

# Closure Report

Review of the North East Mental Health Development Unit  
programme activity 2011/12

October 2011



Cover Photos by E Marshall & M Johnson:

Angel of the North, Gateshead	Cow Green Reservoir, Derwentside	Transporter Bridge, Middlesbrough	Durham Cathedral
Craster, Northumberland	Penshaw Monument, Sunderland	Barnard Castle	Oldgate Bridge, Morpeth

## Foreword

Since the North East Mental Health Development Unit (NEMHDU) was established in April 2009, the team has worked with many enthusiastic partners from all sectors across the region, and nationally, to improve the lives of those who are affected by mental health problems and to promote mental wellbeing.

Previous mid year and end of year reports have detailed many of our combined achievements, and this report sets out the achievements to date in our final year.

It was agreed in December 2010 that the Development Unit would wind down during 2011/12, in line with other regional development centres around the country, and in light of the fact that funding would cease from March 2012. On that basis, business priorities were approved up to an agreed closure date of 31 October 2011.

It has been my great pleasure to lead the Development Unit for the past two years and I am extremely proud of the achievements made during that time. From its early beginnings as the Northern Centre for Mental Health, moving to the National Institute for Mental Health in England and then into the Care Services Improvement Partnership, I have seen the North East Mental Health Development Unit emerge and develop into the sole regional agency to work across organisational and geographical boundaries providing dedicated mental health service development expertise.

Winding down the Development Unit during a time of unprecedented change and uncertainty for health and social care has proved challenging and one of our main aims has been to ensure mental health remains high on the regional agenda. The outcomes of our final and hugely successful event focussing on the Mental Health Strategy have reassured me that there is a wealth of knowledge, skills and enthusiasm to continue the development of mental health services across the region.

I would like to take this opportunity both personally and on behalf of the team, to thank everyone who has worked with us and supported us and wish you all every success as you continue to strive towards the best possible mental health services for the people of the North East.



Dave Belshaw  
Head of the North East Mental Health Development Unit



## Business Priorities 2011-12

Our business priorities were identified through joint working with regional partners, including the Mental Health Clinical Innovation Team, NHS trusts, NHS North East, service users and carers and the third sector. They were formally approved by the regional Primary Care Organisations Chief Executives group. The following provides an overview of progress.

### Transitions

Improving the transition for young people from Child and Adolescent Mental Health Services into Adult Mental Health Services was identified as a key priority for the region. Our work towards achieving this priority included:

#### CQIN targets

Our options paper '*Youth Mental Health: the evidence and consensus for change*' published in February 2011, proposed the development of a CQIN (Commission for Quality and Innovation) target to improve the transition from child and adolescent mental health services (CAMHS) to adult mental health services (AMHS). Following this we have supported the mental health trusts in the region to develop this proposal and a CQIN target has now been adopted within Tees, Esk and Wear Valleys NHS Trust. The target is based on a Track Study (Singh 2008), which made a clear declaration of what would be an ideal transition:

- Continuity of care (either engaged with AMHS three months post-transition or appropriately discharged)
- A period of parallel care (a period of joint working where the service user is involved with both CAMHS and AMHS)
- At least one transition planning meeting (meeting discussing the transition from CAMHS to AMHS, involving the service user and/or carer and key professionals, prior to the handover of care from CAMHS to AMHS)
- Optimal information transfer (any or all of the following transferred from CAMHS to AMHS: referral letter, summary of CAMHS contact, any or all CAMHS notes and a contemporary risk assessment).

#### Youth Board

We established a regional steering group to lead the development of a Youth Board, with the aim of giving young people a structured voice in the commissioning and provision of mental health services. To ensure continuity of this work we have commissioned Young Minds to take the lead role with the support of the multi-agency steering group. The steering group will:

- Identify models to inform scoping and establishment
- Identify 'fit' in the emerging healthcare system
- Establish sustainability plans
- Connect to the Youthspace website.

