

# Working collectively to review the mental health system

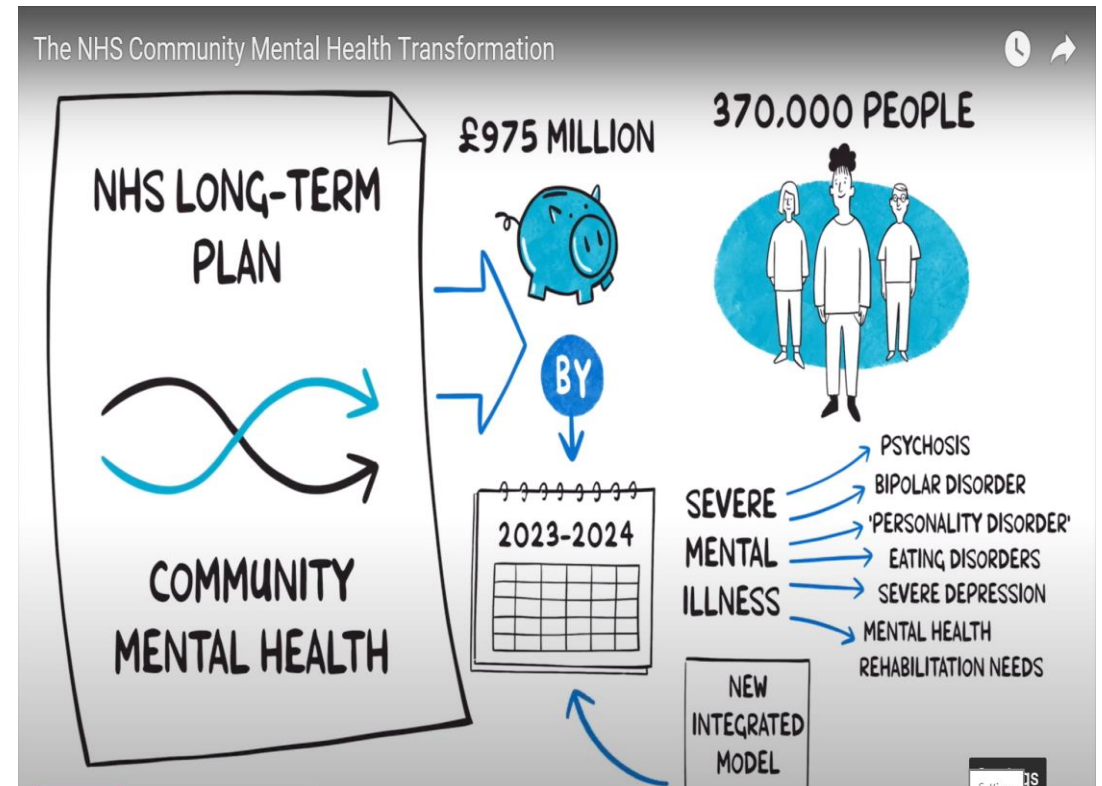
COMMUNITY TRANSFORMATION  
NHS ENGLAND: TEES VALLEY



## Core aims of Community Transformation

### Background:

- Driven by NHS England long term plan offering significant investment to enable those with severe mental health illness better access to integrated primary and community mental health care
- Move from fragmented silo working to integrated, holistic, person-centered care model
- Services and care pathways should be co produced with service users, carers and local communities.



# What has been happening across the Tees Valley?





# Healthwatch findings

## Purpose of the report:

**Understand each of the five local communities' needs:** what keeps people well and how communities would like to access mental health services in each area.

**Establish a baseline** of what local people's knowledge of current services are and your expectations of mental health services.

Enable local communities to have **greater choice** and control over their care, and to live well within each community.

