



ANGUS HEALTH AND SOCIAL CARE
INTEGRATION JOINT BOARD – 20 APRIL 2022
ANGUS MENTAL HEALTH AND WELLBEING UPDATE
GAIL SMITH, CHIEF OFFICER

ABSTRACT

The purpose of this report is to provide Angus Integration Joint Board with an update in relation to Mental Health and Wellbeing provision in Angus.

1. RECOMMENDATIONS

It is recommended that the Integration Joint Board:-

- (i) Note the update on the engagement in relation to draft Angus LLW implementation plan.
- (ii) Note the risks detailed in the report.
- (iii) Note the financial framework to support the Living Life Well Strategy remains outstanding.
- (iv) Note progress to date in relation to the delivery of Mental Health & Wellbeing Services in Angus.
- (v) Note progress with Listen, Learn Change Recommendations.
- (vi) Request final Angus LLW Implementation Plan be brought back to June 2022 IJB meeting.

2. BACKGROUND

Since the formation of Angus Health and Social Care Partnership, local mental health services have made a significant shift to planning, providing and supporting wellbeing services and initiatives to compliment secondary care treatment and protection services. This is essential in order to build community resilience, promote early intervention, self-management, empower local populations to recognise and support individuals or groups with health and wellbeing needs and to break down barriers and challenge stigma.

The Angus Mental Health and Wellbeing Network (AMHWN) was established in 2019, and comprises of statutory and third sector providers, service users and carer representatives from the whole mental health spectrum, including children, adult and older people. Its vision for Angus is to support:

- All agencies working together to promote prevention and early intervention opportunities and activities.
- Service improvements.
- Effective links with other strategic planning groups including the Angus HSCP Strategic Planning Group and the Tayside Mental Health and Wellbeing Strategy Board.

The aim of the Network is to achieve the best outcome possible for the citizens of Angus in relation to all aspects of mental health and wellbeing, including suicide prevention.

A new Angus Mental Health and Wellbeing Network strategic oversight group was formed in Jan 2022 to compliment and work alongside AMHAWN. The AMHAWN Strategic Oversight Group has now met twice and is responsible for ensuring progress with the strategic direction for mental health, wellbeing, and suicide prevention across Angus in line with Angus Health & Social Care Partnership's Strategic Commissioning Plan, Living Life Well, National Mental Health Strategy 2017 – 2027, National Suicide Prevention Action Plan August 2018, as well as the whole system approach to mental health and wellbeing being developed across Tayside. This group will lead change and monitor improvement in mental health. Work has continued through AMHWN to progress local developments to meet the needs of the Angus population as well as ensure critical links are maintained across the whole system to support the delivery of Listen, Learn, Change (LLC) and Living Life Well

Improvements which have commenced so far are:

- 7 day community mental health service.
- Mental health and wellbeing peer workers and social prescribers in every GP Practice in Angus.
- Peer worker service extended from providing support to adults aged 16 years old and older, and now includes young people aged 11 years old plus.
- A successful Enhanced Community Support (ECS) test of change in 4 medical practices in Angus, bringing together primary care, statutory and 3rd sector mental health and wellbeing and substance services, including psychological therapy with one referral route and no rejected referral.
- Brechin Health Centre has joined the North East ECS hub so the hub now manages mental health referrals for all GP practices in the North East.
- Development Officer recruited
- Lead GP for mental health recruited

3. CURRENT POSITION

Within Angus a number of areas of work have progressed to enhance the service provided, and the service continues to work in partnership with all key stakeholders including service users and carers to inform developments. The Head of Community and Health Care Services and the Service Leader continue to participate in the Tayside Integrated Leadership Group and link with the emerging work coming out of 'Living Life Well' (LLW).

Mental Health and Wellbeing in Primary Care

A short life working group is being set up to further advance planning for mental health and wellbeing services in primary care (MHWPC). The Scottish Government have allocated funding which will be provided in stages over 3 years and will give Angus a further £836,971.46 to spend on primary care mental health and wellbeing services by 2024/25.

A Lead Officer for mental health and wellbeing is being recruited to provide additional support for planning and governance for mental health, and an administrative co-ordinator to support the roll out of the ECS model in Angus.

MHWPC funding will build on planning undertaken locally with Action 15 and PCIP funding and will support the development of Tayside wide and local planning which is being undertaken in Listen Learn Change working groups which developed to meet recommendations from the Independent Inquiry into Mental Health in Tayside. This planning will be consistent with Tayside Living Life Well Strategic planning and local implementation plans for mental health and wellbeing. Ongoing planning for this funding will be undertaken in a new MHWPC Short life working group.

The initial proposal is a two Stage plan for spending the new Recovery and Renewal Mental Health and Wellbeing Primary Care funding.

- Stage 1 - Roll out the Enhanced Community Support Model (ECS) which has been tested and evaluated in the NE GP cluster group. This initiative won the Mental Health Nursing Forum Scotland Practice Excellence Award in 2021 in the Community Mental Health Nursing category as well as being the joint overall winners.

