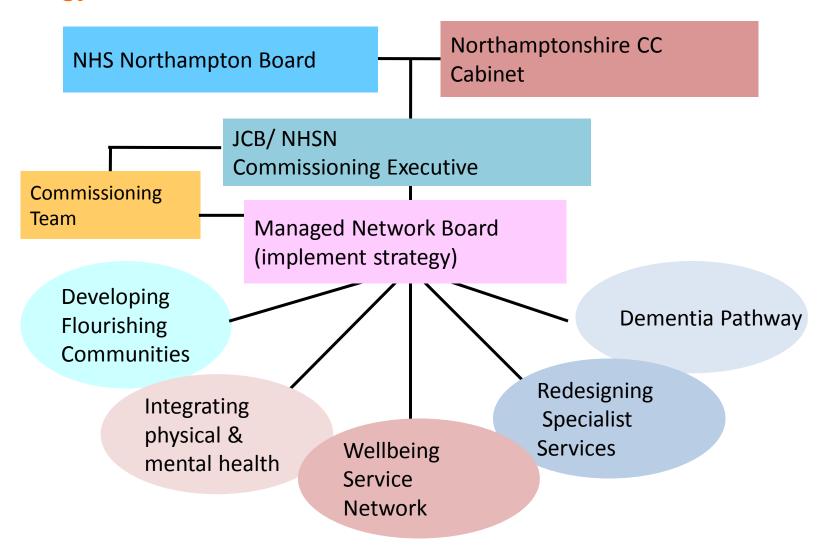
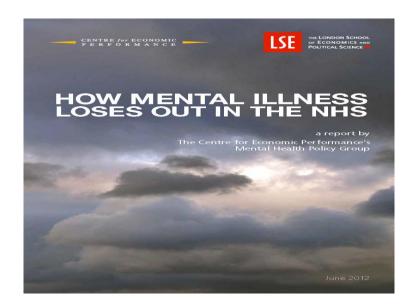
### Strategy: 2008 – No Health Without Mental Health









Historically MH services cut more than Acute care at times of austerity – despite increased need.

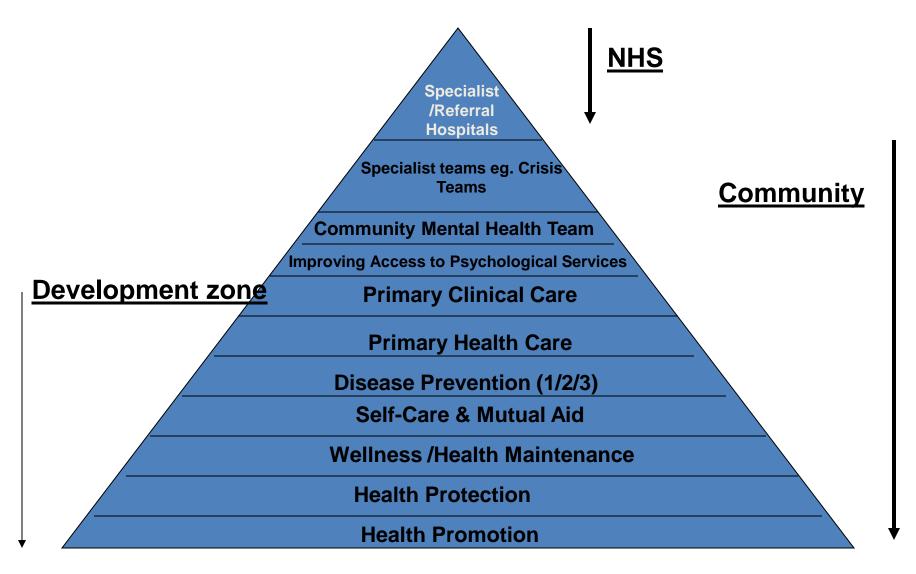
# Nationally 11% spend for 23% need

#### CMHD

- 24 % evidence based treatment
- 90 % managed primary care alone
- 50% adult MH diagnosable by14

