

Report for Nottinghamshire County Council Health Scrutiny Committee:

Adult Mental Health Transformation Plans

1. Introduction

- 1.1 This paper informs the Health Scrutiny Committee of the current work by Nottinghamshire Healthcare NHS Foundation Trust to review and develop adult and older adults mental health services across Nottinghamshire. It should be noted at this point that the plans described in this report are still in development and could change as part of the collaborative approach that is being taken.
2. The Mental Health Long Term Plan that is referenced in this update requires a full response and high level plan submitted during November. This is being led by the ICS with support from the Trust. The ICS will lead the consultation around the overall plans. Due to the timing of this update and to avoid duplication only the key areas for adult mental health are referenced in this paper.

3. The Background and Context

- 3.1 As set out in the NHS Single Oversight Framework 2019/20 The NHS will be performance managed in a more system focussed way through the ICS. Nottinghamshire Health Care Trust are a key partner in the system delivery of specialist mental health services. And are commissioned to deliver parts of the overall mental health services throughout Nottinghamshire alongside, primary care, third sector providers.
- 3.2 The Mental Health Five Year Forward View and more recently the Mental Health Long Term Plan (appendix 1) sets out a number of standards and targets to improve mental health services over the next 5 years. This requires changes in the way that we work and developing the wider system to support patients across the whole pathway. It is expected that funding will be made available to the local system to support these targets.
- 3.3 The overarching areas of work that will be monitored through the Long Term Plan are listed below
- Perinatal mental health
 - Children and Young People's (CYP) Mental Health
 - Adult Severe Mental Illness (SMI) Community Care
 - Mental Health Crisis Care and Liaison
 - Therapeutic Acute Mental Health Inpatient Care
 - Suicide Reduction and Bereavement Support
 - Problem Gambling

- Rough Sleeping Mental Health Support

Within each of these areas there are number of initiatives that have been developed to meet the 2023/24 targets set out in the Long Term Plan.

4. About Adult and Older Peoples Mental Health Services

4.1 The Nottinghamshire Healthcare Adult Mental Health Service Directorate provides a wide range of services for patients aged 18 and over across the Nottinghamshire and Nottingham City area. These include:

- Acute Mental Health Inpatient Care
- Psychiatric Intensive Care Inpatient Facilities.
- S136 Places Of Safety
- Community Mental Health Services.
- Mental Health Crisis Services
- A&E Liaison Services
- Psychology And Psychotherapy
- Memory Assessment Services
- Working Age Dementia Services
- Day Care services
- Recovery College

5. Current issues identified

Inpatient provision

5.1 As described in the previous paper submitted in 2018 the demand for inpatient provision is significantly higher than can be met by the NHCFT existing bed stock of 129 adult mental health beds. Since the previous report the situation for patients has greatly improved due to the local arrangements that have been put in place in partnership with private providers to subcontract acute mental health beds and psychiatric intensive care beds within the Nottinghamshire footprint significantly reducing the number patients are not sent to out of area inpatient care. The inpatient provision for older adults is currently sufficient to meet the local demand with no inappropriate out of area placements recorded for this group over the last 3 years.

The diagram below shows the reduction in out of area bed use for and plans for meeting the target of the eradication of inappropriate out of area placements by 20/21 that are monitored on a regular basis.

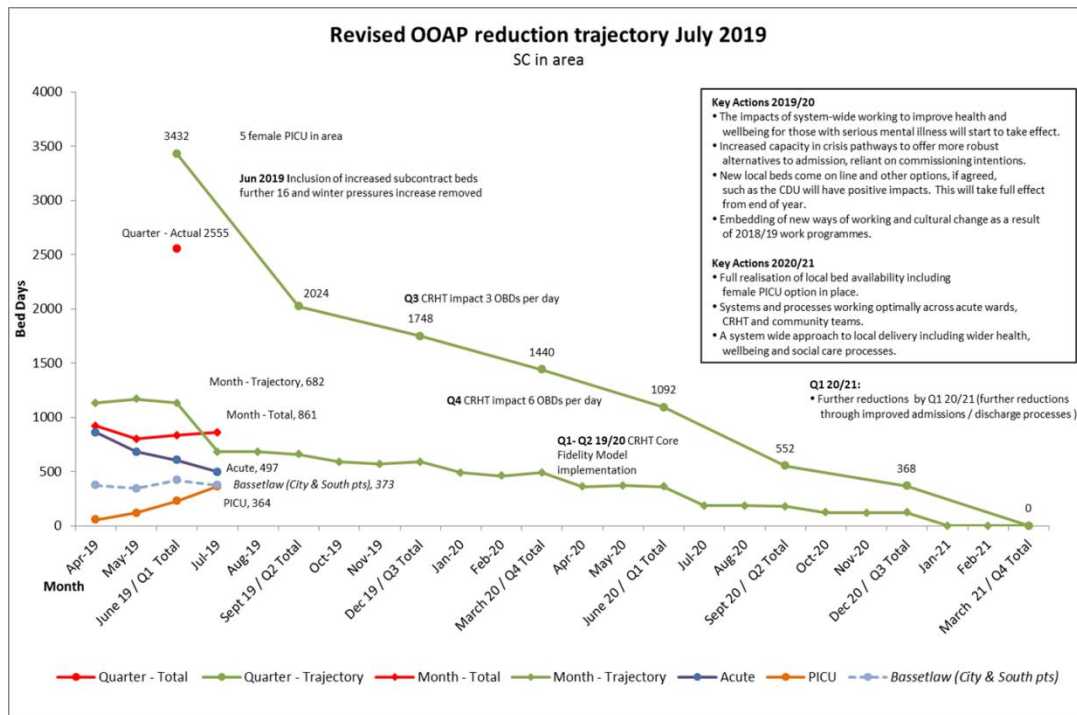


Fig 1

5.2 There are still significant pressures for psychiatric intensive care beds in the local area and the demand for this service has grown over the last few months. This is currently being discussed with commissioners to develop more robust alternative pathways for specific cohorts of patients