Develop **localised place-based** action plans that are held collaboratively as partners to meet the needs of local populations



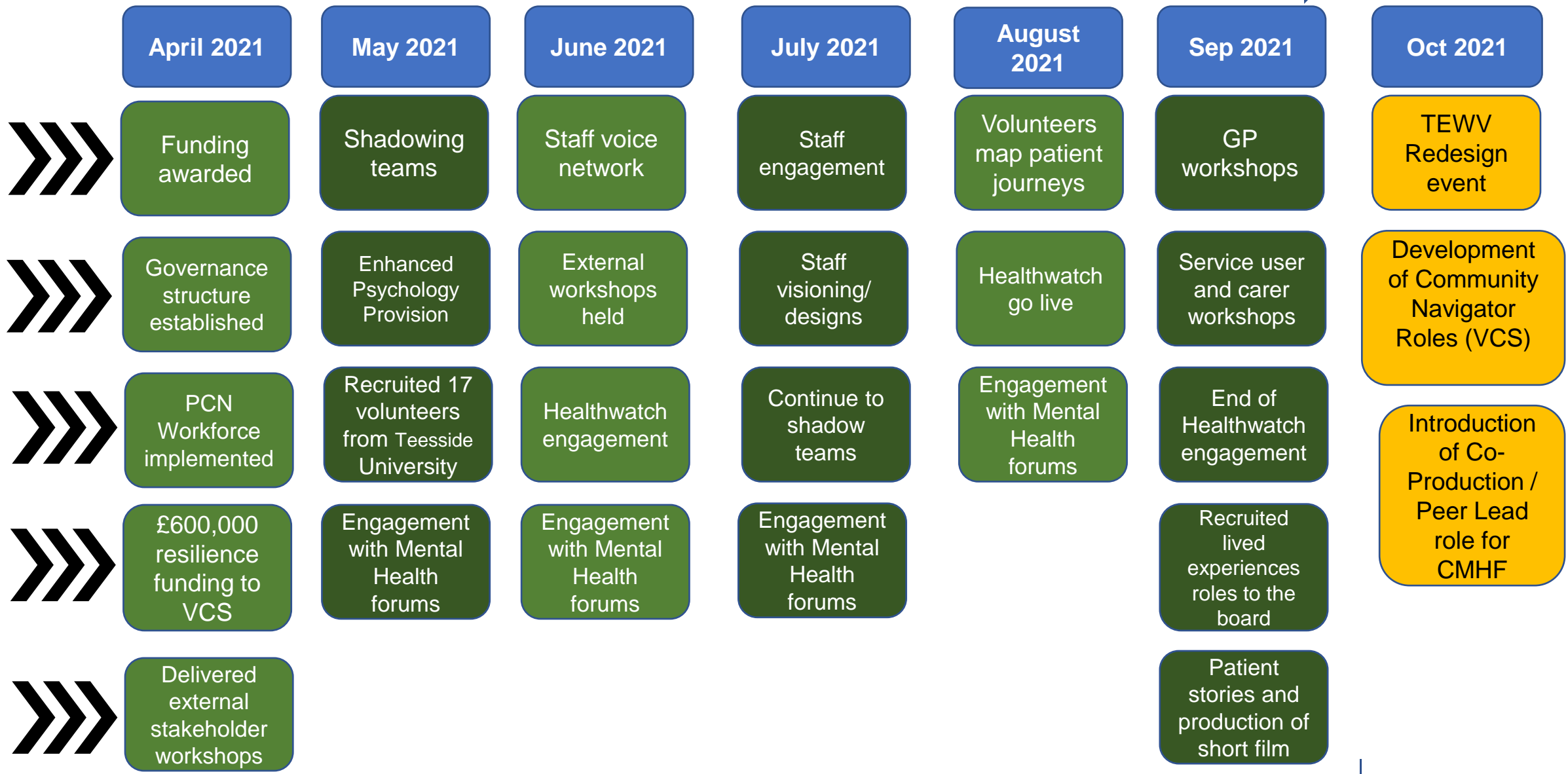
- **Better communication** to the public of what is available in terms of wellbeing support.
- **Awareness raising** in communities to reduce the stigma of mental health.
- **Easier access** through local community venues or supporting transport needs.
- **Greater accessibility** for those who face physical and mental health challenges.
- Provision of **more creative activity**, exercise, and social activity groups.
- **Shorter waiting lists**.
- **Longer therapy pathways** – for example more than 6 sessions.
- **Greater exploration of therapies** rather than medication.
- More **empathy, understanding, respect and awareness** of mental health conditions.
- **Supporting those who have caring responsibilities**, to attend wellbeing sessions themselves: care for the carer.

