

COUNTY DURHAM COMMUNITY MENTAL HEALTH TRANSFORMATION PROGRAMME

April 2022 update

ABOUT THE PROGRAMME

Across County Durham organisations across the public and voluntary, community and social enterprise sectors are working together to deliver the Community Mental Health Transformation programme (CMHTP).

This is a five-year programme, driven by the NHS England Long Term Plan, with clear expectations. The aim is to work with people with lived experience of mental illness and wider partners to understand the challenges faced, the barriers experienced and to work together to transform the way in which mental health support and care is provided in local communities.

With demand for mental health support increasing, we need to work smarter and closer with our partners, as well as adopting innovative new ways to support people outside of secondary mental health services. It's about looking at the bigger picture and supporting people's wider needs, looking not simply at their diagnosis, but what impacts them as a person (ie housing, employment, education etc).

By working closely with our partners such as local authorities and social care, we can provide a much more holistic person-centred approach which can ultimately improve people's overall physical and mental wellbeing.

The programme focuses on developing support for adult and older people with serious mental illness in County Durham and within that has three focus areas: eating disorders, personality disorders and community rehabilitation. We are also looking at the support for people aged 16-25 who are transitioning between services and older people and people with serious mental ill health and physical health problems.

It's a really exciting time for everyone. We are working closely with partners and people with lived experience to make this happen. To help you understand more, you can watch the NHS England summary video which explains the programme in more detail <https://www.youtube.com/watch?v=8x-WxYcSBo8>.

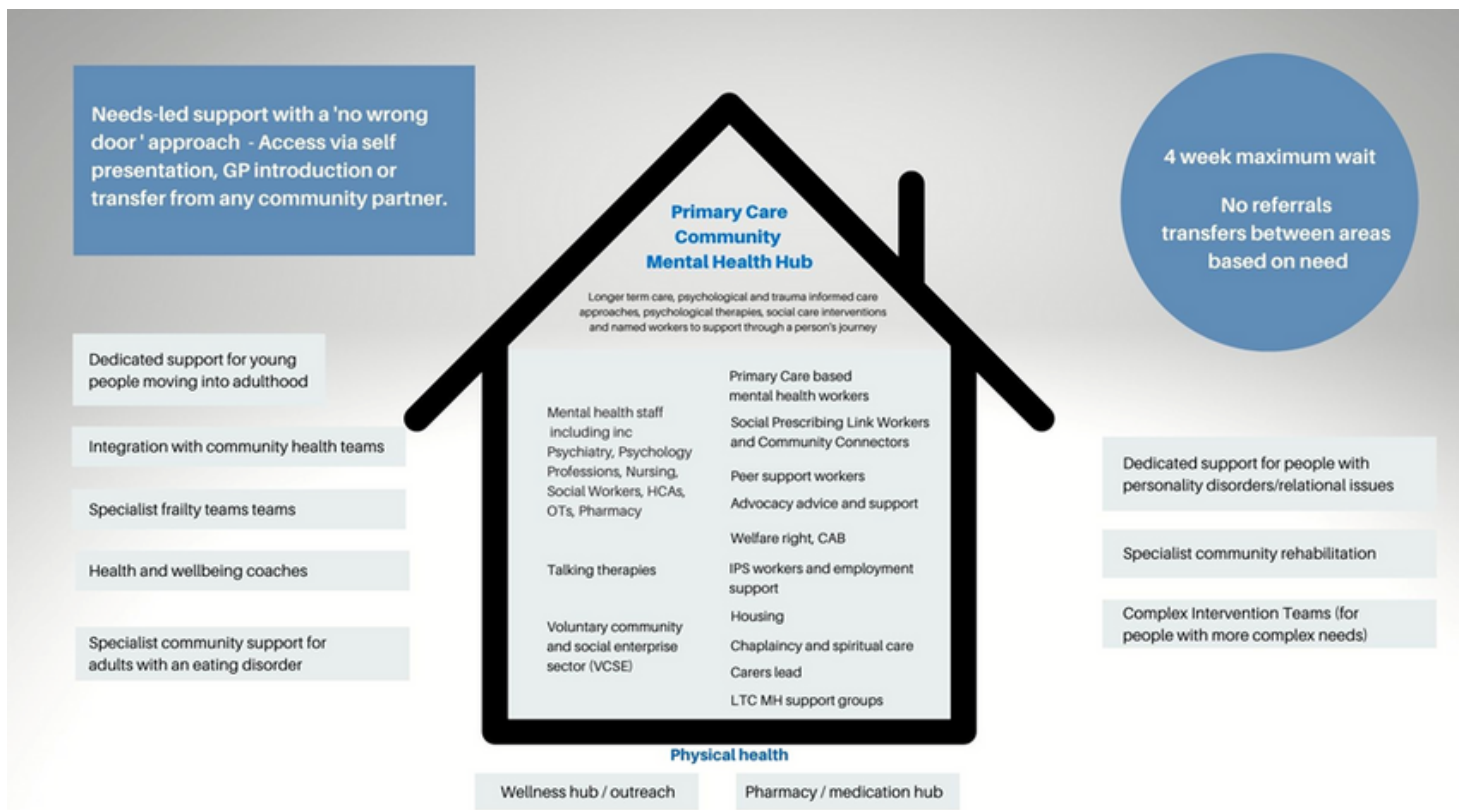
There's lots of really great things happening and we wanted to share a brief update with you. This newsletter outlines some of our activity to date.

