

Together for Mental Health

Annual Statement

CARDIFF & VALE LOCAL PARTNERSHIP
BOARD

2017-2018



Introduction

Together for Mental Health is the Welsh Government's 10 year strategy to improve mental health and well-being in Wales. Published in October 2012, following significant engagement and formal consultation with key partner agencies, stakeholders, services users and carers, it is a cross-Government strategy and covers all ages. It encompasses a range of actions, from those designed to improve the mental well-being of all residents in Wales, to those required to support people with a severe and enduring mental illness.

Actions identified in the current Delivery Plan, covering the 2016-2019 period, require a cross-cutting approach, and are implemented jointly by partners, including Welsh Government, health boards, local authorities, the third and independent sectors, education, public health Wales, police, fire, ambulance and others. The Delivery Plan is overseen by the National Partnership Board, and there is a Local Partnership Board in each area.

This public-facing report represents the annual statement that is produced in November each year by local partnership boards, for the October 2017-October 2018 period. The report has been co-produced with service user and carer representatives, and is a summary of progress to date against the actions. The document also provides an overview of future priorities.

The 2016-2019 Delivery Plan can be found at:

<http://gov.wales/topics/health/nhswales/plans/mental-health>

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1. Local Partnership Board Activities

Local Partnership Board Programme 2017/18

The LPB is facilitated by Cardiff & Vale Action for Mental Health (CAVAMH) and led by Service Users and Carers with agendas set as a response to some of the key themes raised by service users and carers from the 'Feedback Fortnight' consultation exercise and the Celebrating Recovery Event, from the priorities of the Cardiff and Vale UHB and partner agencies, and in the context of the Together for Mental Health Delivery Plan.

November 2017

- Reduce Inequalities for Vulnerable Groups/ BME Access issues i.e. Crisis Services and
- First Episode Psychosis

February 2018

- Business meeting and reflections of 2017

May 2018

- Employment and valued occupation
- Dual Diagnosis

August 2018

- Psychological Therapies
- BME accreditation
- CAMHS and Youth services

November 2018

- MHSOP
- Primary Care Liaison



Chair's Message

I am writing this on the actual day of the 70th birthday of the NHS and reflecting on the changes that have occurred in that time. We don't have to look very far in our own Mental Health services to see the progress that partnership working has made, past and present. There is still some considerable way to go before we can truly say that the stigma associated with mental health problems and services has been eradicated, but there is clear evidence to show that services and attitudes have made improvements. It is now much more widely recognised that recovery and re-ablement is absolutely achievable, that people do better when we can keep them well in their communities for as long as possible, and that working with our partners to address issues such as social isolation, poor housing, lack of educational and job opportunities, easy access to psychological therapies, and reducing delays in the diagnosis of problems such as first episode psychosis and dementia, are absolutely key to improving outcomes that are important to the people we serve. The NHS has always been primarily about people and it wouldn't function without the efforts that we all put in every day;

**"I hope that between us we can keep the NHS
alive and well for the next 70 years" 6**

Dr Annie Procter

As mental health issues enjoy a higher profile, the capacity to outreach with ever diverse liaison services beyond the traditional mental health setting is expanding with recent collaborative plans with the police and ambulance service call centres coming to fruition.



The Kymin Setting for the November Partnership Board

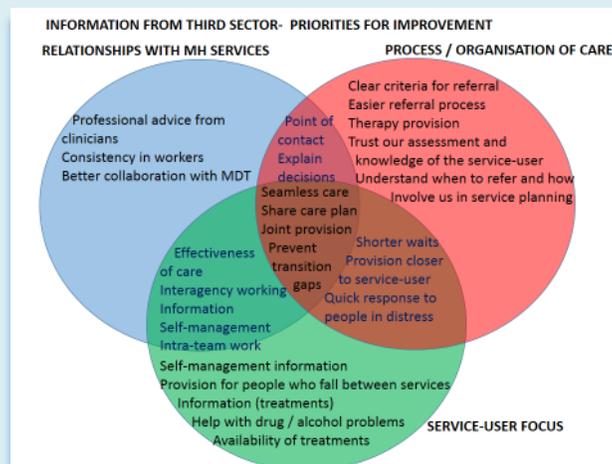
The original domestic house was apparently first built between 1790 and 1810. The property was acquired by the Vale of Glamorgan Council after World War 2. The house fell into disrepair but was renovated before being taken over by Penarth Town Council in 1982. The house remains the property of the Vale of Glamorgan Council, whilst being run on a day-to-day basis by the Town Council.



