



Mental Health Services in Worcestershire

Health Overview and Scrutiny Committee
21st September

Overview of the session

- Awareness of the depth and breadth of provision under the banner of “mental health”
- What these services broadly offer and for whom
- COVID impact
- Future opportunities and challenges



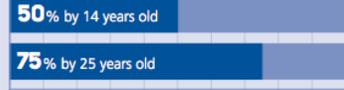
National Picture

01. Mental health problems develop at a young age.

1 in 5 children have a mental health problem in any given year.⁸



First experience of mental health problems in those suffering lifetime mental health problems.⁹



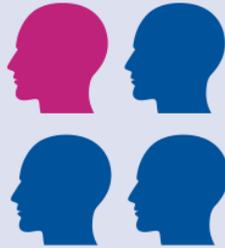
04. Mental health impacts on life expectancy.

Average life expectancy in England and Wales for people with mental health problems is 60 years behind the national average.¹²



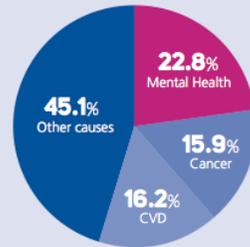
02. Mental health is widespread & common.

Every year 1 in 4 adults experience at least one mental disorder.¹⁰



03. Mental health is a significant burden.

Mental ill health is the single largest cause of disability in the UK.¹¹



PEOPLE WITH SCHIZOPHRENIA ARE:

2x more likely to die from cardiovascular disease,
3x more likely to die from respiratory disease.

05. People with mental health problems have worse physical outcomes.

People with mental illness are at increased risk of the top five health killers, including heart disease, stroke, liver and respiratory diseases and some cancers.

Adverse Childhood Experiences (ACEs):
 47% report at least 1 ACE
 9% report 4 ACEs or more

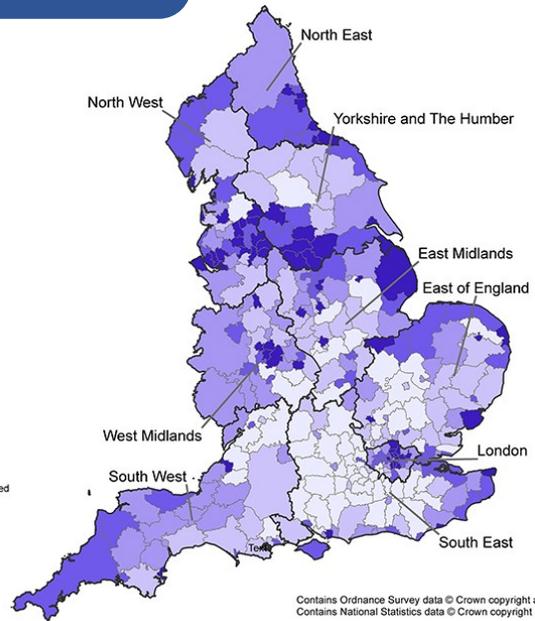
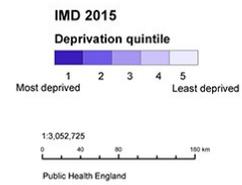
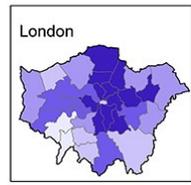
1 in 4 adults experience at least one diagnosable mental health problem in any given year

75% of adults with a diagnosable mental health problem experience the first symptoms by the age of 24

Suicide is the leading cause of death in 15-29 year olds and the second leading cause of maternal death

1 in 5 older people are affected by depression

1 in 5 mothers suffer with depression, anxiety or psychosis in pregnancy or first year after children



England Deprivation Index 2017

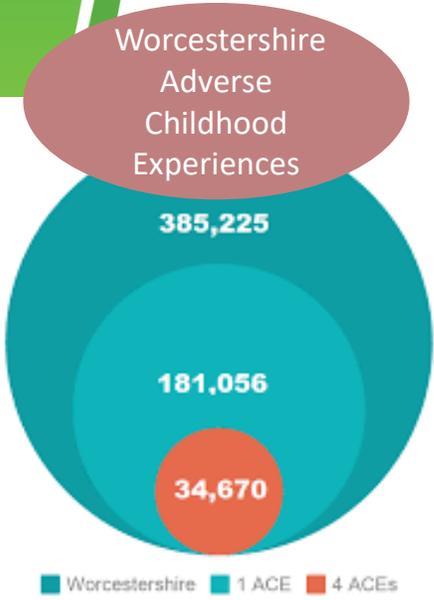
Contains Ordnance Survey data © Crown copyright and database right 2017. Contains National Statistics data © Crown copyright and database right 2017.

