

Nottinghamshire County Council Overview and Scrutiny Committee

Mental Health Services Transformation Plan Update

This briefing provides a progress update on the delivery of key programmes in the Mental Health Transformation strategy for Nottingham and Nottinghamshire ICS.

Severe Mental Illness

The Severe Mental Illness (SMI) transformation plan outlines £12 million investment phased over 3 years to 2023/24, spanning SMI, Early Intervention in Psychosis, Individual Placement Support, Adult Eating Disorders, Personality Disorder pathway and improved physical healthcare. Mid Nottinghamshire and Bassetlaw were the first areas to implement changes with South Nottinghamshire identified launching year 2 (2022/23).

The core model will provide services to people with SMI over the age of 18, with this being developed in partnership with primary care leads and Place Based Partnerships (PBPs) (previously known as Integrated Care Partnerships / ICPs) leads – developing more streamlined pathways over the 3 years with access to integrated services increasing from 2315 (Year 1) to around 7000 by the end of year 3 (2023/24) across the Integrated Care System area.

Voluntary Community Sector growth is a key element of the pathway, following a successful pilot in Bassetlaw and Mid Nottinghamshire, the MIND stabilisation and resilience pathway will be rolled out across county-wide during 2022 with over 1000 referrals and around 700 people completing the programme since the transformation roll out began and further growth planned in 2022/23.

Primary Care Networks (PCNs) have worked closely with system leaders to develop the Mental Health Practitioner role, enabling PCNs and local mental health teams to provide support for people that often fall between services. To date we have recruited 10 practitioners across the County with further recruitment currently underway.

Integrated substance misuse and mental health service provision has been identified as a gap in local provision, part of the transformation work has been to better align the services we have recruited 3 substance misuse workers across the ICS working with CGL to provide improved MH support to patients with substance misuse issues and further 3 be recruited in the coming months.

To note, investment in SMI is complemented by investment totalling c.£7.4m through to 2023/24 in early intervention and common mental health provision, with primary care psychological services (IAPT) expanding to increase access to around 40,000 people across the ICS by the end of 2023/24 up from around 25,000 in 2019/20.

Future Plans

The roll out of the core model will continue across the ICS area working with PBPs to develop local needs led services. Specific areas of focus have been identified through the transformation ambitions each year has an area of focus and planned investment.

- 2021/22 – develop Personality Disorder Hub and local pathways within Local Mental Health Teams
- 2022/23 – Develop comprehensive adult eating disorder services - growth of at least 11 wte up from an establishment of 10 in 2020/21 establishment
- 2023/24 – Long Term Community Rehabilitation pathways.

Waiting Times

Current waits for assessment across the community teams is around 7 weeks on average, there has been some impact on waits due to the Covid- 19 pandemic. The overall national ambition is to move to 4 weeks wait by the end of 2023/24 in line with the local transformation plans.

Crisis Support

The investment into the crisis services to meet the national quality standards and development of the 24-hour access line resulted in an increase in people accessing crisis support and a reduction in the overall admission rate to mental health inpatient services since 2019. During the pandemic we have seen an increase in demand for crisis services resulting in assessment demand increasing from an average of 120 per week in 2018/19 to 160 per week in 2021.

Patients can self-refer to the crisis teams 24/7 through a freephone number. Calls are answered by staff from Turning Point that are collocated with the crisis team and can provide support and advice and signposting. Where it is identified that patients require a clinical assessment this is handed to crisis team. Response times to clinical assessment in the community are within 4 hours from the initial contact when required.

As part of the overall alternatives to crisis and A&E, Crisis Sanctuaries (delivered in partnership with MIND, Turning Point, Harmless and Framework) have been established across the area offering both an online and physical space between the hours of 6pm and 11pm – currently there are physical sanctuary offers across the County. Plans are in place to develop the sanctuary offer and expand the sites working with local PBP leads.

Perinatal Mental Health

Investment totalling £1.2m during 2021/22 and 2022/23 in perinatal mental health services is enabling the expansion of the specialist community mental health service to increase access to support, extending the period of care from 12 to 24 months, increasing access to evidence-based psychological therapies, and implementing evidence-based assessments of partners of women accessing specialist services and signposting to support where required.

In addition, Nottingham and Nottinghamshire has secured further funding of £375,000 per year to pilot a new Maternal Mental Health Service, which launched in January 2022. This will bring together maternity, reproductive health, and psychological therapy services for women who experience moderate to severe mental ill-health directly arising from, or related to, their maternity experience.

Children and Young People

Community mental health services for children and young people across the ICS will benefit from a minimum of £8 million additional investment through to 2023/24. This will provide access to mental health support to around 8500 children and young people across the ICS and around 7000 children able to access support through the newly developed Mental Health Support Teams (MHSTs) in schools.

The ICS was set a target of introducing MHSTs in 25% of schools in Nottinghamshire by April 2024. However, due to their success to date, this has been extended and plans are in place for c.50% of schools to have access to MHSTs by April 2024.

The children and young people crisis offer has been developed and 24/7 crisis services are in place across the County; this will see an increase of 20 whole time equivalent (wte) in crisis services, from a baseline establishment of 18 .2020/21. This will provide more intensive home treatment support and robust alternatives to inpatient care.

Recruitment is underway in community teams with a planned growth of over 45 wte in the next year, an increase of 30%. The additional roles compromise growth in existing and new roles, including mental health nurses, family therapists, psychologists, peer support workers. Developments will build on previous work with the MH:2K youth group to co-produce the transformed delivery with children, young people and families.

Eating disorder service investment has been secured to recruit at least 16 wte up from an establishment of 10 in 19/20 however there has been an increase in the number of young people accessing eating disorder services both locally and nationally which has resulted in waits longer than the required 1 week for urgent assessment and 4 weeks for routine assessments. Plans to increase capacity further are being developed in partnership with the CCG.

Demand and waiting times for CAMHS Community Service

Demand for services has continued over the previous 2 years, impacted by the pandemic, impact of lockdowns and prolonged absences from school. This has led to changing and unpredictable patterns in referrals which has created bottlenecks and extended waits. This has been further exacerbated by high sickness and absence rates over the past 2 months due to the recent Covid-19 impact. Current average waits are around 15 weeks for assessment. However, alongside recruitment to new posts and recent improvements in sickness and absence rates, capacity is increasing. Additional capacity has also been commissioned through specialist independent providers, subcontracted through the CAMHS provider, to support waiting times recovery during 2021/22 and into 2022/23.

To further support the current pressures, Nottingham and Nottinghamshire has been selected to work with NHS England as part of a 4 week wait pilot, testing ways to support the overall national ambition to move to 4 weeks wait by the end of 2023/24.

Summary

As described in this and previous presentations, the Mental Health Transformation Programme is a significant programme of change that is not only based on an increase in capacity in mental health services but also a move towards more integrated service provision working partners across the ICS area to deliver holistic patient care. Work is progressing with partners to develop and embedded new ways of working and through place-based partnership Boards, however this has not been without its difficulties due to the ongoing pandemic. While workforce plans have been established, delivery of these are a risk due to the significant recruitment challenges being faced across the NHS and social care currently.