

Health and Wellbeing Board

7 September 2016

Report of Director of Operations,
Tees Esk and Wear Valleys NHS Foundation Trust

**Rehabilitation and Recovery, Adult Mental Health Service
Developments in York and Selby**

Summary

1. This paper updates the Health and Wellbeing Board on the progress to date around Rehabilitation and Recovery, adult mental health service developments in York and Selby. Included is an overview of the work of the multi-agency stakeholder steering group and that of the Tees, Esk and Wear Valleys NHS Foundation Trust's (TEWV) project team.

Background

2. The paper outlines the background and context associated with the temporary closure of Acomb Garth, Adult Rehabilitation and Recovery Unit in York and the progress to date following a Quality Improvement event held 29 February -2 March 2016.
3. The decision by the Care Quality Commission (CQC), not to register Bootham Park Hospital for adult in-patient services had a number of consequential impacts on other services across York and Selby. The reinstatement of adult inpatient services at Peppermill Court has been a priority, but there were a number of associated estate impacts.
4. The need to relocate mental health dementia services from Worsley Court to Acomb Garth led to the adult Rehabilitation and Recovery unit at Acomb Garth to be temporarily closed in March 2016. As a result of this closure the majority of patients were supported in the community with those requiring more health based support, transferring to other inpatient provision in Tees Esk and Wear Valleys NHS Foundation Trust.

5. This provided an opportunity to consider the current rehabilitation and recovery services and develop a model which has a clear focus on person-centred recovery and a community based pathway of care. To ensure recovery pathways are person-centered and seamless and people receive treatment in the least restrictive environment, it was acknowledged by the Trust that more work was required to review the service model to meet modern day mental health requirements. Our work plan has been focused on a number of elements to address this.

Main/Key Issues to be considered

6. Work is being undertaken with service users and carers and a wide range of stakeholders to consider service options around rehabilitation and recovery. There are a number of options being considered and further data is being collected to inform the proposals. A number of work streams are exploring good practice and innovative models of support within the rehabilitation and recovery umbrella which includes crisis house/ step down facilities and wider interface with housing support options.
7. This has been an iterative process, working with a range of stakeholders, but with a particular focus on involving service users and carers and applying the Trust's Quality Improvement System (QIS).
8. A half day workshop was held in December 2015, including members of the Rehabilitation and Recovery Stakeholder group, with other representation from health, social care and third sector, to look at current rehabilitation in-patients services. The recommendation was to develop a future model of person centred and recovery focused, multi-agency service, using the TEWV Quality Improvement System, Kaizen 3P (Production Process Preparation) workshop.
9. This event was held on 29th February, 1st and 2nd March 2016 and explored the improvement and development of future Rehabilitation and Recovery services in York & Selby. It provided an opportunity to consider a new vision and model of rehabilitation services and seamless care pathways in York & Selby, encompassing a wide spectrum of partner organisations that support individuals in their community. The 3 days included co-production of 18 service users and carers, and significant input from health, social care and third sector organisations. **Annex 1** provides an over view of the concept developed within a PowerPoint presentation.

10. The key desired outcomes, working in partnership with social care and the third sector are;

- Improved partnership working to enable recovery in the community for more people
- To reduce reliance on adult rehabilitation inpatient facilities, particularly for people whose needs could be better met out of a hospital setting
- To realign our approach to support a community based rehabilitation service
- To support people in Out of Area treatment placements to return to their home area

11. A multi-agency Stakeholder Steering Group has been established and has focused to date on the following areas;

A. To develop detailed and costed proposals on how to meet the health support and housing needs of people with mental ill-health and other complex issues such as substance misuse, non-engagement with support or serious risk issues. Project led by Louise Waltham City of York Council (CYC)

12. (This links to the Whole Concept - The Hive and Nest) Annex 1

Progress to date:

- Good practice models have been explored and reviewed (Mental Health Provider Forum Examples of Innovative Practice and Design)
- Exploration of spot contracting arrangements through personal budgets – rather than a block commissioned scheme it would be possible to support people with personal budgets, and revenue fund support through their eligible support needs.
- Accommodation has been identified by CYC for conversion into Mental Health Supported Accommodation. Third sector organisations have been invited to describe models used elsewhere.

