

## Mental Health and Autism

Local Service Provision - DARLINGTON CCG

Report to Darlington Health and Wellbeing Board

28<sup>th</sup> November 2019

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This report summarises key activity in Darlington during the 2018-19 financial year, updated to reflect activity commenced in the 2019-20 financial year. Members are asked to note the content and make any recommendations or comments on the content.

The purpose of the report is to provide a stocktake of current provision in Darlington which is intended to stimulate discussion about future strategic planning and operational delivery. This can then be fed into the CCG and wider partner work programmes both locally in Darlington and across the wider Tees/Durham area.

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Darlington services for people are based upon a Healthy New Towns approach, focused on three key areas:

- Regeneration - Including economic well-being, healthy travel and estates regeneration (new buildings)
- New models of care - Including the development of care hubs, cultural change and standardisation
- Digital technology - Including patient self-management modules and teleconsulting

Darlington's Health and Wellbeing Plan 2017-2022 describes how the town was named as one of the top 10 places to live in the UK and the clear ambition for Darlington, as set out in *One Darlington: Perfectly Placed*, the shared strategy across public, private, voluntary and community sector partners.

The New Models of Care approach is underpinned by proactive and preventative self-care and early intervention at every stage to support continued independence.

Preventing mental ill health is a joint strategic priority for all partner agencies across the statutory and voluntary sector and is key objective contained within the; Sustainable Community Strategy: One Darlington Perfectly Place, Children and Young People's Strategy, and the Future in Mind workstream.

These strategic priorities are underpinned by several multi-agency working groups, which include a joint strategic commissioning group. Early intervention and prevention in relation to mental ill health is a shared commissioning priority between Health and Social Care.

Tees, Esk & Wear Valley NHS Foundation Trust in partnership with carers and carers' organisations have developed the Triangle of Care at West Park Hospital in Darlington and at other hospitals in the Trust's area. This is a therapeutic alliance between service user, staff and carer that promotes safety, supports recovery and sustains wellbeing.

Tees, Esk and Wear Valleys NHS Foundation Trust are committed to delivering recovery orientated services and have developed a three year strategy aimed at embedding recovery principles into their policy and practice.

The Local Authority has a number of contracts in place for services such as: mental health day opportunities, residential care, nursing care, short breaks and domiciliary support. A number of people also have a Direct Payment and they use this to commission their own support.

## **Autism Specific Services**

### Children and Young People

The CCG have just invested money into TEWV to enable them to increase the number of autism assessments for children & young people. This will enable the waiting time to be reduced.

To support the needs of the children & their families during the waiting period, further investment has been made through the Future in Mind Local Transformation Plan budget to provide support and training to families.

The Future in Mind Local Transformation Plan includes a review of the autism pathway in 2019-20 and move to a 'needs led' model.

These work programmes are expected to lead to service improvements. Co-production in the programme includes consultation with the Parent Carer Forum and joint production of a questionnaire to understand the gaps within the current system and identify additional support needs.

Darlington Borough Council and the CCG are currently taking forward a needs led approach between health, education and social care.

### Adult Services

A service improvement workshop was held with partners in November 2019. This highlighted current processes and value stream mapping to identify what works well and what doesn't work well currently

As a result, an algorithm for new pathway across full TEWV footprint was designed which represents a culture shift and would reduce assessment time by 5-6 hours and starts the assessment process as soon as a referral comes into CMHT as opposed to not starting assessment until the referral reaches specialist team.

The proposed model looks at how the CMHT's can support the diagnostic assessment process and provide post diagnostic support for those which are diagnostically less complex. More complex referrals will continue to be referred into the specialist Autism team.

The proposed model is something that is currently being piloted in Redcar and evaluated in January 2020.

## **Community Mental Health Teams across CCG areas are:**

Specialist Community Mental Health Teams for Affective disorders (multi-disciplinary service for people with severe and complex mood related mental health problems).

Specialist Community Mental Health Teams for Psychosis (multi-disciplinary service for people with severe and complex psychotic mental health problems).

Mental Health Access service (first point of contact for referrers).

Mental Health Crisis Team (multi-disciplinary service for people with complex mental health conditions who are in crisis requiring an urgent response).

Mental Health Home Treatment service (multi-disciplinary service to support people in their own home as an alternative to hospital admission).

Intensive Home Support Service (psychologically led service for Older People in mental health crisis who exhibit complex and high risk behaviours).

Older peoples Community Mental Health Team (for assessment and treatment of older adults with complex mental health conditions).

Assertive Outreach service (to offer more intensive ongoing support for people with severe and enduring mental health problems who are vulnerable or prone to rapid relapse).