2. Headline Achievements 17/18

All developments for last year as well as the forthcoming period are collaborative ones, involving one or all partners in major change. This includes other clinical boards, the Local Authority, police, ambulance and third sector agencies. This Integrated Mid Term Plan period speaks on behalf of the enthusiasm of all services to work across boundaries in the interest of service user's outcomes. To date, through transformation, mental health is now supporting a 4 fold increase in referrals of people seeking support from their GP and a 40% bed reduction in 10 years with the same numbers of staff.

- ✓ Successful completion of a collaborative pilot in the Cardiff East GP Cluster with Mental Health Practitioners working as extended specialist support to GPs, for people with mild to moderate mental health problems. This is supported by a bespoke commissioned third sector psychologically based service. The pilot has evaluated well in reducing demand and improving the quality of primary care mental health services and has now received support for all elements of the model to be scaled up across Cardiff and Vale. This will result in a significant investment in mental health support to meet ever increasing demands on GPs. This work is attracting the attention of the Welsh NHS mental health services with the Primary Care Workers being asked to attend National Conferences to share their experience of working with this model.
- ✓ Following an extensive engagement exercise with the community health council and others, 2018 saw the co-location of the three Vale Community Mental Health Teams, as a step towards the establishment of health and well being centres described in Shaping Our Future and Well Being Strategy. The teams are now functioning as one with efficiencies seen in managing demand, liaising more easily with related health and other agencies and seeing professionals working differently and more focused on service user outcomes and needs.



- ✓ The Mental Health Clinical Board submitted successful costed plans against available Welsh Government recurrent funding in the areas of its strategic direction, particularly in the areas of First Episode Psychosis (pre-empting the Child and Adolescent Mental Health Service repatriation), substance misuse dual diagnosis, psychological therapies and Matrics Cymru. In addition Peer Support Workers as part of a recovery college, the enhancing of EU cover, investing in specialist support to the CRTs to enhance the 'team around the individual' described in the dementia strategy and avoid unnecessary admissions to UHB beds will all benefit from additional funding. All additional monies are focused on the principles of 'Home First, reducing hospital delays, improving access to psychological support and adding capacity to pressured specialist teams and supporting the integration agenda.
- ✓ Another example of co-location with the Local Authority and third sector has been our tier two MHSOP day care services – October 2018 saw the move of Turnbull day unit at St. David's Hospital to a new integrated health and social care base in Grand Avenue, Ely. This is based on the understanding that once a health crisis is resolved, people will have their health and social care needs met, as part of their ongoing assessment and treatment and this new facility will also offer respite for families
- ✓ With the increased exposure of mental health in the media and society, and the growing value of Psychological Therapies in the context of delivering collaborative bio-psychosocial model care over a traditional disease model, the Welsh Government have introduced a further tier 1 target into UHB Mental Health services. This is a 26 week 'Referral to Treatment' target for the commencement of a psychological intervention. This is welcomed and initial submissions reveal that C&V has up to 3000 people at any one time awaiting a formal Psychological Intervention with approximately 70% of those receiving this within the 26 week waiting time. (This performance compares very well to the progress in other UHBs where numbers are as low as 10s and 100s.)
- ✓ As mental health issues enjoy a higher profile, the capacity to outreach with ever diverse liaison services beyond the traditional mental health setting is expanding with recent collaborative plans with the police and ambulance service call centres coming to fruition.
- ✓ Build on current quality:-
 - Zero MH Act Breaches
 - Falls training and falls reductions
 - Positive HIW and patient safety walk about feedback
 - Smoking ban
 - Second lowest Continuing Healthcare Care costs in Wales
 - Stakeholder feedback

3. Key Achievements and Impact - Children

Cardiff & Vale CAMHS

Cardiff & Vale UHB's aim is to secure services to meet the emotional mental health and wellbeing needs of children and young people from early support in the community through to highly specialist tertiary provision and always with a focus on recovery.

