



Angus Living Life Well Implementation/Improvement Plan

June 2022 – December 2024

A lifelong approach to mental health in Angus

What we plan to do.

The table below describes a range of actions that we plan to undertake, aligned to the Tayside Living Life Well priority areas. The table also describes the difference they will make and when they will be delivered.

Good mental health for all - Helping people to know what to do to keep themselves mentally well		
What we are planning to do	What difference this will make	Timescale
Work closely with Angus Community Planning Partnership to achieve the ambitions set out in the <u>Angus Community Plan 2017-2030</u>	<ul style="list-style-type: none"> Achieving the ambitions will make a difference to people's lives, including veterans, and tackle poverty and disadvantage 	December 2023
Work with Angus Alive to achieve the ambitions of the <u>Active Scotland Outcome Framework</u> and other community assets to promote the benefits of and increase opportunities for physical activity	<ul style="list-style-type: none"> More people will be active more often which will have a positive impact on their health and wellbeing 	December 2023
Work with NHS Tayside, Dundee and Perth and Kinross Health and Social Care Partnerships to develop a business case for an urgent and crisis care locality hub in Angus which would be open 24/7	<ul style="list-style-type: none"> This will evaluate the benefit, cost and rationale for the development of a 24/7 mental health and wellbeing support hub in Angus 	July 2022
Provide Distress Brief Intervention (DBI)	<ul style="list-style-type: none"> A compassionate response will be available to people in distress within 24 hours and available for 	July 2022

	up to 14 days if required	
Review current ways that people find out about the range of mental health and wellbeing support services available in Angus and make improvements as required	<ul style="list-style-type: none"> Increased awareness of the range of resources to support mental health and wellbeing and how to access these 	July 2022
Review the Angus Suicide Prevention Plan and implement local improvements. Where relevant we will also deliver joint actions across Tayside e.g. suicide prevention training oversight and action planning regarding suicide prevention for children and young people	<ul style="list-style-type: none"> Increased awareness of suicide prevention Improved access to high quality suicide prevention training 	March 2023
Work with multiagency colleagues across Tayside to develop a robust mental health and wellbeing training programme for staff.	<ul style="list-style-type: none"> Increased training available for staff Increased opportunities for multiagency staff to be involved in training delivery. 	October 2022
Work with AMHAWN to identify and deliver upon actions to reduce mental health stigma and discrimination	<ul style="list-style-type: none"> People living with mental health issues feel empowered to talk about their experiences and seek help and support to aid their recovery 	March 2023
Undertake audits to ensure staff are supported in their roles with regular supervision sessions (either in person or via MS Teams) with their manager	<ul style="list-style-type: none"> Staff will see their efforts recognised and receive real and meaningful support with an opportunity to share any concerns about their caseload and seek and be offered advice to enable them to provide the best possible care 	This is happening already so not sure of date to put in.
Undertake audits to ensure staff receive adequate resources to fulfil their role with development plans to support and encourage ongoing learning and development	<ul style="list-style-type: none"> Staff will feel skilled and a valued member of the team providing mental health and wellbeing services in Angus 	As above
Primary and Community Mental Health - Getting help from GP practices and local community support networks quickly so that people can get back to feeling well		
What we are planning to do	What difference this will make	Timescale
Make better links between social and medical prescribing	<ul style="list-style-type: none"> Improve social support for people with mental distress 	October 2022

	<ul style="list-style-type: none"> • Ensure medication is prescribed based on clinical evidence 	
Implement the Scottish Government's Medication Assisted Treatment (MAT) standards around prescribing drug treatment in the community	<ul style="list-style-type: none"> • Enable the consistent delivery of safe, accessible, high-quality drug treatment across Angus • The MAT standards are relevant to people and families accessing or in need of services, and health and social care staff responsible for delivery of recovery oriented systems of care 	March 2023
Look at the existing provision of mental health and wellbeing resources within each GP practice and community in Angus, identify the gaps and where things can be improved	<ul style="list-style-type: none"> • Ensure people will get the help they need, when they need it, from people with the right knowledge, skills and experience to support them; this will be available in the form of easily accessible support close their home, education, employment, or community • Ensure services are equally available across Angus 	March 2023
Specialist Adult Mental Health - A team of people who have completed specialist training providing a range of care and treatment for people with complex mental health needs		
What we are planning to do	What difference this will make	Timescale
Review and evaluate the recently implemented 7-day community mental health service in adult mental health	<ul style="list-style-type: none"> • Inform potential expansion of the 7-day service to other mental health services in Angus e.g. Angus Integrated Drug and Alcohol Service/ Psychiatry of Old Age/Learning Disability • Greater understanding of what has worked well and areas for improvement regarding the 7-day service 	March 2023 April 2023
Improve communication and joint working by teams supporting people with mental health and substance use issues. Including joint training opportunities for staff and improved documentation	<ul style="list-style-type: none"> • Service users with mental health and substance use issues will be able to access support when they need it and by the most appropriate person • Improved understanding of roles and responsibilities of staff 	July 2022

