

# North Yorkshire Community Mental Health Transformation Programme

## Partner Briefing - September 2021

As part of the NHS Long Term Plan, NHS England has asked health and social care services to redesign and re-organise core community mental health teams to move towards a more joined up and integrated approach to services. [This is called the community mental health framework \(CMHF\).](#)

A more integrated approach will remove the traditional divisions between hospitals and family doctors, physical and mental health, and NHS and council services, and by doing so stop people from experiencing disjointed care.

It will also improve working relationships between NHS, local councils and other important strategic partners such as the voluntary, community and social enterprise sector (VCSE), and people with lived experience and their carers, to create better and more convenient localised services within communities that help keep people healthy and out of hospital.

Integrated Care Systems (ICSs) are partnerships between the organisations that meet health and care needs across an area. They coordinate services and help them to plan in a way that improves population health and reduces inequalities between different groups.

The ICS vision is that decisions about how services are arranged should be made as closely as possible to those who use them and that their health care needs met more locally in the town or district where they live or work.

This approach is key to improving the lives of residents living in North Yorkshire, and this is why a wide variety of public and VCSE organisations across North Yorkshire are joining forces as part of the Community Mental Health Transformation Programme to work together to transform the way mental health care and support is delivered and accessed by local people.

In order to make this ambition a reality a significant amount of work has taken place across North Yorkshire and York over the last year to look at the mental health needs of local communities and you can read more about our progress to September 2021 below.

### Working together...

The North Yorkshire Community Mental Health Transformation Programme is being overseen at a regional level by the Community Mental Health Transformation Leadership Alliance with five areas coordinating development activity at local levels (Scarborough, Whitby, Ryedale; Hambleton and Richmondshire, Harrogate and Rural District, Vale of York and City of York).

The Community Mental Health Transformation Leadership Alliance is made up of senior representatives from a range of public sector, VCSE sector organisations and people with lived experience, their families and carers. Representatives from the same groups are also working closely together at a local level to implement plans in the five places mentioned above.

In order to deliver the programme we've established the following work streams:

- Communications
- Data and information
- Finance and commissioning
- Engagement and co-production

These work streams include people from the various groups previously mentioned and will oversee some of the core programme activity. If you would like to find out more about these groups or how to get involved please contact [stacey.pollington@nhs.net](mailto:stacey.pollington@nhs.net) or [lauren.dowson@nhs.net](mailto:lauren.dowson@nhs.net)

### Shaping our approach...

To better understand the challenges faced, how improvements can be made and how we can better work together we've held a series of development workshops across North Yorkshire and York. The workshops were co-produced with key stakeholders, including partner organisations, VCSE sector representatives, and with people with lived experience of mental illness and their families and carers.

The outcomes from the workshops have helped identify place-based priorities in five local area and informed the development of the North Yorkshire and York Community Mental Health Transformation plan.

Key priorities identified included:

- **Community Mental Health Rehabilitation** - Improving access to services and the experience of people with serious mental illness by utilising services in the community such as peer support, a wraparound/step down from acute services; opportunities to improve physical health; reduce social isolation and to access to creative activities.
- **Enhancing support for Adult Eating Disorders and Personality Disorders** by increasing awareness and understanding of the workforce and providing support for service providers engaging with people requiring support.

### Taking our approach forward...

The North Yorkshire and York Community Mental Health Transformation plan has now been approved by NHS England and we've developed a series of priorities over the next year for each area. Proposals include:

- The use of specialist clinicians to support those with serious mental illness, especially those with eating disorders and personality disorders
- Creation of new community mental health hubs and pop up hubs in rural areas
- Mapping and connecting existing services more effective signposting and navigation by people with serious mental illness, their carers and agencies
- Valuing and investing in the VCSE sector locally
- Peer support and community outreach workers
- Working closely with family and carers and housing/benefits agencies

### Keeping it local...

Working closely with local people with lived experience and local VCSE sector is essential in the delivery and success of the programme.

Following approval of the North Yorkshire and York Community Mental Health Transformation plan, local mental health partnerships are being established in four of the five areas across York and North Yorkshire.

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

The partnerships include specialist health services, public sector organisations, voluntary community and social enterprise (VCSE) services and people with lived experience, their families and carers. These partnerships are currently developing their local action plans, which will drive forward place-based activity and support for local people.

There will also be opportunities to help evolve and shape these plans over the next few years.

If you would like to find out more or get involved please contact your local project manager below:

- Kate Helme, City of York – [kate.helme@york.gov.uk](mailto:kate.helme@york.gov.uk)
- Lauren Dowson, Vale of York and Scarborough, Whitby, Ryedale – email: [lauren.dowson@nhs.net](mailto:lauren.dowson@nhs.net)
- Stacey Pollington, Hambleton and Richmondshire and Harrogate and Rural district – email: [Stacey.pollington@nhs.net](mailto:Stacey.pollington@nhs.net)

## Research - The impact of the voluntary, community and social enterprise sector

[A recent study](#) led by Professor Tony Chapman of Durham University, into the structure, dynamics and impact of the voluntary community and social enterprise (VCSE) sector, further supports this concept, highlighting the importance of the public and VCSE sector coming together to improve the lives of local people.

