



Bradford District and Craven
Health and Care Partnership



Better lives, brighter futures

Mental Health and Wellbeing Strategy
2021-2031

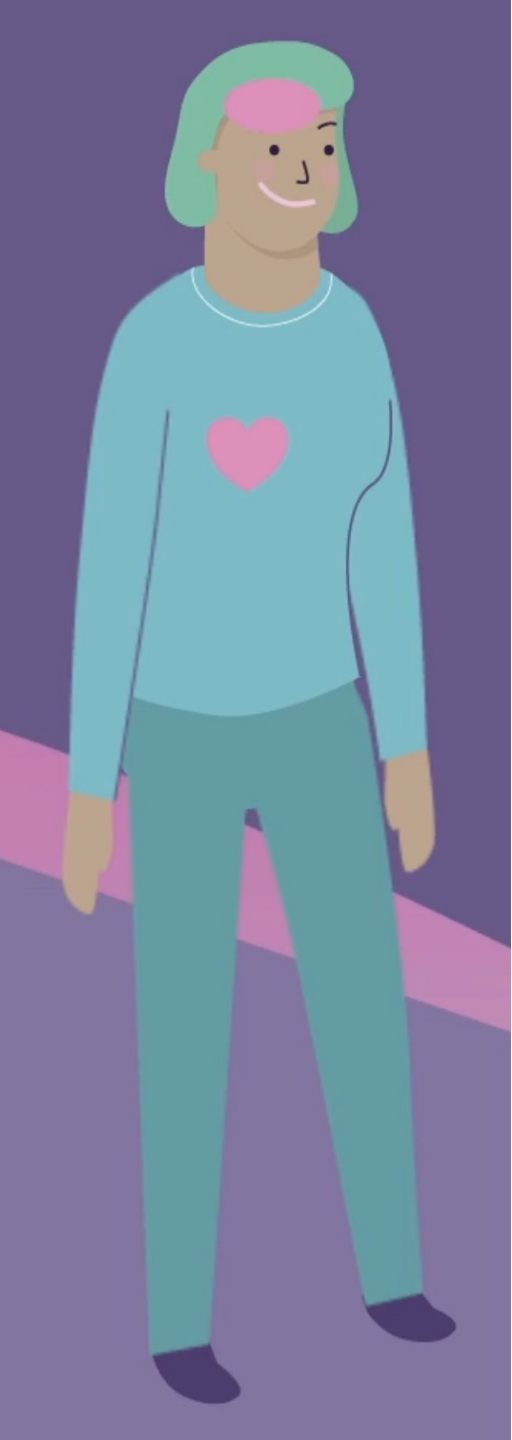




VISION



Better Lives, Brighter Futures
promoting, respecting and improving
the mental health of everyone to live
happy, healthy at home





The NHS Long Term Plan

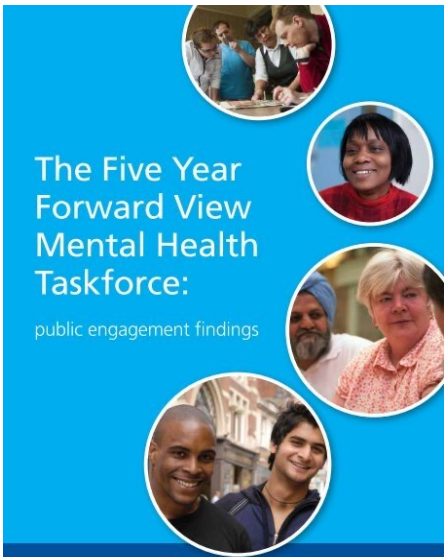


NHS Long Term Plan and the Five Year Forward View Mental Health Taskforce (report from the independent Mental Health Taskforce to the NHS in England)

- co-production with people with lived experience of services, their families and carers;
- working in partnership with local people, private and voluntary sector organisations, recognising the contributions of each to improving mental health and wellbeing;
- identifying needs and intervening at the earliest appropriate opportunity to reduce the likelihood of escalation and distress and support recovery;
- designing and delivering person-centred care, underpinned by evidence, which supports people to lead fuller, happier lives; and,
- underpinning the commitments through outcome-focused, intelligent and data-driven commissioning.

