
Update on Priority One (Mental Health) for 2018/19

Report being considered by: Health and Wellbeing Board

On: 24 January 2019

Report Author: Jo Reeves

Item for: Discussion

1. Purpose of the Report

- 1.1 To receive an update of progress made regarding Priority One (Mental Health) for 2018/19.

2. Recommendation

- 2.1 The Health and Wellbeing Board note the report.

3. How the Health and Wellbeing Board can help

- 3.1 Recommend what data it wishes to see reported in future versions of the quarterly performance report.
- 3.2 Thank Matthew Braovac for his work as Independent Chair of the MHAG and recommend who should be asked to chair the Mental Health Action Group in the future.

Will the recommendation require the matter to be referred to the Executive for final determination?	Yes: <input type="checkbox"/>	No: <input type="checkbox"/>
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4. Introduction/Background

- 4.1 In 2017 it emerged that governance and local action around Mental Health required strengthening to respond to the growing interest on the matter and need within the community. The Mental Health Action Group (MHAG) was established in August 2017 and in April 2018, the Health and Wellbeing Board confirmed that one of its two priorities for 2018/19 would be 'promote positive mental health and wellbeing for adults'.
- 4.2 The Health and Wellbeing Board has received three updates from the MHAG; the first in November 2017, the second in January 2018 and the third in May 2018. Richard Benyon MP who has an interest in mental health was present at the first and third meetings. The purpose of this report is to provide an update on the progress made since its last report in May 2018.

5. Supporting Information

- 5.1 In November 2017, the MHAG identified four key work streams to pursue in the short term. These are presented below alongside an update for each area.

Celebrate, promote and connect existing resources especially those who provide Community Navigation and Peer Support

- 5.2 The Council's Public Health team consulted with the MHAG on the Village Agent service specification. As a result of their feedback, they are now known as Village Agents with the tagline 'the community connectors' and have increased focus on mental health for anyone aged over 18.
- 5.3 Berkshire West Your Way Peer Support Service expanded into West Berkshire from 1st June 2018. After a stalled start with some staffing changes, they are now seeking to offer peer support and peer support training and deliver a flexible programme of service user led groups and activities in the community. Berkshire West Your Way have engaged with partners through the MHAG to seek to complement rather than duplicate existing peer support groups.
- 5.4 In September/ October 2018, the MHAG put forward a bid to the HWBB Priority Fund on behalf of Eight Bells for Mental Health. Eight Bells is a local charity which provides peer support, advice and advocacy to its members. The sum of £5685 was successfully bid for to enable the charity to open a third day.
- 5.5 In December 2018, the MHAG put forward an additional bid of £6100 on behalf of Open for Hope to support the continuation and expansion of their peer support service.
- 5.6 Additionally, the MHAG have approved the scope of a project to develop a coordinated approach to community connection and peer support and is awaiting further information regarding timescales. The project carries the following objectives:
- (1) Agree a multi-agency 'definition/understanding' of what is community connecting/social prescribing.
 - (2) Understand and map current community connector provision across West Berkshire.
 - (3) Review the evidence base and best practice for community connector schemes.
 - (4) Co-design, develop and pilot a new community connector model.
- 5.7 The project is being led by WBC Public Health and Wellbeing Team and includes a review of existing health improvement services. Given the cross-cutting nature of this work and focus on strength based approaches, it is also engaging with the Building Communities Together Partnership.

Exploring the introduction of a digital community resource directory for prevention, recovery and self-care

- 5.8 The MHAG identified that a new directory was not required because there were a number of existing directories, including the West Berkshire Directory. Formerly known as the Social Care information Point (or SCiP), it was already populated with the details of numerous groups in the District. The MHAG took advantage of the opportunity to influence the SCiP's scheduled upgrade to ensure that information was accessible and easy to navigate to individuals seeking mental health support.

The Council's Adult Social Care team ran a workshop in December 2018 with mental health service users to draft some 'Frequently Asked Questions' to help users to navigate the site more effectively.

- 5.9 It is hoped that an app can be developed to support the West Berkshire Directory and that it can be used as a foundation for an asset based approach for the Joint Strategic Needs Assessment.
- 5.10 The MHAG has also sought to regain control of and update the Emotional Wellbeing West Berkshire website. Once refreshed, the site will provide advice from people with lived experience of mental health issues and information on events. A volunteer web designer has been recruited who can support service users and others in rebuilding the site and who is seeking to identify a friendly URL. It is hoped that the some of the service users who attend the workshop in December will get involved in running the website long-term.
- 5.11 Work is also underway to develop our understanding of asset mapping and seek an agreement on how asset mapping should be undertaken across the district. Work has initially involved looking at how the Directory (WBD) could be utilised to support this work with the following lines of enquiry:
- Promote WBC and NHS commissioned services to advocate the use of the database and explore stipulating its use within contractual arrangements
 - Explore the feasibility of developing an App for ease of access
 - Explore how the WBD platform can support the local asset mapping work undertaken as part of the BCT and community conversations
 - Understand how the WBD could be used to support the future development of the local Joint Strategic Needs Assessment (JSNA) and help align demand, needs and supply
 - Explore whether local information and advice standards are needed across West Berkshire to ensure consistency across all online information in West Berkshire
 - Explore whether activities and services could be categorised and colour coded onto the map functionality with the WBD
 - Consider using the Public and Patient Participation Group to work on spreading the word about the WBD and securing buy-in throughout the district
 - Explore linking DSX and NHS 111 Digital to the West Berkshire WBD