There has been a steady increase in demand for emotional and mental wellbeing services over recent years, but this is mostly for children and young people requiring early intervention and short term support whilst except for eating disorders the incidence of functional mental illness has remained static.

Cardiff and Vale UHB currently commissions secondary Child and Adolescent Mental Health Services from Cwm Taf UHB to provide for our resident population. This secondary care service interfaces with primary care, community child health, adult mental health, acute Child health and a range of non-NHS partner services.

Cardiff Youth Council led on an evaluation of the emotional wellbeing service during 2017-18. The young people designed the programme of evaluation themselves and submitted a report to commissioners which detailed their findings. The review was mostly positive, but there were areas of improvement and an action plan was agreed with the provider and evaluators. This action plan is monitored in commissioning and performance meetings.

The whole service has been reviewed which has recognised the need to enable a continuum of support and care from prevention, early support in non-hospital settings through to Secondary and tertiary provision.

As a result of the significant improvement in the performance of the services that have been repatriated and the strategic aim of the UHB to deliver services more closely integrated with the Local Authorities, it has been decided to repatriate specialist CAMHS from Cwm Taf effective from 1st April 2019.

Community Child Health will manage the service and is reviewing the way its services are configured to facilitate pathway redesign and service delivery. Highly specialised in patient services will remain commissioned on an All Wales basis by WHSSC.

Mind Hub

This hub has been created by young people for young people; it provides information and links to services in relation to your emotional health and well-being.



Headroom

Headroom is an NHS service working with Barnardo's supporting young people who have had their first episode of psychosis (FEP). We work with 14-25 year olds, who have not previously been offered a full early intervention for psychosis.

Headroom provides specialist assessment, high intensity interventions (see below), consultation, training and supervision in line with NICE guidelines for psychosis and schizophrenia.

Hype Cymru

Delivering workshop to key stage 2 and 3 and young people up to the age 25 years old.

Helping young people through empowerment.

Our Workshops are based around feelings, mental health, knowledge, breaking down stigma attached to mental health, how to talk about mental health and who to contact if you need help.

The project is run in Cardiff, Newport, Swansea and Wrexham. For the first year we are working in Cardiff.



Join the Dots
Supporting Young People to have a voice in Their Health Services

CAMHS Feedback Events -
Have your say!

Cardiff
Tues Nov 20th, 4.30- 6.30
CGL/Taith at 7, St Andrew's
Place, Cardiff, CF10 3BE
Wed Nov 28th, 3-4pm
Grassroots, 58 Charles St
Cardiff

Vale
tbc

Have you ever used camhs or emotional wellbeing services?
Do you want to share your experiences?
Do you want to have your say on new developments coming in the future?
If you answered 'yes' then come along to one of our feedback events!

Contact:
Christina Witney or Linda Newton -
029 2022 2000 or email
jointhedots@cavamh.org.uk


Cardiff and Vale Health Research Foundation
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4. Key Achievements and Impact - Adults

The Mental Health Measure

Over 10,000 referrals were received by primary mental health services in 2017/18. As described below performance in meeting Part 1 of the Mental Health measure was variable over the course of the year, whilst the UHB consistently met parts 2 and 3.

Part 1 of the measure requires service users of primary mental health services to receive an assessment within 28 days and to receive therapeutic intervention following assessment within a further 28 days. For the year as a whole, 70% of service users received an assessment within 28 days compared to the Welsh Government's expected standard of 80%. This average level of performance reflects a poor first quarter, during which only 20% of users received an assessment in the standards and a much improved latter 9 month period during which performance was consistently above 80%.

Over the course of the year 81% of users then received a therapeutic intervention following assessment within 28 days, above the minimum standard expected by the Welsh Government of 80%. Performance was lower in the final quarter of the year as the service adopted Matrics Cymru, a series of new clinical-evidence based guidelines for the delivery of psychological therapies.



Part 2 of the measures sets out an expectation that mental health service users should have a valid Community Treatment Plan completed at the end of each month. The Welsh Government's minimum standard of 90% continues to be met by the UHB.

