

Priority	Progress/Action Planning already underway
<p>Top Priority:</p> <p>Get better at spotting the early signs of mental ill health and intervening early</p>	<p><u>Mental Health and Well-being Activities Programme</u></p> <ul style="list-style-type: none"> In July 2018 we entered into the second of a three year (£80k per year) contract awarded by City of York Council to York Mind, in partnership with eight other local organisations, to deliver a bespoke range of activities to support individuals' mental health and wellbeing across the city of York. In this second year, York Mind is working in conjunction with Converge, Kindlewoods, Kyra, York LGBT Forum, York Racial Equality Network, The Rowntree Society, Sunshine Changing Lanes, and Survive to deliver a range of activities including mindfulness, art and drawing, drama, yoga, walking groups, woodland well-being sessions, social events, and support groups. For more info please visit https://www.yorkmind.org.uk/our-services/mental-health-wellbeing-activities-programme/ <p><u>Mental Health Recovery Team (MHRT) at 30 Clarence Street</u></p> <ul style="list-style-type: none"> MHRT@30 Clarence Street has gone from strength to strength since moving back into the building last July. We are averaging 6 new referrals each week for either our wellbeing groups (all volunteer led) or our customer service skills training course. Our first cohort has now completed the whole kitchen training course with new trainees joining regularly. Demand for Information, Advice and Guidance is steady – averaging 8 – 10 people/sessions per week. York Explore recently took the decision to withdraw from 30 Clarence Street so we have opened our own community library. We appealed for donations of books and so far have in excess of 900 books available to borrow. Uptake of this service is gradually building up <p><u>The Haven' at 30 Clarence Street</u></p> <ul style="list-style-type: none"> Tees, Esk and Wear Valleys NHS Foundation Trust (TEWV) appointed 'Mental Health Matters' to

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	<p>deliver 'The Haven' service at 30 Clarence Street from November 2017. The service operates from 6:00pm–11:00pm, 7 days a week and provides an early intervention for adults in mental distress, to prevent an escalation into a mental health crisis. From 1 April 2018 to 31 August 2018, 528 people attended The Haven, of which 155 attended for the first time. Those attending present with a variety of reasons including anxiety, suicidal thought /intent, depression, as well as loneliness and isolation. To date, as far as we know, we have helped prevent 8 people from taking their life.</p> <ul style="list-style-type: none"> the intention of the service is to reduce unnecessary attendance at emergency departments, reducing hospital admissions and police detention. The impact of this service is to be evaluated after its first year. <p><u>30 Clarence Young People's Services</u></p> <ul style="list-style-type: none"> The Local Area Team's young people's offer which includes first level information, learning and work advice and confidential counselling is well established from 30 Clarence Street since the new service was launched in July 2017. The counselling service for young people age 16 to 25 has delivered 841 counselling sessions July 2017 to July 2017. 60% of young people are signposted or referred by GPs and mental health practitioners. Schools colleges and 6th forms also refer young people to the service. <p><u>Children and Young People</u></p> <ul style="list-style-type: none"> For children, young people and families, the Child and Adolescent Mental Health Service (CAMHS) Single Point of Access (SPA) accepts self referrals, as of July 2017. The SPA clinician

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	<p>will offer a 30 minute telephone consultation to ascertain how the service can help or if the CAMHS service is not indicated signpost it a more appropriate source of support or to the School Wellbeing Service via school. 90% referrals requiring full assessment are assessed in under 9 weeks from referral</p> <ul style="list-style-type: none"> • CAMHS SPA Lead and Team Leader for School Wellbeing Service have provided input to GPs on appropriate referral routes and signposting • The School Wellbeing Service has introduced an evidenced based whole class universal offer, with staff training provided 'How To Tame Your Meerkat' for KS1/2 and 'Mind Management' Years 9-13. • CYC investment in training 2 Wellbeing Workers s and 2 Educational Psychologists in Mental Health First Aid (MHFA) Youth to help staff and foster carers to spot the early signs and know how/when to refer on. • The Educational Psychology (EP) Service continues to deliver the 6-day training programme for ELSAs (Emotional Literacy Support assistants) on an annual basis. ELSAs are school staff who can offer intervention for emerging signs of social emotional and mental health needs • CYC Educational Psychology Service has produced a Critical Incident Guide for Schools to support children and young people experiencing emotional needs as a result of loss/f bereavement. • Information for parents is available at www.yor-ok.org.uk/sws.htm or through the York Local Offer at http://www.yor-ok.org.uk/2014%20YorOK%20Website/families/Local%20Offer/emotional-and-behavioural-difficulties.htm • Significant improvement in the delivery of the Access to Wellbeing service (which bridges the gap between Primary and Secondary care): dramatic reduction in numbers of those waiting to be seen, smoother processes means better integration with/referral to other services as appropriate.

