

# SOCIAL CARE, HEALTH & HOUSING POLICY OVERVIEW COMMITTEE - 27.2.13

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Cabinet Member: Cllr Corthorne

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## Joint Adult Mental Health Commissioning Plan 2013 - 2015

### Introduction

The Council, NHS Hillingdon and Hillingdon Clinical Commissioning Group (HCCG) have worked together with a range of professionals, third sector partners, service providers and service users and their carers to develop a joint, integrated adult mental health commissioning plan that sets the strategic direction for addressing the needs of all adults with functional mental health needs as well as people with dementia. This integrated approach to adult mental health that includes both the functional mental health needs of older people and dementia reflects national policy as seen in the national mental health strategy published in March 2011, 'No health without mental health: a cross-government mental health outcomes strategy for people of all ages'.

### Purpose of the Plan

The Mental Health Commissioning Plan sets out the strategic direction for adult mental health services in Hillingdon. The key objectives of the Plan are that residents with mental health needs should to:

- Live a normal life as far as possible
- Be included in local communities and activities
- Not be stigmatised or discriminated against on any grounds
- Have easy access to up to date and accurate information
- Have options in the choices of care available locally
- Have personalised care plans that are built around the wishes of each individual and their carers
- Be supported with services that promote and enable recovery and well-being

### Development of the Plan

The plan is based on a review of the current Hillingdon Mental Health Strategy (2008 -2012), a review of national policy for adult mental health and dementia, a local mental health needs assessment and JSNA priorities. It also reflects the recommendations of the External Services Scrutiny Committee's Dementia Working Group that were approved by Cabinet in May 2012. The HCCG Board's review of both Dementia Services and the North West London (NWL) Mental Health Strategy of May 2012 are also reflected. The joint Adult Mental Health Commissioning Plan draft was agreed subject to consultation at Cabinet on 20<sup>th</sup> December. It is currently subject to wide spread consultation prior to returning to Cabinet in May 2013 for final approval.

### Priorities for Adult Mental Health Care and Support

Stakeholders have agreed that priorities for adult mental health care and support should focus on delivering recovery focused, personalised, outcome-based assessment treatment and



support. This improvement will be achieved through service redesign and reconfiguration, moving from institutional and bed based to community based services, ensuring a whole systems and integrated approach to providing support and intervention. Pathways will therefore be developed for adults with functional mental health problems of all ages, with a separate pathway for older adults with functional mental health problems who are physically frail and/or have dementia.

## Key Actions

Key actions are set out that need to be delivered during the lifetime of the plan and these include:

### a) Services for Adults with Functional Mental Health Problems

- Exploring and implementing cost effective methods for ensuring early intervention and promoting mental health and wellbeing in all communities; including addressing health inequalities with faith and other community groups.
- Building on the current strengths of primary care in managing significant numbers of adults with mental health problems effectively by establishing a joint approach to assessment, treatment and support for mental health and physical health care needs between primary and secondary care.
- Developing and implement integrated care pathways.
- Improving support to carers, including in crises.
- Promoting independence and empower adults with mental health problems by increasing the supply of supported housing and providing personalised packages of support.
- Working with the National Commissioning Board to explore the potential to redesign services to provide the specialist interventions needed by people with an eating disorder, forensic needs and develop effective pathways from Heathrow and detention centres.
- Maximising the contribution of voluntary and community services.
- Ensure effective involvement of service users and carers in service delivery and improvement processes.
- Refresh the mental health joint strategic needs assessment.
- Agree a suicide prevention plan jointly with other NW London commissioners.
- Explore models to promote improved joint commissioning and service delivery.

### b) Services for physically frail older adults with functional mental health problems and/or dementia

- Supporting people in their own homes for as long as possible by providing specialist expertise within services for older adults where appropriate, in particular as part of the out of hospital strategy.
- Increasing the rate of diagnosis of dementia; including training GPs and establishing a memory assessment service
- Improving the co-ordination of care through improved assessment and multi-disciplinary working in primary care (Elderly Integrated Care Pilot (ICP)) and integration of the work of all relevant agencies into an effective model of care
- Promoting awareness of dementia amongst the general public and staff working with older adults.
- Reducing reliance on acute mental health beds.



- Developing the infrastructure for community based assessment, treatment and support through the implementation of agreed integrated care pathways.
- Maximising the contribution of the voluntary sector.
- Commissioning a dementia resource centre to provide an accessible community resource for the delivery of health and social care services.
- Agreeing a cost-effective way of providing specialist advice to residential and nursing home services in order to prevent escalation of need and avoid admission to inpatient or more intensively nursed care
- Evaluating the psychiatric liaison service at The Hillingdon Hospital (MH ICP) as an effective way to ensure appropriate response to physical and mental health care crises
- Improving support to carers to enable them to continue in their caring role; includes improving carers' assessment and improving respite care.
- Reviewing services and developing and implement improved care pathways to identify need and initiate improvement to people with early onset dementia.
- Reviewing services and developing and implementing improved care pathways to identify need and initiate improvement to people with a learning disability with dementia.

### **Implementing the Plan**

A series of work streams have been identified covering the following areas:

- Shifting settings of care
- Carers of adults with mental health needs
- Dementia
- Integrated pathways across agencies and professionals

Where improving outcomes for adults with mental health needs and their carers necessitates a change in the way resources are used to achieve major service change, then detailed business plans will be developed. Cabinet approval supported by business plans will be sought where this involves Council funding. HCCG approval will be sought where NHS funding is concerned.

