

# Special Adults Wellbeing and Health Overview and Scrutiny Committee

6 September 2017

## Preventative Mental Health Review and Recommissioning Update Report



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**Report of David Shipman, Strategic Commissioning Manager**

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### **Purpose of the Report**

1. This report provides an update on the future plans for community preventative mental health services in County Durham, first reported to Overview and Scrutiny in November 2016.

### **Background**

2. Following a mental health strategic review undertaken by Durham County Council (DCC) Commissioning and Public Health, a new countywide mental health promotion, prevention and wellbeing model was developed in partnership with Clinical Commissioning Groups and other stakeholders.
3. The model that was included in the last OSC report has been updated following extensive stakeholder feedback and the final version was approved at the County Durham Mental Health Partnership Board and the Health and Wellbeing Board in March 2017.
4. Appendix 2 includes the updated version of the model, which takes 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.

### **Mental health promotion, prevention and wellbeing model**

5. Key elements of the model are:
  - A life course approach defined as 'Starting Well', 'Developing Well', 'Living Well', 'Working Well' and 'Ageing Well'<sup>1</sup>.
  - Outcomes related to promotion, prevention, early intervention and recovery, including the 'Five Ways to Wellbeing'.<sup>2</sup>
  - Improved access through the Well Being for Life service (for adults) and One Point service (for children and families) and outreach into community buildings, complemented by signposting and navigation along pathways to other services.

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<sup>1</sup> JCPMH (2015) Guidance for Commissioning Public Mental Health Services

<sup>2</sup> [Mind webpage on Five-ways-to-wellbeing](#)

## **Implementation of the countywide model**

6. The timeframe for the implementation of the new model is dependent on financial decisions and interdependencies with other workstreams. Therefore, implementation will be managed in stages over a period of several years.
7. The Mental Health project board overseeing the work has developed a project plan for implementation which comprises three stages.

### **Stage 1 – Reprourement of the Well Being for Life service (Oct 2017- April 2018)**

8. In the new model, the Well Being for Life (WBFL) service and One Point services are considered central to improve access to appropriate support provided by the voluntary and community sector alongside primary and secondary mental health services and support provided in schools.
9. Public Health Senior Management Team agreed to extend the current WBFL contract until 31 March 2018 and agreement has been reached to procure the new WBFL service for 1 April 2018, as an essential part of the delivery of the new mental health promotion, prevention and wellbeing model. The contract will be a one year contract with the option to extend for another year.
10. Market testing and service specification development have been undertaken. The new WBFL specification takes into account the findings from the evaluation of the WBFL service undertaken by Durham University in 2016/17. It also incorporates the requirements of the mental health prevention model based on the findings of the strategic review and stakeholder feedback.
11. The procurement will commence in October 2017, allowing sufficient time for the market to prepare bids, including consortia bids, TUPE implications and transition to the new service. This will commence in April 2018 and monitoring systems will be established to ensure the service is achieving the planned objectives and outcomes.

### **Stage 2- Remodelling/recommissioning of mental health preventative services (Oct 2017 onwards)**

12. There are a number of contracts commissioned by DCC Adults and Public Health to provide mental health prevention services in the community. These services were included in the strategic review and some are due to expire at the end of March 2018. A summary list of these services is included in Appendix 3.
13. In the new model, these commissioned services will link to the WBFL service and the wider network of support, activities and opportunities that are available in the community.

14. Work has jointly been undertaken by Adults and Children's commissioning services alongside Public Health to identify future commissioning plans based on considerable service mapping, gap analysis, contract prioritisation and stakeholder feedback.
15. As part of this process there have been a number of service decommissions. These include Mindfulness and mental health workshops in schools due to overlap with Youth Awareness in Mental Health (YAM) commissioned by Public Health and several supported housing services (linked to Medium Term Financial Plan savings). For each of these decommissions risk assessments, equality impact assessments and communication plans were put in place.
16. Decisions on the remaining contracts are to be finalised by the end of October 2017; this work may involve remodelling and reprocurring, decommissioning or extending current services in 2017/18 and 2018/19.
17. At the same time work is being undertaken by Public Health commissioners to develop a linked DCC Culture and Sport Wellbeing offer as part of the remodelling process. Details are to be finalised over the next few months.