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	<p>More responsive. Improved access to interventions to bridge the gap between primary and secondary services.</p> <ul style="list-style-type: none"> • IAPT has participated in a ‘deep dive’ review by NHS England’s Intensive Support Team and is following the recommendations from that action plan. • Older person’s community mental health services within Tees, Esk and Wear Valleys NHS Foundation Trust (TEWV) are going through a period of redesign with the view to enhance the offer and ensure earlier intervention and prevention is at the heart of service delivery. Key areas have been identified across community services to begin testing with a view to incorporating into a future service model. these include: <ul style="list-style-type: none"> ○ Developing separate access and crisis service for MHSOP (mental health services for older people) ○ Development of nursing and specialist ‘cells’ that are aligned to GP clusters. ○ Screening assessments within GP practices ○ Extending service hours to reflect need and accessibility for service users and families ○ Enhanced care home team
Other Priorities:	
Focus on recovery and rehabilitation	<p><u>Mental Health Housing and Support</u></p> <ul style="list-style-type: none"> • Following a report to Health and Wellbeing Board (HWBB) in January 2018, a great deal of work has been undertaken by the core project team (City of York Council, NHS Vale of York Clinical Commissioning Group, Tees, Esk and Wear Valleys NHS Foundation Trust) - working with a wide

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	<p>range of partners through meetings, workshops, and visits to other areas – to develop proposals for an improved mental health housing and support pathway. These include proposals to develop specialist mental health housing and support provision in the form of Supported Housing and an increased ‘Housing First’ service. Partners are now discussing how these proposals might be funded and these discussions will dictate the speed and phasing of implementation. An update report is scheduled for HWBB in February 2019.</p> <p><u>Other</u></p> <ul style="list-style-type: none"> • Community rehab team now established: to support repatriation back to York & Selby locality from external placements, and supporting mental health accommodation. • Contributing to a Trust wide piece of work to transform our approach to delivering Rehabilitation services
<p>Improve services for young mothers, children and young people</p>	<ul style="list-style-type: none"> • In partnership with York college and Independent Domestic Abuse Services (IDAS), Local Area Team Practitioners delivered a 6 weeks Life Skills programme over June and July to 9 vulnerable teenage parents at 30 Clarence Street focusing upon parenting, child development, learning and work and healthy relationships. 6 of the young people completed the course successfully. The success of the programme is still being evaluated with some of the young people taking up courses with York College and York learning. We are looking to offer the provision to vulnerable teenage parents again next year. • CAMHS crisis/liaison service started in August 2017 and is available every day (10am – 10pm). Plans are developing to extend this provision to 24/7. • TEWV was successful in its bid to deliver a perinatal mental health service across York & Selby

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	<p>and North Yorkshire localities. This team will be fully operational with effect from 1 April 2019 although staff are already in place and starting to see clients.</p> <ul style="list-style-type: none"> • The Haven at 30 Clarence Street is available to young people from 16 years • The Yorkshire and Humber forensic child and adolescent mental health service (FCAMHS), commissioned by NHS England is provided in partnership between South West Yorkshire Partnership NHS Foundation Trust, Humber Teaching NHS Foundation Trust, Sheffield Children's NHS Foundation Trust and Tees, Esk and Wear Valleys NHS Foundation Trust (TEWV).
<p>Improve the services for those with learning disabilities</p>	<ul style="list-style-type: none"> • Successfully retendered the building based short breaks services to include short breaks from age 16+ therefore enabling smoother transitions from children's short breaks services in a more person centred way. • Successfully tendered a new Base at Burnholme Health and Wellbeing Campus in the Centre@Burnholme building with United Response as the selected provider and which has been open since July 2018. • The Supported Employment initiative with the Department of Work and Pensions (DWP) in partnership with United Response is still underway with 31 adults with a learning disability accessing the service (60 including Mental Health and Autism) and 8 with a learning disability having secured employment (13 over the whole scheme). • Adult Social Care have written an Accommodation Plan for Adults with Learning Disabilities (2018-2023), this includes the continued review and enhancement of supported living

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	<p>opportunities.</p> <ul style="list-style-type: none"> • The Learning Disabilities Partnership has met twice (June and September), and whilst still in its infancy, is starting to set its aims and objectives. • Transforming Care – where people wish to come home to York ensuring there is accommodation and support available and where people wish to remain where they are that this is the right placement for them. This includes working in partnership to contribute towards the North Yorkshire & York Transforming Care Partnership’s Housing Plan. Reviewing the needs of NHS assessment and treatment beds across the Transforming Care Partnership footprint. Exploring the development of forensic outreach teams for those leaving secure mental health/learning disability services. • Transforming Care Partnership across North Yorkshire and York works to ensure that children and young people with autism/LD and presenting with challenging behaviours are appropriately supported in the community with reduced need for inpatient admissions. The TCP has and continues to work successfully on systems of support, and the evidence of CETRs which involve social care, education, crisis team and specialist health commissioners is that fewer children and young people have required admission to inpatient units. • Work with children’s services planning for the future. • An all age learning disabilities strategy is currently being developed with input from service users and relevant stakeholders. • Ongoing programme to improve access to health checks, health action plans and screening for

