

Agenda Item 7

For publication

Meeting title	JHOSC	Date: 10/12/18
Report title:	Mental Health Developments in BLMK	Agenda item:
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Report summary	This report provides a summary of mental health developments in BLMK and in particular the delivery of the Five Year Forward View for Mental Health			
Purpose (tick one box only)	Information <input checked="" type="checkbox"/>	Approval <input type="checkbox"/>	To note <input checked="" type="checkbox"/>	Decision <input type="checkbox"/>
Recommendation				

1. Purpose of the Report

The JHOSC received an update on the Bedfordshire, Luton and Milton Keynes Integrated Care System (BLMK ICS) mental health programme on the 26/03/2018. Significant progress in a number of areas has since been made, which this report provides further update on. The JHOSC in particular requested an update on progress with funding applications, which this report details.

2. Background

Mental health problems are widespread, at times disabling, yet often hidden. People who would go to their GP with chest pains will suffer depression or anxiety in silence. One in four adults experiences at least one diagnosable mental health problem in any given year. People in all walks of life can be affected and at any point in their lives, including new mothers, children, teenagers, adults and older people. Mental health problems represent the largest single cause of disability in the UK. Therefore, our BLMK ICS mental health programme aims to improve mental health care, support and treatment for all our residents across Bedfordshire, Luton and Milton Keynes, with a clear focus on making a real difference to our resident's health and wellbeing.

The BLMK ICS partners have agreed that improving mental health services is a key priority for the ICS. As a first wave ICS, the ICS partners have committed in our Memorandum of Understanding with NHS England and NHS Improvement to make fast and tangible progress with improving mental health services.

An ICS BLMK Mental Health Programme Board is in place, comprising of key partners including the two secondary care mental health providers, ELFT for Bedford, Central Bedfordshire and Luton, and CNWL for Milton Keynes, with Bedfordshire,

Luton and Milton Keynes commissioners, Local Authority and Public Health colleagues. The programme vision is as follows:

Bedfordshire, Luton and Milton Keynes health and care partners will work together to help people and communities to build resilience, and to support people with mental health problems and their families to achieve their health and life goals through good quality person-centred services.

To do so, we will ensure that mental health is at the heart of the development of our care system, with sustainable mental health providers working together with primary, secondary and social care partners to develop integrated whole person services and deliver the Five Year Forward View for Mental Health and General Practice.

The programme has developed a plan, with a particular focus on the Five Year Forward View delivery but there is also a focus on developing mental health support, care and treatment organised around local communities and in particular to be built around Primary Care Networks.

In the November Budget, the government announced that £2bn of the £10bn proposed settlement for the NHS would be ear-marked for mental health. It is anticipated that the NHS 10 year plan will be published in December, and that it will include high level proposals on how new monies for mental health may be deployed, with a likely focus on community services.

2.1 Current position on the Five Year Forward View for Mental Health

The current position with the delivery of the national mental health strategy, the Five Year Forward View for Mental Health is as follows:

CHILDREN AND YOUNG PEOPLE

e.g. By 2020/21, there will be a significant expansion in access to high-quality mental health care for children and young people. At least 70,000 additional children and young people each year will receive evidence-based treatment – representing an increase in access to NHS-funded community services to meet the needs of at least 35% of those with diagnosable mental health conditions.

In BLMK there is a continued focus on meeting the percentage access and treatment rate for children and young people. In Luton, there is currently support being provided from NHS England to assist with this expansion of access to treatment for children and young people.

Ensure evidence of local progress to transform children and young people's mental health services is published in refreshed joint agency Local Transformation Plans (LTPs) aligned to STPs

Local Transformation Plans to transform children and young people's mental health services have been refreshed and aligned across the Bedfordshire, Luton and Milton Keynes ICS area.

Make further progress towards delivering the 2020/21 waiting time standards for children and young people's eating disorder services of 95% of patients

receiving first definitive treatment within four weeks for routine cases and within one week for urgent cases.

Bedfordshire, Luton and Milton Keynes have dedicated community-based eating disorder teams which have been making progress towards delivering the eating disorder referral to treatment standards. There is a BLMK Eating Disorders Task and Finish Group which is reviewing the eating disorder pathway and current service provision.

Deliver against regional implementation plans to ensure that by 2020/21, inpatient stays for children and young people will only take place where clinically appropriate, will have the minimum possible length of stay, and will be as close to home as possible to avoid inappropriate out of area placements, within a context of 150-180 additional beds.

