

Mental Health Service

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Mental Health Context

- Mental Health problems represent the largest single cause of disability in the UK.
- One in four adults experiences at least one diagnosable mental health problem in any given year.
- RBWM: by 2020, 2,350 projected to have dementia; approx. 19,000 expected to have mental health problem, of which over 1,100 likely to be psychosis or severe depression.

Policy, Plans & Guidance

- Five Year Forward View for Mental Health (2016).
- Frimley Sustainability and Transformation Plan (STP).
- Crisis Care Concordat for Berkshire 2016-17.
- RBWM Wellbeing Strategy – Priorities 6 and 7 include support to people with mental health needs and earlier access to dementia diagnosis.
- Berkshire Healthcare Foundation Trust (BHFT) Mental Health Strategy: effectiveness; quality experience; access; partnerships; engagement; workforce.
- Suicide Prevention Strategy and ‘Zero Suicide’ initiative.
- National Institute for Health and Care Excellence (NICE) guidance.
- Local partnerships between RBWM, BHFT, voluntary and third sector.
- Anti-stigma campaigns e.g. Brighter Berkshire 2017, Time to Change.

Common themes of all the above:

Prevention and earlier intervention; Easier access including 24/7; Parity of Esteem; Challenging Stigma; Recovery; Physical health inequality.

Current Mental Health Service

- Primary care.
- Talking therapies / Improving Access to Psychological Therapies (IAPT).
- Crisis and Home Treatment team.
- Liaison Psychiatry – Wexham Park Hospital.
- Specialist services: perinatal, eating disorder, personality disorder, Early Intervention Psychosis.
- In patient services - Prospect Park Hospital.
- Community, voluntary sector, public health wellbeing initiatives.
- **Community Mental Health Team (CMHT) and Older People Mental Health (OPMH) services – delivered jointly in partnership between RBWM and BHFT.**

Integrated Health and Social Care: CMHT and OPMH

- Integrated health and social care multidisciplinary service.
- Aims to support people with enduring and serious mental ill health to lead as fulfilled a life as possible through health and social care intervention.
- Underpinned by partnerships: a comprehensive range of resources to promote recovery.
- Service users have an agreed care plan, risk management plan, named care coordinator.
- Includes social workers, health/social care support workers, community psychiatric nurses, psychiatrists, psychological therapists, occupational therapist, Autism Spectrum worker, community development worker.

Integrated Health and Social Care: CMHT and OPMH

- Services include health and social care assessment; home and community based treatment, Approved Mental Health Practitioner (AMHP) service; psychological therapies; Autism Spectrum Disorder (ASD) service; Memory Service; Physical Health monitoring.
- Access to 24/7 crisis support; Acute mental health in patient services.
- Safeguarding.
- Carers assessment and support.
- Recovery college, employment support and social inclusion.

Who is eligible for CMHT services?

The service is provided to individuals who have a level of complexity arising from mental ill health, and/or who meet the criteria as set out by the Care Act 2014.

- Functional mental illness where severe mental illness is evident e.g. severe depression, psychotic disorder, severe and incapacitating anxiety or obsessional symptoms.
- Organic mental illness: known or suspected dementia, including younger people with dementia who present with significant needs.
- Care Act 2014 eligibility: unable to achieve two or more of the listed outcomes (e.g. managing various aspects of independence, relationships and work-related activity) resulting in significant impact on wellbeing.
- The service also works with individuals who have a personality disorder, as well as those with a dual diagnosis (substance misuse/serious mental illness; and learning difficulty/serious mental illness).

Current Response Times

New referrals (Common Point of Entry/Crisis Resolution and Home Treatment Team)

Crisis (GP referral only) 4 hours
Urgent - 24 hours
Priority - 14 days
Routine - 28 days

Mental Health Act Assessment

Same day response (*urgent within 1 hour*)
24/7 cover through the Emergency Duty Service

Community Mental Health Team

Urgent: same day response
Routine: weekly allocation
Social work assessment: within 1 week
Aim is to avoid waiting list: where a person cannot be immediately allocated, weekly contact and review is provided through a duty system.

Psychiatrist appointments offered flexibly depending on the urgency; (typically 2-12 weeks but could be same day if urgent)

Early Intervention Psychosis service

Referral to Treatment standard: 2 weeks

Memory Clinic

Initial assessment: 90% seen within 6 weeks (target is 70%)

Mental Health and Health Reviews for Employment and Support Allowance

- Employment and Support Allowance (ESA) replaced incapacity benefit (2008); includes strict 'Work Capability Assessment' (WCA) - 20 page questionnaire and face to face assessment. The WCA includes consideration of mental, cognitive and intellectual difficulties.
- CMHT supports Service Users to contact the Citizens Advice Bureau and/or assist completion of WCA questionnaire; provides supportive letters as necessary. Staff can accompany service users and may support service users to challenge the Department for Work and Pensions decisions if appropriate.
- Employment is considered as a key part of CMHT care plans: CMHT supports access to Ways into Work.