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TOGETHER FOR MENTAL HEALTH IN NORTH WALES

STRATEGY UPDATE

February 2018

Together for Mental Health in North Wales is our all age plan for mental health services in North Wales covering the period up to 2021. It has been put together with our partner organisations and with people who have lived experience of mental health issues.



Our strategy

Together for Mental Health in North Wales is our all age plan for mental health services in North Wales covering the period up to 2021. It has been put together with our partner organisations and with people who have lived experience of mental health issues.

This work has been supported by Caniad, an organisation we created to involve people with lived experience in the design, delivery and evaluation of our mental health services.

The strategy outlines our ambition to offer a comprehensive range of services which:

- Promote health and wellbeing for everyone, focussing on prevention of mental ill health, and early intervention when required;
- Treat common mental health conditions in the community as early as possible;
- Are community-based wherever possible, reducing our reliance on inpatient care;
- Identify and treat serious mental illness as early as possible;
- Manage acute and serious episodes of mental illness safely, compassionately, and effectively;
- Support people to recovery, to regain and learn the skills they need after mental illness; and
- Assess and treat the full range of mental health problems, working alongside services for people with physical health needs

“ Within the last 12 months attitudes have changed to service users, ex-service users and service user involvement ”

-Zoe from Caniad

Click here to read the full Together for Mental Health in North Wales strategy.

“ Since Caniad has come along I have a voice. I have a way of saying to the top management of the health board that a service isn't working and that we need to find a new way of doing things ”

-Richard from Caniad

“ Because of Caniad we are now seeing services listening and taking on board what service users are saying. It's giving a voice to the voiceless and power to the powerless. People are now realising that they really do matter ”

-Ieuan from Caniad



Improving crisis care

Our first year priority (to September 2018) is to ensure an effective urgent care system for people in an acute mental health crisis. This includes:

- Working to prevent mental health crises by focusing on early intervention and promoting emotional resilience
- Developing local alternatives to admission: crisis cafes, sanctuaries, strengthened home treatment services, step-down services
- Reviewing and improving the routine processes of bed management and patient flow
- Working with criminal justice services to divert demand arising from the police, via section 136 arrangements, street triage or control room-based mental health staff
- Working with voluntary and third sector agencies to review their role with people at risk of severe mental health crises
- Reviewing how CMHTs work with people at periodic risk of severe mental health crises

Making it happen

The development of a clear plan for the future of our mental health services represents a significant step forward. We are determined to turn the ambitions set out in the strategy into real and meaningful change.

In order to achieve this we recognise that we need to move away from a central command and control approach and instead encourage the development of **local solutions to local problems**. What works well in one area of North Wales might not necessarily work elsewhere.

Responsibility for implementing the strategy has therefore been delegated to three Local Implementation Teams (LITs) covering Anglesey & Gwynedd, Conwy & Denbighshire, and Wrexham & Flintshire. The LITs' membership includes representatives of BCUHB staff, patient and carer representatives, the third sector and partner organisations.

While all of the LITs are focusing on the first year priority of improving crisis care, they are also working to identify solutions to other local problems which have been identified by service users, healthcare professionals and our partner organisations. For example, the Anglesey & Gwynedd LIT are working to ensure that there is appropriate support in place for people whose mental health may be affected by the imminent rollout of Universal Credit.

To complement the work of the Local Implementation Teams we are also working to produce options for multi-disciplinary models of working that will enable us to deliver the ambitions set out in the strategy. This includes evaluating current service pathways, looking at workforce implications and agreeing the professional standards required for new models of working.

As well helping to support the implementation of the mental health strategy, the outcome of this work will help to inform the Health Board's Integrated Medium Term plan.

The Local Implementation Teams report to a Delivery Group and to the Together for Mental Health in North Wales Partnership Board.

An update on their progress will be provided after the next meeting of the Together for Mental Health Partnership Board in March.



If you have any questions about the strategy then please email Lesley Singleton - Assistant Director of Strategy and Partnerships at Lesley.singleton@wales.nhs.uk