### **Stage 3 – Workforce and market development April 2018 onwards**

18. Once stages 1 and 2 are underway, ongoing implementation work will involve wider workforce development and culture change to ensure robust links between the different services are made and the key principles of the new model are evident.
19. Further joint commissioning and wider market development will be undertaken as required.

### **Interdependencies**

20. The implementation of the mental health prevention, promotion and wellbeing model is interdependent with other workstreams such as Think Family, Early Help, Resilience, Education, 0-19 services and Workplace Health.
21. The model also fits with the overall mental health strategy for County Durham, which is in the process of being developed for the Health and Wellbeing Board and which covers:
  - Children and Young People's Mental Health
  - Adult Wellbeing
  - Suicide and self-harm prevention
  - Crisis Care Concordat
  - Dementia

## Next Steps

22. The procurement process for the WBFL service will commence as soon as possible with a view to publishing a tender in October 2017 (Stage 1)
23. Decisions will be made from October 2017 on the range of contracts commissioned by Adults and Public Health. Further work will be required throughout 2018/19 to remodel services and develop the WBFL service as the gateway to other preventative and mental health support (Stages 2 and 3).
24. Ongoing stakeholder engagement will help shape the implementation of the new model for County Durham.
25. Regular progress reporting will be through the Mental Health Partnership Board and the Health and Wellbeing Board.

## Recommendations

AHOSC is requested to:

- Note the contents of the report and the implementation plan for the new mental health promotion, prevention and wellbeing model.
- Receive a further report during 2018 outlining progress and key implementation stages.

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### Contact:

**David Shipman**    Email: [david.shipman@durham.gov.uk](mailto:david.shipman@durham.gov.uk)    Tel: 03000 267391

**Tricia Reed**        Email: [tricia.reed@durham.gov.uk](mailto:tricia.reed@durham.gov.uk)        Tel: 03000 269095

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## **Appendix 1: Implications**

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**Finance:** Services are funded through a combination of Public Health and Adults and Health funding to a total of just under £8 million.

**Staffing:** Providers will be kept informed and given sufficient notice of contract extensions and future decommissions. In the event of retendering, TUPE and redundancy issues may apply for externally contracted providers.

### **Equality and Diversity / Public Sector Equality Duty**

An Equality Impact Assessment has been completed for this review and will be updated at the next key decision point

### **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**

The procurement exercise for the Wellbeing service has been agreed; further commissioning and procurement plans are to be developed for other mental health preventative services from October 2017.

