

Report of the Bradford District Care NHS Foundation Trust and the Strategic Director, Health and Wellbeing Department to the meeting of the Health Social Care Overview & Scrutiny Committee to be held on 2 March 2017

AE**Subject:****Community Mental Health Services****Summary statement:**

The Health and Social Care Overview and Scrutiny Committee requested an update report on the Community Mental Health Services delivered by Bradford Council Mental Health Services and Bradford District Care Foundation Trust. The report consists of a summary update of Adult Community Mental Health Services and current developments. The report has been written by Bradford District Care NHS Foundation Trust and Bradford Council Mental Health services and will be presented by them jointly.

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1. SUMMARY

The Health and Social Care Overview and Scrutiny Committee requested an update report on the Community Mental Health Services delivered by Bradford Council Mental Health Services and Bradford District Care Foundation Trust. The report consists of a summary update of Adult Community Mental Health Services and current developments. The report has been written by Bradford District Care NHS Foundation Trust and Bradford Council Mental Health services and will be presented by them jointly.

2. BACKGROUND

Bradford District Care Trust has been serving people with mental health problems and adults with learning disabilities across urban and rural Bradford, Airedale, Wharfedale and Craven since April 2002. On 1 April 2011, the majority of Bradford and Airedale's Community health services transferred to the Trust as part of the national Transforming Community Services initiative. The Trust provide a range of urgent and non-urgent inpatient and community services from over 50 sites. The Trust has an overall rating of 'good' from the Care Quality Commission. The Trust operates community mental health services in partnership with Bradford Council and the services are integrated together using a joint operating model.

Bradford Council is both a commissioner and provider of Mental Health services for Bradford, Airedale and Wharfedale (North Yorkshire Council serves the Craven area). The Council's Health and Wellbeing Department provides Community and Acute Mental Health Services in partnership with the Care Trust and also commissions a range of Adult Social Care and Public Health services via commissioned frameworks.

3. REPORT ISSUES

Community Mental Health Services in Bradford, Airedale, Wharfedale and Craven

There are four community mental health teams (CMHT) in which the Bradford District Care Foundation Trust (BDCFT) and Council work together to provide community mental health services for working age adults. These are all aligned with the Clinical Commissioning Groups (CCG) and Council Constituencies.

These four teams are:

North Bradford CMHT at Somerset House, Shipley.

City CMHT at Horton Park Centre, Little Horton.

South and West CMHT at the Field Head Centre.

Aire wharfe CMHT at Meridian House, Keighley.

The **Craven CMHT** in Skipton is operated by BDCFT in a partnership with North Yorkshire Council.

The **Community Drug and Alcohol teams** both work with people who have a dual diagnosis of mental health and substance misuse.



The CMHTs are multi-disciplinary and jointly staffed and managed by BDCFT and Bradford Council. They include Community Psychiatric Nurses, Advanced Nurse Practitioners, Mental Health Social Workers, Consultant Psychiatrists, Mental Health Therapists, Occupational Therapists, Employment Specialists, Clinical Psychologists, Support Workers and Service User Development Workers. Approved Mental Health Professionals provide a specialist service under the Mental Health Act 2007 and Best Interest Assessors under the Mental Capacity Act 2005.

The teams are based in BDCFT buildings and we have a shared database, RIO is used as the person's record for both organisations. This is in line with recommended good practice for integrated services. In addition, all LA staff have access to Systm One, the adult social care record, which allows us to record and workflow packages of care within adult social care.

Each CMHT has a Social Care team manager and one or two NHS team managers, depending on team size. In addition there is both an NHS and LA service manager overseeing the teams.

Access to the health and social care services, including the Care Act function of the teams is via the BDCFT single point of access or First Response team. Requests for a Care Act Assessment can also be taken through any of the Adult Services access point.

The teams work in line with the Care Programme Approach and Care Act guidance on assessment, reviewing and care or support planning.