The Mental Health Programme is currently working with NHS England Specialised Commissioning and current providers to determine options for improving access to inpatient care for children and young people.

PERINATAL MENTAL HEALTH

e.g. By 2020/21, there will be increased access to specialist perinatal mental health support in all areas in England, in the community or in-patient mother and baby units, allowing at least an additional 30,000 women each year to receive evidence-based treatment, closer to home, when they need it.

A recent BLMK ICS bid for national funding has been successful and a specialist community perinatal mental health service is being established in Bedfordshire and Luton and there is the enhancement of the existing service in Milton Keynes. Most of the new Bedfordshire and Luton Team is now in place with the service due to commence shortly. This is a significant development in improving better access and outcomes for women with mental health problems who are about to or have given birth.

COMMON MENTAL HEALTH

e.g. By 2020/21, there will be increased access to psychological therapies, so that at least 25% of people (or 1.5 million) with common mental health conditions access services each year. The majority of new services will be integrated with physical healthcare. As part of this expansion, 3,000 new mental health therapists will be co-located in primary care, as set out in the General Practice Forward View. In parallel, we will maintain and develop quality in services; including meeting existing access and recovery standards so that 75% of people access treatment within six weeks, 95% within 18 weeks; and at least 50% achieve recovery across the adult age group.

All Improving Access to Psychological Therapies (IAPT) Services across Bedfordshire, Luton and Milton Keynes are continuing to focus on meeting the access rate, recovery rate and waiting times for treatment. 19% of people with common mental health problems are expected to receive treatment in 2018/19, achieving a 50% recovery rate. Luton IAPT (Total Wellbeing) are continuing to focus on recruitment to assist with the delivery of the access and recovery rate and they

have been focusing on reducing inherited waiting lists. Luton CCG have also been having regular meetings with the provider to ensure that mobilisation is progressing.

On the 24/09/18 a BLMK ICS improving access to psychological therapies (IAPT) for people with long-term physical health conditions and medically unexplained symptoms event was held and work is being undertaken to develop integrated IAPT-Long Term Conditions (LTC) services being delivered in primary care as follows:

Bedfordshire IAPT is primarily focussing on diabetes and respiratory illness.

Milton Keynes IAPT is currently in the very early stages of developing the IAPT-LTC pathway. So far, it has been decided that the long term conditions that will be focussed on initially will be diabetes and respiratory illness.

Luton IAPT are planning to meet with others in the Luton Community Services building as a form of steering group to progress IAPT LTC for diabetes.

Early Intervention in Psychosis

e.g Ensure that 53% of patients requiring early intervention for psychosis receive NICE concordant care within two weeks and that in 2018/19 all services are at level 2 and at least 25% of services are at level 3 of the Early Intervention in Psychosis Network CCQI Self-assessment audit

All areas within BLMK have been focusing on meeting the 53% of patients requiring early intervention for psychosis receiving NICE concordant care within two weeks and with achieving the required level of the Early Intervention in Psychosis Network CCQI Self-assessment audit. A whole system quality improvement visit has been organised by the East of England Clinical Network to support Bedfordshire and Lutons Early Intervention in Psychosis Service with developing the service.

Liaison Mental Health

Continue to work towards the 2020/21 ambition of all acute hospitals having mental health liaison services that can meet the specific needs of people of all ages including children and young people and older adults; and deliver Core 24 mental health liaison standards for adults in nearly 50% of acute hospitals subject to hospitals being able to successfully recruit.

All hospitals in BLMK currently have liaison psychiatry services in place, with further work underway to ensure that all acute hospitals within the BLMK STP continue to work towards the 2020/21 ambition of all acute hospitals having mental health liaison services that can meet the specific needs of people of all ages including children and young people and older adults.

Inappropriate Out of Area Placements

Support delivery of STP-level plans to reduce all inappropriate adult acute out of area placements by 2020/21. Review all patients who are placed out of area to ensure that they have an appropriate package of care

There continues to be comparatively very low numbers of adults with mental health problems placed in acute beds out of the BLMK area.

Adult Crisis Care

e.g. Increase investment for Crisis Resolution and Home Treatment Teams (CRHTTs) to meet the ambition of all areas providing CRHTTs resourced to operate in line with recognised best practice by 2020/21.