### **Disability Issues**

Included in Equality Impact Assessment – no impact

### **Legal Implications**

No impact

Appendix 2

Mental health promotion, prevention and wellbeing model

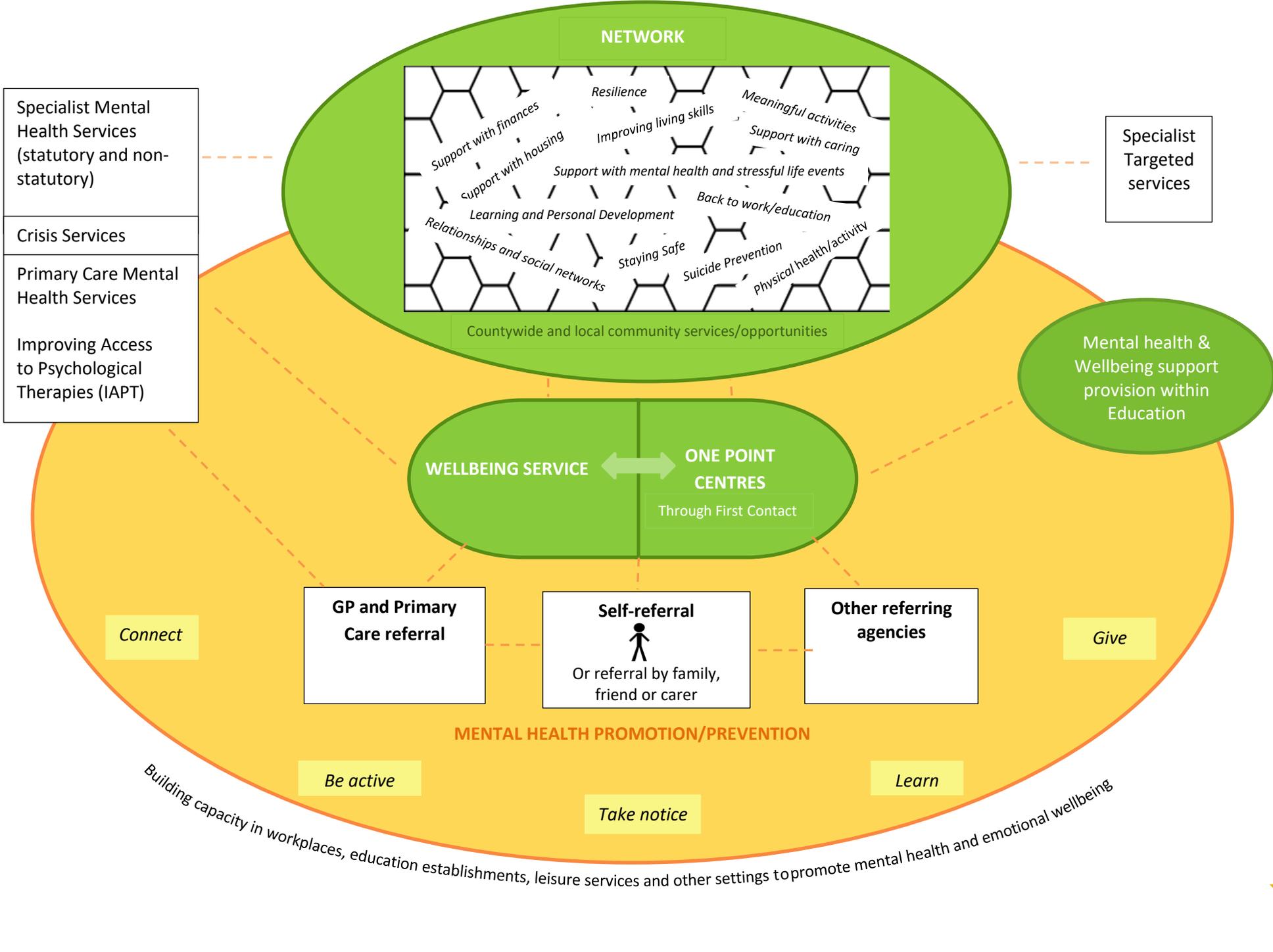
| PEOPLE<br>Life Course   | Starting Well  | Developing Well   | Living well  | Working Well   | Ageing Well  |
|---|--|---|--|--|--|
| <p><b>Care and Recovery</b></p> <p>Reduce complications of mental health issues, support recovery and prevent/reduce risk of recurrence.</p>  | <p>Care and recovery from maternal mental health issues including specialist/ community services, early discharge planning, crisis support, carer support, self-help and peer support.</p>   | <p>Care, recovery and social inclusion for children and young people with mental health issues including specialist/ community services, early discharge planning, crisis support, parent/carer support, self-help and peer support.</p>  | <p>Care, recovery and social inclusion for people with mental health issues including specialist/ community services early discharge planning, crisis support, carer support, self-help and peer support; help to be independent and have a good quality of life until the end of life.</p>                    | <p>Recovery and support for people with mental health issues to find and retain suitable employment and to maintain positive mental health at work – support at work alongside specialist/community services.</p>  | <p>Care, recovery and social inclusion for older people with mental health issues/ dementia including specialist/community services, early discharge planning, crisis support, self-help, peer and carer support; help to be independent and have a good quality of life until the end of life.</p>                |
| <p><b>Early Intervention</b></p> <p>Detect signs of mental health issues early and seek timely help, intervention and treatment, involving targeted approaches to groups at higher risk of developing mental health issues.</p>         | <p>Early detection/ intervention for maternal and parental mental health issues and for children with emerging mental health issues; plus early help to cope with relationship problems, financial worries and difficult life events e.g. bereavement, loss, separation, abuse and trauma- accessed through primary care/family services .</p>   | <p>Early detection /interventions for children and young people with emerging mental health issues; including early help to cope with relationship/, financial worries, bereavement, loss, separation, bullying, abuse and trauma- accessed through schools, primary care and other community services.</p>   | <p>Early detection/ interventions for people with emerging mental health issues and their carers; plus early help to cope with relationship/ financial worries and difficult life events e.g. bereavement, loss, separation, abuse and trauma- accessed through primary care and other community services.