

Community mental health framework (CMHF) Stakeholder Briefing

As part of the NHS Long Term Plan, NHS England has asked health and social care services to redesign and reorganise core community mental health teams to move towards a more joined up approach to services.

This is called the [community mental health framework](#) (CMHF).

Across North Yorkshire and York, the CMHF will look at how community mental health services, for adults and older people with serious mental illness, should modernise to put people at the heart of their care and to look at what that person needs in a holistic way. This new approach will also look at what local populations need and will link in with the geographic areas of Primary Care Networks (PCNs).

CMHF will not be a few tweaks around the edges of existing services. This is real transformation looking at a radically different future for community mental health, backed by substantial NHS England funding.

Over the next three to five years, the CMHF will drive a shift from the current fragmented, reactive system to one which places mental health support at the heart of the community. It will mean wherever people turn to for support in their community, they will be able to talk to someone who can help them or know how to get that help.

We will be working together with stakeholders, partners, service users and carers to make sure that services are tailored to the needs of the local population. Key features will include:

- Working together to promote mental and physical health
- Improving access to psychological based interventions
- Helping people with mental illness connect better with their communities
- Maximising the continuity of care, moving away from referrals and criteria, towards introductions and more flexible services
- Supporting services from the voluntary and community sector to work more closely with primary and secondary care services
- Providing services based on inclusivity, with a focus on people with serious mental illness

CMHF is a system-wide programme involving the many organisations across North Yorkshire and York that offer mental health and social care services including NHS secondary and primary care services, voluntary care sector, charities, local authorities and many other organisations. The involvement of service users and carers is crucial to this work.

No one organisation is leading the CMHF in North Yorkshire and York, this is very much a combined approach to make sure the future community health model meets the needs of the local population.

NHS England has asked that CMHF includes community mental health services for adults and older people with serious mental illness.

In particular, it will look at:

- personality disorders
- community rehabilitation
- young people's transition
- physical health
- adult eating disorders.

A working group has been set up in North Yorkshire and York to progress the CMHF work. The group aims to report back in summer with a provisional way of working which will be developed and implemented in the coming three to five years.

Progress to date

Embedding mental health professionals into multi-disciplinary meetings

NHS North Yorkshire Clinical Commissioning Group and specialist mental health provider Tees, Esk and Wear Valleys NHS Foundation Trust have worked together to embed mental health professionals into multi-disciplinary GP meetings in Scarborough and Ryedale, Hambleton, Richmondshire and Whitby and Harrogate.

The work is part of a pilot partnership programme to support GP's with mental health referrals and improve their knowledge of mental health services.

Peter Billingsley, GP and clinical lead for vulnerable people at NHS North Yorkshire Clinical Commissioning Group has been involved in the initial pilot of the programme says "The scheme has made a big difference in helping to plan people's care. It provides the opportunity for further discussion with mental health professionals, which ensures that people receive appropriate referrals to the right services and signposting to wider support where relevant."

A pilot scheme is also in development in York.

Primary Care mental health workers

Recruitment is under way to introduce new mental health workers into Primary Care Networks in North Yorkshire and York.

From this summer, most Primary Care Network across North Yorkshire and York will benefit from a full time mental health worker, who will be a first point of contact for local people experiencing mild to moderate mental health illnesses.

The mental health workers will be responsible for assessing people who contact their local GP with mental health related illnesses and liaising with relevant services, as well as providing signposting advice and information where necessary.

The new practitioners will be embedded into the GP practices on a day to day basis, which will allow them to work closely with GP colleagues to deliver proactive, timely and effective care. The new approach will enhance the existing support available for local people whilst also strengthening working relationships between primary and secondary care services, helping broaden knowledge and understanding of mental health illnesses and the support available.

For more information contact:

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Find out more:

We're running a series of virtual workshops to further develop plans for the Community Mental Health Framework in your area. Invites will be issued shortly.