For more information about this ongoing work, please contact:

[Yvonne.collins@youngminds.org.uk](mailto:Yvonne.collins@youngminds.org.uk)

## Screening people with long term conditions for mental health problems

We have been working with GP champions to work towards embedding routine mental health screening for people with long term conditions into the system. A Depression Screening Prompt has been developed and is being tested in a number of selected practices. The findings will be shared with the Clinical Innovation Team for Long-Term Conditions – contact: [simon.eaton@northumbria-healthcare.nhs.uk](mailto:simon.eaton@northumbria-healthcare.nhs.uk).

## Personalisation

We commissioned Mental Health North East to carry out a Care Packages, Pathways and Personalisation project with the aims of:

- Increasing awareness of personalisation in social and health care and the issues that need to be managed
- Producing a summary report on the progress of personalisation in mental health in each local authority area across the North East
- Collating service user, carer and voluntary sector issues and concerns about this agenda

The Phase 2 report – Puzzles and Possibilities (available from [www.nemhdu.org.uk/publications](http://www.nemhdu.org.uk/publications)) describes the challenges of this project during a time of structural change across health and social care, summarises progress to date and outlines suggested next steps, taking account of recent national policy which has seen mental health Payment by Results given a clear timescale for implementation.

## Supporting involvement in health and wellbeing boards and emerging health and social care structures

We developed a flow chart and presentation of the Health and Social Care Bill as it proceeds on its passage through parliament and updated this with subsequent changes made during this process and from the Government's listening events. This presentation aimed to raise people's awareness of the newly emerging statute, policy drivers and changing relationships, roles and functions across the health and social care system. To date this presentation has been delivered at six different events to audiences of service users and carers, statutory sector staff and third sector staff. Further presentations have been requested beyond the date of our closure.

We have supported North East together, the regional mental health service user and carer network, in developing their voice and connectivity with emerging new structures in health and social care and have supported them in developing their business plan in alignment with these structures. Support to North East together has enabled them to move towards development of their aim of becoming a social enterprise and connecting their voices locally into emerging clinical commissioning groups, health and wellbeing boards and nationally with the National Survivor User Network (NSUN) to influence and interface in the new structures.

This activity has ensured that growing service user and carer voices in the North East will not be lost in the changing structures and that they are positioned to have influence at a local and national level.

## Developing Leadership Skills

Leadership development programmes for the third sector and for mental health service users and carers were commissioned by NEMH DU in 2010-11. These programmes were developed and delivered in partnership with the two mental health trusts in the region.

Both leadership programmes completed in summer 2011 and resulted in:

- Increased capacity and capability of the third sector to ensure they are supported and able to meet the challenges of the Government's agenda for personalisation and person centred flexible services.
- Increased capacity and capability of service users and carers to ensure they are able to participate actively in the development, commissioning and monitoring of services.



Final day of the service user and carer leadership programme; July 2011

Delegate comments:

*“How to conduct yourself speaking to groups and to be confident in your input in a most appropriate manner - the whole day was great and I will be able to add these skills to the ones I already have to make me more efficient in what I do.”*

*“Getting feedback from other students when we did a 2 minute talk - I found it inspirational and educational“*

*“I will incorporate new Healthwatch knowledge into presentations and campaigns”*

It is hoped that the two mental health trusts will continue to work together to develop and deliver these courses into the future. For further information on the leadership development programmes please contact [joyce.porter@tewv.nhs.uk](mailto:joyce.porter@tewv.nhs.uk).

## Personality Disorder

### PD service user development

We have funded and overseen the agreement and early stages of delivery of a project between NEMH DU, North East together and the regional psychology service at Northumberland, Tyne and Wear NHS Trust to support personality disorder service user and carer development. This has seen the establishment of a personality disorder service user network to enable capacity building amongst service users. For more information about the network please contact [alisdairscaeron@googlemail.com](mailto:alisdairscaeron@googlemail.com).

### Knowledge and Understanding Framework training

We have brokered national (Department of Health) funding into the region for the continued roll-out and evaluation of personality disorder knowledge and understanding framework (KUF) basic awareness training. This funding is supporting delivery and evaluation programmes led by the two mental health trusts in the region and by the Cyrenians. For more information about KUF training in the region please contact [iram.shah@ntw.nhs.uk](mailto:iram.shah@ntw.nhs.uk) or [stuart.mitchell@tewv.nhs.uk](mailto:stuart.mitchell@tewv.nhs.uk).