</p> | <p>Early detection/ interventions for people with emerging mental health issues; plus early help to cope with difficult life events such as relationship/financial worries, bereavement, loss and redundancy; support at work and access to primary care and other community services.</p> | <p>Early detection/ interventions for older people with the onset of dementia or emerging mental health issues and their carers; plus early help for relationship/ financial worries, bereavement, loss, isolation, abuse and trauma -accessed through primary care and other community services</p>               |
| <p><b>Promotion/ Prevention</b></p> <p>Prevent mental health issues occurring by addressing the wider determinants and promoting health and wellbeing at an individual, community or structural level.</p>                              | <p>Mental health promotion and preventative interventions within families and communities that aim to give new-born and young children a good start in life including support to parents before, during and after birth and interventions aimed at the child; to help develop resilience, mutual support, good mental and physical wellbeing, prevent mental health issues and reduce stigma/discrimination.</p> | <p>Mental health promotion and preventative interventions/ activities in families, schools and communities to help children and young people develop resilience, mutual support, good mental and physical wellbeing and prevent mental health issues, e.g. whole school and targeted approaches as well as awareness and reducing stigma/ discrimination.</p> | <p>Mental health promotion and preventative interventions/activities within homes, communities and care settings to help people of all ages develop resilience, mutual support, good mental and physical wellbeing; prevent mental health issues and reduce stigma/discrimination.</p>                         | <p>Mental health promotion and preventative interventions/activities within the workplace to help develop resilience, mutual support, good mental and physical wellbeing; prevent mental health issues and reduce stigma/ discrimination.</p>  | <p>Mental health promotion and preventative interventions/activities within homes, communities and care settings to help older people and their carers develop resilience, mutual support, good mental and physical wellbeing, quality of life; prevent mental health issues and reduce stigma/discrimination.</p> |
| <p style="text-align: center;"><b>PLACES</b></p> <p style="text-align: center;"><b>Access and delivery points, including signposting and navigation to other preventative, early intervention or specialist services (PATHWAYS)</b></p> |  |   |  |  |  |