5.3 The out of area bed numbers also include patients from the South of the County that access beds in the North of the County and vice versa. Funding has been identified to provide enhanced support for patients and their carers that are placed outside of their usual area of care but in Nottinghamshire Healthcare beds.

5.4 The future inpatient need for the Nottinghamshire is currently being scoped, due to the number of transformation schemes that are due to start over the next few months this needs to be monitored as the schemes impact is realised. There are clear assumptions that improvements to crisis pathways offering robust alternatives to admission will reduce the overall inpatient need.

5.5 Due to the geographical distribution of the Nottinghamshire Healthcare Trust beds the inpatient beds are not reflective of the demand in the local area. This will be considered as part of the future bed provision planning

5.6 The continued high demand for inpatient provision continues to present a cost pressure to the Trust and whilst patient pathways have improved significantly due to the subcontract arrangements however, until demand for inpatient provision reduces the cost pressure will continue.

6. Community services.

6.1 The current community mental health services are not able to offer timely access based on national standards resulting in long waits to access appropriate treatment pathways and increased pressures across the services. Growth in patients diagnosed with

personality disorder has had an impact on mental health services that are not traditionally resourced to meet the needs and of this complex group resulting in other patient pathways being affected due to the shift in activity and acuity of patients.

6.2 There is has also been a shift in public expectations around what mental health services can and should provide, and work is ongoing to develop more clear pathways of care to define the offer more clearly.

6.3 As per the requirements of the Long Term plan submission some capacity and demand work has been undertaken has identified the workforce gap using local demand and best practice guidance. As set out in the national plans a period of stabilisation to support the teams to prepare for transformation plans is required.

6.4 Dementia diagnosis services require further development to meet the demand the current waits for services are not in line with best practice and patients are unable to access specialist support in an effective way.

7. Local Transformation Plans

7.1 As part of the transformation and Inpatient Beds plans the Trust has developed a programme of works to review and develop all key pathways including:

- Local Inpatient Beds Provision
- Crisis and Home Treatment Transformation
- Admission, Stay and Discharge – Patient Flow
- Local Mental Health Teams Development (Community Pathways)

7.2 Crisis pathway Transformation

7.3 In the previous report it was reported that funding had been requested from commissioners to deliver Core Fidelity Standard services across the Nottinghamshire ICS footprint. A combination of CCG, central transformation funds, and realignment of NHCFT funding has been identified totalling circa £1.8 million. Phased implementation is currently underway to deliver Core Fidelity Standard Crisis Home Treatment services by 20/21.

The investment increases staffing levels based on a population rate and includes the following standards

- 24/7 inpatient admission gatekeeping
- Access to 24/7 intensive home treatment
- 4 and 24 hour response (clinical triage)
- Self-referral
- 18+ No upper age limit

As part of the crisis pathway development a Psychiatric Clinical Decisions Unit (PCDU) will be available as part of the crisis pathway. The PCDU provides an appropriate space to offer extended assessment periods (up to 24 hours) for patients that are at risk of

admission. The unit will provide space for up to 8 patients to work with the appropriate teams to develop care plans.

7.4 Community Mental Health Teams

7.5 The Long Term Plan sets out the requirement to provide integrated primary and secondary care community services for adults and older adults with severe mental illness (SMI) with clear focus on personality disorder pathways, community rehabilitation and adult eating disorders. Plans are currently being developed with commissioners. The Long Term Plan sets out the investment plans for the next five years to develop the services. It is widely recognised that the community mental health offer is key to supporting patient flow across the system

7.6 Nottinghamshire Healthcare is currently working with local CCGs to transform the Community Mental Health Services supported by the development of Primary Care and Third Sector Services to provide a more holistic approach to patient care.

7.7 Older adult's services.

7.8 The community mental health offer for older adults will be developed as part of the integrated community mental health services.

7.9 Plans are in place to review pathways for dementia services including diagnosis services and inpatient provision during 19/20.

8. Consultation

8.1 Each of the work programmes are will ensure that patient and care involvement is a key part of the transformation plans. We will work in a collaborative way to build future provision across the Nottinghamshire area.

9. Conclusion and Next Steps

9.1 The Adult Mental Health Transformation Programme Board oversees a wide range of complex service and system wide developments. The expectations set out in the long term plan and the planned investment offer an excellent opportunity for the system to offer robust and sustainable mental healthcare services across Nottinghamshire Nottinghamshire Healthcare is keen to work with all partners to develop high quality services that can meet future requirements.

8.2 The Committee is asked to:

- NOTE this report
- ADVISE how it wishes to be involved and what issues it wishes to raise through the review.

Chris Ashwell

Associate Director Adult and Older Adults Mental Health Services

Kazia Foster

Service Improvement and Development Manager

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