

MENTAL HEALTH CHANGE PROGRAMME

1. Purpose of Report

This Report is intended to provide an opportunity for the Members of the Integration Joint Board to consider the progress being made with the Mental Health Change Programme and the associated community engagement exercise.

2. Recommendations

Members Are Asked To:- Consider And Support The Direction Of Travel Of The Mental Health Change Programme And Note The Progress Of The Associated Community Engagement Exercise

3. Considerations

3.1 The Mental Health Change Programme proposes a range of developments that builds on current mental health care and treatment to offer a range of contemporary services that support a person centred, values based model of care that puts service users with a diagnosis of mental disorder and their Carers at the heart of health and care in Dumfries and Galloway.

3.2 This approach aligns with the current strategic direction of health and care in Scotland, legislation and policy and adheres to the national standards and recommendations for care of older people and people with dementia.

3.3 There has also been a focus on linking the Mental Health Change Programme with the Scottish Government 9 national health and wellbeing outcomes and the key challenges contained within Dumfries and Galloway Integration Joint Board's Strategic Plan (2016-19).

3.4 This development falls into two broad areas of improvement. The first of these is to provide a range of interventions in community services that ensures timely support is available to both people with a diagnosis of Mental Disorder, and their Carers who need it, and that this is delivered as close to their home (or homely setting) as possible.

3.5 The second area of focus is directed towards instances where hospital admission is

unavoidable. We seek to provide a range of services to the acute hospital, cottage hospitals and within the mental health inpatient unit at Midpark that ensures as positive an experience as possible for the service user and their family and Carer. This range of services also supports and facilitates as early a discharge date as possible.

3.6 Developments include provision of 24 hour community crisis services; increasing capacity within Community Mental Health Nursing Teams (CMHNTs); provision of additional specialist Dementia Services (IDEAS and HBMR) and developing psychiatric liaison services to acute settings and Care Homes. These developments are described in more detail below.

3.7 The CATS team have been providing a 9am-9pm Monday to Friday & weekends 11am-6pm, 365 days of the year for a number of years. This service has been instrumental in the reduction of inpatient beds at Midpark hospital, and has allowed the significant, and successful reduction in beds when Mental Health inpatient services reviewed their model of care a number of years ago.

3.8 In February 2015, the CATS team has moved into a 12 month pilot phase, providing a 24/7 hour service. This pilot demonstrated the positive impact a 24/7 CATS service can have on patient experience and on a further reduction in the need for unnecessary hospital admissions.

3.9 By increasing the Health Care Support Worker (HCSW) resource within CMHNTs across the four localities, these posts will provide additional support to unpaid Carers who provide care and support to family members, particularly where the people they care for have a diagnosis of Dementia. This will support and help the Carer manage their own health and wellbeing, as well as providing guidance and strategies for maintaining independence for the person with a diagnosis of Dementia

3.10 The Change Programme will also commit to providing permanent funding to the Interventions for Dementia: Education, Assessment and Support (IDEAS) Team. This is an interdisciplinary tertiary service providing specialist assessment, consultations and interventions for people with dementia who experience complex stress and distress symptoms, and their carers.

3.11 The IDEAS Team will provide specialist therapeutic input for individuals who have dementia and associated behaviours contributing to stress and distress, particularly people who live in care home settings across the region. This award winning team^{1 2} will also provide expert advice, education, training, supervision and consultation in all aspects of highly complex dementia care across Health, Social Care and the Third and Independent services, empowering care home staff to provide safe and effective care. By doing so, unnecessary hospital admission can be prevented; the use of psychotropic medication reduces, and the experience of care for the person with a diagnosis of dementia and their family improves.

3.12 The Change Programme will also provide additional Home Based Memory Rehabilitation³ service across the region. This is an evidence based OT early intervention programme for people with dementia. It provides a six week programme, helping people compensate for memory difficulties by maintaining independence with everyday living and reducing caregiver burden. Evidence shows that 50% of participants will maintain memory strategy use 24 months after completing the programme.

3.13 Admission to Midpark Hospital for assessment will continue for people who are no longer able to be safely managed at home by community services. Midpark Hospital has reconfigured use of beds to accommodate the changing demographics, with particular attention to an equitable in patient dementia service for people with early onset Dementia. Running parallel with this is training programme for up skilling expertise of staff to meet the requirements of Commitment 11 of the Dementia Strategy, and the Promoting Excellence Framework.

3.14 The Mental health Change Programme proposals were presented and approved at May 2015 NHS Performance Committee with instruction that a further paper be presented by September 15 to describe how mental health services would develop in Wigtownshire locality.

¹ MWC Principles into Practice awards 2015

² Mental Health Nursing Award- Practice Excellence Award across all categories for Practice of the Year. Overall Winner 2014

³ "Best Community Support Initiative" at Scotland's Dementia Awards in Glasgow

3.15 A further paper was presented to NHS Performance Committee in September 2015. This paper included a recommendation to close Darataigh NHS EMI Intermediate Care Unit in Stranraer. The committee approved the recommendation, with instruction that the Mental health Directorate complete an engagement exercise with particular focus on Wigtownshire Community.

3.16 Less than three weeks later, on the 26th September 2015, Darataigh unit had to be closed for reasons of health and safety. Following constructive discussions with Wigtownshire Elected Members on the 10th November 2015, agreement to temporarily suspend the decision to close Darataigh Unit pending a 6 month engagement exercise to communicate the Mental Health Change Programme led by NHS, with the local community.

3.17 To date (29th April 15), there has been engagement with 15 groups (total 160 people) identified by the Lead Officer for Integration (West), Third Sector Dumfries and Galloway, the Community Mental health Team and Public Health . Presentations on the Mental Health Change Programme have also been given to the GP Sub group, local HSCI locality teams and 2 Wigtownshire Area Committees. Engagement with families identified through the local memory clinic has also been completed. 2 further events with community councillors are planned for June 2016. The Dumfries and Galloway Multicultural Association and the NHS Equality and Diversity lead are working with the engagement team to identify and support contact with minority groups.

3.18 Feedback and comments to date at these engagement events from each of the groups are being collated and a report will be prepared for the NHS Performance Committee following completion of the engagement exercise. Feedback to date has been very positive. The engagement exercise has provided the opportunity to address any concerns by presenting the recommendations within a clear evidence base.

4. Governance Assurance

4.1 The Mental Health Change Programme Engagement Exercise has been developed and managed in line with Scottish Health Council recommendations.

5. Impact Assessment

5.1 Impact Assessment has been completed and attached as Appendix 1

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Appendices

Appendix 1

Impact Assessment

Dumfries and Galloway Integration Joint Board Strategic Plan (2016):

Part 1 <http://www.dg-change.org.uk/wp-content/uploads/2015/10/0175-15-Final-Health-Social-Care-Strategic-Plan.pdf>

Part 2 <http://www.dg-change.org.uk/wp-content/uploads/2015/10/0175-15-Final-Health-Social-Care-Annexes.pdf>

Scottish Government Health and Wellbeing Outcomes

<http://www.gov.scot/Topics/Health/Policy/Adult-Health-SocialCare-Integration/Outcomes>

Scottish Government (2010) Scotland's National Dementia Strategy:

<http://www.gov.scot/Resource/Doc/324377/0104420.pdf>

Scottish Government (2014) National Health and Wellbeing Outcomes:

<http://www.gov.scot/Resource/0047/00470219.pdf>

Scottish Government (2016) Proposal for Scotland's National Dementia Strategy 2016-19:

<http://www.gov.scot/Resource/0049/00497716.pdf>