## Suicide prevention

The objectives from the first year of the regional five-year suicide prevention strategy have all been completed. Preparations have also been made for the delivery of the objectives for years two and three. It has recently been agreed that the Regional Suicide Prevention Steering Group should be stood down and the outstanding objectives from the regional suicide prevention strategy recommended to the region's three sub-regional suicide prevention groups for continuation and progression.

The regional groups are:

- Northumberland, Tyne and Wear - chair: [david.ward@ntw.nhs.uk](mailto:david.ward@ntw.nhs.uk)
- County Durham and Darlington - chair: [keith.linsley@tewv.nhs.uk](mailto:keith.linsley@tewv.nhs.uk)
- Tees - chair: [edward.kunonga@northteespct.nhs.uk](mailto:edward.kunonga@northteespct.nhs.uk)

## Employment

### Individual Placement and Support (IPS)

As promised, we have followed up actions from the IPS conference held on 23 February 2011, engaging with the two regional Work Programme Providers and with the Work Choice Provider to develop IPS principles within their work arena. We held a very successful focused IPS event with the two mental health trusts, Local Authorities and Work Programme providers and work will now continue on a locality basis within the two mental health trust areas. Within Tees, Esk and Wear Valleys NHS Trust a specific post has been established to develop IPS and employability within the trust.

This work will help to ensure that existing IPS services are maintained and the development of new services is encouraged. It will also support the recognition of the importance of IPS in supporting public health outcomes.

### Take Ten People

Take Ten People promotes and supports an integrated approach to employment and learning and skills with adults who have experience of mental health difficulties. We have updated and reproduced a revised Take Ten People (TTP) Toolkit and implemented a North East web based resource, supported by service users. This can be found at <http://www.mhfe.org.uk/content/take-ten-people-project-north-east>. We have also worked with Welfare to Work to embed TTP in the new Work Programme Provider network for the North East and all providers have received and are using the toolkit.

### Benefits

We delivered a number of workshops to a range of third sector and health groups working with Jobcentre Plus mental health co-ordinators to identify the impact of changes to the benefit system and raise awareness of the issues. Following this we produced a paper detailing the costed impact to the region of the changes to the benefit system, focusing on people with mental health problems moving off incapacity benefit. This paper '*Welfare to Work: Impacts on health and social care in the North East of England*' is available to download from our website at <http://www.nemhdu.org.uk/en/news/news/publications>

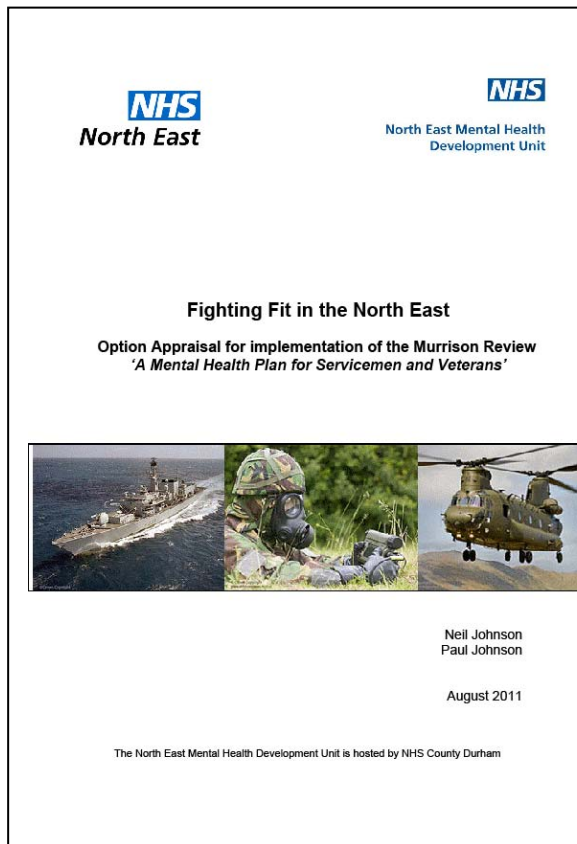
Working with Jobcentre Plus Transformation Team we have supported implementation of the recommendations of the Harrington review (<http://www.dwp.gov.uk/docs/wca-review-2010.pdf>) to improve work capability assessments and support to individuals, with the aim of reducing appeals and extra access to GP and other NHS services. Jobcentre Plus are now looking at how to embed further psychological therapy support for claimants following publication of the Department for Work and Pensions research report "Employment and Support Allowance: Findings from a follow-up survey with customers".