Severe Mental Illnesses affect around 500,000 people in England

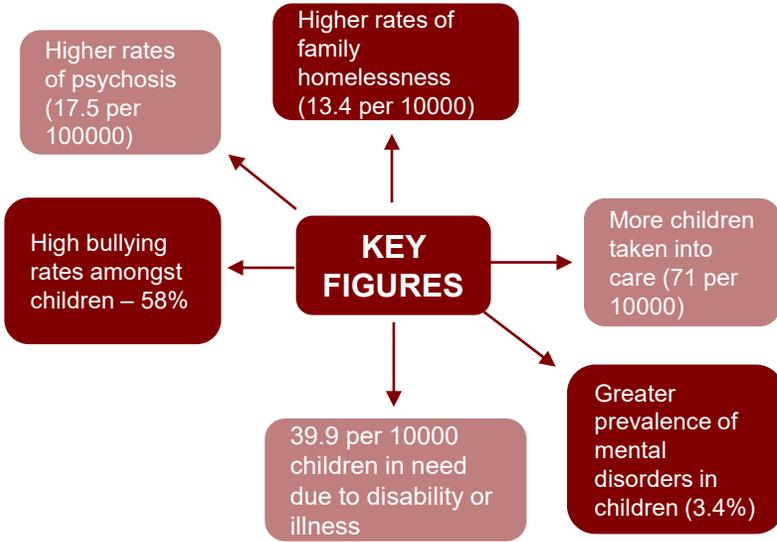
One in six school age children has a mental health problem