Key areas:

- Children and young people's mental health
- Perinatal mental health
- Adult mental health: secure care pathway
- Health and justice
- Suicide prevention
- Adult mental health: common mental health problems
- Adult mental health: community, acute and crisis care
- Testing new models of care
- A healthy workforce
- Infrastructure and hard-wiring





West Yorkshire Health and Care Partnership - Better health and wellbeing for everyone: Our five year plan states a series of commitments and deliverables for mental health programmes to achieve by 2025.

1

We will increase the years of life that people live in good health in West Yorkshire and Harrogate compared to the rest of England. We will reduce the gap in life expectancy by 5% (six months of life for men and five months of life for women) between the people living in our most deprived communities compared with the least deprived communities by 2024.



2



We will achieve a 10% **reduction in the gap in life expectancy between people with mental health conditions, learning disabilities and/or autism** and the rest of the population by 2024 (approx 220,000 people). In doing this we will focus on early support for children and young people.



5

We will reduce suicide by 10% across West Yorkshire and Harrogate by 2020/21 and achieve a 75% reduction in targeted areas by 2022.



The strategic landscape – local strategies

Bradford District and Craven
Health and Care Partnership



Our local strategies set out our vision and plans to improve the health and wellbeing of all our population – together contributing to the overall vision to support people to live **happy, healthy at home**

Better Lives, Brighter Futures – promote, respect, improve

Our greatest asset are the people who live in Bradford District and Craven. As a health and care system, we believe in supporting people with the best start in life and every chance to live a healthy and long life – thus fulfilling our ambition to ensure everyone can be ‘**Happy, Healthy at Home**’.

Where we live, study, work and develop relationships is important to ensure good mental wellbeing. Our **Partnership Strategy**¹ sets out our strategic ambition to improve physical and mental health outcomes, promote wellbeing, and reduce health inequalities across our entire population. By finding those who are at risk, and working together with them in a focussed way, we can proactively shape the design of our health and care services and create a healthy district.

We established the **Healthy Minds Partnership Board**² to bring together health and care partners to jointly oversee and propel our commitment to achieving the best outcomes for our population. We do this by understanding need, setting strategy, outcomes, objectives and priorities and aligning resources as per the Mental Health Investment Standard, managing risk and overseeing the development and delivery of the all age integrated mental health transformation programme and importantly, deliver on our Long Term Plan and statutory duties while maintaining a focus on prevention, protection, early intervention and independence.

Healthy Minds is our strategic and system approach to achieve better lives and brighter futures for people of all ages across our District.

This document sits in the context of our Partnership Strategy and sets out the specific ways in which our partnership will deliver on outcomes set by our population through extensive **engagement and involvement**.

It covers how we plan to prioritise our efforts to keep our population mentally healthy and happy, whilst addressing the inequalities people with mental health problems, including those that live with severe and enduring mental illness, face in accessing support. Our ambitions support and contribute on our **Integrated Care System**³ (ICS) partnership commitments.

We all have a part to play in making our District a great place to live and thrive. As a Partnership Board, our role is to work together and make the biggest positive difference possible.

Iain MacBeath, Strategic Director of Health & Wellbeing, CBMDC⁴ and **Therese Patten, Chief Executive, NHS BDCFT**⁵,

Chair and vice chair of the Health and Care Partnership Board for Mental Health, Learning Disability and Neurodiversity.

Introduction

The lived experience of people and carers are at the heart of our Mental Wellbeing Strategy. We have listened to people share their wellbeing journeys, their challenges, their aspirations and their vision for how mental health services must evolve and develop.

We know people's lives are better when the organisations who provide health and care work together, particularly at the times when people most need it. We also know that sharing good ways of working makes the money go further, creates the best use of staff expertise and increases the quality and range of what we provide. This document provides a footprint to unify everyone working in our partnership in delivering the vision for our population.

