

MENTAL HEALTH UPDATE

Written responses to questions asked at JHOSC on 29 January 2021

Support for carers

We acknowledge that carers have taken on additional responsibilities during the pandemic where Voluntary and Community Sector (VCS) provision has been closed or suspended. There have been some good examples of support for carers, in particular MIND in Haringey and Age UK in Barnet providing virtual outreach to carers and physical support where needed in aiding delivery of food packages, aid with retrieving prescriptions or providing online social connectivity. The development of Primary Care Networks and multi-disciplinary teams has meant better access to community support networks and social prescribing for carers. Due to the pandemic some services are being delivered online, which will not be suitable for all and we are committed to hearing the views of carers, and have several carer representatives on our mental health Experts by Experience Board.

A new psychological 'wellbeing and resilience hub' support programme has been developed, providing emotional and psychological support across NCL health and care staff with 3 levels of support 1. Together in Mind is a wellbeing and mental health hub providing online resources, 2. training and support for organisations and 3. Psychological 1-2-1 interventions utilising the expertise of Trauma Informed Practice, Bereavement and PTSD support (<https://togetherinmind.nhs.uk/>).

Mental health service innovations and targeting particular groups

We are working in line with London region guidance and NCL innovations to support disproportionately affected groups. Some examples are:

- Increased capacity in crisis resolution and home treatment teams who often support patients disproportionately affected.
- Additional funding for extra child and adolescent mental health (CAMHS) capacity – providing an increase in the number of mental health practitioners in the crisis out of hours service and supporting treatment in the community
- Continuing support for people with dementia and carers during second wave – some staff were reallocated during the first wave, but not during subsequent waves due to learning from wave 1
- Increased the number of physical health checks for people with serious mental illness across NCL during the pandemic and working together to deliver the Covid vaccination at the same time.
- Remote consultations have seen an increase in access to services, although face to face provided where appropriate/necessary.
- Shared risk registers across primary, community, mental health services with local authorities for high risk service users to ensure that phone calls or face to face support is provided
- There has been an increase in End of Life care training and an extension of a Rapid Access Services to support Mental Health services at end of life.
- Developed all age 24/7 Single Point of Access crisis lines across NCL.

Funding information

See Mental Health Spend Benchmarking data attached (attached for JHOSC members only).

Caveat* includes spend on dementia, so due to the increased numbers of older people spend is greater in Barnet. When you take out dementia, Barnet has one of the lowest spend per head of the population on mental health services.

Our longer term ambition is to ensure that we level up services and reduce variation and we are already doing this in mental health. NHSE/I have increased spend in mental health at a faster rate than other programme areas (Cancer and Primary Care are receiving additional 'transformation' monies as well).

In NCL, we plan to use increased investment of ~ £43m over the next 3 years to target services users and service areas of greatest need across NCL's footprint. Some examples of where this additional funding will support residents with serious mental illness: expanding community and specialist Mental Health services wrapped around primary care, improving perinatal and CYP mental health, IAPT (services for stress, anxiety and depression) and crisis services.

We were selected as a NHSE&I pilot project for increasing support for homeless populations in Haringey which is in its second year. Homeless people are being supported in homeless hotels that have a mental health designated team located on site and continued support via outreach teams.

How services work together

The development of integrated care partnerships at borough level will establish in more detail about how we work in partnership with local authorities and the VCS. Discussions will continue at a local level about the best way for services to work together through these partnerships.

NCL respond to individual complex care cases as per NHS England guidance, where there is a lead professional that co-ordinates the case usually a clinical or social care professional and dependent on the case they would attend a complex care multi-agency panel to jointly co-ordinate the range of physical, social and emotional needs such as housing, health and social concerns. We would be happy to provide more detail on individual complex cases at a future JHOSC meeting.

All our mental health programmes also include a multi-organisation, multi-professional working group. For example the adult crisis working group has representation from mental health trusts, hospitals, police, London Ambulance, voluntary and community groups, Experts by Experience, commissioners, Drug and Alcohol Service.

Future presentations to JHOSC

We would be very happy to present a paper to update at a future session. We suggest coming back to JHOSC in around six months time.