

North Yorkshire Community Mental Health Transformation Programme

Partner Briefing - January 2022

Work is continuing across North Yorkshire and York to implement the Community Mental Health Transformation programme, which aims to create a more integrated and collaborative approach to how people with serious mental illness receive care and support in their local communities.

Bringing together such a wide range of organisations to work in partnership has its challenges but we're really proud of the work that is happening, and the progress being made, more of which you can read about below.

Taking a localised approach

To meet the diverse population and geography of North Yorkshire the programme has been split into five areas across North Yorkshire:

- Hambleton and Richmondshire
- Harrogate and Rural District
- Scarborough, Whitby and Ryedale
- City of York
- Vale of York

Each area is responsible for developing local plans, based on the needs of their local populations.

To truly collaborate and work in partnership, areas have established local working groups, which consist of a wide range of public and voluntary community and social enterprise (VCSE) sector organisations and people with lived experience of mental health illness. Together, representatives in each of the groups are engaging with local people and wider organisations to develop and implement new approaches to how care and support is provided for people with serious mental illness in their local communities.

What's happening in your area...

City of York

A Pathway to Recovery team at Foss Park hospital are supporting people and their families to ensure appropriate support is in place upon discharge from hospital and to connect them to relevant groups/activities and resources to aid recovery.

A workshop, supported by the Innovation Unit, a not-for-profit social enterprise who have extensive experience of hub development and mental health transformation, was held in October to explore other hub models from across the country. We hope to begin the design and development of a multi-disciplinary hub model in the coming weeks.

The coproduction network continues to meet and a new coproduction champion is now in post. The role will ensure that people who have experience of accessing mental health services, their family and carers are at the heart of developments in the city to improve mental health support. We're running a weekly drop in at Priory Street as part of this work.

As part of our priority to invest in the voluntary and community enterprise sector we're investing in a voluntary and community sector alliance development lead role. They will lead on the development and implementation of a VCSE grant programme to increase the capacity of the sector to provide mental health and emotional wellbeing support in local communities. The post and grant programme will be hosted by a local voluntary organisation. Expressions of interest have been sought with a decision expected in the coming weeks and we hope to be able to begin to distribute funding to VCSE groups in York from Spring 2022.

For more information or to be a part of the connecting our city partnership please contact connectingourcity@york.gov.uk.

The Vale of York

The Vale of York and Selby mental health group continues to meet regularly. The group is progressing plans to invest in specialist roles, such as peer support workers, to further support people in the local community.

Work continues to map out existing local provision. We'll engage with local people who use mental health services to understand any gaps. This will also help us to understand what works well in the local area and where improvements can be made.

Scarborough, Whitby and Ryedale

Members of the Scarborough, Whitby and Ryedale mental health group are meeting monthly. Work is ongoing to invest in specialist roles, including eating and personality disorder specialists as well as peer support workers and community rehabilitation roles.

The group is also continuing to assess existing local support and identify any areas for development.

Three sub-groups have also been established to look at:

- **Outcomes** - to agree what should be achieved as part of the transformation work
- **Co-production** - to ensure the voice of the local community is heard
- **Capacity and demand** - to understand the gaps and capacity within current services and where any pressures lay.

A procurement process for investment in the voluntary, community and social enterprise sector (VCSE) is in development. We'll be working with North Yorkshire County Council's Stronger Communities team to take forward this work in the coming weeks.

Hambleton and Richmondshire

A working group has been established and meets monthly. The group has focused on creating the conditions and foundations for local partnership work, agreeing aspirations and outcomes in order to achieve the large-scale change needed.

We're working towards the development of a partnership steering group, which will include a wide range of local partners, VCSE representatives and people with lived experience of mental ill health. The group will oversee and govern local community mental health transformation activity.

Work has taken place to map the support available locally and how people access it, in order to understand any gaps and target investment accordingly. A procurement process for investment in the voluntary, community and social enterprise sector (VCSE) is in development.

An online platform is also being considered to support partnership working.

The mental health partnership in York is established and its learning is helping inform the work of the other four partnerships and vice versa.

Harrogate and Rural District

A working group that includes a wide range of local partners, has been established and meets monthly. The group has focused on understanding local needs and any gaps in service provision, with an ambition to build on local strengths.

We're working towards the development of a partnership steering group, which will include a wide range of local partners, VCSE representatives and people with lived experience of ill mental health. The group will oversee and govern local community mental health transformation work.

Local population health data and national research has been combined with views and opinions of local people with experiences of mental ill health of services and carers. This will support better decision making about how transformation money is invested to deliver meaningful change for local people.

Over the coming months we'll work with local people and partners to agree priorities for the next two years and to consider opportunities for investment.

First Contact Primary Care Mental Health Workers

In order to manage the demand for mental health support and to ensure people get the right support, first time we've introduced a number of new Primary Care first contact mental health workers.

The mental health workers are working into Primary Care Network's across North Yorkshire, York and Selby to support GP surgeries to assess people contacting them with mental health needs. With their expertise and experience the mental health workers will be able to decide whether someone requires referral to specialist mental health services, or whether an alternative source of support would be more beneficial.

Ben Pryor, one of the new first contact mental health workers explains: "Everyone is different, some people might simply need support accessing self-help information or understanding coping strategies, others may require signposting or referrals to specific services. We can make sure no matter what support people need; they get it as quickly as possible.

"Because of our expertise, we might also be able to give people some activities or therapies to help them straight away, even while they are waiting for wider treatments, which will reduce the length of time that they are experiencing distress and give them skills and tools to help themselves initially."

There's currently 18 first contact mental health workers recruited across North Yorkshire, with more due to take up roles during 2022.

Personality and Eating Disorder Specialists

A workshop was held on 18 October to begin more detailed work about the development of eating disorders provision over the next two years. The group included representatives from specialist services, commissioners, the provider collaborative, universities and people with lived experience of mental health illness.

Two personality disorder specialists have been recruited and two eating disorder specialists are currently being recruited. These posts will work across most of North Yorkshire to provide specialist advice, guidance, supervision, and training across Secondary (community mental health teams) and Primary Care (working specifically with the new first contact mental health workers) and the VCSE services.

We're exceptionally proud of what has been achieved so far and this is testament to the hard work and dedication of all those involved in the programme. There's a lot still to do and we look forward to sharing our progress with you, as well as seeing the real benefits and impact in our local communities.

**The North Yorkshire and York Community Mental Health Transformation Leadership Alliance
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