

## **Annex 3 – What does our Transformation Work – locally and described within the Like Minded Case for Change mean for people in Hillingdon**

The case for change is aligned with current Hillingdon plans for Mental health and wellbeing (all ages) via the Hillingdon Mental Health Transformation Group.

We describe below how our work locally in Hillingdon is aligned with the NWL strategy and how our local priorities feed the work at a NWL level, and can benefit from the overarching NWL approach.

### **Key issues described in the Case for Change:**

**Issue one:** Awareness and attitudes to the scale and significance of mental health needs in North West London.

For people in Hillingdon this will mean: we will refresh the Equality Impact Assessment for Mental Health at a NWL level, but also describing borough specific needs and how our work addresses them. As part of our co-production, we record the demographics of our service users who are involved which is a key part of ensuring our developing models have been tested with the local population. In addition to local work prioritising Mental Health awareness and training for our workforce, the Like Minded programme across NWL builds on work to ensure improved detection of anxiety, depression and dementia rates for our population. Built into all local and NWL-wide transformation work is a focus in reducing stigma and parity of esteem in relation to mental health – for example, without a Whole Systems Integrated Care programme locally, mental health needs are not recognised.

**Issue two:** The promotion of wellbeing, resilience and prevention of mental health needs for people in North West London

For people in Hillingdon this will mean: effective engagement of Public health via the mental health and wellbeing prevention agenda delivering the CAMHS Transformation plans approved by Governing Body in September 2015. Taking an all ages approach, Like Minded has a programme of work focused on wellbeing and prevention. Supporting our residents to stay healthy, we have focused on workplace wellbeing and supporting local teams to use evidenced approaches to improve mental wellbeing in work.

**Issue three:** The quality of care, coverage and outcomes for people with serious, long-term mental health needs

For people in Hillingdon this will mean: The NWL Model of Care and support was agreed at the NWL Transformation Board (attended by Stephen Vaughan-Smith) on 23<sup>rd</sup> October 2015. This describes an approach to ensuring the right wrap-around support is available outside of hospital, rapid access to crisis services when needed, and the need to manage the flow through our beds ensuring the right kind of beds are available in the right settings.

**Issue four:** Identification of common mental health needs and access to good quality care

For people in Hillingdon this will mean: Improving access to IAPT services for 15% prevalence disorder, easier access via self-directed care, improved engagement with Third sector providers to ensure case mix included under-represented groups and improved recovery rates from IAPT services. Like Minded across NWL is building on local IAPT work to ensure we consider the needs of people with common mental health needs in the broader sense – also considering the needs of those who are not diagnosed and how we ensure prevention and early intervention are part of the pathway as well as good access to treatment such as IAPT.

**Issue five:** Mental health needs of Children and Young people are often neglected

For people in Hillingdon this will mean: Implementing our CAMHS transformation plan, commissioning community eating disorder services across NWL CCGs, evaluation of the CAMHS OOH service model across NWL commissioned in April 2015, and improving engagement of children and young people in Hillingdon. Hillingdon has a particular commitment to Children's and Young people's mental health; Like Minded across NWL has supported areas of work which cut across the different CCGs including where workforce development programmes are common.

**Issue six:** The quality of care for other population groups with specific needs

For people in Hillingdon this will mean: In local Hillingdon plans we reference specific needs of our local population including those of BME groups. In our Children's Transformation Plan we describe again specific needs of our young people, informed by recent consultation via HealthWatch. Through co-production in developing the Like Minded Case for Change we heard a strong message that whilst specialist services that address specialist needs are required, we also need to plan new models of care which mean our universal services are non-judgemental and more sensitive to people with specialist needs.

**Issue seven:** The relationship between mental health and physical health

For people in Hillingdon this will mean: Implementing the agreed Hillingdon Mental health priority plan for 15/16.

- Community and crisis care for CAMHS
- Crisis care
- Dementia
- Improved access to talking therapy IAPT
- Improving outcomes for people with Learning Disability
- Access to Psychiatric Liaison in Acute trusts
- Perinatal MH pathways
- Community assessment and brief treatment including Personality Disorder
- Access to support in Primary Care
- Market development 3<sup>rd</sup> sector
- Housing and supported Living

We have embedded mental health provision in our local Whole Systems Integrated Care work and have structures in place to share learning within our integrated teams. The Like Minded programme builds on this work, sharing good practice across the 8 boroughs

**Issue eight:** Our systems hinder integrated care

For people in Hillingdon this will mean: We develop pathways across the whole system where people experience joined up care and treatment. Their information is shared easily (with permission) and the care and support they receive is local and best practice.