Work is being carried out to take forward new models of care and the development of crisis support for children and young people, adults and older people. This includes looking at a range of crisis support options such as crisis cafes, crisis houses and serenity integrated mentoring. Luton's mental health transformation design group have agreed to prioritise urgent/crisis response for re-design, using collaborative leadership and co-production principles. Luton is part of the Living Well UK Big Lottery-funded programme, led by the Innovation Unit.

Physical Health & Severe Mental Illness

e.g. Deliver annual physical health checks and interventions, in line with guidance, to at least 280,000 people with a severe mental health illness (or 60% of those on the SMI register)

On the 20/07/18 an ICS Bedfordshire, Luton and Milton Keynes improving physical health for people with severe mental illness in primary care and secondary care event was held to raise awareness of this area and to take forward this priority. The BLMK ICS has formed a workstream to oversee the development of an options appraisal for delivery and developing a model for local enhanced services.

Individual Placement & Support

e.g. Provide a 25% increase nationally on 2017/18 baseline in access to Individual Placement and Support services

Following a successful bid for funding, there has been the expansion of Individual Placement and Support across Bedfordshire and some coverage in Luton. A BLMK IPS Employment Steering Group Meeting is in place to support with the development of Individual Placement and Support. A funding bid has been submitted for possible Wave 2 funding to potentially expand the service in Luton and to set up a new service in Milton Keynes.

Dementia Diagnosis

e.g. Maintain the dementia diagnosis rate of two thirds (66.7%) of prevalence and improve post diagnostic care

Luton and Milton Keynes are meeting national requirements for 67% of people with dementia to have a diagnosis recorded in primary care. NHS England has been providing support to improve the dementia diagnosis rate in Bedfordshire. On the 27/11/2018 a Dementia Training Event was held for GP's and Nurses which was attended by the National Lead for Dementia, Professor Alistair Burns. There has been a review of post-diagnostic care and support through the completion of the

dementia post diagnosis support: CCG self-assessment tool and a BLMK Workshop has been arranged for the 03/12/18 to take forward areas for development.

Suicide Reduction

e.g. Deliver against multi-agency suicide prevention plans, working towards a national 10% reduction in suicide rate by 2020/21.

On the 10/09/18 an STP BLMK Mental Health Prevention Concordat Learning Event was held to share the multi-agency suicide prevention plans and work is continuing regarding suicide prevention. An ICS-wide conversation was held in preparation for possible funding allocations in 2019/20.

Finance

e.g. Each CCG must meet the Mental Health Investment Standard (MHIS) by which their 2018/19 investment in mental health rises at a faster rate than their overall programme funding. CCGs' auditors will be required to validate their 2018/19 year-end position on meeting the MHIS.

All CCGs have met the requirement to invest the equivalent of at least their overall uplift into mental health during 2018/19. Work is being carried out to develop an ICS mental health investment plan identifying costs of full Five Year Forward View delivery through to 2021 and including investment requirement, return on investment through integrated care and innovation.

Workforce

e.g. Deliver their contribution of the mental health workforce expansion as set out in the HEE workforce plan, support by STP-level plans. This notably involves: supporting HEE's commissioning of 1,000 replacement practitioners and a further 1,000 trainees to expand services, which will release 1,500 mental health therapists to work in primary care; an expansion in the capacity and capability of the children and young people's workforce building towards 1,700 new staff and 3,400 existing staff trained to deliver evidence based interventions by 2020/21.

The BLMK workforce plan was submitted to Health Education England and analysis indicates that there is a significant vacancy rate across the two Trusts. In Bedfordshire, Luton and Milton Keynes there is on-going work to improve the sustainability of the current workforce by improving the wellbeing, morale, retention and career development. On the 07/09/18 a BLMK workforce meeting was held with Health Education England to discuss the BLMK workplan as part of the Five Year Forward View for Mental Health and on the 13/09/18 a BLMK Workforce meeting was held to take forward the actions that had been identified from the meeting with Health Education England.

2.2 Options considered

Not applicable.

2.3 Engagement Process

To deliver the mental health programme, co-production with service users and carers to support with the development of services is being taken forward. For example, service user and carer events are being planned to assist with the setting up of the Perinatal Mental Health Service in Bedfordshire and Luton and the expansion of the service in Milton Keynes. There is also going to be patient and carer involvement in the development of crisis support for adults and older people. There has also been the involvement of children and young people as part of NHS England's support of improving the access and treatment rate for children and young people in Luton.

2.4 Key deliverables

See above

3. Recommendation

The JOHSC is asked to receive and comment on this report.