Former users assessed under part 3 of the Mental Health measure are expected by the measure to receive a report detailing an outcome of their assessment within 10 days of the assessment. This relatively new measure is now being consistently met by the UHB.

Part 4 provision of an advocacy service for patients continues to be met.

Service User Perspective

"I'm now doing something which gives me meaning to my life and believe that I my skills are more relevant to what I am doing now and I feel very honoured to help other people as they, in return, help me"

I am now on the LMHPB and represent the SUEG in Cardiff and also involved with the CMHT Pilot Study representing the views of Service Users and I sometimes give seminars at Cardiff University to the Pharmacy students"

Service User Perspective

"Thank you for all your care. I feel much more stable thanks to support I have been given at Hafan Dawel CMHT. My care has been exemplary, especially given the circumstances the staff have to deal with"

Service User Feedback

CAVAMH are gathering feedback from people in contact with CMHTs about their experience on what works well, not so well, and what would make a difference in relation to the CMHT service. The work is overseen by a project advisory group including service users, CMHT reps, cavamh, & 3rd sector.

An Involvement officer, with service user research experience, in partnership with people in contact with CMHTs:

- Organised an accessible launch event, to advertise and build engagement
- Developed and advertised an online survey accessible by everyone in contact with CMHTs, (also available in hard copy)
- Will co-ordinate 3 focus groups in Cardiff and the Vale, in accessible venues, mirroring the areas covered by the new CMHTs
- Undertake an interactive exercise to map experiences of the pathway through the service. (This could form part of the survey and focus group exercise and/or could be a 'stand alone' exercise within the CMHTs, forming another means of engagement).
- Train and mentor an estimated 6 service user volunteers to undertake one to one surveys using semi-structured questionnaires in 3 CMHTs, and 3 resource centres.
- Analyse results and produce a report & summary. (To consider links with NCMH to analyse results.)
- Co-ordinate a summing up event sharing the findings with service users and a range of planners and staff

Leading by Example

Cardiff & Vale Mental Health staff are increasingly finding themselves supporting national work streams such as outcome measures, the WCCIS All Wales electronic patient record, developing a Psychological Therapy framework and leading innovative practice. 2018 has seen a number of Cardiff & Vale Mental Health staff presenting on a national stage.

5. Key Achievements and Impact – Older People

Creating Havoc

Workshops funded by Creative Rural Communities and run by Cardiff & Vale Action for Mental Health (cavamh) through the Nexus and Sefyll projects

The intention is to offer creative activities to adults and older people with any experience of mental health services and who are based in the Rural Vale

We are offering photography, art, craft, creative writing and poetry.



Diverse Cymru

Diverse Cymru is leading a project which will undertake research/scoping project into dementia care for people from BME Communities in Wales.

Research will include third sector provision from organisations currently providing services to older people with dementia including Age Concern, Dementia UK, Alzheimer's Society as well as other BME-led third sector service providers working in the area



Carers Trust SE Wales

The Board of Crossroads in the Vale agreed to merge with Carers Trust South East Wales as of April 2017. The services to Cardiff & Vale remain the same, and they continue to work with all partners to support Carers across the area.



John's Campaign

John's Campaign is a movement to help NHS staff recognise the importance of working with family carers as equal partners in the care and support of people with a dementia who are in hospital.

The Cardiff & Vale UHB is currently piloting John's Campaign.

Behind its simple statement of purpose lies the belief that carers should not just be allowed but should be welcomed, and that collaboration between the patients and all connected with them is crucial to their health and their well-being. John's Campaign applies to all hospital set-tings: acute, community, extend to all other caring institutions where people are living away from those closest to them.

Introducing John's Campaign into the hospital, wards and departments is the right thing to do. It will ensure the best possible patient experience for the person with a dementia, their carer, and the staff and demonstrate that the hospital wants to provide the best experience for them



Daffodil Ward

Daffodil ward is a sixteen bedded unit based in the Llanfair Unit Llandough hospital. The ward is one of seven wards that make up the mental health service for older peoples directorate. Service users both male and female have a diagnosis of functional mental illness; this includes schizophrenia, depression and anxiety to name a few. The ward relocated to Llanfair unit from the main hospital in September 2017. Since then staff have made huge efforts to ensure the wards environment is as homely and tranquil as possible. Staff have created a carers café, hair and beauty salon along with a cosy lounge and therapeutic dining room. Various fundraising efforts have been made to enable these developments. These include bake sales, raffles, summer and Christmas fayres that have been organised by the refocusing Nurse. A greenhouse and plants were purchased to encourage service users to engage in gardening whilst on the ward.

