

Mental Health and Learning Disabilities Partnership Board

Working in partnership to oversee the delivery of the Mental Health and Learning Disability Elements of the Joint Health and Wellbeing Strategy

Mental Health and Learning Disabilities Partnership Board

Annual Report 2013/14

Contents

| | |
|--|----|
| Foreword by the Chair of Mental Health and Learning Disabilities | |
| Partnership Board..... | 3 |
| Introduction..... | 4 |
| Role of the Board..... | 6 |
| Membership..... | 7 |
| Governance Structure..... | 7 |
| Key Successes | 8 |
| Consultation and Engagement..... | 9 |
| Ongoing Work Streams..... | 9 |
| Increasing understanding of mental health needs across the city..... | 9 |
| Raising awareness of mental health and reducing stigma | 10 |
| Intervene early and support community based initiatives..... | 10 |
| Ensure service planning and provision promotes choice and control. | 10 |
| Learning Disabilities | 11 |
| Challenges and Focus for 2015 | 11 |

Foreword by the Chair of Mental Health and Learning Disabilities Partnership Board

As Chair of the Mental Health and Learning Disabilities Partnership Board I am pleased to introduce the Annual Report for 2013/14.

The Board has been in existence since January 2013 and at that time was chaired by Dr Cath Snape. I succeeded the previous Chair in January 2014. I would like to take this opportunity to thank Dr Snape for her key role in shaping the Board.

In addition to this I would like to thank all Board members both past and present that have ably helped to move our agenda forward.

The Board have worked hard over this time to ensure that delivery against the 'Improving Mental Health and Intervening Early' element of the Joint Health and Wellbeing Strategy has been as co-ordinated as possible.

Looking forward into 2015 the Board will need to focus on ensuring that work continues to take place in partnership to achieve excellent outcomes for residents using services within the city. In addition to this there will be a number of challenges for the Board including progressing work around transitions with the YorOK Board and producing a comprehensive improvement plan for learning disabilities.

I look forward to working with colleagues and partners on this exciting and challenging agenda in 2015.

Paul Howatson

Senior Innovation and Improvement Manager
NHS Vale of York Clinical Commissioning Group
Chair of the Mental Health and Learning Disabilities Partnership Board

Introduction

The Mental Health and Learning Disabilities Partnership Board was established in January 2013 and has been developing and adapting ever since. Initially set up to ensure delivery against the 'improving mental health and intervening early' element of the Joint Health and Wellbeing Strategy it has, where possible widened its remit to take account of other national and local priorities.

The Joint Health and Wellbeing Strategy 2013-16 tells us that at any one time it is estimated that there are just under 26,000 York residents experiencing mental health problems such as anxiety or depression.

In addition to this, there are a range of other mental health conditions, for which prevalence estimates show that in York there are expected to be approximately:

- between 720-1480 adults who experience psychosis or schizophrenia
- 800 people who might have a learning disability of which 170 have a severe learning disability
- 850 people could experience an eating disorder such as Anorexia Nervosa or Bulimia Nervosa
- 930 people could be expected to suffer from Attention Deficit and Hyperactivity Disorder (ADHD)
- 1, 280 adults might have either an Antisocial Personality or Borderline Personality Disorders
- 1 in 10 mothers are predicted to suffer from post natal depression within a year of giving birth
- 120 people might be expected to have Down's Syndrome
- 2450 people could develop dementia

Where possible we want to be able to intervene early to address or prevent mental health problems and not just treat more severe conditions.

The Board meets on a bi-monthly basis and has opened its meetings to the public which has included a commitment to:

- publish agendas on-line five clear working days before a meeting
- offer a public participation scheme for anyone wanting to address the Board in relation to a matter on their agenda.

The pages below set out an overview of the Board's purpose more importantly a summary of the work they have focussed on since they were established in January 2013.