### Mental Health Strategy

At the beginning of October we held a regional event to raise awareness of the mental health strategy '*No Health without Mental Health*' and to identify priorities for action across the North East. This hugely popular event not only showcased local progress, but also resulted in regional partners being more aware of the mental health strategy and committed to maintaining the profile of mental health and delivery of the national strategy beyond the existence of NEMHDU.

The priorities for action within each of the six key objectives of the strategy can be found, along with a detailed write-up of the event and copies of the presentations, in the event report, which can be downloaded from: [www.nemhdu.org.uk/news/news/publications](http://www.nemhdu.org.uk/news/news/publications)

## Mental Health Services for Armed Forces Veterans



In June 2011 NEMHDU was asked by NHS North East to carry out an options appraisal for the implementation of the Murrison report in this region, producing a set of service model options, and including the use of funds being made available by the Department of Health to support mental health care of veterans and service personnel.

The options paper (available at: <http://www.nemhdu.org.uk/en/news/news/publications>) was presented to NHS North East in August 2011. Subsequently, model 3 has been selected as the preferred option.

This work will be overseen by the Regional Forum on Veterans' Mental Health and Wellbeing, whose overall objective is to improve the mental health care of service personnel and veterans in the North East.

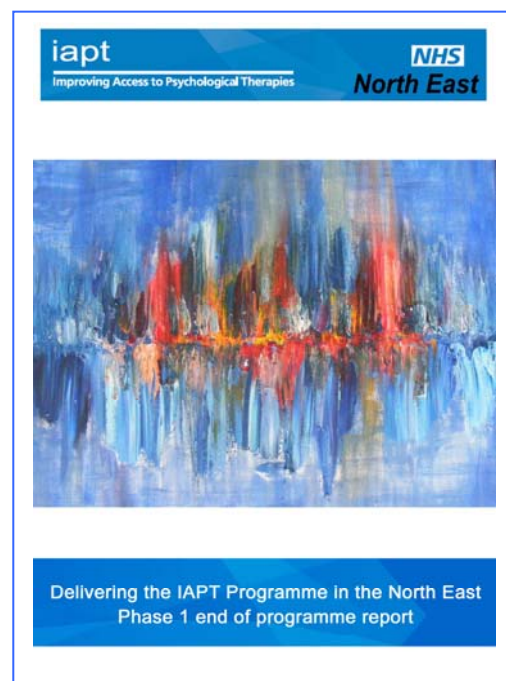
For further information please contact [caroline.thurlbeck@northeast.nhs.uk](mailto:caroline.thurlbeck@northeast.nhs.uk).

## Improving Access to Psychological Therapies (IAPT)

The regional IAPT programme hosted within NHS North East, will continue to be led by Liam Gilfellon, until the end of December 2011.

The IAPT programme Phase 1 report 2008-2011 is available to download from <http://www.nemhdu.org.uk/news/news/publications>

For further information on the IAPT programme in the North East please contact [Liam.gilfellon@nhs.net](mailto:Liam.gilfellon@nhs.net).



## Looking Ahead

Where work is continuing we have endeavoured to provide contact details for those already involved.

Reports and publications can be found on the NEMHDU website at <http://www.nemhdu.org.uk/news/news/publications>. This site will remain active for a few months after the Unit's closure, after which time key publications will be made available at [www.theclinicalnetwork.org/NEMHDU](http://www.theclinicalnetwork.org/NEMHDU).



**Supporting better mental health**