

NORTH YORKSHIRE

COMMUNITY MENTAL HEALTH TRANSFORMATION

WELCOME

Work is really gathering pace to implement the Community Mental Health Transformation programme across North Yorkshire and York, 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.

You can read more about our progress to date in this update.

I found the support really useful. The team made me think of my situation from a different perspective, as I had believed everything was okay when in fact it wasn't. The team were very resourceful and knew more than I did. I did not have a plan on leaving hospital, but they developed one and it helped me focus on what I really liked to do - **A patient**

SUPPORTING PEOPLE BACK INTO OUR COMMUNITY

PATHWAY TO RECOVERY AND SOCIAL PRESCRIBERS IN YORK

The Pathway is a partnership between Tees, Esk and Wear Valleys NHS Foundation Trust (TEWV), York City Council, York CVS, York Mind and York Carers Centre, and helps people and their families to get appropriate support when they are discharged from hospital.

The Pathway to Recovery team at Foss Park Hospital is playing a key role in supporting people admitted to the hospital. The team provide input ahead of people leaving hospital and make sure that appropriate support is in place to help people to live well in the community. The team has helped 77 people in its first six months and continues to have a really positive impact.

I found the support useful, it gave me hope when I didn't have any and when I felt no one else cared - **A patient**

The team consists of social workers, a social prescriber, peer support and carer peer support staff who help connect people with relevant services and guide them during their journey. In the first six months over 50 people were referred to the scheme's social prescriber, of which 37 people engaged and went on to benefit from activities and groups in the local community. It's hoped that the Pathway to Recovery programme can be expanded in the coming months to include support for older adults.

A Financial Capability Coach, employed by the Peasholme Charity is now in post supporting the Pathway to Recovery project with financial, budgeting and benefits advice. The whole team are working closely with colleagues at Clarence Street to ensure people are able to access this community-based resource following discharge.

COMMUNITY HUBS

Hubs form a key element of the Community Mental Health Transformation programme and allow people access a wide range of services, under one roof, without having to travel to different locations. They also allow local services and organisations to work together more closely, in order to better support local people.

YORK COMMUNITY HUB

A workshop took place in March, facilitated by The Innovation Unit, to progress the development of a community hub in York - one of the first in the region. A small co-design team with staff from health, social care, the voluntary and community sector, as well as people with direct experience of mental ill health and their carers, have been meeting to take forward these ideas, help design a hub model for York and decide what type of roles should be included.



A planning group and leadership space has also been established to take the project forward and transformation funding has allowed us to invest in social prescribers and peer support. As a result, we hope to be able to trial elements of the hub this summer.

PRIMARY CARE FIRST CONTACT MENTAL HEALTH WORKERS

We now have 17 Primary Care First Contact Mental Health Workers in roles across the whole of North Yorkshire and York.

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

They ensure people get the care that's best suited to them as quickly as possible and feedback to date has been really positive.

More about the impact of these roles will be available in the coming weeks.

People are delighted that we're able to offer them such a prompt appointment and that they're able to choose for themselves between a telephone call or a face-to-face. Even if they choose a telephone appointment it's reassuring our patients are getting a 'real person' to speak to which makes a huge difference - **A GP**

I was very reluctant to get help for my mood as I didn't want to be in a service so it was good to know it's at the surgery otherwise I probably wouldn't have got help - **A patient**

As a clinician it's very reassuring to have an experienced sounding board to discuss certain patients and for advice about signposting to appropriate organisations when it is needed - **A GP**

VOLUNTARY COMMUNITY AND SOCIAL ENTERPRISE SECTOR INVESTMENT

Working in partnership with the voluntary, community and social enterprise sector (VCSE) is an integral part of the Community Mental Health Transformation programme. Local community groups, activities and services can play a significant role in improving people's mental wellbeing.

Work is ongoing to develop a series of grant programmes in each of the five place-based areas to provide grants for VCSE organisations to enhance mental health and emotional wellbeing support in local communities.

HAMBLETON AND RICHMONDSHIRE

A number of grants have already been provided to community organisations in Hambleton and Richmondshire and more detail about these will be shared in the coming weeks.

HAMBLETON COMMUNITY ACTION

Hambleton Community Action has received funding to provide practical support using a 'pilot by your side' approach for individuals with healthcare and related appointments /assessments in central Richmondshire. They'll support people who don't qualify for statutory advocacy support but need help before, during and after meetings. They'll also help people plan for meetings and understand what they want to achieve from them, whilst also providing debriefs and follow ups and ensuring people's rights and accessibility needs are met.

COMMUNITY WORKS

Community Works has received funding to provide a programme of support groups for people in Thirsk and surrounding villages. The support groups will help people to create a personal plan to enable them to live well in their communities and maximise their skills.

Using the 5 ways to wellbeing framework, participants will be set goals to:

1. Connect with other people
2. Increase their physical activity
3. Learn a new skill
4. Give something back and
5. Practice mindfulness.

A weekly menu of volunteer-led activities will be provided such as hobby groups, sports activities and crafts. One-to-one support will also be available through a network of trained volunteer mentors who will be there to offer practical help with things such as completing forms, accessing IT equipment, providing information and signposting to other services and activities and encouraging members to join other community groups.

VOLUNTARY COMMUNITY AND SOCIAL ENTERPRISE SECTOR INVESTMENT

CARERS PLUS

Carers Plus have received funding to support carers of people in the military community at Catterick Garrison who are experiencing serious mental illness. Carers Plus have considerable experience of running and supporting carers through peer support groups and this pilot will extend this offer in the Catterick Garrison area. Consultation is currently taking place with a small group of carers to help shape and co-design a Carers Mental Health Network which aims to increase carer resilience.

