

SLOUGH BOROUGH COUNCIL

REPORT TO: Slough Wellbeing Board **DATE:** 26 September 2018
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PART I

FOR INFORMATION

PREVENTIVE MENTAL HEALTH SERVICES IN SLOUGH

1. Purpose of Report

1.1 The report provides information on preventative services being delivered in Slough, and in particular Slough Community Mental Health Team's (CMHT) Hope Recovery College, and also how the college integrates with other local initiatives which promote mental wellbeing and prevent mental ill health. The report is submitted in response to the Board's request for an update on progress.

2. Recommendation(s)/Proposed Action

2.1 The Panel is requested to note and comment on any aspects of the report.

3. The Slough Joint Wellbeing Strategy, the JSNA and the Five Year Plan

3.a Slough Joint Wellbeing Strategy Priorities

Improving mental health and wellbeing is one of the key priorities within the Slough Joint Wellbeing Strategy 2016-2020: Priority 3: Improving Mental Health and Wellbeing.

The Strategy notes the prevalence of mental health problems, with 1 in 4 people likely to be affected at some point in their lives. It also highlights the growing trend of social and lifestyle stresses impacting upon wellbeing, with a corresponding increase in problems ranging from mild anxiety through to depression and psychosis. The Strategy also highlights the heightened risk of social exclusion, unemployment, poor housing, loneliness and isolation for people with a serious mental illness, alongside the risk of poor physical health.

The Strategy notes the imperative to actively promote opportunities to improve mental wellbeing, particularly as a large proportion of residents do not seek help despite high levels of mental illness in Slough. Slough's ambitions to both prevent mental ill health developing, as well as respond effectively to any emerging mental health problems is noted as a key ambition.

3.b Five Year Plan Outcomes

Outcome 2 of The Five Year Plan 2018-2023 describes how communities will be engaged in initiatives to support Slough residents to become healthier and to manage their own health, care and support needs. This will be done with recognition of

inequalities which can impact upon health outcomes, as well as an understanding of the wider social determinants which can impact upon health and wellbeing.

4. Other Implications

- a) **Financial:** There are no immediate financial implications arising from this report, as it details services which are currently provided through existing commissioning arrangements.
- b) **Risk Management:** This report is for information only and there are no immediate risks to be considered.
- c) **Human Rights Act and Other Legal Implications:** There are no Human Rights Act Implications. All services are provided with respect to individuals' rights and preferences. Legal frameworks including Mental Capacity Act 2005 and Mental Health Act (1983, amended 2007) are applied where indicated.
- d) **Equalities Impact Assessment:** Equalities Impact Assessments are carried out in respect of all commissioned and established services where they are formally provided or commissioned by Slough Borough Council or the East Berkshire Clinical Commissioning Group.
- e) **Workforce:** An ongoing challenge to mental health service delivery is the shortage of appropriately qualified and /or registered health and social care practitioners, which is well known locally and nationally. Community and voluntary sector initiatives are a crucial element of the overall preventative offer in Slough and increasingly opportunities are being sought for joint approaches and innovative workforce solutions. Peer mentors 'Experts by Experience' are also key roles within the new workforce.

5. **Summary**

This report provides an update on the preventative services currently being delivered in Slough, and in particular Slough Community Health Team's, Hope Recovery College, and explains how the college integrates with other local initiatives which promote mental wellbeing and prevent mental ill health.

6. Supporting Information

The importance of prevention in mental health

6.1 There is a spectrum of services available to Slough residents representing a mix of both reactive and preventative services. It is difficult to quantify the balance of such services as much preventive work is done at community level without reference to formal mental health service provision.

6.2 Prevention is a crucial factor in creating sustainable modern mental health provision and is seen as the only way lasting change can be achieved. Prevention is a key foundation of current policy and legislation including the NHS Five Year Forward View 2016 and the Care Act 2014.

6.3 NHS England Mental Health Taskforce notes that 75% of people experiencing mental health problems are not using health services. This may be due to stigma, inadequate provision and people using their own resources to manage their mental health. In many cases, solutions are likely to be best provided outside mental health services, and the development of 'mentally healthy communities' depends upon contributions from, for example, workplaces, families, community groups and schools, and importantly with involvement of people with lived experience of mental ill health.

