

Community Mental Health Services East Berkshire

April 2015

understanding
together

specialist

local

Presentation overview

- National and local context
- East Berkshire Pathways (CMHTs)
- Activity data
- Recent and proposed service developments

National policy: Making mental health services more effective and accessible

No Health without Mental Health DH 2011

Mental health should have equal priority with physical health

- More people have better mental health
- More people will recover
- Better physical health
- positive experience of care and support
- Reduce avoidable harm, stigma and discrimination.

*“not yet
making
enough
difference
to enough
people”*

Closing the Gap – priorities for essential change DH 2014

- 25 priorities for change in MH services for children and adults: *Quality, accessibility, patient experience, physical health, recovery.....*
- Local changes in planning and delivery

Care Act 2014

- Social care changes based on wellbeing, prevention

Facts and figures

- Every year, at least one person in six experiences a mental health problem (McManus et al., 2009).
- People with a severe mental illness die up to 20 years younger than their peers in the UK (Chang et al 2011).
- By 2030 there will be approximately 2 million more adults in the UK with mental health problems than there are today (MH policy group 2015) .
- Mental health problems impose a total economic and social cost of over £105bn a year (NHS-E)

Local 'Secondary Care' services for Adult Mental Health

- Common Point of Entry
- Crisis Resolution Home Treatment
- Care pathways (CMHT - BHFT and LA)
- Specialist services
- In patient services
- A&E liaison
- Strong links to community and voluntary sector

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Care Pathways (CMHT)

- Locality-based, jointly provided by BHFT and Local Authority
- Multidisciplinary team including community psychiatric nurses, social workers, support workers, psychologist, psychiatrists and OTs.
- Range of services includes mental health and social care assessments; coordination of mental health care; effective treatments for mental health conditions, and social care support for service users and their carers.
- We also provide support with housing and access to benefits information for people receiving secondary mental health services, and can assist service users to access practical support at home.
- Pathways services also include specialist expertise for early intervention in psychosis, assertive outreach, Dual Diagnosis, psychological therapies, community development.

CMHT – some underpinning principles

- Service user voice and patient experience
- Care coordination / lead professional
- Holistic and evidence based (clustering and outcome focussed)
- Recovery focus – social inclusion, employment, education and training
- Accessibility and acceptability
- Carer involvement and support
- Partnership with community and third sector
- Physical health
- Safety and risk management



Referrals and caseload

Adult CMHT Open Cases (Sept 2014)	
	<i>Headcount</i>
Slough	1090
Bracknell and Ascot	466
WAM	572
TOTAL	2128 <i>(Dec figure 2515)</i>

Adult referrals to CMHT (Dec 2014)	
	<i>YTD - Q3</i>
Slough	312
Bracknell and Ascot	308
WAM	311
TOTAL	931

Recent and planned service developments

- Parity of esteem- valuing mental health equally with physical health
- Dementia Challenge
- Alternatives to hospital admission
- NICE – National Standards