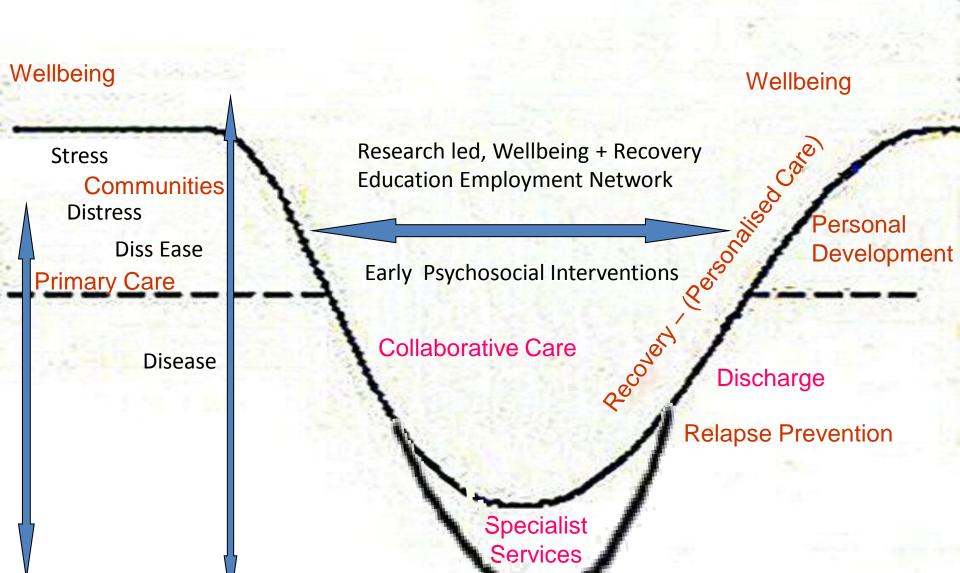
- £1:8 spent on LTC due CMHD
- Recovery IAPT NNT< 3</li>
- Increasing access to IAPT can be offset by savings in Acute Trust spend

### Systems development intervention



Adapted From: Hancock T (1999) Futures. 31 :417-436

### Patient journey



# Stakeholder steering group

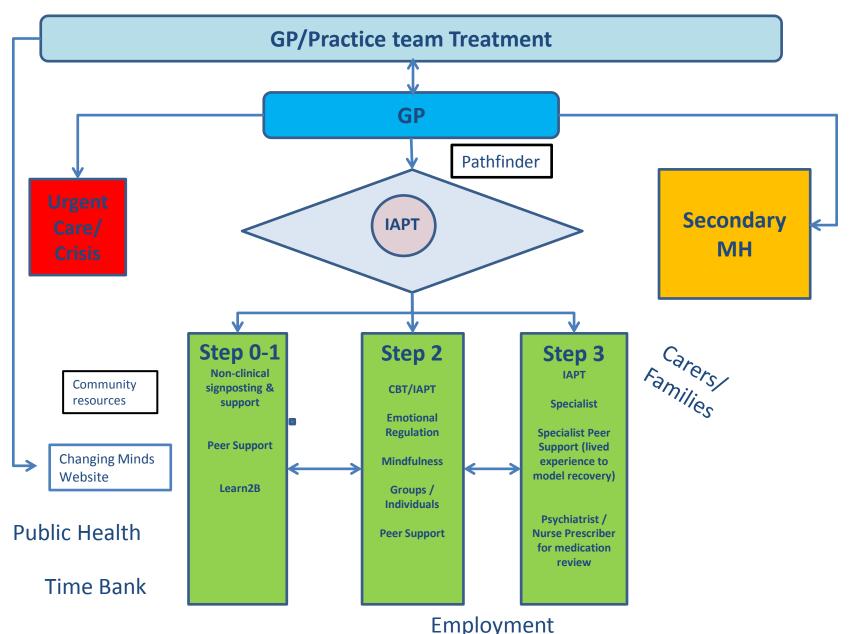
### **Development**

- Northampton West Model
  - Involving Health watch from August 2013
  - Action learning process
    developing operational policy
- Northamptonshire roll out January 2014
- Development of wellbeing service specification