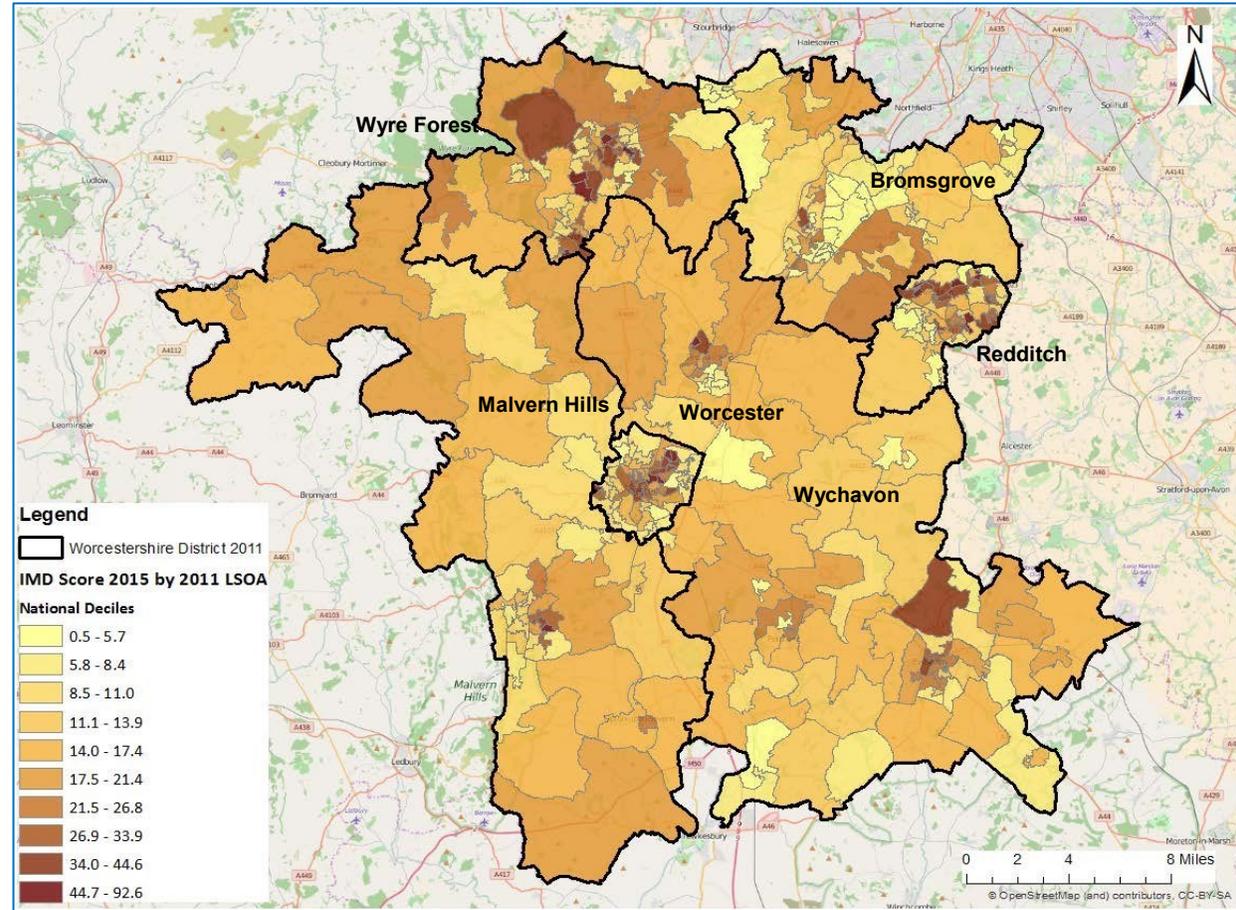
Local Picture - Worcestershire



Worcester = 9th worst area in England for rising deprivation levels



Source: Indices of Multiple Deprivation 2015



Child and Adolescent MH Services

- **Consultation, Advice, Support and Training (CAST)**
 - For professionals who are working with CYP experiencing or at risk of MH difficulties
- **Reach4Wellbeing**
 - Provides 1:1 and group sessions around anxiety, low mood and low level depression for school aged children. The team works closely with School Health Nurses, Parenting Support and CAMHS.
- **Child and Adolescent MH Services (specialist CAMHS)**
 - Multi disciplinary team accessed through a Single Point of Access - assessment, support, therapeutic intervention and treatment for children and young people with complex and enduring emotional and mental health disorders
- **CAMHS Plus**
 - Multi disciplinary team who work with young people requiring intensive support in the community including those at risk of admission to and preparing for discharge from tier 4 provision

Child and Adolescent MH Services

- **CYP Eating Disorders Team (CEDS)**
 - multi- disciplinary team working with young people with a diagnosis of Anorexia nervosa or Bulimia nervosa.
- **Integrated Service for Looked After Children**
 - works with Worcestershire County Council foster carers offering training and support to maximise placement viability.
- **Early Intervention in Psychosis**
 - Community mental health team that works with people between the ages of 14 and 35 who are developing their first episode of psychosis
- **Mental Health in Schools (November 2021)**
- **CYP Crisis service (funding agreed)**

Adult MH Services

- **Healthy Minds**

- Provides Improving Access to Psychological Therapies (IAPT) compliant treatment for people with mild to moderate mental health issues. Treatment is offered on a group or one to one basis and can be offered remotely (via telephone or video conferencing) or face to face. Treatment uses recognised talking therapies such as Cognitive Behavioural Therapy, Dynamic Interpersonal Therapy or Counselling for Depression.

- **Enhanced Primary Care MH Services**

- Assessment and therapy services for people with moderately severe psychological problems

- **Mental Health Neighbourhood Teams (being rolled out)**

- *Previously known as CARs or CMHTs*
- Teams of mental health professionals who respond to the local mental health needs, working closely with other local services and Partner organisations

Adult MH Services

- **Crisis Resolution Team and Assessment Suite**
 - Meets the needs of patients who are experiencing acute mental health crisis (including 24/7 crisis line) delivered in partnership with Springfield Mind
 - Crisis Assessment Suite provides a health based place of safety for patients detained on Section 136
- **Home Treatment Teams**
 - Service for patients aged 17 and 6 months and over to be treated in their own homes as an alternative to hospital admission to psychiatric ward and prevent significant relapse. The service facilitates early discharge for patients admitted to hospital.
- **Mental Health Liaison Teams**
 - Respond to all mental health referrals from A&E and inpatient ward across the both acute hospitals.