- The review of 22 The Avenue, New Lane and Shipton Road Accommodation has been added to this work stream. Allowing the development of a pathway of Mental Health supported accommodation.
- Continued effective partnership working with Adults and Housing in CYC, and health.
- Survey Monkey has been developed to identify level of need across health and social care, as well as considering needs in out of area treatment placements.

B. Identify people who are in Out of Area Treatment placements

Profiling their current mental health and accommodation support needs. (Out of Area Treatment placements were previously case managed by the Partnership Commissioning Unit [PCU] on behalf of the NHS Vale of York Clinical Commissioning Group [CCG])

13. (This links to the Whole Concept - The Hive and Nest) Annex 1

Progress to date:

- The out of area treatment placements information has being collated, and there is now a much better understanding of information pertaining to the individuals' needs and associated costs of the placements.
- The overall aim is to effectively support people to return to their home area with a range of housing and support options.
- Internal TEWV processes have been developed to ensure connectivity with the people who are in out of area treatment placements.

C. Review of current mental health directory information available in York and Selby.

14. (This links to the Whole Concept - Buttercups and flowers/ other flowers and overflowing roots) Annex 1

Progress to date:

15. 3 mental health directories have been identified;

- **Health Watch** – Mental Health and Wellbeing in York. This is in paper form and will be updated this year, 2016. (Part funded by TEWV)
 - **York Directory for Mental Health**, an electronic version. This does not include Selby. It will be updated this year, 2016. (Part funded by TEWV)
 - **Discovery Hub** – As part of the offer from the Discovery Hub there is an electronic directory which outlines details of learning opportunities (available through University and other sectors). The Hub is funded by TEWV.
16. These are reviewed as part of the Connect (this is a forum where voluntary and community sector work with TEWV in exploring service delivery). The group will explore formats, scope and methods of updating directories to ensure they meet need.

D. Mental Health Café / Crisis café / Safe Haven.

This is an alternative means of support for those experiencing mental health crises.

17. (This links to the Whole Concept - The Door, Queen Bee, Hive, Swing and Nest) Annex 1

Progress to date:

- This subgroup was initially chaired by Teri Sanders, Locality Manager, (TEWV) and Ruth Lambley, Expert by Experience.
- A joint meeting was held on 5th July 2016 with Voluntary Sector, Experts by Experience, CYC, PCU and TEWV.
- This Project subgroup is now chaired by Sheila Fletcher (PCU) linking with the action plan from the Crisis Concordat Committee.
- A group of TEWV staff and Experts by Experience visited Aldershot Safe Haven on 27th July 2016 to learn about this service and bring information back to the sub group.
- CYC have offered Sycamore house as a venue for the Safe Haven Crisis Cafe, on an evening and weekend. The model of support will be health, third sector and peer support. They will

facilitate direct access to mental health services via the Crisis Team if required.

Next steps

- i. Develop and agree a project plan by 30 September 2016.
- ii. Determine the exact scope with our Experts by Experience, Service users and carers.
- iii. Experts by Experience are service users who have undertaken training within TEWV and work co productively to ensure projects and service developments are recovery focused.
- iv. 3. Capital funding bid submitted to Department of Health (Sep 2016)

E. The International Whole Person, Whole Life-Whole System Recovery Symposium.

18. (This links to the Whole Concept - Snails, Bees, Buttercups and Flowers, Other flowers and overflowing roots, Swing) Annex 1
19. Earlier this year a Symposium was held with a number of representatives from across the mental health system, along with the International Mental Health Collaborating Network (IMHCN), stakeholders, service users and carers. Its focus was to provide new ways of approaching recovery, in a more holistic manner, using national and international best practice as a means to stimulate discussion and future work. As part of the follow up actions it was agreed to maintain momentum via Action Learning Sets. The symposium Action Learning Sets bring together health, service users, family members and community organisations to develop a process which involves working on the real needs and interests of people.
20. The Action Learning Sets have been established and will include five days over a period of six months covering themes of:
 - Knowing the person
 - Working alongside the person
 - A whole life for the person

21. This work will enhance how we culturally change our approach to recovery; person centred care and promote increased co-production.