Design principles

- Person at the heart, family approach, strengths based approach
- Physical and mental health are treated equally and together using our Healthy Minds system approach
- Promotion and prevention focus, taking a wider determinants view to mental health and addressing stigma, prejudice and under representation
- Our approach is founded on compassion, responsiveness, flexibility and ensuring a recovery focus is informed by the understanding of trauma, culture and context of people's lives.
- To promote Healthy Minds as an underpinning strategy to all our work
- We Act as One – involving everyone and working together

How to use this strategy

This strategy aims to make it easy to incorporate the vision, purpose and priorities into your own life – as a person or carer who can direct their care and support, as a professional supporting someone or as a provider planning the delivery of services. In doing so, we achieve the following:

- Provide a unified vision, our purpose, our outcomes and priorities to protect, promote and improve the mental wellbeing of our population.
- Show how we can all play a part in achieving this and know what measures to use to achieve our purpose.

How we developed this strategy

This strategy has been developed by a task group set up by the Mental Health Partnership Board. Members of this group supported a wide scale district wide series of surveys and focus groups that culminated in a report titled "Accessibility of Mental Health Services in Bradford District and Craven" and through a series of events and workshops across the district.

Who is responsible for delivering the strategy

We have established a system partnership group called the Mental Health Leadership Team who represent all our system partner organisations and oversee the delivery of operational and strategic programmes of work.



Mental Health Partnership Leadership Team

Our communities – population and partnerships



Strengths

These factors help to protect and promote better mental well-being for everyone.



Open spaces



Food Industry



Social Enterprise



Culture & Arts



Faith & Spirituality



System Working



Community Sector

Challenges

We have inequalities that affect the mental wellbeing of our population, acknowledging them, means we can work to address them together.

7,839

People on the Serious Mental Illness register and 15,000+ using anti-psychotic medication

45,728

People diagnosed with depression which is 1% of population & higher than national average

853

Inpatient admissions across all our local and out of area wards for working age adults.**

61 years of age

People with a mental health illness can die 20 years earlier than the general population

60%

who attend A&E have not been in touch with any health services
500 people attend per day

1477 children

waiting for an autism assessment

83% of people with LD

go without regular physical activity

68%

have experienced discrimination and hate

MHLDN NEEDS

Account for the main reason of school absence

20 years less

3x risk of premature death and a reduced life expectancy of about 20 years. Suicide accounts for 25% of these deaths

Employment

121,000 people are income deprived, 1 in 3 people are economically inactive and only 5.6% of people with LD in work

23%

Live in housing classed as Hazard 1, .i.e. non-decent and a growing number of people who are homeless

Avoidable death

People with a serious mental illness/learning disability are more likely to die from avoidable medical cause of death

Data from Anna Freud Centre, Centre for Mental Health and Bradford district and Craven Health and Care Partnership.

Our approach – key principles

Meeting the
needs of the
population

Easy access
to support

Act as One
Working as a
system

Workforce
development

Coproduction



Three big outcomes for mental health: Promote, Respect, Improve

Promote

Promote Better Lives

1. I am a person with abilities, possibilities and a future
2. I am not defined by my mental health diagnosis and the level of distress.
3. I am supported through the stages of life where things can be difficult.

Respect

Respect Rights & Involve

4. My voice is heard and included.
5. I am supported to maintain my rights and dignity and to make choices that enable me to live a healthier, happier life.
6. I am in control and actively involved in my care and support.
7. Ask for my consent. Share information appropriately, so I don't have to repeat myself.

Improve

Improve Support

8. I have access to information, support and care that is close to home and meets my cultural choices.
9. When I need help, I can access this quickly and easily and services approach me with kindness, compassion and understanding.
10. I will know the name of the person who coordinates my support
11. My family or carer who may support me, will be respected and actively involved in my care with access to information and support they need.



Our Transformational Programmes of Work with Integration at Heart

REDUCING INEQUALITIES

Linked to RIA

Working together to reduce health inequalities and close the health gap in Bradford & Craven; so everyone can live healthier, happier and longer lives.

- Suicide prevention
- Reducing inequalities with a focus on ethnic minority communities
 - Perinatal mental health
- Living Well & Healthy Minds self-care and prevention
 - Wider determinants of health & wellbeing

CHILDREN & YOUNG PEOPLE

Working together to promote, protect and improve children and young people's mental wellbeing to enable them to achieve their potential & lead a full healthy life.