Mental Health Social Work within community mental health services is currently subject to the national 'Social Work for Better Mental Health' programme that is led by the British Association of Social Workers and is designed to support the development of professional social work practice within integrated teams. This will be completed in March and lead to the development of a mental health social work strategy.

CMHTs work to a recovery and prevention model and they also work very closely with the First Response Crisis Service, the Intensive Home Treatment team and the Acute Care services. Through the CPA process, each individual receives the appropriate treatment to support them to recovery. The Community mental health services provide a range of models of evidenced based care and work in partnership with other statutory and non-statutory organisations. Within CMHTs there are a number of individual services that are provided. These include:-

The Early Intervention Team

The Early Intervention Teams (EIP) are based in the Hub at the YMCA Culture Fusion building and in each of the CMHTs. EIP teams work to a specific remit and is specifically designed to support people with first episode psychosis. The service offers up to a 3 year pathway with a strong psycho-educational - social approach following a recovery model and provides a multi-disciplinary service consisting of NHS and social work care coordinators, support worker, psychologists and consultant psychiatrists. LA funding for this team comes from our public health department.



The Early Intervention Service was originally created to provide a service for young people to the age of 35. However, the better access to mental health standard for Early Intervention in Psychosis during 2015/16, stated that 50% of all those experiencing a first episode of psychosis are to be treated with a NICE approved care package within 2 weeks of referral to mental health services – this included increasing the access age for those experiencing first episode psychosis to 65. The access standard came into effect from April 2016. NHS England made funds available for this expansion and the CCGs provided recurrent funding to expand the EIP teams during 2016/17. This service is currently being recruited to and they are achieving the access targets, now providing dedicated services for all those experiencing a first episode of psychosis within the community.

The Assertive Outreach Team

The Assertive Outreach Team (AOT) is based in North CMHT and South and West CMHT. The AOT model is designed to support people who are hard to engage and may not have family or other local networks. Engagement can be ‘assertive’ in that professionals work hard to keep in contact with service users and minimise any risk of deterioration in their mental health.

Physical Health Monitoring

The Physical Health monitoring in secondary care in Bradford consists of five Physical Health / Wellbeing Clinics within Community Mental Health Teams (CMHTs). All patients initiated on antipsychotics are referred for appropriate baseline physical health checks and ongoing monitoring until stable enough to return to the care of their GP. Band 4 Associate Practitioners (APs) carry out the baseline tests and are trained to perform phlebotomy, electrocardiogram (ECGs) and give lifestyle advice including appropriate referral. The APs are supported by a Band 7 Mental Health Nurse specialising in Physical Health to ensure appropriate training and development is supported across inpatient and community services.

The Mental Health Physical Review Template has now been adapted for primary and secondary care and for community and inpatient settings. It can be replicated onto other IT systems and the SystemOne and EMIS version of the templates are available for use nationally. The RIO version can also be replicated easily with the appropriate support and meets the required CQUIN targets. All the templates are aligned to the nationally recognised Lester Tool to ensure the appropriate interventions are carried out. The template guides clinicians through the completion of an appropriate comprehensive check with the physical health information stored centrally in a locatable place in SystemOne EMIS and RIO.

Alongside the template Bradford & Airedale published ‘Antipsychotic Shared Care and Physical Health Monitoring’ recommendations which highlights the specific responsibilities of both primary and secondary care staff when carrying out physical health checks. The success of the Physical Health Review template and the Shared Care Recommendations in preventing ill health in this high risk group and in promoting ‘parity of esteem’ has resulted in national interest, the project has received national recognition for the ‘Bradford Model’ of physical health care;

The Reviewing Team

The local authority Reviewing Team operates across all of these teams and reviews high



cost placements and all packages of care placed by the Local Authority. This team works according to a strength based, 'Home First', recovery and enablement model based on the principles of the Care Act 2014.