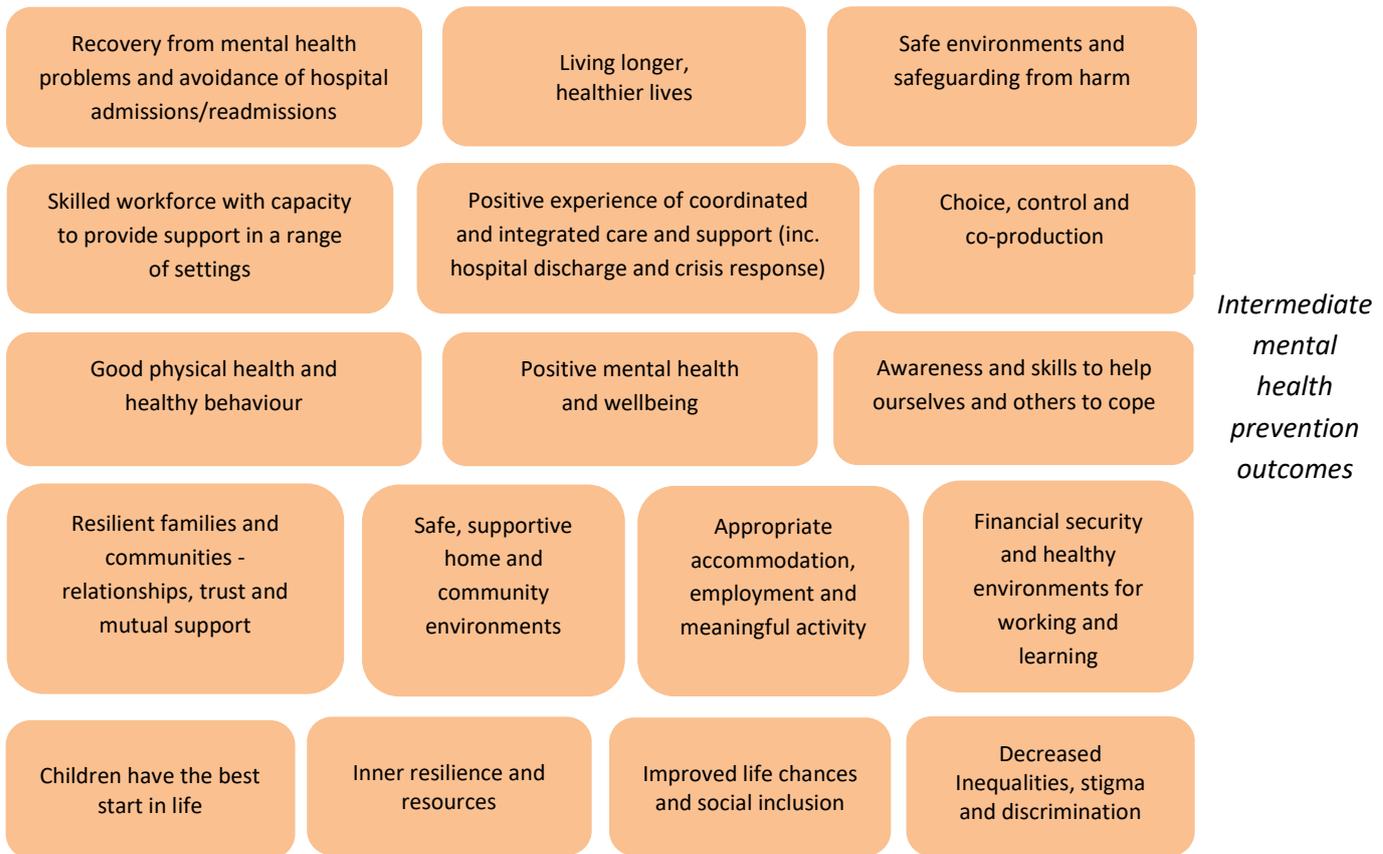
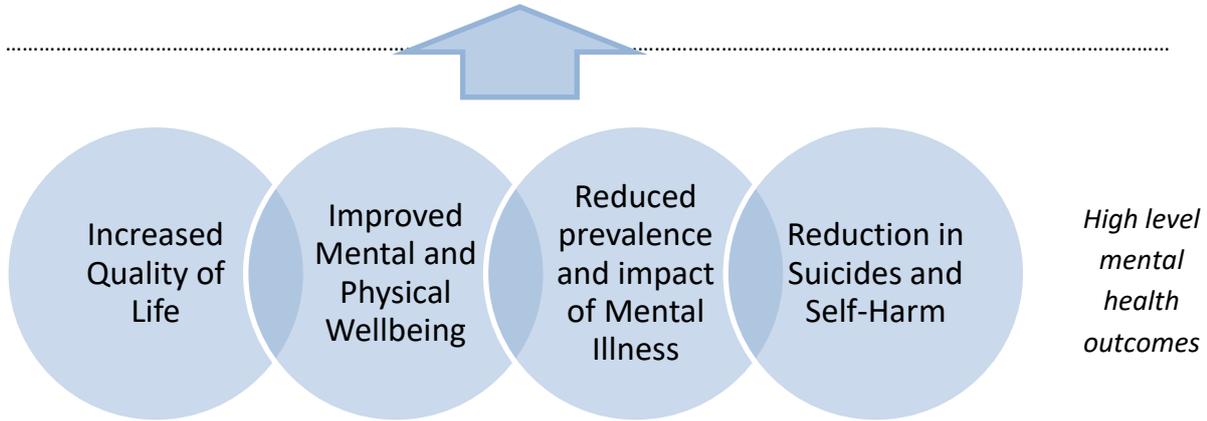
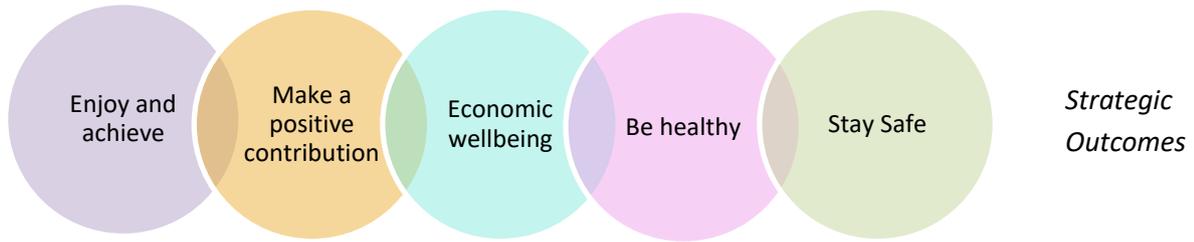
# Mental Health Promotion, Prevention and Wellbeing Delivery Model and Framework for Future Services