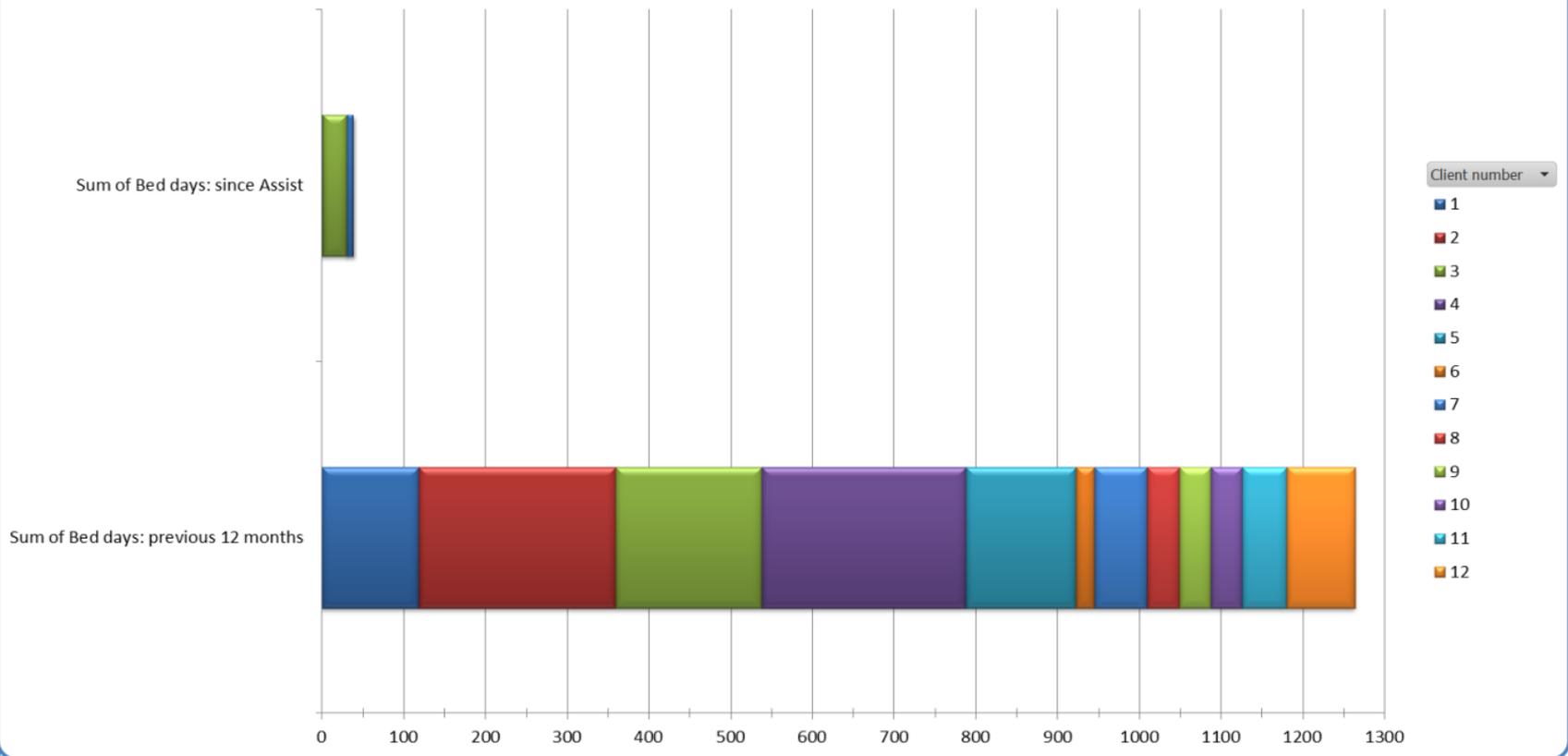
The ASSIST Development – June 2013

- ASSIST is a new East Berkshire ‘Alternative to Admission’ service for people with personality disorders who have had at least 20 days of psychiatric admission over the last 12 months.
- The aim of ASSIST is to help individuals to access a therapeutic pathway, rather than a revolving door process with repeated and largely unhelpful hospital admissions.
- ASSIST work alongside Care Coordinators to offer specialist psychological engagement with their clients to develop an effective relationship with mental health services.

ASSIST – bed days

The chart below indicates the number of bed days for a period of twelve months per patient, pre-ASSiST. The total number of bed days was 1264. Since ASSiST started, the number of bed days for these same patients totals 38.

Bed Days: before and since ASSiST



Early Intervention in Psychosis

Evidence based intervention to achieve improved outcomes after first episode psychosis

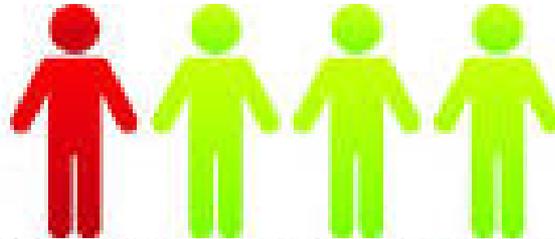
NICE Quality standard for EIP:

- Reduce waiting times
- All ages
- Co-morbid conditions should be treated
- Holistic approach – consider social inclusion, supported employment
- Physical health monitoring and shared care
- Access to psychological therapies; carer and family support

Acute Mental Health Liaison (WPH) and Crisis Resolution services

- Newly commissioned OPMH liaison service established 2014.
- A&E liaison: assessment of those presenting at A&E with a mental health condition to ensure appropriate MH services are arranged
- CRHT service: supporting people in the community during mental health crisis or emergency.
- Increasing demand on liaison and crisis services
- Service improvements are outlined in Crisis Care Concordat

'Mental Health is everyone's business'



One in four people has a **mental illness**.
You can be the **one** that helps.

Thank you

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making a difference community
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