to eliminating stigma and discrimination by encouraging conversations which promote positive perceptions of mental health.**

We will improve the awareness and understanding of mental health across the island, with the aim of improving mental health literacy in all parts of our population.

We will raise awareness of mental health in our own organisations and in local businesses. In particular we will encourage the adoption of the Time to Change national campaign pledge by local employers. To demonstrate our commitment, we will start by ensuring our own services and partner organisations sign the pledge.



3 Revitalising our approach to health and care services

- We will develop whole life integrated pathways for mental health that start in the community and connect effectively with other specialist services.**

Being able to get help, support and treatment when it is needed is vital. We are committed to improving not only how people get a service, but their experience of it, and this means changing the way we work across the island. And that is the case for adults, children and young people, older people, people with learning disabilities who also have mental health problems, and those with alcohol or drug dependency.

We are dedicated to improving access and integrating provision, making recovery our focus and delivering patient-centred care. We are proposing other changes too, some of which are already being developed. We will work with service users, mental health professionals, other organisations and the public to build upon the things they have already told us need to change.

4

Adopting and promoting recovery principles

- Our mental health services will support recovery of a hopeful, meaningful life despite mental illness, promoting independence, wellbeing and choice.**

Recovery focused services are a central component to making health services fit for the twenty first century. At the heart of recovery is a set of values about a person's right to build a meaningful life for themselves, with or without the continuing presence of mental health

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Developing our workforce

- Our services will have the right mix of trained, skilled, experienced and compassionate staff.**
- We will extend our employment of peer workers and make the best use of the local, third sector and independent sector workforce.**

Delivering the right range of high quality mental health services requires a skilled workforce that can respond effectively to the differing needs of our population.

We will develop a workforce that draws upon a broad range of skills and expertise. There is huge potential in recruiting support workers and other types of staff, who may not have clinical qualifications but who can bring other valuable skills. We will provide professionals with opportunities for development whilst making it easier for them to work together, by locating them in the same buildings and offices, so they can communicate effectively, share information and work even more effectively as teams.

symptoms. Peer support, housing, employment issues are also contributing factors. Recovery focused services are a central component to making health services fit for the twenty first century. At the heart of recovery is a set of values about a person's right to build a meaningful life for themselves, with or without the continuing presence of mental health symptoms and this is an important consideration for us moving forward.