- Development of mental health and wellbeing hubs in the locality, in community buildings which are co-located with a range of other services, to promote access to community assets, promote social prescribing, improve pathways of support, provide a compassionate response to distress, and remove demand for some lower level mental health and wellbeing intervention from GP Practices. This will provide a person centred flexible service which will give people choice and the ability to access mental health and wellbeing support more easily in a GP practice or from a community building.
- The MHWPC Service will be a hybrid service, with hubs aligned to GP clusters. This will be effective in Angus, which has no natural centre, and a wide spread geography with urban and rural areas. Further discussion is required around the number of hubs. It is planned that one hub will operate out of hours, with face to face access to attend the hub or digital access. Technology will be utilised to support access to a professional mental health assessment out of hours.

Further areas of progression include:

- Distress brief intervention support has been contracted in Angus and is being implemented commencing April 2022, with referrers to include GPs, police, and out of hours services. DBI workers will initially be based in the Penumbra Office in Arbroath and will provide a blended model with face to face, telephone and 'Near Me' video appointments. DBI provides a compassionate response to people in distress within 24 hours, and for up to 2 weeks. Initial referrers will be GPs and Emergency Departments; referral pathways will commence in stages in conjunction with referrers.
- Recruitment of new advance roles to support the pathways between primary and secondary care is ongoing. This includes pharmacy roles, Advanced Nurse Practitioners, a Family Carer Worker, a Senior Neurodevelopmental nurse, and nurses who have specific responsibility for improving physical health monitoring in secondary care adult mental health services to provide holistic support which includes physical and mental health, reducing demand on GPs for this support. Most roles are recruited to, and backfill recruitment is now taking place.
- Improved working relationships continue between Community and In-patient Mental Health Services and work is underway on improving discharge pathways. A social worker dedicated to improving the discharge pathway for Angus has been recruited and 2 additional health care support workers are being recruited.

Listen Learn Change (LLC) Action Plan

A Mental Health Oversight Group was established in October 2021 by Scottish Government; they are tasked with reviewing the status of all of the LLC recommendations. The first quarterly report from the Mental Health Oversight Group (MHOG) was published on the 18th February (November 2021 – January 2022)

This has led to a change in RAG status for some of the recommendations with the view of the MHOG assessing the current position as follows:-

- 9 recommendations as green
- 38 recommendations as amber
- 2 recommendations as amber/red.

This is somewhat apart from previous assessments completed against the recommendations. The MHOG recently met the wider LLC Leadership team to take a deeper dive into individual recommendations and hear about the outcomes being achieved. In order to review the progress for each of the recommendations based on the feedback from MHOG leads have now been identified for all recommendations and actions plans are either developed or being reviewed for each recommendation

In addition, a Tayside Listen Learn Change Chief Officers Scrutiny & Assurance Group has also been established to provide a forum for scrutiny of the evidence and progress which will inform TEP on a regular basis.

The MHOG have identified five priority areas for more detailed consideration going forward and the recommendations have been aligned to those areas. The five areas are as follows

1. Health and Social Care Integration
2. Patient Safety (including conducting and learning from Local and significant Adverse Event reviews)
3. Workforce
4. Engagement
5. Culture

A second report will be published at the end of April 2022 and an updated assessment of progress against the 49 recommendations for Tayside will be provided

Building on the learning gathered from stakeholders, from the scrutiny process and from operational leads over the past year, the LLC Leadership Team identified 5 principal areas of risk to successful delivery of the LLC portfolio:

1. Pace of delivery
2. Staff engagement
3. Broader stakeholder engagement
4. Evidence of completion
5. Sustainability

The above 5 risks are used to determine issues/challenges to completing the recommendation actions and to support practical support/actions to the operational leads. These risks have been shared with Chief Officers.

Building on staff engagement, the LLC Leadership Team are conducting monthly Staff Focus Group to discuss and agree the preferred approach to engage and communicate with staff regarding Listen Learn Change, how they can get involved with the ongoing service improvement and change programme.

See below outputs from Staff Focus Group held during March 2022:

Participants Feedback

The participant noted they have seen a lot of improvements in the services, the accessibility of the service and staffing, in particular, the education that nurses are receiving whilst working, there are definitely changes that are noticeable.

Comments from participants include, 'We've been stuck with this very negative place and it's trying to step away from that and show actually we've done a lot of good work and it's a lot more positive than reported'. 'I'm getting the feeling of change from above and downwards, it is important to keep that momentum going'.

Living Life Well Angus Implementation Plan Communication & Engagement

During February and March, 2022 we conducted a range of consultation and engagement activities to ensure that the Angus LLW plan reflects the values, beliefs and priorities of people in Angus, this included engaging with people who have a lived experience of mental health and substance misuse issues, staff, local organisations and the general public.

Engagement was carried out through a variety of approaches including online sessions, survey monkey, 1:1 sessions and visiting a number of community organisations/groups. The direct reach of the engagement was to 1258 individuals/organisations who cascaded the information through their networks.