Role of the Board

The Mental Health and Learning Disabilities Partnership Board was established as the strategic body to oversee the delivery of the 'improving mental health and intervening early' element of the Joint Health and Wellbeing Strategy. Its overall aim is to focus on the following key principles set out within the recently refreshed Strategy:

- Increase understanding of mental health needs across the city
 - Ensure that all agencies and practitioners record and provide accurate data about mental health and can share this across relevant partners (on a confidential basis, as appropriate), building on the recommendations of the Joint Strategic Needs Assessment
- Raise awareness of mental health and reduce stigma
 - Commit to a joint annual communication campaign for mental health: awareness of it, how to respond to it and how to promote mental wellbeing
 - Work with partners across the city on the development of the 'well at work' training for managers
- Intervene earlier and support community based initiatives
 - Work jointly to promote the delivery of more mental health first aid training in York – either from the existing national programme or develop a local model
 - Across sectors, we will jointly map the support and pathways available for people with mental health conditions, including thresholds and eligibility criteria for services
 - Support the commissioning of more community based support and services for individuals, especially early intervention and prevention work
- Ensure service planning and provision promotes choice and control
 - Review our housing policy for people with a mental health condition, to ensure the policy promotes choice and control

The Board has had scope to further define the actions within these priorities

Membership

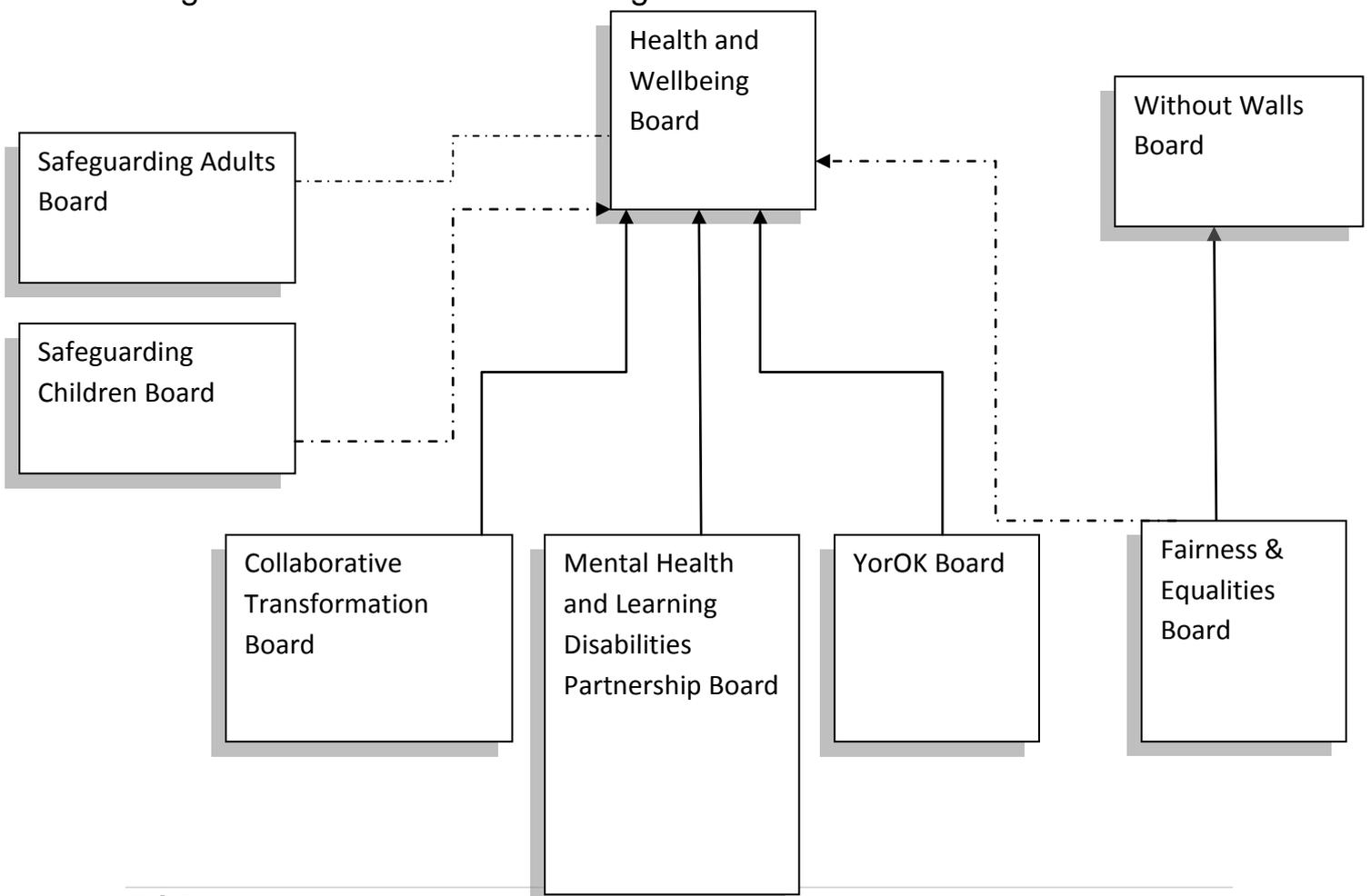
The Board has representation from the City of York Council (including Councillor representation), NHS Vale of York Clinical Commissioning Group, NHS Partnership Commissioning Unit (PCU), Leeds and York Partnership NHS Foundation Trust, North Yorkshire Police, Healthwatch York and the voluntary sector.