The garden however is still in need of redevelopment. The Ward manager has liaised with the Royal Horticultural Society for ideas on creating a therapeutic garden for the client group that would include water features, patios areas, therapeutic plants, raised bedding areas to enable staff and patients to plant and later prepare in the units their own fruit and veg.

Recently the ward has been successful in securing some funding for the garden project. Marks and Spencer Culverhouse Cross are supporting the ward over the financial year. Collection boxes will be placed at till points within the store.

Marks and Spencer head office will match the money that is raised in store and all money will then be donated directly to the ward to fund the garden project. Marks and Spencer will also be kindly donating clothes, socks, toiletries, board games for use across the directorate.



Carer Perspective “

“The healthcare my mother has received has been thorough, compassionate and respectful”

6. Priority Areas 2018-2019



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Substance Misuse

- Implement Compass Care model
- Roll out motivational interviewing training
- The Cardiff Addictions Unit, Substance Misuse Service are implementing a training program for CMHT staff to raise awareness on Substance Misuse Services including Treatment options, referral criteria and pathways and the role of the 3rd sector



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Physical Health

- Cardiff & Vale UHB have implemented NEWS Scoring (National Early Warning Score), providing an interface between physical and mental health care.
- Three GPs support the physical health needs for both Adult and Older People's inpatient Mental Health, and are working toward further improving the effective management of chronic disease for Service Users.

Growing Up



CAMHS

- Young people have met to respond to consultations about services and new camhs involvement ideas; involvement event to share information and awareness about young people's services and we must continue to support young people aged 11-25 to have a voice in the planning and delivery of services.
- Barnardos in partnership with Cardiff & Vale UHB have implemented an Early Psychosis Intervention service and is set to expand staffing over the next year.



Care & Treatment Planning

- The Mental Health Clinical Board will undertake an audit, on Care & Treatment plans. The audits will relate to the quality of the care and treatment plans as well as the quantity
- The All Wales Delivery Unit report into Care & Treatment Planning completion in Mental Health services confirmed that CTPs were being completed in all UHBs for 'relevant' patients, and this is true for Cardiff and Vale where all complex patients needing MDT support have a care and treatment plan.



BME Mental Health

- Funded by the Welsh Government, the All-Wales BME Mental Health Project focuses on representing the views, opinions and experiences of BME adults with mental ill health to policy makers and practitioners at a strategic level.
- Cardiff & Vale UHB will be a pilot site for The *BME Mental Health Workplace Good Practice Certification Scheme* developed by Diverse Cymru and endorsed by the Royal College of Psychiatrists in Wales is designed for professionals that work with BME communities in Wales, to improve the accessibility and quality of social care and mental health services



Dementia Connect

- Alzheimer's Society is adopting a new service, Dementia Connect. This service cuts through all of the confusion and delay to offer people support that's tailored to their needs
- Dementia connect will ensure the right support, at the right time, in the right way; combining face-to-face support with telephone, print and online advice and information offered by specially trained Dementia Advisers
- Dementia Connect fits perfectly with the Dementia Strategy for Wales
- **Side by side service**
A new Alzheimer's Society service that helps people with dementia to keep doing the things they love

6. Priority Areas 2018-2019 continued

Continue to forge ahead with:

- Primary Care Liaison – evaluate and scale up
- Community Services - Modernisation bases across Localities
- In patient and Community Flow
- Therapeutic Relationship and Care & treatment planning Outcomes – drive improvement
- Young Onset Dementia Navigators
- Early Intervention at all points of access
- Dual Diagnosis
- Liaison Teams expansion
- Psychological Therapies/Matrices Cymru
- Younger Peoples Services across Primary & Secondary Care



Primary Care & Mental Health

People visiting their GP for mental health issues now have improved access to support thanks to successful pilots in the Vale and Cardiff East areas. Primary Care identified a need for increased support for patients with mental health difficulties in primary care, and introduced a Primary Care Mental Health Nurse to provide tailored care and support to these patients.