Prevention Initiatives: national and local

6.4 A Prevention Alliance was convened by Public Health England (PHE) in 2016, representing a broad spectrum of voices, including a strong representation from community sectors and agencies. The Alliance will continue to evolve, and the Mental Health Foundation has been commissioned to summarise the available evidence in relation to preventive mental health.

6.5 Public Health England is also leading on the development of a Prevention Concordat for Better Mental Health. Similar to the Crisis Care Concordat, this will involve multi-agency stakeholders, and a key set of actions across a local area which are selected on the basis that they can make a lasting impact to prevention and mental health promotion.

6.6 Locally, Slough Public Health team has promoted many initiatives including training in Mental Health First Aid, access to Mental Health 4Life materials, and some local workplaces have signed up to initiatives, such as 'Time to Change' a movement aiming to address stigma and discrimination for those experiencing mental illness.

6.7 In line with the Care Act 2014, 'Prevention planning' has become a key element of adult social care and mental health care, with advice and signposting for individuals to address primary and secondary prevention. This includes asset based conversations and an increase in the use of direct payments and personal budgets. Slough has successfully introduced this methodology alongside the Recovery College and which has allowed for bespoke learning opportunities to be developed and delivered.

6.8 Suicide prevention is identified as a key area for focus. Berkshire's multi agency suicide prevention strategy was developed in 2017, in line with the requirements outlined in the Five Year Forward View for Mental Health, which identifies an aspiration to reduce suicide by 10% in all areas. Berkshire Healthcare NHS Foundation Trust (BHFT) has committed to the 'Zero Suicide' initiative, implementing a raft of actions to avoid preventable death by suicide and ensure that there exists effective learning opportunities in all cases. Public Health England and the Samaritans have published prevention and post-intervention toolkits in March 2017. Some of Berkshire's suicide prevention initiatives were presented at the Regional Suicide Prevention and Intervention (SPIN) conference in September 2017.

Slough Borough Council commissioned services for MH prevention

6.9 Slough Borough Council commissioned Hope Recovery College in 2015 in partnership with Berkshire Health Care Trust (BHFT). Hope College includes four pathways however the service user (student) chooses the pathway which they think is best for them. The pathways include:

- **Recovery:** Assisting students in understanding their mental and physical health issues and treatment options, teaching them how to manage their own difficulties.
- **Life-skills:** Social based activities to link students with the local community. This includes a weekly activity timetable with varied purposeful courses.
- **Working Towards Recovery:** Creating links to paid employment. It introduces the students to the Employment Service in Slough, workshops designed to increase motivation to work and signposting information to the local community.
- **Peer Support:** Enabling clients to become peer mentors, support with co-developing and co-facilitating courses within the college, includes a 10 week training course run three times a year.

6.10 The College goes from strength to strength since launch in 2015 to present, with focus on supporting more people to manage through the use of education, workforce of peer mentors utilising training and employment opportunities across Slough. Since its launch the College has made available 127 different courses, carried out 1,000 enrolments, trained 34 Peer Mentors and seen 18 Peer Mentors go on to actively volunteer in the community.

Support to MH carers, adult and older person

(a) The monthly drop-in peer support and information group at the Community Mental Health , the Carer Café alternates between being held at lunch time and in the evening, following feedback from carers. This is a space where individuals that support our service users receive support from other carers and mental health professionals, opportunities for training, information, signposting, self-care activities, and time out from caring. This also provides social inclusion for carers who are isolated.

(b) The Carer Training programme – occurring twice per year on average at the Community Mental Health Team – carers attend ten sessions around psychoeducation, understanding medication, healthy living, substance misuse, communication skills, dealing with challenging behaviours, problem-solving, relapse prevention, coping with stress and carers’ rights and welfare. The course is co-produced and co-facilitated by some of the Volunteer Peer Mentors.

(c) Community Mental Health Team Carers are encouraged to attend Hope College courses and the Hope College Forum. A course just for carers, Mindful Photography for Carers, gave an opportunity for carers to enjoy some time away from their caring responsibilities, learning about the benefits of both mindfulness, being in nature, creative activity, and social inclusion.

(d) The monthly Carer Forum at the Older Persons Mental Health Team (CMHTe) is a space where people that support their loved one who accesses either the Memory Clinic or the Community Team can provide feedback, which is then shared with the service manager to shape services. Feedback consistently shows that the carers value having this space to meet and share their experiences with staff and one another.