<p>Continue to deliver the Enhanced Community Support model in the Links Health Centre and Edzell GP Practices and roll out to other areas in Angus</p>	<ul style="list-style-type: none"> • All agencies will work together to promote recovery, treatment and support opportunities • Reduced duplication of support, better transitions, and increased coordination of services • No referral to the hub will be rejected. Everyone referred to mental health services will be offered advice or support from one of the mental health services, including contracted services • People will receive the right care, in the right place and at the right time 	<p>March 2023</p>
<p>Roll out the 'Triangle of Care' in adult community mental health teams in Angus</p>	<ul style="list-style-type: none"> • The 'Triangle of Care' is a working collaboration, or "therapeutic alliance" between the service user, professional and carer that promotes safety, supports recovery and sustains well-being • Staff will be more aware of and responsive to carers needs • There will be a staff member with specific responsibility for meeting carers needs in adult community mental health services • Improved access to support for carers 	<p>December 2022</p>
<p>Enhance pharmacy role within pharmacy role in adult mental health to ensure prescribing is appropriate, safe, clinically effective and cost effective for the population of Tayside. Deliver the best health outcomes for every person in Tayside by sharing the responsibility and accountability for prescribing decisions</p>	<ul style="list-style-type: none"> • Additional staff recruited • Enhanced prescribing practices within adult mental health services • Reduced timescales for prescribing • Specialist clinics to support holistic assessment and prescribing of high-risk medicines 	<p>September 2022.</p>
<p>Engage with people with mental health and wellbeing needs and agree actions to improve their physical health e.g. Working with: NHS Tayside Public Health Team to deliver a smoking cessation programme; Branching Out, an outdoor therapeutic programme</p>	<ul style="list-style-type: none"> • More people will have access to activities to improve their mental health and less reliance on medication 	<p>March 2023</p>

for adults who use mental health services; Angus Alive and other community assets, to support good access to physical activity		
Undertake a housing needs review in Adult Mental Health Services to inform an options appraisal and agree the most appropriate model for support	<ul style="list-style-type: none"> • Mental health accommodation will meet the needs of the local population 	September 2022
Review and improve the criteria for accessing support to adult mental health services; then share updated criteria with referrers and the public	<ul style="list-style-type: none"> • Access will be improved to statutory and 3rd sector mental health supports • Waiting times will be reduced and people will access the right support at the right time in the right place 	July 2022
Develop new policies in adult mental health to provide a consistent response to people who do not attend appointments and/or do not engage with the service	<ul style="list-style-type: none"> • Improved access for hard to reach groups • Provide consistency of decision making for people who do not attend appointments 	July 2022
Develop new policies in adult mental health for managing referrals and planning discharge	<ul style="list-style-type: none"> • A consistent approach to the way all referrals are managed and discharges are planned 	July 2022
Implement the new Psychiatric Emergency Plan (PEP)	<ul style="list-style-type: none"> • A consistent response across Tayside to support patients, carers, referrers and staff to understand the process if someone requires assessment or support in an emergency due to a mental health crisis 	December 2022
Increase the use of anticipatory care plans in adult mental health	<ul style="list-style-type: none"> • Supporting patient autonomy and quality of life through shared decision-making • Involving and supporting family members, carers, and legal proxy decision-makers • Delivering realistic healthcare with timely investigations and treatments and fewer interventions of low benefit, including unwarranted hospital admissions • Effective care coordination to reduce repeated conversations with different professionals and 	December 2022