COUNTY DURHAM COMMUNITY MENTAL HEALTH TRANSFORMATION PROGRAMME

April 2022 update

UNDERSTANDING LOCAL NEEDS

Over the first half of 2021, we held a number of webinars with representatives from a wide range of public sector and VCSE organisations, as well as people with lived experience of mental health illness. The webinars were designed to understand what works locally and where opportunities for new approaches and further support might exist and were facilitated by County Durham Healthwatch. This supported us to develop our vision and our model.



POPULATION HEALTH MANAGEMENT

We've also been working closely with Public Health colleagues to really understand the needs of our local populations better. This is a complex piece of work and will take a little time to fully complete, but even the early data we have received has shown some really important areas where we can focus work to try to improve the health of people with serious mental illness

COUNTY DURHAM COMMUNITY MENTAL HEALTH TRANSFORMATION PROGRAMME

April 2022 update

2021 - 2022 INVESTMENT AND PRIORITIES

Personality Disorders

Structured Clinical Management (SCM) Advanced Practitioners

Tees, Esk and Wear Valleys NHS Foundation Trust received investment in 2020/21 for a number of new specialist advanced practitioners to support people living with personality difficulties. This investment has given us a really strong starting place to think about how we might transform services.

Structured Clinical Management (SCM) is an evidence-based approach for people who have personality and relational difficulties. The approach helps people to understand and manage their emotions and provides them with tools and problem-solving techniques to take ownership of their treatment and to offer a range of options, rather than one focused treatment or medication.

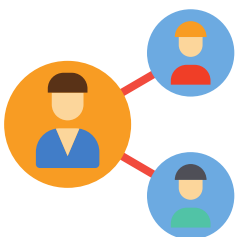


The new practitioners are aligned to the community mental health teams across County Durham and provide the SCM approach to service users, as well as supporting their teams to adopt the approach.

To date (April 2022) 269 staff across County Durham have received training and support to deliver the intervention and the SCM Advanced Practitioners have supported many more through general day-to-day contact. This is all working towards making significant differences to many patients across the Trust area.

Substance misuse peer mentor co-ordinator

The Office of the Durham Police and Crime Commissioner (PCC) and TEWV have worked together to develop new peer roles to support people who have been affected by alcohol or substance misuse and who might also have severe mental illness and complex emotional needs.



To support the community mental health transformation, we have invested in an 18-month pilot scheme with the DPCC to fund a full-time substance and alcohol misuse peer mentor coordinator, who supports and manages 20 substance misuse peer mentors across County Durham and Darlington.

Peer mentors provide opportunities to share personal experiences, feelings, and coping strategies from a first-hand perspective. They support individuals to access recovery focused services and promote greater continuity of care, helping empower people in their day-to-day lives, aid recovery and reduce demand on frontline services that can often become the main point of contact for people who feel they have no support and nowhere else to turn to.