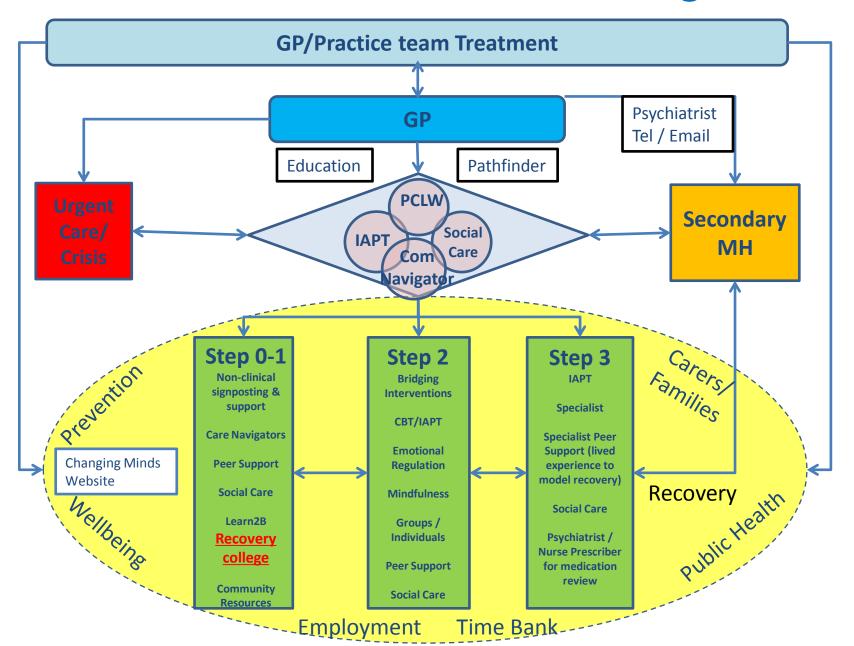
### **Components**

- Improving Access to Psychological Therapy (IAPT) "Wellbeing" Service
- Primary care Liaison worker
- Social services short term team
- Community Navigator
  - "Plan on a page"
- GP Psychiatrist communication
- Bridging interventions

# Old Mental Health and Wellbeing Model



# Mental Health and Wellbeing Model



## Education, Education

### Research led – Well being recovery education network Peer support-patients part of the workforce

### **Patients and Carers**

- Education not therapy
- Decreasing stigma
- Group education, coproduced, co-delivered with peer supporters
- LONG TERM CONDITIONS
- Schools as well as adults
  - Peer and Carer support training programmes
  - WRAP training
  - Parenting Courses
  - Common mental health problems
  - Alcohol

### **Workforce development**

- Mental Health is everybody's business
- Wellbeing of workforce
- Consultation skills including for Acute Specialists
- Skills for clinicians to support co-production
- Developing psychological literacy and competence of workforce

# **GREAT DREAM**

### Ten keys to happier living

**G**IVING

RELATING

EXERCISING

**APPRECIATING** 

TRYING OUT

Do things for others



Connect with people

Take care of your body

9

Notice the world around



Keep learning new things

DIRECTION

RESILIENCE

**EMOTION** 

ACCEPTANCE

**MEANING** 



Have goals to look forward to



Find ways to bounce back



Take a positive approach



Be comfortable with who you are



Be part of something bigger

**ACTION FOR HAPPINESS** 

www.actionforhappiness.org

# Further Slides if needed

### Humana Review: priorities for users and carers

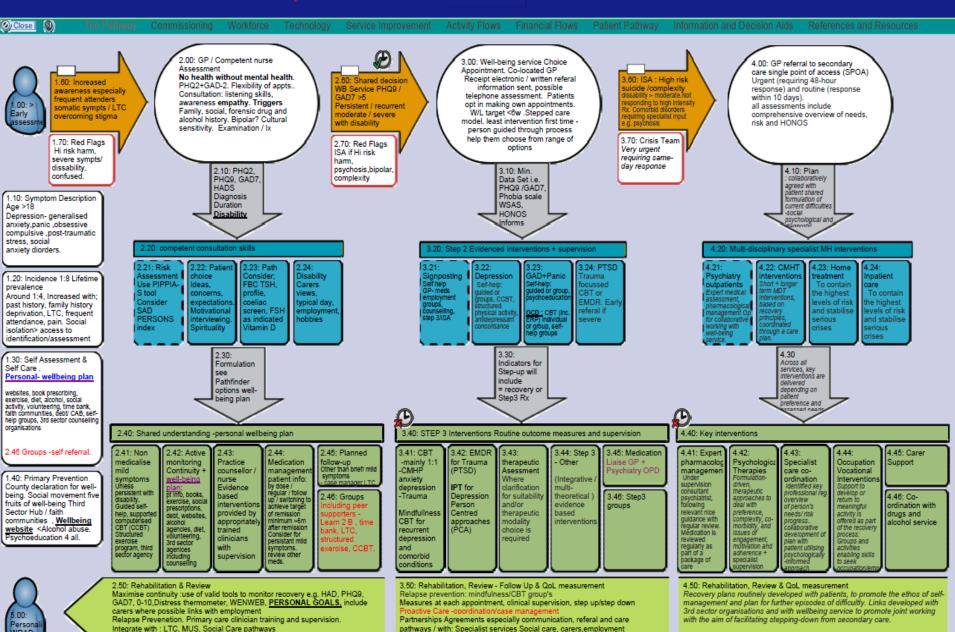
- More choice of treatments / interventions
- Improved information
- Better primary care mental health
- More CBT / psychological therapies
- Culturally aware services
- Integration of physical / mental health
- Stronger involvement of carers
- Respite care





