

TITLE OF REPORT: **Community Mental Health Transformation**

REPORT OF: **North East and North Cumbria Integrated Care Board**

SUMMARY

Adult Community Mental Health Transformation (CMHT) in Gateshead has aimed to take a radical change in approach to how we support people with their mental health through the integration of community-based systems of care and support which is linked closely with wider community services and primary care.

Purpose of Report

To provide an update on CMHT in Gateshead

Background

In accordance with the NHS Long Term Plan, the building blocks to our approach for CMHT has been to:

- Develop a coordinated local offer based upon a Primary Care Network (PCN) footprint.
- Focus on addressing the wider determinants of mental and physical health.
- Building local capacity and opportunities.
- Have an approach which is informed by experts by experience.
- Increase communication and information sharing between partners.
- Create a skilled local workforce.
- Have a focus on early intervention and prevention.
- Closer working and integration of clinical and non-clinical services.

In addition, work is closely aligned to the Gateshead Health & Wellbeing Strategy, and CMHT is one of the priority areas of the Gateshead Cares Alliance.

Key highlights to date

A review of the mental health workforce has been undertaken at a PCN level which has led to the expansion on the workforce through the introduction of Mental Health Practitioners, Peer Support Workers and Health & Wellbeing Coach roles. In addition, a virtual hub has been created which links up different parts of the system in order to develop joint working and improved referral routes; this has been done in conjunction with the local authority as part of a new locality working framework and development of Family Hubs. A workforce network has also been established to improve understanding of the different roles across Gateshead to encourage a joined up approach and foster partnership working and innovation.

A review of mental health residential care has been carried out; findings are now being used to develop an integrated model of residential care in conjunction with the local authority. For specialist mental health, the ICB team in Gateshead are going out to the residential market to procure a new offer to commence 1 April 2024.

Progress has been made to understand the current offer for emergency and urgent crisis provision and identify opportunities to improve the offer and referral routes locally to ensure people can access the support they need in a timely way to reduce the need for secondary care services, presentations at A&E and calls to our blue light services. A 4 bed crisis house pilot for men has taken place over the past 6 months which has fulfilled the aim of avoiding hospital admission. It is planned to expand the offer to include women in early 23/24.

The voluntary and community sector is pivotal to the success of community model development and transforming how we understand need, address inequalities and commission services to better meet the needs of our population. People with lived experience have told us that they prefer to seek support in non-clinical settings, and evidence tells us that non-clinical support can be just as, or even more effective than clinical intervention if it is received in a timely way.

Following the success of an ICB funded Community grants scheme in 2022 a follow up scheme has just been launched which is targeted at smaller VCSE organisations to come forward with initiatives to support non-clinical solutions to supporting people with their mental health. Continued learning from the scheme will inform future development of the community model and serve to bring support closer to communities which is holistic and person centred.

Focus in 23/24

Moving in to 23/24 we will build on the learning and successes of the CMHT programme by further developing the work of virtual hubs by working with the local authority, voluntary sector and key partners to develop a network of physical hubs across the borough which further supports the integration of health, social care and community services at a neighbourhood level.

Work will also continue on the crisis pathway by bringing in other partners such as Northumbria Police, North East Ambulance Service and the 111 service to further develop innovative solutions to avoid attendance at A&E, hospital admission and Section 136 detention and the further development across the ICB of Urgent Treatment Centres. A crisis house for women and the development of 'safe spaces' across the borough that people can access to get support with their mental health will also be developed over the next 12 months.

There will continue to be a focus on people with multiple and complex needs, mental health rehabilitation, inequalities and further development of the workforce. We will continue to take a community development approach to further build local capacity together to ensure people get the support they need at the right place and at the right time.

In order to build a robust infrastructure, there will be increased focus on estates, interoperability, information sharing, and improved data collection and performance information to inform decision making and investment.

Recommendations

1. The Overview and Scrutiny Committee is asked to note the contents of the report.

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