Early Intervention in Psychosis service (multi-disciplinary service aimed at people aged between 14 and 35 years who experience a first episode of psychosis, specialising in focussed family work and psycho-education alongside judicious use of antipsychotic medication).

Acute Hospital Liaison Service (specialist multi-disciplinary mental health service operating 24/7 within the acute trust to assess, treat, and help manage people with mental health conditions who present at the acute hospital, offering signposting to specialist mental health services or other provision where appropriate).

Stepping forwards – an assertive community based service which aims to target those vulnerable individuals who have frequent contact with services through A&E, Police, MH Crisis teams but who struggle to engage with appointments and follow up.

Carers Support Services, commissioned jointly by the Council and Darlington CCG, are provided by Darlington Association on Disability (DAD) and DISC. The DAD Carers Support Service provides information, advice and support to all adult carers, plus awareness raising about carers' issues and training for health and social care staff.

There are a total of 1523 carers registered with the carers service and of these 154 are caring for someone with mental ill health aged 18 - 64.

DISC Darlington Young Carers Service aims to reduce the impact of caring for young carers up to the age of 25 by offering one to one support, activities, support groups and respite in addition to information, advice and guidance, whole family support and advocacy.

Baby bereavement – emotional support for bereaved parents.

Recovery College - A local recovery college has been commissioned to support the recovery approach.

Community eating disorders service, specialist community team providing treatment and support for people with eating disorders (primarily anorexia nervosa and bulimia nervosa).

### **Inpatient Services are:**

Adult acute mental health wards for assessment and treatment of complex mental health problems.

Psychiatric Intensive Care ward for people in an acute phase of mental illness with very high risk behaviours.

Male Locked Rehabilitation for men who exhibit high risk behaviours relating to their mental health problems and require inpatient care for a longer period of time.

Female locked rehabilitation for women who exhibit high risk behaviours relating to their mental health problems and require inpatient care for a longer period of time.

Specialist mental health rehabilitation for people who require longer periods of mental health treatment, up to 18 months.

Specialist mental health rehabilitation for people who require longer term in-patient treatment, 18 months plus.

Inpatient assessment and treatment services, including acute, intensive care, challenging behaviour and rehabilitation services.

## **Service Delivery**

There are two main hospitals within County Durham & Darlington; Lanchester Road Hospital in Durham and West Park Hospital in Darlington.

Services include a wide range of community based assessment and treatment services including primary care, liaison, crisis intervention, assertive outreach, community affective disorders and psychosis teams and eating disorders; mental health services for people with a sensory impairment (deafness) and Attention Deficit Hyperactivity Disorder (ADHD); Primary care psychological therapies (working with partners).

There is a specialist regional North East and North Cumbria eating disorder inpatient services for adults, with "step up" and "step down" day hospital services for County Durham and Darlington patients and inpatient services as part of a national consortium and community based services to military veterans.

Public Health led the Self Assessment Framework (SAF) on autism for Darlington and hold the response plan. As of Apr 2019 in Darlington, 222 children were on the existing ASD waiting list. The longest wait for assessment was 63 weeks and the average wait for assessment was 28 weeks. This is a key focus for ongoing work in the programme and TEWV NHS Trust are leading on a service development programme for 2019-20.

The Local Authority also has a number of contracts in place for services such as: mental health day opportunities, residential care, nursing care, short breaks and domiciliary support. A number of people also have a Direct Payment and they use this to commission their own support.

There is also a Carers Emergency Support Service commissioned jointly by Darlington Borough Council, Durham County Council, Darlington CCG and the 2 Durham CCGs and provided by Unique Home Care. This enables carers who have registered previously with the Service to access support should an emergency arise.

The Council has range of external service commissions which play an integral role in supporting personal resilience, health and wellbeing across the whole population including a 0-9 Service supporting emotional and physical health, housing support, young carer support, day opportunities, independent living skill development for people with Special Educational Needs and/or Disabilities (SEND), and Psychological Wellbeing Practitioner support for Care Leavers.

The Durham County wide Crisis Care Concordat and Prevention Concordat partnership groups are well established.

## **Service Performance**

In Darlington, all targets for access and recovery are being met at 100% or exceeded where targets are set as a percentage.