COUNTY DURHAM COMMUNITY MENTAL HEALTH TRANSFORMATION PROGRAMME

April 2022 update

The investment will boost the existing well recognised and award winning DPCC Community Peer Mentor Scheme that was established in 2015 by the then Police, Crime and Victim's Commissioner, Ron Hogg CBE.

Distress Brief Intervention (DBI) programme

We are in the process of developing a pilot Distress Brief Intervention (DBI) service to support people aged 16+ who are experiencing distress but who don't require emergency service input or crisis support.



The programme aims to provide a compassionate and effective response to people who are in distress.

It will include training for frontline staff, (including Primary Care, Police and Ambulance) to raise awareness of effective approaches to responding to people in distress, as well as a support service that will be delivered by an external organisation, who will work with people for 7-days-a-week over a two-week period. The service will provide people with distress management tools and signposting to wider support where necessary.

This is the first approach of its kind outside of Scotland which has led the way with initial pilot sites. We hope to have this in place in June.

Family/carer education and support

Relationships are fundamental to our health and wellbeing. The quality of our relationships impacts on our mental health and our mental health can impact on how we connect with others.

Families of people experiencing mental health difficulties are often significantly impacted by their loved one's difficulties. Research shows this can have an important impact on an individual's recovery from mental health problems. Carers are also significantly more likely to experience mental health problems themselves.



In partnership with parents and carers and Rethink mental illness, we have piloted an eight-week education and skills group to support families and carers of people living with complex emotional needs.

The group ran face-to-face on a weekly basis and topics included understanding and managing emotions, problem solving skills, healthy boundaries, the impact of life experiences on our brains and bodies, mindfulness skills and self-care. The group was well received, and we have plans to identify a local organisation to run wider groups across County Durham.

COUNTY DURHAM COMMUNITY MENTAL HEALTH TRANSFORMATION PROGRAMME

April 2022 update

Community Rehabilitation

Multi-disciplinary team

We have developed an enhanced-multi-disciplinary team to offer improved, holistic support and care to local people.

The team operates county-wide and includes specialist mental health staff, voluntary, community and social enterprise sector (VCSE), peer workers, housing support, social work and physical health expertise.



They provide support to people in hospital, with the aim of reducing the period of time people have to stay in hospital and supporting their move back into the community.

Eating disorders

FREED service

One in 50 people in the UK experience an eating disorder at some point in their life, many of whom are adolescents and young people. Research shows that if you can reach and engage with someone within the first three years of their problems starting, you have a much better chance of reversing any damage the illness can cause to a person's brain or body.

In July 2021, TEWV became one of 18 accelerated implementation sites across England for the FREED (First Episode Rapid Early Intervention for Eating Disorders) pathway. The FREED service is for 16 to 25-year-olds who've had an eating disorder for three years or less. It enables rapid access to specialised treatment which gives special attention to challenges young people face during these years of their life, and in the early stages of an eating disorder.

Under the FREED approach, people referred to TEWV's eating disorder services in County Durham and Tees Valley are contacted by a dedicated eating disorder nurse within 48 hours of referral to talk about their condition and put in place next steps in terms of care and treatment. Anyone needing specialist secondary mental health care then receives treatment within four weeks to provide help and support and quickly as possible.

To date (April 2022) the service has supported over 60 young people to receive quick access to specialist eating disorder treatment and support.

COUNTY DURHAM COMMUNITY MENTAL HEALTH TRANSFORMATION PROGRAMME

April 2022 update

GET INVOLVED

It's vital to the development of our services that we continue to hear from service users, carers, partners and local communities make sure we are getting this right. The Trust Involvement and Engagement team work very closely with the Community Mental Health Transformation programme and support people to play an active part in it. If you or anyone you know has experience as a service user or carer and would like to be involved, please email jo.murray1@nhs.net.

The Community Mental Health Transformation Programme is a significant piece of work that means a shift in the way organisations and services work together. It has incredible potential, allowing us to work smarter, providing the right care for people, in the right place and at the right time. The work that has already taken place is starting to make a real difference to local people and we have lots more developments planned over the next 3 years. Look out for further updates or visit

<https://www.tewy.nhs.uk/about/campaigns-and-programmes/community-mental-health-transformation/county-durham-community-mental-health-transformation/>