Adult MH Services

- **Complex needs Service**
 - Supports adults (18+) diagnosed with Emotionally Unstable/Borderline Personality Disorder
- **Partner Repatriation Service**
 - This is a multi-disciplinary team who work with identified service users who are currently in out of county placements in order to repatriate them back into Worcestershire
- **Eating Disorder Service**
 - A specialist County-wide, outpatient service, offering assessment and a range of recovery focused interventions for men and women from the age of 16 who suffer with Anorexia Nervosa and Bulimia Nervosa.
- **Perinatal Psychiatry**
 - specialist community based assessment and interventions for women with severe and complex mental health needs during the perinatal period

Adult MH services

- **Mental Health Wards**
 - Worcester and Redditch (*work underway re: eliminating dormitories on Worcs site*)
- **Psychiatric Intensive Care Unit**
 - Provides care and support for patients detained under the Mental Health Act 1983 (2007) identified as presenting a significant risk of harm to themselves or others
- **Recovery Units**
 - 2 x 24 hour community based rehabilitation units for individuals who have identified functional/occupational needs following them experiencing a period of complex and/or persistent mental health difficulties
- **Employment and Reablement Services including New Opportunities
Worcestershire and HW Recovery College**
 - Supports individuals in their recovery from severe mental ill health, through engagement in meaningful roles and activities. Also supports people back into the workplace and links to community provider/other partner agencies.

Older Adult Mental Health Services

- **Older Adult Community Mental Health Team**

- The service provides multi-disciplinary assessments, care planning, interventions and treatment for older adults with complex and/or enduring mental health needs (both functional and dementia).

- **Older Adult Mental Health Hospital at Home Team**

- provides an alternative to hospital admission, facilitates timely discharge and enables patients to stay at home
- Set up during COVID (replaces Athelon ward pending consultation)

- **Inpatient Care**

- Provides ward based assessment and treatment for both people experiencing dementia (often with behaviours that challenge) and patients experiencing non organic mental ill health (these). These are delivered on the same site but in separate environments.

Older Adult Mental Health Services

- **Dementia Assessment and Support Team**

- This service provides a comprehensive assessment and diagnostic service to ensure people have access to information and support at early and later stages of their diagnosis

- **Admiral Nursing Service**

- supports and assesses the needs of family and other carers of people with Dementia

The Mental Health Social Work team

- Work with people 18+ who appear to have social care needs arising from a mental disorder.
- Provide support and advice for people through an initial conversation and where we identify Care Act 2014 eligible social care needs and/or S117 aftercare needs
- Use a Three Conversation Approach

Conversation One



Getting to know the person, their needs, interests, aspirations and resources. Then identifying a plan with no ongoing support to manage independently.

Conversation Two



Supporting someone through a period of instability, potentially providing support on a temporary basis but **sticking to that person like glue** throughout.

Conversation Three



After completing one of the other conversations above, planning the best way to meet a persons longer term needs and making necessary arrangements.

Approved Mental Health Professionals (AMHP) Service

- AMHPs are approved under the Mental Health Act to assess people who require hospital admission for assessment or treatment in a psychiatric hospital and are resistive or lack the capacity to consent to this.
- They coordinate assessments under the legal framework of the Mental Health Act and have a statutory role and responsibility under the Act.
- Available 24/7 365 days a year and can be accessed via 01905 846877 by professionals (GP or MH professionals) or Nearest Relatives under the Mental Health Act.

additional MH support

COVID-19 & the Coming Mental Health Emergency

Why We Must Prepare

Surge in PTSD

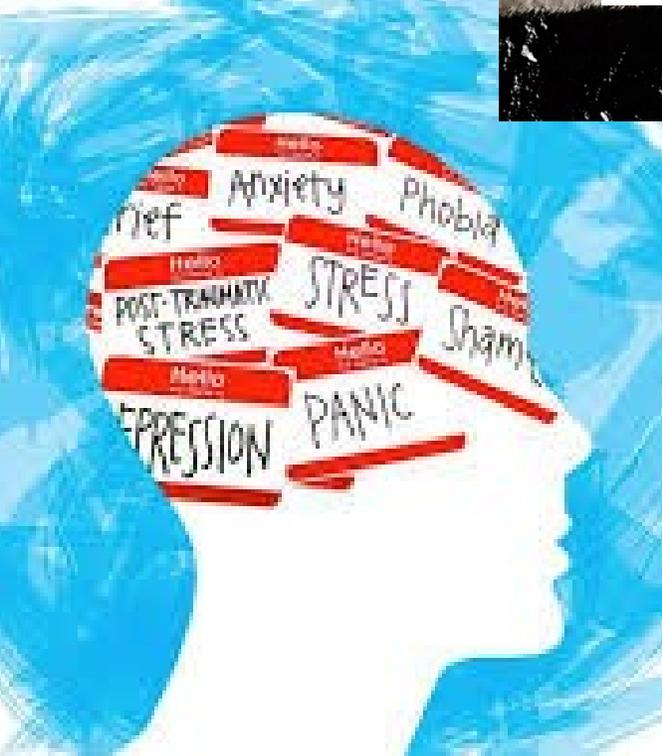
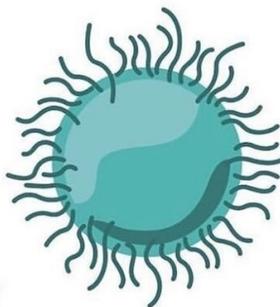
1/10 experiencing suicidal thoughts