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	<p>cancer and other conditions.</p> <ul style="list-style-type: none"> • Transport: The Council has adopted a personalised approach to adult's transport, whereby adult customers are able to choose their own transport from a range of council approved providers (or explore other creative options - travel training, access to an extended bus pass scheme, community transport, mobility vehicles). 67 transport direct payments have been taken up by adult customers since the launch of the initiative on 1st November 2017. The initiative has empowered people to make decisions and choices - and maintain control of their day to day lives accordingly • The personalisation of transport is part of a wider strategic approach to develop personal budget and direct payment support structures in York that are people focused, flexible, and responsive to diverse use and need. The intention is to encourage independent living by ensuring that direct payments are accessible, innovative and genuinely deliver citizen choice and empowerment. There has been a particular focus on ensuring that Direct Payment customers are adequately supported to support plan, recruit staff and manage their DPs effectively. • FIRST extension project is seeking NHSE capital funding to develop the offer of intensive short breaks for children, young people and families with autism and challenging behaviours • Forensic Outreach Liaison Service (FOLS) is currently being recruited to and will be referral ready by Jan 2019
<p>Ensure that York becomes a Suicide Safer</p>	<ul style="list-style-type: none"> • See update on 'The Haven' at 30 Clarence Street on first page of this annex • Draft York Suicide Safer Community strategy written and open for public consultation over the Summer 2018. Generally positive comments whilst some feedback related to the format of the

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City	<p>document , questions around priorities and the mechanism for delivery</p> <ul style="list-style-type: none"> • Multi-agency workshop (funded by York Samaritans) held in July, attended by 85 representatives of statutory, commissioned and voluntary services in order to further consult on the strategy and gain commitment and contribution to multi-agency delivery plan which is being developed. • Training strategy developed. York MIND commissioned through Public Health and the Safeguarding Adults Board to deliver 6 further Applied Suicide Intervention Skills workshops over the next fourteen months supported by monthly safeTALK workshops by the Suicide Prevention lead. Training will be free and open to general workforce and community members. • Service of Reflection for people bereaved through suicide held at All Saints Church on 8th September. Around 80 people attended the service including some people very recently bereaved. Very positive feedback received indicating that the event was greatly appreciated. • York Suicide Safer Community Conference, funded by Public Health, held on 20th September. 135 people attended including staff from a wide range of front line services, the private sector and people who are bereaved by suicide or who have experienced suicidal thoughts. The event included very powerful lived experience accounts plus presentations from a clinician from TEWV, the Chief Executive of Papyrus (national suicide prevention charity) and the founder of IfUcareshare , a suicide postvention service in Durham. Exceptionally positive feedback received. • A new branch of SOBS (Survivors of Bereavement Through Suicide peer support charity) has been set up led by Alex Sutcliffe manager of the MIRT and two acquaintances. The first meeting was held on 19th September and was very well attended, mainly by York residents.
Ensure that York is both a mental health and dementia friendly	<p><u>Dementia Friendly</u></p> <ul style="list-style-type: none"> • In line with the service redesign for TEWVs older person's mental health services, and in conjunction with the CCG, additional work is ongoing to improve the pathway for dementia assessment and diagnosis to ensure the future standard of 6 weeks from referral to assessment

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environment	<p>can be met.</p> <ul style="list-style-type: none"> • In September the first ever dementia awards event took place at the Priory Street Centre to recognise progress in making York a dementia friendly city. The category of award included: individuals, businesses, Health and Social Care Exceptional Dementia Volunteer Business, Charity and Community, Outstanding Professionals Award, Intergenerational Award and a Dementia Friendly Community Award. The judging panel was made up of professionals and people living with dementia from Minds & Voices. This event raised the profile and demonstrated the excellent work that continues to take place. The dementia action alliance has delivered on the previous strands and is now looking at developing a new model which will ensure the City of York is fit for purpose in terms of supporting people living with dementia. In addition partnership work with the CCG is taking place to develop a dementia pathway which will be incorporated into an overall strategy. <p><u>Mental Health Friendly</u></p> <ul style="list-style-type: none"> • Time To Change is a social movement aimed at reducing mental health stigma and discrimination within society. The programme is supported nationally through the Department of Health and Big Lottery Funding and co-ordinated by MIND • Locally a Time To Change Hub was established in March 2018 with priorities to support campaigns that enable challenges to stigma and discrimination and to recruit local champions. Activity has focussed on engagement and awareness raising through a range of events, meetings and promotion of Time To Change during Mental Health Awareness week in May • Links to developing school based peer mental health programmes, the school wellbeing service and the children and young people's mental wellbeing agenda are being established • A bid for national funding to support the hub is currently being prepared for submission in

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	<p>November</p> <ul style="list-style-type: none">• Engagement with individuals and organisations about how Time To Change can be supported locally in order to strengthen the sustainability and social movement focus of the programme is a focus for this years World Mental Health Day on October 10th