F. Scope the need for Inpatient Rehabilitation Services in York and Selby Locality.

22. This links to the Whole Concept - Nest, Queen Bee and Snails (Annex 1)
23. This work is closely linked to the Out of Area Placements work, as TEWV need to understand the current and future needs relating to inpatient rehabilitation and recovery provision in York and Selby. Once there is a good understanding of this an options appraisal will be developed as part of the project management framework. The Rehabilitation and Recovery Project team are overseeing this with the Rehabilitation and Recovery Stakeholder Steering Group informing the work. The timescale for reporting back on this is December 2016.

Consultation

24. A Stakeholder Communication and Engagement plan has been developed in conjunction with the Rehabilitation and Recovery, Stakeholder Steering Group and Project Team. There is wide-ranging attendance from stakeholders and an emphasis on co-production in supporting the work plan.
25. As specific plans develop there will be further engagement and consultation on any proposed changes.

Options

26. There are no specific options for the Health and Wellbeing Board to consider.

Strategic/Operational Plans

27. The NHS Vale of York Clinical Commissioning Group have committed to addressing Mental Health services and improving services based on the 'Discover' themes. Much of the Rehabilitation and Recovery work is aligned to these elements. e.g. improving access, seeing the wider context for service users and enhancing recovery.

Implications

28. **Financial** - There will be planned investment in Estate infrastructure as part of any identified programme for inpatient rehabilitation and recovery service. The specific costs at this time are unknown and will be identified within the project and will form part of the business case arrangements within Tees, Esk and Wear Valleys NHS Foundation Trust.
29. **Human Resources (HR)** - There are no specific implications.
30. **Equalities** - There are no specific implications.
31. **Legal** - There are no specific implications.
32. **Crime and Disorder** - There are no specific implications.
33. **Information Technology (IT)** - There are no specific implications.
34. **Property** - There may be estates implications relating to future options appraisal for inpatient rehabilitation and recovery services in York and Selby.
35. **Other** - There are no other implications.

Risk Management

36. As part of the Trust Business Case for Rehabilitation and Recovery Services there will be consideration of all relative risks associated with this project.

Recommendations

37. The Health and Wellbeing Board are asked to consider this update report on progress in relation to Rehabilitation and Recovery and identify any area for further consideration by either the Multi Agency Stakeholder Steering Group or the TEWV Rehabilitation Project Team, on the key areas identified;
 - i. Health Support and Housing Needs
 - ii. Out of Area Placements
 - iii. Review of Mental Health Directories
 - iv. Mental Health Crisis Café and Safe Haven
 - v. International Whole Person, Whole Life-Whole System Recovery Symposium, Action Learning Sets

vi. TEWV Adult Rehabilitation and Recovery inpatient services

Reason: To keep the Health and Wellbeing Board updated in relation to progress

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**Report
Approved**



Date 23.08.2016

Wards Affected:

All

For further information please contact the author of the report

Background Papers:

None

Annexes

Annex 1: TEWV Quality Improvement System, 3P presentation (from the Production Process Preparation workshop held 29 Feb-2 Mar 2016).

Glossary

CCG- NHS Vale of York Clinical Commissioning Group
CQC- Care Quality Commission
HR- Human Resources

IMHCN- International Mental Health Collaborating Network
IT- Information Technology
NHS- National Health Service
PCU- Partnership Commissioning Unit
TEWV- Tees, Esk and Wear Valleys NHS Foundation Trust