Benefits advice and Support

Both the NHS and CBMDC commission benefits advice into the wards and community teams. Austerity and changes to benefits have had an affect on our service users and CMHTs increasingly have a role in supporting our service users with this issue. We have recently developed links with the 'money and mental health' project and have champions and expertise in each team.

VCS Partners

BDCFT and the Local Authority have a very positive partnership with a number of community VCS services that are funded by the LA and/or CCG. There are many services that we use who do not have mental health as part of their funding arrangements. The mental health specific services are:

- **The Cellar Trust** operates employment and vocational support services and also the Haven, a specialist service to support people in crisis and at risk of mental health deterioration in the community or Accident and Emergency department and the BDCFT Wellbeing Recovery College (previously Improving Access to Psychological Therapies).
- **Making Space** operates the Mental Health Wellbeing service and also support for carers within the Community Teams. The wellbeing service provides specialist time limited support to enable recovery and meaningful activity for people with mental health problems on CPA.
- **Carers Resource** operates support for carers within the Care Act for adult social care.
- **MIND** Operates a range of services including a drop in, The Sanctuary out of hours Crisis Support service, the Maastricht Interview Centre (offering a social model of support for voice hearers), Guideline telephone support service and a health and well being service.
- **Sharing Voices** is commissioned to provide mental health support to all of our diverse communities in the Bradford area.
- **Naye Subah** – Providing Support to women from a South Asian background.
- **Roshni Ghar** – Providing support to women from a South Asian background
- **ISIS** – Providing mental health support for women
- **The Hale Project** – Based in Shipley, The Hale project provides a range of services to improve health and wellbeing, including mental health.
- **Bradford and Airedale MH Advocacy service:** provides advocacy support for people detained under the Mental Health Act and within the Care Act.



In addition to services funded or operated directly by Bradford Council with BDCFT, Bradford Council commissions a range of mental health services in the community via a number of care and support providers.

These include:

- **The Support Living Framework:** This Framework provides for a range of supported accommodation at medium, high and specialist levels of mental health support. This is a key service for supporting people in the community and enabling people to stay well and prevent admissions to hospital.
- **The Personalised Support Framework:** This Framework provides for support in people's homes and communities, delivering personal care or support. People with eligible needs are able to have a direct payment and choose their own care and support.
- **The Residential and Nursing care Framework:** This Framework provides for clear standards for people living in care homes and specifically to ensure that care homes are focussed on what the person can do and that people are supported to recover – a 'strength based' approach.
- **Advocacy Framework:** To provide advocacy services under the Care Act and Mental Health and Mental Capacity Acts.

Perinatal Mental Health

BDCFT commissioned provision for perinatal mental health has been limited to a Perinatal Mental Health Lead/Parent-infant therapist (0.8wte). This role has assisted Bradford and Airedale to develop:

- An integrated perinatal referral pathway,
- Fast-track within IAPT plus IAPT perinatal groups

During 2016, NHS England released funding for the development of perinatal mental health services and both the CCGs and BDCFT were successful in receiving funding to develop this service for Bradford and Airedale. The funding, supported recurrently by the CCGs will allow the creation of a unique district wide team that will offer a direct service to:

- Women with a first onset of mental illness that is moderate-severe within the perinatal period
- Women with a history of or current mental illness which has resulted in community mental health involvement

The service will embrace a family-centred approach and carers and family members will be offered support and information. Needs and risk assessments of women will result in



the development of personalised programmes of care. The parent-infant relationship will be understood by all the team and interventions will be mindful of this.

The service will provide additional assessment, monitoring, care planning, and interventions; and consist of a Consultant Psychiatry, Psychology, Care coordination and nursery nurses and support workers. Currently the clinical lead and service manager are establishing the operational and service development processes and initiating recruitment. It is expected that this service will be fully functional during 2017.