The research was carried out across West Yorkshire Combined Authority, West Yorkshire and Harrogate Health and Care Partnership, and Humber, Coast and Vale Health and Care Partnership areas and showcases the significant contribution that the VCSE sector has made to the economy and the health and well-being of local people.

The VCSE sector in Humber, Coast and Vale includes around 13,500 registered and unregistered groups supporting local people in many areas of their lives from youth groups, ageing well support, sports, and wellbeing clubs to name a few. The sector employs around 23,200 full time equivalent posts, which makes up 4.1% of employment across the area. In addition, an estimated 128,000 regular volunteers give their time and energy to good causes helping young and old people to live their best life possible.

Many of these groups are strongly embedded within local communities, providing essential support and services and playing an important role in tackling the challenges that local communities face. Through their strong community links, they can play key roles alongside health and care agencies – a key aim of the Community Mental Health Transformation Programme.

Gary Sainty, VCSE Programme Director at the Humber, Coast and Vale Health and Care Partnership, said: *“The sector is larger than the finance and insurance industries, and larger than the arts, entertainment and recreation sector. The significant contribution made by the VCSE sector to people’s health and community wellbeing is evidenced throughout the research. This not only contributes to financial savings for the NHS and other public services but produces immediate benefits for thousands and thousands of people accessing their help and support.”*

We are proud to be able to work with the VCSE sector in transforming the lives of local people through the Community Mental Health Transformation programme and look forward to being able to share some of the developments with you over the coming months.

### Investing in our people...

In order to embed the changes we want to make in local communities we need to recruit into some of the identified roles as soon as possible and we are pleased to announce that work has already started.

#### **Primary Care Mental Health Workers**

Several new first contact mental health workers have now been recruited into Primary Care Networks across the Vale of York, City of York, Hambleton and Richmondshire and Scarborough, Whitby and Ryedale. Similar roles are planned for Harrogate and Rural District over the coming months.

The first contact mental health workers act as a first point of contact for local people experiencing mild to moderate mental health illnesses. They will triage, assess and provide brief interventions within local GP surgeries and liaise with relevant community, primary and secondary mental health services, as well as providing support, advice and information where necessary.

This is one of the first significant steps in the local Community Mental Health Transformation Programme. It not only allows them to work closely with GP colleagues to deliver proactive, timely and effective care, but it also strengthens working relationships between primary and secondary care services, helping broaden knowledge and understanding of mental health illnesses and the support available.

The workers will also be able to reduce the volume of referrals into secondary care by supporting and identifying people's needs earlier and providing appropriate signposting to alternative services that can help and support, such as those provided by our local VCSE sector partners.

Recruitment will continue over the next two years with a range of posts also working into early intervention, community rehabilitation and specialist and primary care.

#### **Adult eating disorder and personality disorder specialists**

The national programme has made available investment to recruit and fund a number of eating disorder and personality disorder specialists across North Yorkshire to complement existing service provision.

These specialists will:

- Provide therapies and training across primary, secondary, community and the VCSE sector care services
- Support mild to moderate eating disorder presentations
- Support those transitioning from childhood to adulthood
- Support high-intensity users of services
- Support with the physical health care agenda
- Increase awareness and understanding of the workforce regarding these disorders

The additional posts will provide much welcome support for existing services. We are in the process of recruiting to these posts and hope to be able to provide an update shortly.

### Developing a shared vision...

Community First Yorkshire led a North Yorkshire community mental health framework co-production workshop in July 2021 to start to develop a shared vision of what working together might look like and what values we want to uphold. Attendance included representatives from a variety of public, voluntary and community sector organisations, as well as people with lived experience of mental health illness, their families and carers.

This workshop explored how charities, people with lived experience, their families and carers and public sector colleagues can work together to support the development of more community-based solutions for people experiencing mental illness. Examples of best-practice were shared, which included work at a place-based level by voluntary community services, as well as examples of commissioned projects.

Attendees took part in a series of exercises in three place-based breakout rooms and discussed what they felt to be the values, principles and impact of true co-production. Discussions were had around how these might be used to form a working definition of co-production, which could be adapted for use to underpin future work.

Key themes and issues emerging from the workshop included:

- The need for improved working relationships between organisations, with people working together and in partnership rather than in silo
- The need for flexible working, innovation, shared learning and adoption of a common language
- The need to be more human and person centred, placing those with lived experience and families and carers at the heart of decision making.

The workshop highlighted the obvious need and desire to have more regular, open conversations at place including people with lived experience of mental illness, families and carers and other key stakeholders. This will be essential in work going forward and conversations will continue at place level to ensure that co-production remains at the heart of our work.

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We are 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  
September 2021**

#### For more information contact:

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#### Find out more:

We're planning to run a series of virtual workshops to further develop plans for the Community Mental Health Framework in your area. More information will be available shortly.