(e) There is a Carer Lead post that provides 1:1 and group support for carers under both adult and older person’s mental health teams.

(f) Carer Assessments are routinely offered to individuals that provide emotional and/or practical support to our service users. This involves a 1:1 appointment with the Carer Lead, who will conduct a strength-based conversation with the carer, and build an individualised Wellbeing, Support and Prevention Plan with the carer to enable their

own social inclusion, occupational balance, and enhance health and wellbeing. In some cases there is a one off direct payment to support them in achieving their goals outside of caring.

(g) Introduction to services packs for carers are being developed. Following feedback from carers that there was particular information that they would have found useful to have upon first contact with services.

(h) Carer register is being developed with the use of carer registration forms – carers are contacted about events, training, activities, research etc. that are relevant both in Slough, the wider Trust area, and nationally, and are also encouraged to participate in staff training and events e.g. being co-facilitators etc.

(i) Carers Week 2018 offered a range of activities for carers across Slough. The mental health services responded to what carers requested to see on the timetable, including a samba percussion group, art group, and seated exercise group.

(j) We are also working with the Carer Partnership Board in Slough to promote greater attendance and participation by carers there, as this will give carers a greater voice.

(k) Carer noticeboards and reception noticeboards regularly updated with information, events, training, advice etc.

(l) Working with the Berkshire Healthcare Foundation Trust Carer Strategic Development Group on implementing the Carer Strategy.

(m) Triangle of Care action plan has been updated and is being followed to improve the outlook for carers.

6.11 The Five Year Forward View plan has increased funding to Mental Health services in Berkshire and there are further opportunities being explored through the Frimley Health and Care Sustainability and Transformation Partnership. A Mental Health work stream was recently launched to increase the profile of Mental Health in Integrated Care Systems planning and initiatives. The Sustainable Transformation Programme (STP) provides us with opportunities to develop preventive Mental Health services across the Frimley footprint, in particular opportunities to improve the mental health service interface with primary care and in the integrated decision making hubs.

6.12 Slough Mental Health services led a co-production event with service users and staff from across the STP footprint. The initiatives being developed and delivered in Slough were warmly received during the vibrant and informative workshop. Peer Mentors and carers from Slough Recovery College delivered presentations to the audience and took part in a sequence of round table discussions about 'what next' steps for the future planning of Mental Health services.

7. Comments of Other Committees

7.1 This report has not been presented to any other committee.

8. Conclusion

There is significant national attention on the importance of prevention and earlier intervention, as well as the vital role played by the community and voluntary sector. This has been reflected in 'cross-cutting' legislation and policy guidance over the last five years, Slough Mental Health Services have developed an innovative and comprehensive pathway for the population of Slough, by creating an 'Enabling Environment' and which aspires to meet the needs of those requiring mental health services, this is a 'whole-town' concept.

The pathway has improved access to high-quality mental health care that is more integrated to other services. The main focus is on prevention, earlier interventions and reducing inequalities in mental health care. The key to this whole town approach is co-production and relational practice; which include the following projects: Hope Recovery College, Psychology led Assertive Stabilisation Team (ASSiST) EMBRACE (Therapeutic Group programme) Hope House supported living project, Peer Mentors, Social Prescribers, and which work across health, social care, voluntary sector partners, and with other local supported living provides too.

This has created more opportunity for people and with better integration between all parts of the system, which better support independence and personal agency, alongside building social cohesion, resilience and well-being.

The strategy that has been developed in Slough challenges the health deficit model and utilises a positive community asset-based methodology. This normalises people's troubled experience, and is not specific to any particular population of mental health service users. The initiative has been so successful that the graduate 'peer mentors' are now gaining employment within the system as social prescribers. This has significantly improved the quality of care in the Slough area.

The project creates a comprehensive approach for individuals and groups, with evidence that it supports the wellbeing of people from the start of a treatment episode and, by using the asset-based community model which allows the potential for individuals to acquire the abilities and skills, and to become increasingly independent of the health and social care system.

The central tenet of co-production and co-design, across the system, would necessarily challenge inequality in the health system by creating opportunities for all by minimising 'us and them' dynamics, and transcending any diagnostic categorisations. The approach encourages people to find the support they need, including the ability to look after themselves and to take care of each other, and with the potential to reduce loneliness and isolation which is a common determinate to poor health mental health.

9. **Appendices attached**

None

10. **Background Papers**

None