The Primary Care Mental Health Nurse can provide patients with assessment, medication reviews, advice and information as well as signposting and referring to appropriate services. This has been developed alongside increased access to tier zero psychological interventions delivered by Mind in the Vale and ACE, which include both Group and one to one sessions.

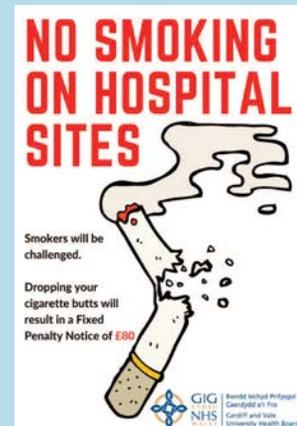
This will see roll out across the remaining areas of Cardiff over 2019/20



Smoking and Mental Health

Smoking rates for patients with mental health conditions are typically over 80% and tailored smoking cessation programmes are required to support those people wishing to quit smoking, as nicotine dependence is often higher with greater volumes of tobacco. In January 2018 the Cardiff & Vale Health Board, as part of a trial period, removed the exemption which permits mental health patients to smoke in enclosed, outside areas of the hospital. This followed a comprehensive planning and engagement process which aims to ensure fairness and equity for all smokers accessing hospital sites.

This pilot programme will be monitored continually with an evaluation report produced. If successful, Cardiff and Vale UHB will be the first health board in Wales to comprehensively include mental health patients within a No Smoking Policy.



Employment

Discussion Groups were asked - What would make a difference? and this needs to be reflected and used to inform developments going forward

- Education of employers- raise awareness of employers to be supportive
- Build in flexibility- Build up knowledge /educate employers about Equal Opportunities practice and ability to work
- Develop a 'job-pack' for people when they leave services –include job protection available under the law
- Provide the right structure support from home through to work
- CCC Into Work Service
- Volunteer programme
- Pathways into work & community health and wellbeing infrastructure
- Every agency working together



7. Transformation Funding

- ❖ All Wales strategy 'Together for Mental Health' has a 3 year cycle of delivery plans with each delivery plan having themed priorities up until 2022. The current delivery plan reinforces the importance of current areas of Welsh Government investment in mental health services, targeting services such as **CAMHS** and **First Episode Psychosis, Emergency Unit Liaison** and **Out of Hours Services, Substance Misuse, Trauma Informed Care** and the delivery of **Psychological Therapies** supported through the impending MATRICS Cymru all Wales Psychological Therapies delivery framework.
- ❖ Social Services Wellbeing Act came into force in April 2016 aiming to promote independence, give greater control, provide more information and focus on prevention and early intervention.
- ❖ A Welsh Government Dementia strategy is now published to support the refresh of the Cardiff and Vale 3 year dementia plan and a revision of the commissioning and delivery arrangements for the Cardiff and Vale service collaborative. The focus of the new strategy is the '**Team around the individual**'.
- ❖ Additional funding has been seen this year and ongoing under the '**GP Sustainability**' program of work in **primary mental health liaison** services where the 'home first' and prevention agenda are key strategic aims to promote collaborative working with mild to moderate mental health conditions, preventing dependency on specialist services. The last 5 years of service plans in mental health has supported this agenda, with a record of moving inpatient resources to community service investment. This plan will continue in the forthcoming 2018/19/20 periods.
- ❖ Benchmarking results UK wide in Mental Health will influence plans for Mental Health services for **Older People's bed numbers** as well as supporting whole system community services reviews. Related objectives include reducing waiting times, simplifying access, managing demand, delivering psychological based interventions appropriately and monitoring health improvements in service users more effectively
- ❖ Developing a Recovery College is seen as the beginning of a whole 'culture' shift towards rebalancing the relationship between people and their family's experience of mental illness and the people who care for them. There are Mental Health movements labeled 'compassionate care' and 'open dialogue' which are emerging in Mental Health fields. The focus of these new approaches, are based on what the service user wants/needs with the services at their disposal. The beginnings of this in Cardiff & Vale are the use of people with lived experience of mental illness and others delivering education and support to those with Serious Mental Illness.