- Easy access: Thrive Framework
 - Responsive Crisis support
- Models of care and a focus on children who are vulnerable
 - Prevention and promotion
 - Healthy Minds in Schools
 - Improve waiting times & access

OUR WORKSTREAMS

COMMUNITY MENTAL HEALTH

Working together to transform our community Community mental offer to promote, respect, and improve people's mental wellbeing.

- Community focussed model of support
- Support for complex needs and dual diagnosis
- Physical health & wellbeing integration
 - Embed employment support
 - Early intervention and prevention
 - Therapeutic models of support
 - Older adults and carers
- Community supported living and housing
 - Healthy Minds

URGENT CARE & ACUTE LIAISON

To work together to provide the right support for people experiencing a crisis at the right time in their community or least restrictive setting

- 111 First - integration with First Response and Guideline access
- Intensive Home Support expansion
- Safer spaces and alternatives to crisis support for all age
- Acute hospital mental health liaison
 - High quality inpatient care that is close to home

Enabling programmes

Digital & IT
System1 units
Shared EPR
Assisted Technologies

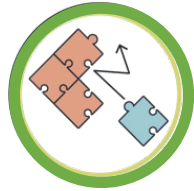
Workforce
Retention, new and integrated roles

Coproduction and Communication
Involve, develop new roles and shared collateral

Smarter Workspaces
Review of all spaces and co-location potential

Planning and review
Services and review cycle – linked to WY and LTP

Delivery of the strategy with key aims



Fragmentation and
moving between services



Partnership working
Integration
Better transitions
Co-location

Great place to work



Thresholds and other
barriers to access



Easy to **access**
Reduced waiting times

Easy access for all



Difficulties in getting
appropriate high quality care



Right care, right time
High quality

High quality care



Distance from
community



Community partnership model
Care close to home
Home First

Healthy communities

Framework

Our ambition is to move away from a system that is based on thresholds and tiers to enable people to access information, advice, support and care based on their needs. We have adopted the evidence based model called i-Thrive across our children and young people's services and aim to make this an all-age approach through adults to older adults mental health.

Each of the groupings are distinct in terms of the needs and/or choices of the individuals and also enable us to ensure we have the right workforce, skill mix and resources required to meet these needs and choices.

We will underpin this with our focus on public health, addressing inequalities and maintaining mental wellbeing through effective prevention and protection strategies that are community based.



Developing our current service offer

Self-care and prevention – things you can do to proactively look after your health and mental wellbeing

Mental health helpline – someone to listen and signpost you to help or support

Wellbeing support – community wellbeing delivered by the voluntary and community sector

Talking therapies – one to one or group support and psychological therapies

GP services – your GP services can refer you to secondary mental health services or prescribe medication

Community mental health – offer support, education and treatment for certain mental health illnesses

Alternatives to crisis services – community based crisis support to proactively keep you out of hospital and deteriorate

Acute and liaison psychiatry – hospital based crisis support to support you getting home and manage certain mental illnesses

Crisis and emergency – help and support during a crisis or emergency services

Specialist services – treatment and support delivered by specialists for certain mental health illnesses



healthy
minds

Advice and support

This way

This way

Guide-Line for advice and
signposting

Call 08001 884 884 8am –
12am (midnight) or chat
online

<http://www.mindinbradford.org.uk/chat/>

Visit our site
www.healthyminds.services

for a host of information,
services, articles and
resources for mental health
and self-care



Vision: Better Lives, Brighter Futures promoting, respecting and improving the mental health of everyone to live happy, healthy at home

Strategic objectives: integration of services; easy access; high quality care and care in your community