Recovery  
Care  
Early Intervention  
Prevention

Career  
Recovery  
Prevention



# Mental Health Promotion, Prevention and Wellbeing Outcomes



## Appendix 3- Current Service Provision

| Services   | Providers  |
|--|--|
| Public Health Grant Funded   |  |
| Local Helpline for children and young people (Contribution to CCGs)  | Papyrus  |
| One post to support children and young people's workforce network  | Success North East   |
| Relationship support for individuals, couple and families  | Relate   |
| Support after suicide (post-vention)   | If U Care Share  |
| Bereavement Support  | Tees Valley and Durham Area (TVDA)<br>Cruse  |
| Welfare Rights support for higher risk groups, linked to post-vention support, Crees and Social Prescribing service.                                       | DCC Welfare Rights   |
| Safe social spaces ('sheds') for men, women and young people as part of Suicide Safer Communities supported through Public Health funding (non-contracted) | Crees  |
| Social Prescribing ('Colour Your Life')<br>- Includes Enablement Fund (Adults funding element)   | Pioneering Care Partnerships (PCP) Consortium  |
| Funded through Adults Services   |  |
| Women only social access/drop in   | Aspire   |
| Social Access/drop-in (Sedgefield only)  | Mind Aycliffe- Hub of Wishes   |
| Social Access/ drop-in (Derwentside only)<br>Service is also commissioned by Health for talking/alternative therapies and crisis support.                  | Derwentside Mind   |
| Gypsy and Roma Traveller support   | Developing initiatives Supporting Communities (DISC)   |
| Women's Refuges -support for women and their children experiencing or at risk of domestic abuse  | <ul style="list-style-type: none"> <li>• Harbour</li> <li>• Wear Valley Women's Aid</li> <li>• Thirteen Care &amp; Support</li> </ul>  |
| Accommodation based support and Floating Support for Young People at risk, Older People, people with alcohol problems, offenders and homeless people.      | <ul style="list-style-type: none"> <li>• Developing initiatives Supporting Communities (DISC)</li> <li>• Stonham</li> <li>• Single Homeless Action Initiative in Derwentside (SHAID)</li> <li>• Mental Health Matters (Easington)</li> </ul> |

|  |   |
|--|---|
|  | <ul style="list-style-type: none"> <li>• Moving on</li> <li>• Changing Lives</li> <li>• Durham Action on Single Housing (DASH)</li> <li>• Foundation</li> <li>• Creative Support</li> <li>• Waddington Street</li> </ul>  |
| <p>Supported accommodation for people with mental health problems (mostly through care coordination)</p>   | <ul style="list-style-type: none"> <li>• Stonham (Brandon/Durham and West Cornforth)</li> <li>• Richmond Fellowship</li> </ul>  |
| <p>Vocational/education support</p> <p>Activity based and social access groups for people with mental health problems, including those with care coordinators.</p> | <ul style="list-style-type: none"> <li>• Mental Health Matters Pathways to Employment (Sedgefield &amp; Durham Dales)</li> <li>• St Margaret's Centre (will support without care coordination)</li> <li>• Waddington Street (Durham)</li> <li>• Stonham (Wellbeing and Recovery Service)</li> </ul> |