Investigating preventable deaths from physical health conditions of people with serious mental illness

- 5.12 In 2017 it was identified that West Berkshire might be an outlier in rates of premature mortality amongst people with a Severe Mental Illness (SMI.) The MHAG requested that the CCG undertake an audit of deaths considered preventable of people with SMI. It was identified that the primary cause of these deaths was cancer, however alcohol was a factor in 28% of cases reviewed. The CCG have subsequently sought to introduce a primary care model to deliver physical health checks to people with SMI.
- 5.13 Additionally in September/ October 2018, the MHAG put forward a bid to the HWBB Priority Fund on behalf of the Recovery College. The Recovery College is a social enterprise which runs courses to promote physical and mental self care to individuals with a range of mental health needs. The sum of £1500 was successfully bid for to run an additional module to support people with SMI to understand the

importance of managing their physical health and education around the impact of mental health problems on physical health. The MHAG envisages that these two elements of the SMI work will be complementary.

Work with users and BHFT to co-produce improvements to patients experience when in crisis

- 5.14 Healthwatch, at their Thinking Together events, gathered feedback from service users regarding mental health services in West Berkshire. A common theme emerged regarding experiences when in mental health crisis. In January 2018, the MHAG confirmed that they would conduct a coproduced crisis service review. In March 2018, Healthwatch held a further Thinking Together event, themed on crisis. As a result, a crisis review proposal was drafted.
- 5.15 In September 2018, the crisis review scope report was agreed by the MHAG. The MHAG felt that strong leadership was necessary to drive the review and ensure the necessary buy-in from all relevant organisations. There was also a question of whether the review should just cover West Berkshire, from where it had originated, or the whole of Berkshire, which is the area covered by the Crisis Service. The group therefore escalated the matter to the Health and Wellbeing Steering Group.
- 5.16 Katrina Anderson, Interim Director of Joint Commissioning for Berkshire West CCG, attended the MHAG on 13 December 2018 in order to identify a way forward and to explain the activity being undertaken by the CCG on mental health at a higher level. The CCG committed to undertake a system-wide review of the crisis care pathway and would identify the ways in which service users in West Berkshire could be involved to ensure the review is coproduced.

6. Options for Consideration

- 6.1 The Health and Wellbeing Board will have heard that the MHAG have been slow to identify performance indicators on which to report quarterly. Work has been undertaken throughout the year to formalise project plans around each of the four work streams. Project milestones/ deliverables will emerge as these project plans mature.
- 6.2 Bearing in mind that the MHAG has not commissioned any services and the small amounts of money involved, the Health and Wellbeing Board are requested to advise whether they wish to receive any information on measures of success as a result of the funding awards to Recovery College and Eight Bells.
- 6.3 The Recovery College have advised that they will measure:
- (1) Delivery of three modules in a year
 - (2) Students' attitude at both the beginning and end of the course within which the module is part of.
 - (3) Course evaluation feedback
 - (4) Post follow up measurement of attendance at physical health checks
- 6.4 Eight Bells have advised that they will measure:

- (1) Numbers of attendees, issues, and how these were supported or resolved
- (2) Reduction in the average number of members needing the crisis team – currently averages 4 a week.

- 6.5 The Health and Wellbeing Board are asked to consider the MHAG's work streams and recommend what data they would like the MHAG to report going forward.
- 6.6 Matthew Braovac, the volunteer Independent Chair of the MHAG, stepped down in December 2018. Matt Pearce, Head of Public Health and Wellbeing, has agreed to chair the MHAG on an interim basis. The Health and Wellbeing Board should consider who should be asked to chair the MHAG in the long term.

7. Conclusion

- 7.1 Mental health is a high profile area nationally and locally and, understandably, an emotive subject to many. The MHAG has been focusing on four work streams over the past year, each with varying levels of work required. It has done well to include service users and community stakeholders in its work. At present the MHAG is trying to consider ongoing involvement in the crisis review in order to fulfil the expectation it has set to the Health and Wellbeing Board but more importantly the service users who attended Thinking Together events.

8. Consultation and Engagement

- 8.1 Mental Health Action Group members, Health and Wellbeing Steering Group

Background Papers:

n/a

Health and Wellbeing Priorities 2018/19 Supported:

- Support mental health and wellbeing for adults
- Improve access to employment for vulnerable people

Health and Wellbeing Strategic Aims Supported:

The proposals will help achieve the following Health and Wellbeing Strategy aim(s):

- Give every child the best start in life
- Support mental health and wellbeing throughout life
- Reduce premature mortality by helping people lead healthier lives
- Build a thriving and sustainable environment in which communities can flourish
- Help older people maintain a healthy, independent life for as long as possible

The proposals contained in this report will help to achieve the above Health and Wellbeing Strategy aim by:

- Celebrate, promote and connect existing resources especially those who provide Community Navigation and Peer Support.
- Exploring the introduction of a digital community resource directory for prevention, recovery and self-care
- Investigating preventable deaths from physical health conditions of people with serious mental illness
- Work with users and BHFT to co-produce improvements to patients experience when in crisis

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