	<p>teams</p> <ul style="list-style-type: none"> • Helping to recognise and reduce health inequalities 	
Develop the Healthcare Improvement Scotland Hub Pathfinder site for early intervention in psychosis in Tayside	<ul style="list-style-type: none"> • Identify a more responsive and integrated way of working and provide a holistic, “recovery” based model which focuses on strengths and reintegration, or rebuilding of skills 	March 2023
Support the development of new pathways e.g. perinatal pathway, Attention Deficit Hyperactivity Disorder (ADHD) pathway and emotionally unstable personality disorder pathway	<ul style="list-style-type: none"> • Improved pathways of care will support person centred care and consistency of provision across Tayside 	March 2023
Monitor and manage the impact of the additional workforce funded by Action 15 of the Scottish Government Mental Health Strategy	<ul style="list-style-type: none"> • Deliver an improved service with new, specialist roles to provide person centred care and meet the needs of individuals 	March 2023
Undertake audit to ensure Community Mental Health Teams continue to use the Wellness Recovery Action Plan (WRAP) for people where early warning signs can be identified and acted upon quickly	<ul style="list-style-type: none"> • WRAP promotes self-advocacy and personal responsibility while supporting people to identify tools and strategies to maintain wellness and recovery 	July 2022
Older People’s Mental Health – Specialist mental health services for people over the age of 65 years		
What we are planning to do	What difference this will make	Timescale
Revise Angus Older People’s Mental Health Improvement Plan	<ul style="list-style-type: none"> • Raise awareness and improve care and support for older people with all mental health issues 	September 2022
Support the development of the Post Diagnostic Dementia Support Team (PDDST) and create an app to allow people newly diagnosed with dementia to access information and support easily and at a time that is required	<ul style="list-style-type: none"> • Increased staffing will mean that people with a new diagnosis of dementia will be able to access support more quickly. The app will allow patients to access support & information at a time suitable to them 	September 2022
Develop robust anticipatory care planning within inpatient units, both for physical and mental health which will include relapse prevention/staying well plans	<ul style="list-style-type: none"> • Patients and carers will be more informed regarding their physical health and be able to make proactive choices regarding future care and treatment rather than a reactive decision during a 	July 2022

	physical health crisis	
Improve involvement of carers in discharge planning, ensuring that they are fully supported and informed throughout the admission of significant other	<ul style="list-style-type: none"> Carers will feel more supported, involved and prepared for the discharge of significant other, this will support successful discharge of patients 	July 2022
Review the National Dementia Strategy and agree actions required in Angus	<ul style="list-style-type: none"> This will ensure that the needs of people with dementia in Angus are met in a timely, person centred, flexible and coordinated manner across all settings 	July 2022
Develop a standardised approach to care & treatment for inpatient functional units within psychiatry of old age across Tayside	<ul style="list-style-type: none"> Patients will receive high standards of care & treatment regardless of their location 	September 2022
Develop alternatives to hospital care for service users who have dementia and complex levels of stress and distress	<ul style="list-style-type: none"> Patients will not require to stay in hospital for lengthy periods of time but will be cared for in a more homely environment 	September 2022
Leadership and Culture		
What we are planning to do	What difference this will make	Timescale
Hold staff sessions to develop a shared vision and culture across adult mental health teams in Angus to support the continued modernisation of the service	<ul style="list-style-type: none"> All staff working towards the same goal with a shared way of working People accessing mental health services receive a consistent, effective, professional and person-centred service 	July 2022
Angus Mental Health and Wellbeing Network (AMHAWN), and its new Strategic Oversight Group, will continue to play a key role in overseeing developments, improvements and service provision across Angus	<ul style="list-style-type: none"> Achieve the best outcome possible for the citizens of Angus in relation to all aspects of mental health and wellbeing, including suicide prevention Joint working between all service providers (statutory and third sector), service users and carer representatives from the whole mental health spectrum, including children, adult and older people Promotion of prevention and early intervention opportunities and activities 	June 2022 Update: AMHAWN SOG established

	<ul style="list-style-type: none"> • Effective links with other strategic planning groups in Angus and Tayside 	
Undertake audit to ensure Human Resources (HR) processes such as supervision, appraisal and training plans are in place as per Angus Health and Social Care Partnership and NHS Tayside operational policy	<ul style="list-style-type: none"> • All staff provided with appropriate support and training to do their job effectively • People accessing mental health services receive a consistent, effective, professional and person-centred service 	June 2022