"Change is inevitable but transformation is by conscious choice"

Heather Ash Amara

8. Focus: Psychological Therapies

The Psychological Therapies Management Committee ensured overview and systematic audit of service gaps for psychological therapy provision as set out in the National plan to deliver condition specific psychological therapies as stated in Matrics Cymru with identified priorities for adults community and inpatient , older adult and children and young people. The IMTP and costed plan proposed to address gaps and priorities was supported by WG enabling investment in psychological therapy service delivery to improve:

- **Timely access to evidence based interventions across a range of mental health conditions matched to need. I.e. one evidence based therapy for each condition and choice of one other**
- **Improving information for service users and staff**
- **Ensuring embedded outcomes measures**
- **Ensuring workforce competencies through expert psychological leadership, developing new roles commissioning training, supervision and supervised practice**

Clinical Pathways for Psychological Interventions across primary secondary and inpatient care are being developed alongside appropriate information for service users. This will interface alongside development of a locality model with improved access and choice as front of pathway services delivered by “primary care mental health practitioners”. This may enable capacity release from generic counselling in GP practices to locality based pathway models of delivery congruent to Matrics Cymru guidance, supported by the Psychological therapies hub. A supervised practice and training initiative for staff is well progressed as an enabler to transformation particularly supporting primary care pathways for Psychological therapy delivery to depression, anxiety, eating disorders and PTSD.

The recent investment is supporting augmentation and improvement to specialist Psychological therapies provision across anxiety, depression, PTSD, eating disorder pathways and improvements sensitive to reaching older people and peri-natal services. Recruitment is progressing. The Psychological Therapies Management Committee has well developed implementation groups assuring continuous service improvement culture focused on embedding routine outcomes measurement and service user involvement and feedback. This is complementary to third sector commissioning of low intensity and open access interventions with improved information of technology based interventions and self help information.

Service users have access to therapy interventions through a number of collaborative research studies supported through the Directorate of Psychology and Psychological Therapy.



9. Challenges

Co-occurring Substance Misuse

The Co-occurring Mental Health & Substance Misuse Service Framework has been developed for all ages and requires partnership arrangements across a wide range of services including Housing and Homelessness services and criminal justice agencies.

The core principles of the framework are as follows:

- Interventions delivered in a timely manner
- Service deliver holistic, recovery focussed care and treatment
- Effective communication with all
- Accessible services
- Integrated service provision
- Effective leadership
- Unambiguous clinical responsibility
- Competent and well trained workforce
- Ease of access for people with dual diagnosis

Access

- Locality SPOE for all MH and Social Care services
- Reduce referral waiting times to direct access
- Reduce repeated assessments of service users who meet CMHT eligibility
- Improve access to PTs and compliance with Matrics Cymru
- Extend Emergency Unit liaison hours
- Develop a core service for younger people between 14 and 25 to complement the repatriation of camhs services currently and deliver services based on need and not age.

Psychological Therapies

- To meet the 26 week Referral to Treatment for Mental Health Services with reference to Matrics Cymru. Particularly specialist treatments such as PTSD.
- Designated sessions for outreach to older peoples services where appropriate
- Consider co-morbidity and physical health difficulties, alongside the need to develop enhanced services with appropriately trained therapists who can work with the additional needs and complexity and care /carer needs of this population

Suicide & Self Harm

Suicide is an important public health issue, which has a significant impact on not just the individual but on family, friends and others. Each person who feels that they have nowhere to turn other than to take their own life is a tragic missed opportunity for help. At least ten people are thought to be intimately affected by every suicide. There are also large inequalities in suicide and self-harm which should not exist.

The Cardiff & Vale strategy sets out how suicide and self-harm will be tackled in Cardiff and Vale over the next 3 years. An Action Plan is in place to ensure delivery against the full range of actions taking place locally. The Suicide and Self-harm Prevention Steering Group will review and update the Action Plan annually to monitor progress and set priority areas for action.