<b>Darlington</b>	Men (over 18)	Parent Carers and Carers (over 18)	Young people aged 16 to 25 in transition from child to adult mental health services
<b>Hartlepool</b>	Deaf community	Blind and Visually Impaired	Older People LGBT
<b>South Tees</b>	Carers	Visually Impaired	Refugees and Asylum Seekers
	Ethnic Minority groups (2)		Older People
<b>Stockton on Tees</b>	People with a learning difficulty / disability	Substance misuse	Carers


 The logo for healthwatch features the word "healthwatch" in a bold, sans-serif font. The "h" is dark blue, the "e" is pink, the "a" is dark blue, the "l" is dark blue, the "t" is dark blue, the "h" is dark blue, the "w" is dark blue, the "a" is green, the "t" is dark blue, and the "c" is dark blue.

**900 people engaged in consultation across the Tees Valley**

# Staff and service user/ carer led design



## Information and mapping phase 1

**Principles:**  
We accept each other's assessments.  
We do not refuse a referral

Assessment, triage, support and advice

Intervention and treatment

**Getting advice**

**Getting Help**

**Getting more help**

Local community support

Primary Care networks

Libraries/ leisure centres

Parks/ recreation

Education

Places of worship



Aligned by PCNs

**Primary Care Network Mental Health Team**  
Based in GP surgeries

**Community Hub**  
Senior clinical staff including peers and community navigators.  
Co-located with VCS and LA

Physical health Review offer/ medication

**Treatment and Intervention Services**  
One team per locality

EIP

ADHD/ ASD

Personality & Relational

MHSOP & Dementia Ax

Rehab

Eating Disorders

Perinatal

Family/Friends

Work/Colleagues

Online support/ self help

Social Media

SUPPORTED BY NAVIGATORS

System one recording

CITO recording

# What else has been happening in Darlington?







# Darlington Resilience projects

- Eight resilience projects funded non recurrently to support COVID recovery across Darlington
- Age UK, Darlington Association on Disability, First Stop Darlington, Groundwork NE, Theatre Hullabaloo, Primms and Needles, St Teresa Hospice, Arts Culture and Heritage Adventures CIC
- Projects involve increasing capacity in counselling for those who have experienced bereavement, social connections and artistic sessions for individuals with low mood or anxiety, befriending services, female and male allotment sessions and social prescribing.

# PCN Mental Health Practitioners

## Background:

- Practice Aligned Service rolled out in 2019 following the success of this service in the Durham area.
- Principles: offer a timely assessment for mild to moderate mental health conditions for adults 18 plus.
- Timely assessment at the patients local GP practice
- Referrals are triaged and offered a face to face appointment within 14days

## ARRS roles:

- Appointed a further x2 full time Mental Health Nurses to support adults aged 18 plus, additional posts being considered for CYP
- 12 slots per day per practitioner
- Patients will be supported and signposted to community services that best
- Good relationships in place with Darlington community sector



# Darlington next steps



- Working groups established for each area at place based- Darlington January 2022- funding resource allocated for Community work
- Shadowing Darlington TEWV Teams
- Co production of services through the introduction of Peer Lead role (recruited Dec 21 – expected start date Feb 2022)
- Possible expansion of the PCN-based workforce
- Sign off internally and externally to progress the model