

**Adults and Health
Overview and Scrutiny Committee**

14 November 2016

**Preventative Mental Health Review and
Recommissioning Report**



Report of David Shipman, Strategic Commissioning Manager

Purpose of the Report

1. This report provides an overview of work ongoing and proposed recommendations on the future of community preventative mental health services, following a strategic review undertaken by Durham County Council (DCC) Children and Adult Services Commissioning and Public Health.

Background

2. Extensive joint project and review work is underway by CAS Commissioning and Public Health. Appendix 1 summarises the key implications of the project.
3. The purpose of the review was to develop options for future delivery of preventative mental health services as a number of existing contracts commissioned through Public Health and Adult Services approached their expiry date.
4. Based on the detailed findings from the review, including stakeholder feedback, the Mental Health Project board concluded that the future service model should include the following key principles:
 - Services built around the needs of individuals and families and delivered in communities.
 - Developing the voluntary and community sector to create people, places and pathways of support alongside public sector services.
 - A menu of evidence based services available in places close to home and utilising mainstream facilities, which promote independence and choice.
 - Services delivering a life course approach through promotion, prevention, early intervention and recovery.
 - Workforce development to ensure high standards of quality, safety and outcomes.
 - Future commissioned services linking clearly with health services, wellbeing services and the wider mental health system.
 - Future service provision building on the good practice of partnership working, co-production, peer support, innovation and flexible services, which helps to reduce stigma and discrimination and aid recovery.
 - Improve movement along different pathways

5. Taking into account the links with wider programmes and mainstream services and activities, and the key objective of improving service delivery and outcomes while ensuring value for money, the project board has agreed a single overarching mental health preventative model.

Proposed service model

6. The proposed future model for mental health preventative services is presented as a diagram in Appendix 2. Key elements are:
 - A life course approach defined as 'Starting Well', 'Developing Well', 'Living Well', 'Working Well' and 'Ageing Well' (Joint Commissioning Panel for Mental Health, 2015)¹.
 - Outcomes related to promotion, prevention, early intervention and recovery, including the 'Five Ways to Wellbeing'.²
 - A countywide hub and outreach model to deliver equitable access through community buildings, complemented by signposting and navigation along pathways to other services.
7. The project board is undertaking significant work on the following workstreams to help decide commissioning intentions:
 - Mapping current service provision and identifying areas for development against the proposed model
 - Identification of outcomes required from the new service model
 - Exploring current and potential care and support pathways
 - Engagement with key stakeholders on the proposed model and priorities for the future
 - Development of service specifications
 - Commissioning and procurement options and agreed plan

Key Outcomes

8. The suggested high level outcomes that could apply across the life course are based on the Public Health, Adult Social Care and NHS Outcome Frameworks, 'No Health without Mental Health' objectives and the 'Five Year Forward View for Mental Health' recommendations. Key priorities in local strategies and plans have also been considered when identifying outcomes e.g. County Durham's Public Mental Health Strategy and Suicide Prevention Framework and the Children and Young People's Mental Health, Wellbeing and Resilience Transformation plan.

¹ JCPMH (2015) Guidance for Commissioning Public Mental Health Services

² [Mind webpage on Five-ways-to-wellbeing](#)

9. The key outcomes are:

- More people will have good mental health
- More people will develop awareness and skills in order to help themselves and others in coping and fostering positive mental health and wellbeing
- The development of community/ family settings which foster mutual/peer support
- More people with mental health problems will recover and have appropriate accommodation, good quality of life and meaningful activity
- More people with mental health problems will have good physical health
- More people will have a positive experience of care and support
- Fewer people will suffer stigma and discrimination
- Delaying and reducing the need for care and support
- Increasing choice, control and co-production
- Reducing inappropriate hospital admissions and improving hospital discharge outcomes/processes through improved care and support pathways
- Increased skills and capacity in the workforce so that people are supported appropriately, whatever the setting
- Safeguarding vulnerable people and protecting them from avoidable harm in a safe environment
- Preventing people from dying prematurely
- Improving the wider determinants of health, health improvement and protection

Current service provision

10. Work has been completed to map the different types of services currently available across each locality and within each area of the model, e.g. Promotion/prevention for Starting Well, Care and Recovery for Living Well. Some services are commissioned by Adults and Public Health, Children's services and by other departments or Clinical Commissioning Groups, as well as available elsewhere in the voluntary and community sector.