#### Northamptonshire PCT - Common Mental Health Problems (CMHP) NICE

#### PBR cluster 1-3 Red Text variable access in county



ary care clinician training and supervision

### Implementing Recovery Organisational Change

### Therapeutic Model

- Focuses on problems, deficits, symptoms
- Strays beyond the therapy sessions and becomes overarching paradigm
- Transforms all activities into therapies
- Nature of therapy is chosen and offered by the (expert) therapist
- Involves an expert (therapist) & non-expert (patient)
- Maintains power imbalance and reinforces the notion that expertise lies with professionals

### **Educational Approach**

- Helps people recognise and make use of their talents and resources
- Helps people explore their possibilities and develop their skills
- Helps people achieve their goals and ambitions
- Staff become coaches who help people find their own solutions
- Training and courses replace therapies
- Students choose their own courses, become experts in their own self care

#### LIFE GOALS

Peer Support

> PSW trainers course

PSW training Training

City & Guilds Cert 7300

> Intro to training skills

Mentoring skills

Research

R & D skills

Intro to research

Governor

The role of governor

Sitting on committees

Education

Co-located courses

Information Advice & Guidance

Literacy

Employment

Keeping well at work course

Work support course

Careers Advice

Using your lived experience

Personal Recovery Planning

Getting Involved

Developing skills

Building Your Life Staying Well

Family and Friends

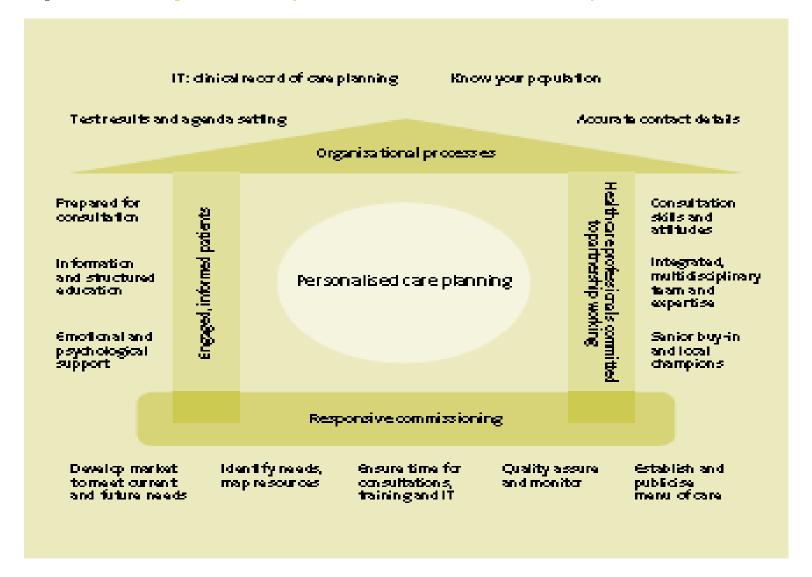
Registration and Advice about Courses

General Public Family and Friends All Trust Services – including staff

Involvemen t Centre

#### MDT development + Collaborative care model

Figure 6. Putting all the components of the house of care in place.



### Foresight: Mental Capital and wellbeing project – mental capital trajectory

Figure 1.1: Synthetic view of the mental capital trajectory