The Network will provide:

- Support to access different levels of statutory or community-led support within their family environment
- Opportunities to learn from each other
- Contact with Carers Plus Yorkshire and TEVW staff in an informal setting
- Peer support and new friendships
- Support to take respite from daily routines and thought processes
- Space to breath, laugh and experience new opportunities!

CITY OF YORK

York CVS is leading the development and implementation of a VCSE grant programme in York. The programme priorities will be co-produced with organisations and people with direct experience of mental health illness.

We're recruiting a community development workers to provide support to grass roots organisations in the City, helping to develop their ideas and access funding. We hope to invite organisations to bid for funding from September 2022.

A new VCSE Alliance Worker, hosted by York Mind will support the development of a Partnership Alliance which will bring organisations together to develop the role and influence of the VCSE sector in service planning and commissioning.

TRANSFORMATION READINESS

North Yorkshire County Council's Stronger Communities team are hosting and managing the VCSE grant programme across North Yorkshire. The team have held 'transformation readiness workshops' for place-based mental health groups in Harrogate and Rural District; Vale of York and Selby and more recently Scarborough, Whitby and Ryedale. These workshops are based on the **'Thinking Differently' journey of community mental health transformation** developed by national charity Rethink.

SELBY AND RYEDALE

An innovative small grants scheme called 'Bright Sparks' has been launched in Selby and Ryedale. The grant is for grassroot organisations who can provide access to wellbeing and supportive interventions for people with serious mental illness. The grants in Selby are being managed and issued by Selby District AVS and in Ryedale by Carers Plus Yorkshire. More information about the schemes that are being supported will be provided in the coming weeks.

SPECIALIST ROLES

Work is ongoing to invest in specialist roles, including eating and personality disorder specialists as well as peer support workers and community rehabilitation roles.

Two Highly Specialist Psychological Therapist - Trauma Informed Care, Personality and Relational Clinicians have been recruited and there is an ongoing recruitment effort for three specialist practitioners for complex emotional needs and three eating disorder specialists. 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.

The trauma leads continue to offer Trauma Informed Care training across the VCSE and other statutory services. Together with the personality and relational lead, they're also supporting localities experiencing difficulties with relational work.

We will shortly be advertising Complex Emotional Needs Advanced Practitioner posts and the role and remit descriptors to support the adverts for these posts have been co-produced.

EATING DISORDER SUPPORT IN YORK

Beat, the national eating disorder charity, has been commissioned to provide a range of packages of support for carers and individuals across the City of York and the Vale of York.



This includes support for people awaiting a specialist service, those not eligible for specialist support, people with binge eating disorder as well as both group and one-to-one support for carers.

A monthly system-wide eating disorder group is being held to develop further provision for adults with eating disorders across the City and Vale of York. Ongoing engagement with partners and people with experience of living with eating disorders is taking place to drive forward this change and is being overseen by Jack Woodhams, our Co-production Champion. A plan is in development for investment in this area over the next two years.

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

PLACE-BASED ACTIVITY

Hambleton and Richmondshire, Harrogate and Rural District and Vale of York and Selby

Roadshows will be held over the coming couple of months to meet with partner organisations and people with lived experience of mental health illness and their carers, to understand what matters to them and what our local priorities should be for year two of the programme.

Hambleton and Richmondshire

The Mental Health Task and Finish Group has developed and adopted a new terms of reference for their place-based partnership. This model approach will be shared with other places within North Yorkshire and York for their consideration.

City of York

The York Mental Health Partnership continues to meet quarterly. The Connecting our City working group meets every two months and is open to anyone. Contact connectingourcity@york.gov.uk for more information.

Scarborough, Whitby and Ryedale

We've held held two multi-agency workshops to inform the development of the new model of care and future investment of transformation funds.

Scarborough Whitby and Ryedale Mind are also collecting feedback from people with lived experience of serious mental illness about their experience of accessing local services and what a good life looks like from their perspective.

CO-PRODUCTION AND ENGAGEMENT

LIVED EXPERIENCE PARLIAMENT

The Health Creation Alliance are looking into the potential for a Lived Experience Parliament across North Yorkshire, which will enable people with lived experience to get together to discuss real issues affecting local people with experience of mental health illnesses and in turn, support the positive co-production of local solutions.

COMPLEX AND EMOTIONAL NEEDS WEBINAR

A complex and emotional needs (CEN) webinar was held on 24 May, bringing together a range of partners and people with lived experience to further develop a model of care for people with complex emotional needs.

The event discussed how people with complex emotional needs and in distress can be better supported and how a more integrated partner approach will support people to get the right advice and support, in the right place and at the right time.

Over 70 people attended the event and another is scheduled for June. A working group is beginning to think about how we can influence and improve care for people with CEN/Trauma across North Yorkshire and York.

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 but we look forward to sharing further progress with you.

WORKING WITH HEALTHWATCH

We've commissioned Healthwatch North Yorkshire to undertake engagement with people with a serious mental illness and their carers, to better understand their experiences and the type of opportunities and services which would support them to live well in their local communities. The engagement will involve a range of approaches including surveys, focus groups and 1:1 meetings carried out by experienced VCSE and public sector colleagues in safe spaces.

CO-PRODUCTION NETWORKS

YORK

The York co-production network continues to meet regularly and we have a series of working groups that people can get involved. If you would like to find out more please contact connectingourcity@york.gov.uk for more information.

NORTH YORKSHIRE

The next meeting of the North Yorkshire Co-production Network is on 8 July 2022 online and further information is available from mark.hopley@communityfirstyorkshire.org.uk. In the spirit of collaboration, at the next meeting, the network will consider a draft terms of reference based on those adopted by the longer running York Co-production Network.

For more information contact:
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