Membership of the Board is kept under review to ensure that the right people are on the Board to deliver against the actions in the work plan.

Governance Structure

The Mental Health and Learning Disabilities Partnership Board is a sub board of the Health and Wellbeing Board and holds its meetings in public.

Diagram 1 – Health and Wellbeing Board Sub-Structure



Key Successes

The Board have contributed to the successes of a number of positive outcomes for the city and these include:

Provision of a Health Based Place of Safety – the Health and Wellbeing Board gave a commitment in their Joint Health and Wellbeing Strategy to provide a fit for purpose Health Based Place of Safety (Section 136 Suite) for York and North Yorkshire. Mental Health and Learning Disabilities Partnership Board kept abreast of developments against delivery of this as part of their work, receiving and commenting on updates at their meetings. The Health Based Place of Safety opened in February 2014 at Bootham Park Hospital.

Dementia Friendly City – partners across the city have been working towards making York dementia friendly city. The Mental Health and Learning Disabilities Partnership Board have received regular updates on progress made towards this and we now have 35 organisations that have become part of the local dementia alliance (known as ‘York Dementia Without Walls’). Dementia Forward has also continued to provide dementia awareness education to various organisations and businesses across the city.

Both NHS Vale of York Clinical Commissioning Group and City of York Council will continue to support further development of Dementia Friendly Communities to reduce stigma, increase awareness of dementia, increase early diagnosis and provide support to people to live independently for as long as possible. A Dementia Navigator service to support those newly diagnosed with dementia was commissioned and commenced in June 2014 and is provided by Dementia Forward.

Re-procurement of Mental Health and Learning Disability Services – work has now been completed on the documentation to re-procure mental health and learning disability services for the city. Tenders are currently being invited with the aim being for the new contract to start in October 2015.

North Yorkshire and York Mental Health Strategy – colleagues from across the region continue to work on the development of a York and North Yorkshire wide mental health strategy that will be ready in the new financial year.

Consultation and Engagement

The Board have not undertaken any direct consultation or engagement directly in their own name; however there have been numerous engagement and consultation events held by the various partners that make up the membership of the Partnership Board. The largest of these has been the DISCOVER programme which has been directly linked with the re-procurement of mental health services within the city. The Chair of the Mental Health and Learning Disabilities Partnership Board has been actively involved with this.

In addition to this he has also:

- chaired the JSNA consultation event around mental health
- been a panel member at the Healthwatch York conference on mental health
- visited the Self Advocates Forum
- visited the CVS Forum for Learning Difficulties
- visited the CVS Forum for Mental Health

Ongoing Work Streams

Increasing understanding of mental health needs across the city

It was recognised in the Joint Health and Wellbeing Strategy 2013-16 that we needed to know more about mental health need and improve collection and recording of data to increase our understanding of mental health to improve the mental health services available in the city. Work on both the Joint Strategic Needs Assessment (JSNA) refresh and the mental health JSNA 'deep dive' work has been shared with the Mental Health and Learning Disabilities Partnership Board who have been given the opportunity to guide and direct this work. More information about this work can be found via the following link:

<http://www.healthyyork.org/health-ill-health-in-york/mental-health.aspx>

The Chair of the Partnership Board also chaired an engagement event around the findings from the JSNA mental health work which has helped partners to start shaping priority areas of work and helped to identify gaps. Development of the recommendations arising from this work is still underway but it is expected that the Board will take responsibility for those around mental health and learning disabilities.