11. The mapping process will help to identify areas for potential further development in the new model, which may need to be prioritised as part of the new commission or developed in the future.

12. Analysis of current and potential pathways between services will also inform commissioning intentions and shape future service provision. An important consideration in this process will be the effective links with other preventative services in the context of the following workstreams:

- Think Family
- Early Help
- Resilience
- Dementia Strategy
- Dual Needs Strategy
- 0-19 service developed by Public Health in conjunction with Education

13. The Wellbeing for Life service commissioned by DCC Public Health has a key role within the mental health model. The Wellbeing approach aims to take a whole-person and community approach to improving health, including mental health. A close working link has been established with the ongoing Mental Health Crisis Care Concordat activity.
14. The development of new pathways and ways of working will involve a cultural shift across all sectors – the mental health system as well as wider community provision – to ensure that the principles of prevention, early intervention and recovery remain at the heart of services for people affected by mental health as well as addressing other issues such as social isolation, unemployment, finance and housing. Signposting and navigation will be crucial to preventing children, young people and families from entering the mental health system unnecessarily and utilising other support and resources to build resilience, social networks and coping strategies.

Next Steps

15. Following approval at various senior management teams, the proposed mental health prevention model has been discussed with stakeholders through the Mental Health Partnership Board as well as provider, stakeholder and service user forums/networks throughout July and August 2016.
16. Following the service mapping and gap analysis, the Mental Health Project Board will undertake a commissioning options appraisal by December 2016. This will take into account financial pressures, i.e. the Medium Term Financial Planning (MTFP) process, which requires a further £1.5k savings from non-assessed services in Adult Care/Commissioning in 2017/18 and future saving targets across Children and Adults Services of c. £9.37m in 2018/19.
17. Stakeholder engagement and findings from the review are helping to inform the process of deciding which services will be recommissioned, redesigned or decommissioned to help achieve the necessary savings. Prioritisation will be undertaken in collaboration with the project group for non-assessed services, Clinical Commissioning Group representatives and other key stakeholders.
18. Specifications for the new service will be developed by Adults and Public Health by December 2016, with a view to commencing a redesign/procurement process during 2017. Implementation of the mental health prevention model will commence from 1 April 2017.

Recommendations

AHOSC is requested to:

- Note the contents of the report and the proposed service model.
- Note the further work required to inform future commissioning decisions and develop the model into detailed specifications for service redesign and/or procurement from December 2016.
- Receive a further report during 2017 outlining progress and key implementation stages.

Contact:

David Shipman **Email:** david.shipman@durham.gov.uk **Tel:** 03000 267391
Tricia Reed **Email:** tricia.reed@durham.gov.uk **Tel:** 03000 269095

Appendix 1: Implications

Finance: Public Mental Health baseline budget remains unchanged; savings to be identified for Adults Preventative services. Current total annual budget is £8,211,765.

Staffing: No implications identified at this stage. Providers will be kept informed and given sufficient notice of contract extensions and future decommissions

Equality and Diversity / Public Sector Equality Duty

An Equality Impact Assessment initial screening has been completed for this review and will be updated if there are significant changes.

Accommodation

No impact

Crime and Disorder

No impact

Human Rights

No impact

Consultation

Consultation process followed with providers, elected members and other stakeholders; a communication and consultation plan has been developed.

Procurement

Procurement exercise will follow agreement of model and commissioning options.

Disability Issues

Included in Equality Impact Assessment – no impact

Legal Implications

No impact

Mental Health Prevention Model