Community mental health	Acute crisis and liaison mental health	Reducing inequalities
<p>Transform our community mental health offer to promote, respect and improve people’s mental wellbeing</p>	<p>Providing the right support for people experiencing a crisis at the right time in their community or least restrictive setting</p>	<p>To promote the health of people and reduce the inequalities gap in access and support</p>
<p>Core Model A new, inclusive generic community-based enablement offer based on redesigning community mental health services in and around our primary care networks with community connectivity, recovery focus, embedding Living Well and new roles, additional roles reimbursement (ARRS), peer support, etc.</p> <p>Care provision – therapeutic support Providing evidence based and trauma informed interventions that support that meet individual, cultural and therapeutic needs, including improved access to psychological therapies.</p> <p>Care provision – early intervention in psychosis Maintaining the 60% early intervention in psychosis access standard and ensuring services achieve 95% NICE concordance</p> <p>Employment support and workforce development Supporting people to participate in the Individual Placement and Support programme and a range of skills, apprenticeships, training and employment opportunities for people and carers.</p> <p>Digital support Improving shared care and use of digital technologies</p>	<ul style="list-style-type: none"> • First Response / 111: Access via NHS 111 providing rapid blended mental health assessment, brief interventions and ‘open access’ to ongoing support, meaning that people and families can self-refer, including those not already known to services and widen to include Guide-Line signposting/advice. • Intensive Home Treatment: A blended team providing intensive home treatment to reduce distress, minimise potential for immediate harm, provide an alternative to hospital admission, support to solve acute social or interpersonal crisis and access to a short term crisis provision. • Safer spaces: A range of complementary and alternative crisis services to A&E and admission within our local mental health crisis pathways based in the community, including crisis café and safe spaces and expansion of peer support. • Mental Health Liaison: Both our general hospitals will have on site mental health liaison services and Bradford Royal Infirmary will meet the full ‘Core 24’ standard for adults and older adults. 	<p>Care Provision – physical Health and wellbeing – serious mental illness (SMI) Increasing the number of people with SMI receiving a comprehensive physical health check and associated interventions. To adopt a whole system approach to ensuring people with SMI are recognised, supported and have access to care and reduce variation in avoidance physical health conditions and access to healthcare.</p> <p>Focused support – the access and needs of people from diverse and ethnic minority populations. This will include ensuring we have good engagement and community development, using intelligence and coproduction to improve the access, appropriate responsive of services and increasing the representation in our workforce.</p>
<p>West Yorkshire focussed support Improving access and treatment for adults and older adults with a mental health diagnosis of ‘personality disorder’, eating disorders and in need of mental health rehabilitation.</p>	<ul style="list-style-type: none"> • Inpatient therapeutic offer: The improved therapeutic offer from inpatient mental health services and will contribute to a reduction in length of stay in acute inpatient mental health settings and the elimination of out of area placements 	<p>West Yorkshire focussed support – suicide prevention To achieve the ICS ambition to reduce the number of suicides.</p>

How we will measure our outcomes

Promote better lives

1. I am a person with abilities, possibilities and a future
2. I am not defined by my mental health diagnosis and the level of distress.
3. I am supported through the stages of life where things can be difficult.

Measures 1 – 3

- Access to education, School readiness, employment, housing
- Access to early intervention offers (Guideline, Qwell, FRS, EIP, Recovery rates, length of stay, etc.)

Respect rights

4. My voice is heard and included.
5. I am supported to maintain my rights and dignity and to make choices that enable me to live a healthier, happier life.
6. I am in control and actively involved in my care and support.
7. Ask for my consent. Share information appropriately, so I don't have to repeat myself

Measures 4 – 7

- Evidence of involvement at all levels of practice /governance
- MCA, advocacy, serious mental illness checks, social etc
- Evidence of shared care planning
- Integrated/shared systems, act as one working/feedback

Improve access to support

8. I have access to information, support and care that meets and my cultural choices.
9. When I need help, I can access this quickly and easily and services approach me with kindness, compassion and understanding.
10. I will know the name of the person who coordinates my support
11. My family or carer who may support me, will be respected and actively involved in my care with access to information and support they need.

Measures 8 -11

- Healthy Minds, voluntary community sector offer, diversity and inclusion
- First Response, MWC, ED, etc Range of support on offer on Healthy Minds, community, cultural, faith competencies & models of care
- Named coordinator and integrated plans
- Carers Support plan
- Feedback from Grass Roots and people

Summary

- Why we are here** To deliver better lives and a brighter future for everyone in Bradford district and Craven
- Our vision** Everyone can live *happy, healthy at home*
- Our purpose** To promote, respect and improve positive mental health of all our communities throughout their life journey
- Our objectives** The improvement of our mental health services involves the Integration of services; Easy access; High quality care and Care in your community
- Our values** We listen, we care, we deliver; we see the whole person and are inclusive, we *Act as One*
- Our focus** For the *people* we serve and the *staff* we support we have these main priorities:
- 1) we will reduce inequalities in mental health;
 - 2) we will improve children's mental wellbeing;
 - 3) we will transform our community mental health and care services and
 - 4) we will improve our urgent and crisis liaison offer
 - 5) we will strengthen our workforce, transform our digital and estates enablers