The Haven

The Haven service is a new service developed in partnership with the Cellar Trust providing a 365 day service – 10am-6pm and has a specific aim to provide an alternative to Accident and Emergency for those requiring mental health support. The Haven, based at the Cellar Trust in Shipley provides a therapeutic environment where people can attend at times of distress after contacting the First Response Service or via Community mental health services. The emphasis is on peer support from people with lived expertise and aims to support people in distress and work with them to develop plans to stay well and improve coping strategies. The Intensive Home Treatment team also provide NHS and Social Care duty workers based at the Haven whom can offer support and signposting to further acute and community services.

In addition there is a new 'safe space' for children and young people and the 'Sanctuary' at MIND fulfils this role out of hours.

Improving Access to Psychological Therapies – My wellbeing college

The Bradford Improving Access to Psychological Therapies (IAPT) Service is delivered across the district operating a 'stepped care model', covering 'low intensity therapy', appropriate for people with mild anxiety and depression; 'high intensity therapy', appropriate for people with moderate anxiety and depression. Over the previous year BDCFT took on the lead provider role for psychological therapies working in partnership with the VCS and have developed a recovery model approach for IAPT. The vision, and that of our commissioners and service users, was to develop the Wellbeing College; an integrated psychological therapy provision across Bradford District; incorporating BDCFT IAPT services and VCS providers. Recovery Colleges are co-produced in local partnerships; providing a range of different courses, seminars and workshops that allow them to cater for people with diverse needs and preferences. This flexibility lends itself as an ideal service model for the proposed psychological lead provider arrangements and IAPT.

The My Wellbeing College provides a self referral and single point of access to a range of IAPT based approaches using an educational model where people can receive low or high intensity therapy, enrol on a number of courses such as mood matters, which helps overcome low mood, stresspac, which aims to manage stress and anxiety effectively and mindfulness which demonstrates how to "just be" in the present moment. As well as telephone access, the service offers a web based enrolment process which also provides a wealth of self help material and information and access to phone advice or one-to-one courses at a range of locations as well as access to computerised cognitive behaviour therapy courses.



The single point of access for my wellbeing college is co-located with the First Response service and provides clinical triage, sign posting and direct referral to urgent services if required. The website is www.bmywellbeingcollege.nhs.uk

Review of Community Mental Health Services

Community Mental Health Services are currently subject to a joint review in line with the recommendations of the Bradford, Airedale, Wharfedale and Craven Mental Wellbeing Strategy and the NHS England review of Community Mental Health services to support the Five Year Forward View.

BDCFT and the Council have initiated a review of adult community mental health services in order to explore demand and capacity, improved clinical pathways and services under the Care Act. This review is due to be completed in quarter 4 2016/17. A recent program has been initiated to review the whole pathway across adult acute and community mental health services with a view to explore a wellbeing and recovery model, including the principles of the Care Act. Building on the success of the acute care pathway and work overseen by the crisis care concordat, this program is now exploring changes required across both acute and community mental health pathways to reduce difficulties in service transition, silo working and improve a wellbeing approach to mental health problems.

The program includes representation from the Trust, service users, Local Authority and our voluntary service partners and alongside the review of CMHTs, will look to design an enhanced recovery model that will provide increased and improved care closer to home for service users as well as focus on recovery and improvement.

BDCFT and CBMDC are both members of the national Positive Practice in Mental Health collaborative, designed to share and develop good practice in mental health provision. Bradford has the leads for transformation, social care and parity with physical health.

Bradford is a member of the West Yorkshire Mental Health Vanguard and BDCFT leads on the development of liaison services.

4. OPTIONS

None

5. CONTRIBUTION TO CORPORATE PRIORITIES

This is included in the Better Health Better Lives Council delivery plan.

6. RECOMMENDATIONS

That the Health and Social Care Overview and Scrutiny Committee notes the reported position for Community Mental Health Services including the developments noted above.



7. APPENDICES

None

8. BACKGROUND DOCUMENTS

Mental Health Wellbeing Strategy