Raising awareness of mental health and reducing stigma

This element of the strategy is close to the hearts of all the Partnership Board members. Recently we have been trying to build a more comprehensive picture of all the things happening in the city around this and have found that there are a surprising number. However there is a need for co-ordination of these to avoid duplication, jointly pool resources and ensure that the most is made of both national and local campaigns where possible.

Intervene early and support community based initiatives

The Board are keen to signpost to more mental health first aid training and are in discussion with Leeds and York Partnership NHS Foundation Trust around ways to achieve this. Work has also been undertaken by the Recovery Network on mapping the support and pathways available for people with mental health conditions, including thresholds and eligibility criteria for services. A number of recommendations have emerged and the Board are committed to monitoring progress against these to ensure, where possible, they are implemented.

Ensure service planning and provision promotes choice and control

This is a wide reaching priority that includes monitoring of the integrated plans for psychiatric liaison, improving access to psychological therapies and for supporting people with dementia. In addition to this the Board need to ensure that housing policies for people with a mental health condition promotes choice and control, encourage all partners to promote parity of esteem and accord with the crisis care concordat and monitor the progress of the North Yorkshire and York mental health strategy working group.

Learning Disabilities

Work around learning disabilities has not always been at the forefront of the Board's agendas or work plan over the past two years and this has been acknowledged as an area that the Board now need to give more attention to. The Board have received progress reports on Winterbourne and have considered the Joint Health and Social Care Self Assessment Framework (Learning Disabilities) – a statutory return that both the Local Authority and health colleagues have a duty to respond to. This was considered in both 2013 and 2014. As part of the Joint Health and Social Care Self Assessment Framework (Learning Disabilities) an action plan for improvement will be developed and this has to be submitted to NHS England. It will be monitored by NHS England on a quarterly basis and will become a standing item on the Partnership Board's agendas.

There is also a commitment to undertake a JSNA 'deep dive' around learning disabilities towards the end of 2015. Recommendations emerging from this piece of work will help inform the refreshed strategy in 2016 and identify areas where improvement needs to be made.

The Board have therefore committed to focussing two of their six meetings per year around learning disabilities and will make these meetings as accessible as possible so that all can have the opportunity to participate and influence future service provision.

Challenges and Focus for 2015

As we move into 2015 the Board will continue to work to ensure delivery against the 'improving mental health and intervening early' element of the Joint Health and Wellbeing Strategy. They will need to be confident that the work being undertaken in both the field of mental health and of learning disabilities is making a difference to the lives of residents within the city.

There are identified key challenges around integrating learning disabilities more within the Board's membership and work streams. In addition to this there are concerns around transitions from childhood to adulthood and ensuring that mental health service provision is seamless.

The idea of a joint development day with the YorOK Board around transitions is being explored as a starting point to progress this piece of work.

Three other identified areas of concern are detailed below:

- We know that about 10% of the population of York is made up of students in higher education institutions. As part of its ongoing work the Mental Health and Learning Disabilities Partnership Board will need to ensure that the mental health needs of this population are taken into consideration. There is a planned piece of JSNA work around student health which the Partnership Board will become involved with.
- We know that we have an increasing ageing population within the city and thus an expected increase in the numbers of people affected by dementia and other long term mental health conditions. Again this is something that the Board will need to take into consideration when planning services.
- The Board will need to support partner organisations with the implementation of the Crisis Care Concordat

It has also been acknowledged by the Partnership Board that appropriate housing and support for people with a mental health condition has become a recurring theme. Measures to address this will be escalated to the Health and Wellbeing Board at a meeting later in 2015.