DISTRESS GOES VIRAL COVID-19's hidden mental health crisis

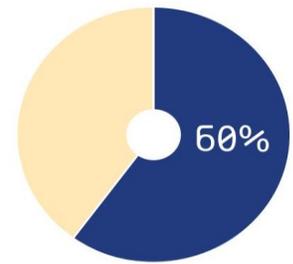
NHS is to see a near four-fold (312 per cent) in MH activity

Why The Coronavirus Is Triggering Mental Health Issues:

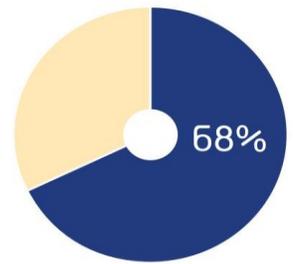
- Despair
- Increased health anxiety
- Fear for loved ones lives
- Decreased financial security
- Mindset switch from "living" to "survival"
- Triggers feelings of hopelessness
- Decreased job security
- Promotes social withdrawal
- Loneliness



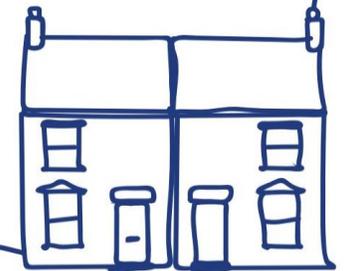
More than half of adults (50%) and over two thirds of young people (58%) said their mental health got worse during lockdown



Adults



Young people



Coronavirus isn't just threatening our physical health, but our mental health too. Look after it. Please share to raise awareness.



@RealDepressionProject

Impact of COVID on referrals

Service	No of referrals pre COVID	No of referrals July 2021	Additional info
Healthy Minds	1579	985	Significant drop off in April-June 2020 – now back to pre COVID levels
All crisis services	614	1387	New 24/7 helpline set up in COVID
Eating Disorders	13	29	
NT/previously CARs	88	123	Increased capacity (new investment)
Reablement and Employment	90	53	Impact of economic climate/furlough etc
Older Adult MH	305	641	Delays in dementia diagnosis
CYP CAMHS and Eating Disorders	296	319	
WCC Mental Health Social Work Teams	31	42	*new referrals not previously open. This service returned to WCC on 01/04/2021
Mental Health Act Assessment	68	71	This Service returned to WCC on 01/04/2021

Impact of COVID on HWHCT activity

Service	Contacts pre COVID (face to face and virtual)	Contacts pre COVID (face to face and virtual) July 2021	Additional info
Healthy Minds	4010	2862	Significant drop off in April-June 2020 – now back to pre COVID levels
All crisis services	859	1823	New 24/7 helpline set up in COVID
Home Treatment	2546	1622	Impact of the restrictions on home visiting
Eating Disorders	178	289	
Reablement and Employment	977	1048	
Older Adult Mental Health	3127	3536	
CYP CAMHS and Eating Disorders	2285	2853	

Risk and challenges

- Workforce challenges – especially around qualified staff is a national and local issue
 - Working group looking at rapid development of unqualified staff through VCS, Primary Care etc to increase pipeline of Mental Health practitioners
 - Creative models to blend different sectors being developed
- Demand predictions
 - Refresh of the MH needs assessment underway to underpin planning and workforce development programmes
- Scale of transformation and change
 - Embedding a completely new approach to integrated services, population health management and addressing health inequalities whilst maintaining access to core services and delivery of key targets
- Maximising the opportunities to join up pathways, access points as part of the ICS – this is a significant challenge given depth and breadth of mental health provision and support across the county

Future developments and opportunities

- HWBB priority of mental health and wellbeing sets out our shared commitment to addressing the predeterminants of mental ill health and mental health inequalities
- ICS MH Collaborative - multi agency partnership to facilitate new ways of working to practically deliver on the HWBB priority and drive the delivery of positive long term mental health outcomes
- Programmes of work to join up low level mental health support services – including the Worcs Integrated Wellbeing Service
- Continued year on year NHS investment in MH core services and new models of care
- Expansion of core services to meet COVID related demand – e.g. crisis services for CYP