Progress has already been made in several areas including exploring ways of collecting data on suicides in public places in the local area, the possibility of working with the London School of Economics to produce a health economic model for the implementation of barriers at key places in Cardiff and Vale, and a range of training and awareness-raising is being undertaken across the locality.

Areas of focus will include working with HMP Cardiff to look at suicide and self-harm in the prison, further exploration of ways of identifying and/or confirming frequently used public sites for suicide, working with Local Authority planning departments and developers to consider suicide prevention at the design stage, and identifying locally appropriate training for professionals, individuals who frequently come into contact with people at risk of suicide and self-harm, and the general public

Housing

The intention is for local authorities to play a lead role in developing an approach to housing across all tenures and ensure the delivery of more integrated housing and related services to meet local need.

The Vale and Cardiff Councils have a joint empty homes forum which shares information, good practice and also monitors the use of the regional Houses to Homes Loan Scheme. The Supporting People Regional Collaborative Committee oversees the delivery of the Supporting People Programme and is required by the Welsh Government. The Vale of Glamorgan and Cardiff Councils are also members of a joint Local Health Board to improve the links between services and better outcomes for service users.

The strategic housing function incorporates an enabling role, with the local authority working in partnership with other public, private and third sector organisations to deliver suitable housing and to develop innovative solutions to address local housing needs.

Ten Year Homelessness Plan for Wales 2009-19

This plan is intended to drive forward a focus on the prevention and the reduction of homelessness to a minimum by 2019. Prevention will be improved through early intervention, as well as universal access to services.

Housing and Mental Health Planning Group

The Planning Group will ensure the development, agreement and implementation of a Housing and Mental Plan of Action for Cardiff and the Vale of Glamorgan involving Health, Social Care, third sector, service users and carers, which will,

- Address needs and the capacity for provision of housing and support
- Meets the requirements of the Wales Audit Office Mental Health and Housing Report October 2010
- Be informed by stakeholders

The Planning group endeavor to develop joined up recovery focused housing and mental health services across Cardiff and the Vale of Glamorgan in the context of a commitment to the Cardiff and Vale Charter for mental health services and create equal opportunity for all members to contribute to the debate and influence decisions

10. Third Sector Collaboration

Cardiff and Vale Action for Mental Health (Cavamh) supports third sector groups with an interest in mental health through Cardiff and Vale Mental Health Forum, providing services in relation to Development and consultancy, Joint Working, Information, Training, Policy Development & consultation, influencing Change through Mental Health Promotion/Prevention, Service User and Carer Involvement

A hundred third sector groups with an interest in mental health have met through the Cardiff and Vale Mental Health Forum to collaborate, share information, elect reps and respond to policy consultations, co-ordinate training and promote awareness: members provide services across the spectrum and have signed up to Forum principles and the Cardiff and Vale Charter for Mental Health.

Forum interest groups focusing for example on black and minority ethnic issues, counselling services, GP training and also the MHPB Recovery and Housing Planning Groups facilitated by cavamh, have developed and delivered against jointly agreed actions in liaison with service users, carers and statutory agencies in order to improve the development and delivery of services.

In a recent evaluation, presented to Vale of Glamorgan councillors, members have highlighted what is important in providing a service that works for the people who use it, namely;

- **Attention to Quality** - for positive outcomes and cultural cohesion, which includes: Knowledge of community, Prevention, Range & choice (not luxury services but meeting the needs of people), Holistic, including social support, Involving people & co-production, which leads to empowerment, 'recovery' and services that 'fit', and recognising the Value of continuity, and
- **Collaboration**, with effective partnership working, which is cost effective, avoids duplication through referring, signposting, active linking, and recognises the time required to build relationships

The range of services provided can be found in the Cardiff & Vale Action for Mental Health (cavamh) Mental Health Services directory and Directions Handbook on www.cavamh.org.uk

People with mental health issues and carers have contributed through Sefyll (adult mental health involvement project) and Nexus (involvement of older people, family and friends with mental health needs and dementia). Join the Dots has linked with Young People aged 11-25 and groups working with young people to enable young people to have a voice in how services are delivered.

“We would like to extend warm thanks to all those with who we have been in contact over the year for their contributions and support. This wouldn't have been achieved without their involvement”.