To date

- 140 people have engaged directly through online sessions, 1:1 discussions, community groups
- 117 people have responded to the questionnaire
- 20% of respondents have lived experience of mental health and wellbeing support
- 73% of respondents were female
- 90% strongly agreed/agreed with our ambition for mental health and wellbeing in Angus

- 79% were not aware of the improvements already made in mental health services in Angus
- 59% strongly agreed/agreed with and supported the improvements made to date
- Priority areas and proposed actions
 - 98% agreed Good mental health for all was very or extremely important
 - 92% strongly agreed or agreed with the actions associated with this priority area
 - 96% agreed Primary and community mental health was extremely or very important
 - 89% strongly agreed or agreed with the actions associated with this priority area
 - 94% Specialist adult mental health services was extremely or very important
 - 87% strongly agreed or agreed with the actions associated with this priority area
 - 94% Older People's mental health was extremely or very important
 - 87% strongly agreed or agreed with the actions associated with this priority area
 - 74% felt that leadership and culture were extremely or very important
 - 68% strongly agreed or agreed with the actions associated with this priority area

Initial analysis of the feedback has highlighted the need and real appetite for improved integrated working across all 4 priority areas and other key strategic plans of Angus HSCP, Angus Council, NHS Tayside and related organisations. Many respondents identified the need for a single source of information about what is available in each area, and one point of contact to coordinate this. Several people felt that the plan was ambitious, and rightly so, but raised concerns about how the plan would be implemented without associated financial support, with workforce issues of recruitment and retention and in light of COVID. The importance of a whole family approach was a recurring theme with carers, with a clear desire for family members and loved ones to be involved in care and recovery plans.

4. PROPOSALS

Angus IJB note progress continues to be made in relation to meeting the Mental Health and Wellbeing needs of the Angus population.

5. FINANCIAL IMPLICATIONS

Tayside Mental Health Strategic Financial Plan

As noted previously Finance teams across NHS Tayside and the 3 IJBs have started to progress work with Mental Health operational leads to develop high level strategic financial plans for Mental Health Services.

These plans will be expected to provide a description of current financial resources in the system, current commitments and map out further potential investment priorities identified to deliver the Mental Health & Wellbeing Strategy.

Furthermore, the plans will describe any shift of resources within the system, note any financial deficits and highlight any specific needs that require to be addressed as part of the Mental Health Strategy. An outstanding action since December 2020, this reflects both the complexity of resolving this issue but also the multiple competing pressures within the overall system. It now seems likely that an emerging high-level strategic financial plan for Tayside Mental Health Services will be for financial year 2022/23 and beyond. This time delay has not necessarily stopped other facets of the broader Mental Health Strategy progressing and local financial frameworks continue to be updated.

Angus Mental Health & Wellbeing Financial Plans

As is noted in this report a number of local developments have financial implications. Funding streams are evolving and individual developments are being supported by specific local financial plans reliant, generally on existing local funding or funds provided nationally (e.g. Action 15).

6. RISK

- Decision regarding In Patient Mental Health facility remains outstanding
 - Mulberry Unit
NHS Tayside are continuing to progress the options appraisal for Mental Health In-patients and a decision is awaited from the Mental Health Strategic Leadership Group.
- Multiple recording systems and duplicated reporting
 - CMHT have a number of required IT systems - EMIS, CF6/ Eclipse, Trakcare, Clinical Portal etc that staff have to complete to ensure appropriate information is listed. Risks remain around having clear information guidance in respect to integrated partnership working. Discussions have commenced with NHS Tayside to support planning for this but as the main NHS recording system EMIS is being re-contracted no changes are possible currently. Future change to enable NHS and Angus Council systems to communicate will require additional resources to support the additional development time. AIDARS are undertaking a test of change for some staff to reduce the number of systems used and learning will be taken from this.
- Number of Mental Health Delayed Discharges
 - The number of delayed discharges in Mental Health are low but they continue to be a challenge due to the complexity of patients within in patient mental health facilities. The services continue to work with the In-Patient team to review the position and progress as early a discharge as possible.

There are nine strategic risks agreed across Tayside for mental health and these are reviewed and discussed quarterly at the Tayside Integrated Leadership Group, as well as within the AHSCP CCCPG.

7. OTHER IMPLICATIONS (IF APPLICABLE)

N/A

8. EQUALITY IMPACT ASSESSMENT

An Equality Impact Assessment is required and is included in Appendix 1.

9. DIRECTIONS

The Integration Joint Board requires a mechanism to action its strategic commissioning plans and this is provided for in Section 26 to 28 of the Public Bodies (Joint Working) (Scotland) Act 2014. This mechanism takes the form of binding directions from the Integration Joint Board to one or both of Angus Council and NHS Tayside.

Direction Required to Angus Council, NHS Tayside or Both	Direction to:	
	No Direction Required	X
	Angus Council	
	NHS Tayside	
	Angus Council and NHS Tayside	

REPORT AUTHOR: Jillian Galloway, Head of Health and Community Care

EMAIL DETAILS: tay.angushscp@nhs.scot

List of Appendices: Appendix 1 EQA