Your feedback

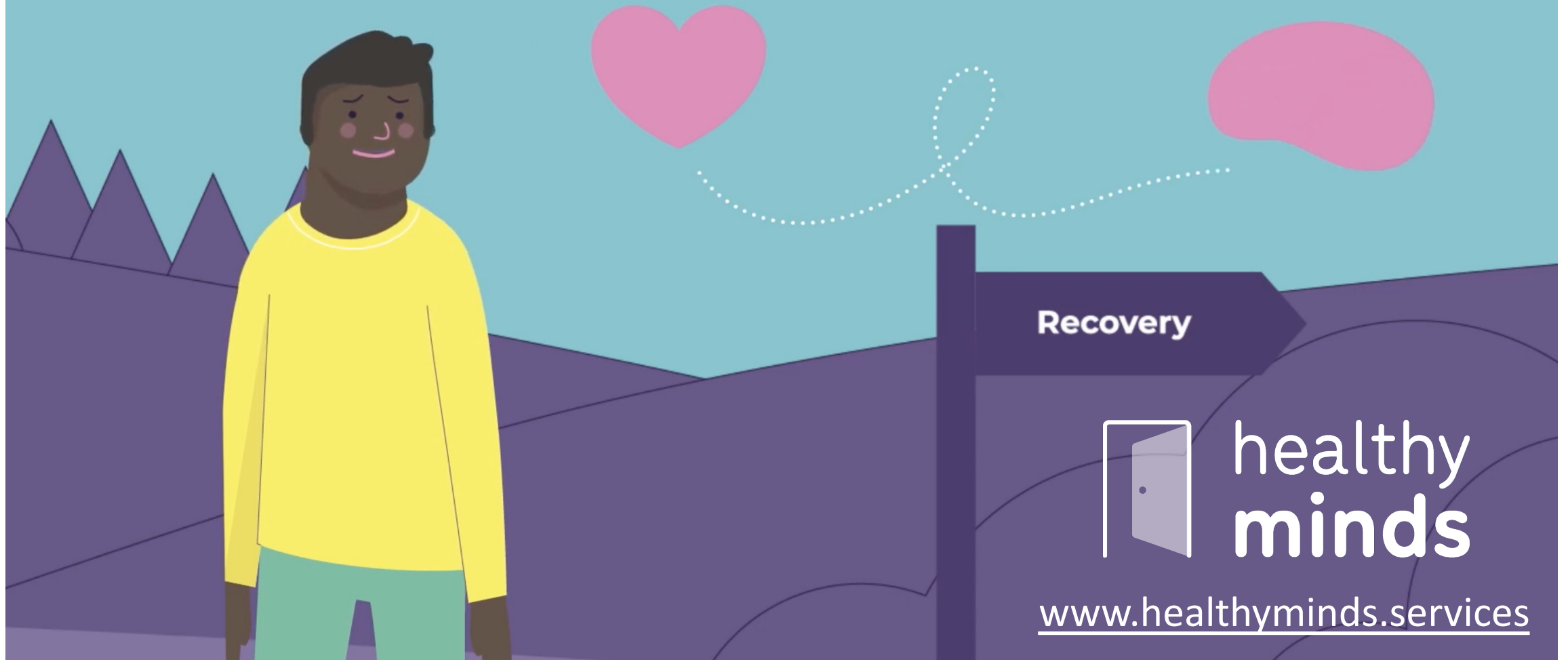
Please note, this strategy is a live document and we invite continued feedback and input via

https://www.surveymonkey.co.uk/r/HM_strategy_draft_21

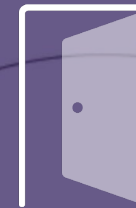
For copies of this strategy in alternative formats or further details, please contact wellbeing@bradford.nhs.uk



For support and advice visit **Healthy Minds**



Recovery



healthy
minds

www.healthyminds.services