The main national and local delivery data is included in the tables below:

QUALITY INDICATOR	STANDARD	2016/17	2017/18	2018/19	YTD 2019/20
To Sept 19					
<b>ACCESS TO PSYCHOLOGICAL THERAPY (IAPT)</b>					
PROPORTION OF PEOPLE THAT ENTER TREATMENT AGAINST THE LEVEL OF NEED IN THE GENERAL POPULATION	19.20%	19.9%	16.3%	16.11%	21.91%
PROPORTION OF PEOPLE WHO COMPLETE TREATMENT WHO ARE MOVING TO RECOVERY	50.0%	47.2%	53.1%	53.24%	50.70%
OF THOSE INDIVIDUALS COMPLETING TREATMENT - %AGE OF WHICH HAD A REFERRAL TO TREATMENT WITHIN 6 WEEKS	75.0%	80.1%	89.9%	100.00%	100.00%
OF THOSE INDIVIDUALS COMPLETING TREATMENT - %AGE OF WHICH HAD A REFERRAL TO TREATMENT WITHIN 18 WEEKS	95.0%	96.3%	98.6%	100.00%	100.00%
<b>EARLY INTERVENTION IN PSYCHOSIS</b>					
%AGE OF FIRST EPISODES IN PSYCHOSIS WHO COMMENCE A PACKAGE OF CARE WITHIN 2 WEEKS OF REFERRAL	56.0%	66.7%	40.7%	71.79%	61.11%
<b>CRISIS SERVICES</b>					
%AGE OF ADMISSIONS TO INPATIENT SERVICES WHICH ARE GATE KEPT BY THE CRISIS SERVICE	95.0%	96.0%	96.7%	99.28%	95.59%
%AGE OF CRISIS REFERRALS SEEN WITHIN 4 HOURS	95.0%	97.7%	93.7%	97.03%	98.87%
<b>MENTAL HEALTH LIAISON SERVICES</b>					
%AGE OF ASSESSMENTS IN A&E WHICH ARE UNDERTAKEN WITHIN 1 HOUR OF REFERRAL	90.0%	NA	95.4%		
%AGE OF ASSESSMENTS UNDERTAKEN ON WARDS WITHIN 24 HOURS OF REFERRAL	90.0%	NA	97.2%		
<b>CHILD AND ADOLESCENT MENTAL HEALTH SERVICES (CAMHS)</b>					
PROPORTION OF EATING DISORDER PATIENTS SEEN WITHIN 4 WEEKS OF REFERRAL FOR NICE APPROVED TREATMENT (ROUTINE)	79.0%	NA	57.1%	91.67%	100.00%
PROPORTION OF EATING DISORDER PATIENTS SEEN WITHIN 1 WEEK OF REFERRAL FOR NICE APPROVED TREATMENT (URGENT)	83.0%	NA	100.0%	100.00%	-
%AGE OF PATIENTS SEEN FACE TO FACE WITHIN 4 HRS BY SUITABLY TRAINED PRACTITIONER (URGENT RESPONSE - CRISIS)	90.0%	NA	87.2%	89.60%	90.20%
PERCENTAGE OF CYP AGED 0-18 WITH A DIAGNOSABLE MENTAL HEALTH CONDITION WHO ARE RECEIVING TREATMENT FROM NHS FUNDED COMMUNITY SERVICES	34.0%	NA	31.9%	55.43%	100.53%
<b>CARE PROGRAMME APPROACH</b>					
MIXED SEX ACCOMMODATION BREACH (NUMBER OF EPISODES OF MIXED SEX ACCOMMODATION - SLEEPING)	0			0	0
PERCENTAGE OF CPA DISCHARGES FOLLOWED UP WITHIN 7 DAYS	95.0%	96.7%	98.5%	98.73%	99.05%
PERCENTAGE OF CPA USERS WITH A CRISIS PLAN IN PLACE (AMH)	90.0%	97.9%	99.1%	99.02%	99.2%
PERCENTAGE OF CPA USERS WITH A CRISIS PLAN IN PLACE (OPMH)	90.0%	100.0%	100.0%	100.00%	100.00%
PERCENTAGE OF PATIENTS WHO ATTENDED A FIRST APPOINTMENT WITHIN 9 WEEKS OF REFERRAL (AMH)	90.0%	97.7%	95.6%	97.21%	97.1%

## Darlington CCG Financial Information

TEWV NHS Trust are the provider of the services for Darlington CCG although there is partnership work ongoing with schools and the local authority on a joint commissioned children and young people's service due to be in place in this financial year.

In Darlington, CCG spend for children and young people's mental health services has increase every year in line with the Future in Mind transformation funding and Mental Health Investment Standard (MHIS).

Darlington CCG spends 11.5% of its Mental Health spend (excluding Learning Disabilities & Dementia) on children and young people's services which is in line with other CCGs in the region.

Annual CCG spend from 2016 to 2020 (forecast) is detailed below:

2016-17	£1.573m
2017-18	£1.632 +3,8% (v +2% MHIS increase)
2018-19	£1.803m +10.5% (v 2.8% MHIS increase)
19-20	£1.908 +5.8% (v +5.7% MHIS increase)

NOTE: Local Authority service spend is not included.

## APPENDICES:

A report detailing CCG commissioned programmes for mental health, learning disabilities and autism in the 2018-19 financial year is attached as appendix A.