

# DRAFT: Southend, Essex and Thurrock Mental Health and Wellbeing Strategy on a Sheet 2017-21

## OUR VISION

- Mental health at the heart of all policy and service as we work with communities to build their resilience and promote mental well-being for all.
- Everyone needing care and support- including families and carers - gets the right service at the right time from the right people in the right way.
- People get support at the earliest opportunity, with support for recovery, promoting inclusion and empowerment.
- Enabling resilience for our communities, in partnership with the third sector.
- Services will be based on best evidence and co-produced with the people who use them.
- There is a seamless life course approach recognising that mental health can be an issue throughout life.
- People affected by mental health problems do not face stigma or exclusion in Essex.
- A resolute focus on delivering outcomes for people, families and communities.

- A single mental health commissioning team to provide services for all ages and across the whole County.
- Working in partnership and co-producing services with clinicians, experts by experience, families and carers.
- Drawing on best evidence and clinical practice, but not afraid to innovate and try new things.
- Developing models of care that ensure integrated, effective and accessible services for all.
- Focusing on prevention, early intervention and supporting people back into the community.
- Reducing costs through better prevention and service models, and reinvesting that money in further service improvements.
- Being a voice for mental health on the national stage and providing leadership.

## HOW

What we will deliver to 2020-21

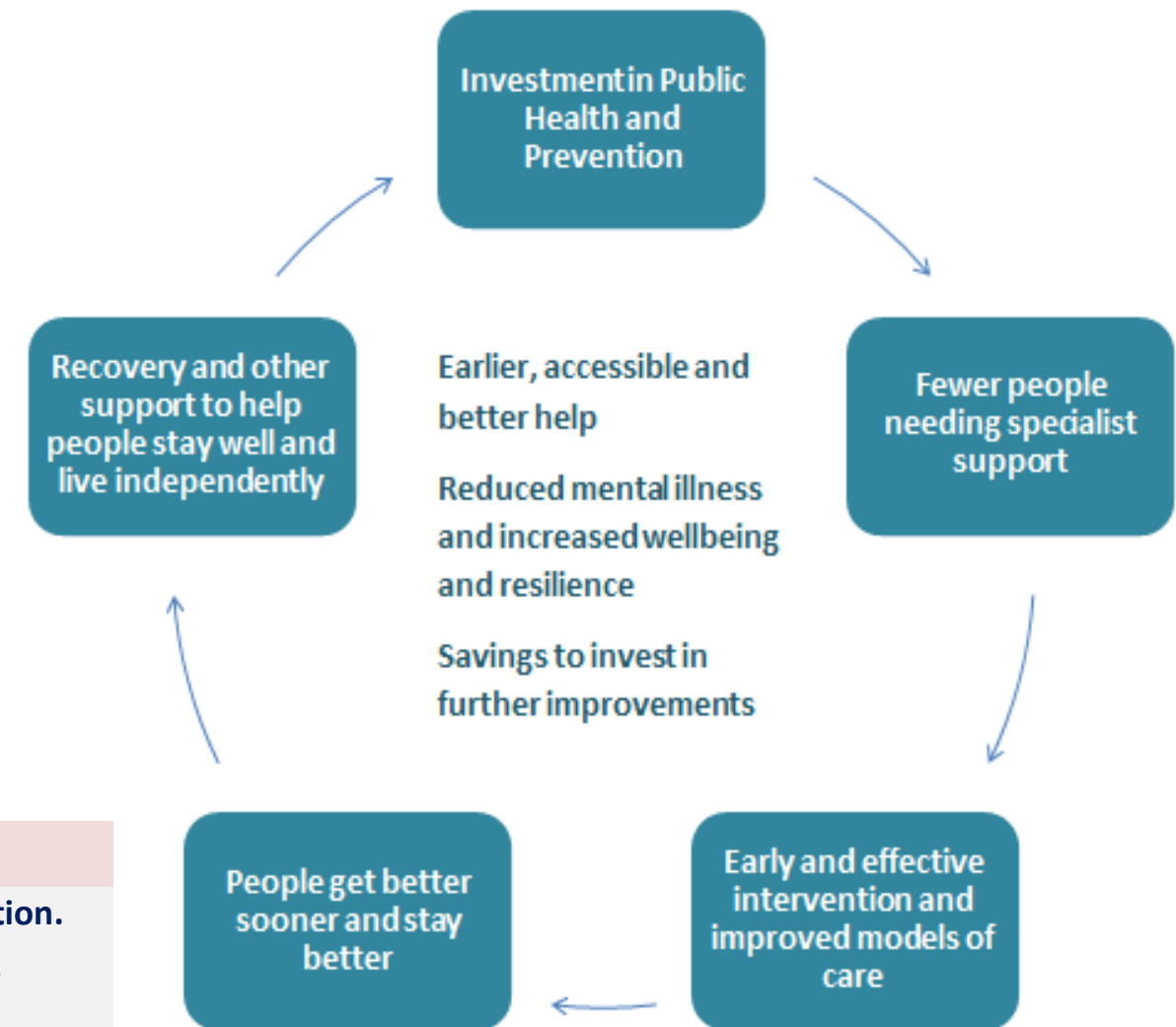
- ✓ Year on year reduction in premature mortality among people with severe and prolonged mental health issues.
- ✓ A focus on mental health and well-being in everything we do, from healthy eating and physical activity to local planning.
- ✓ New and expectant mothers can access specialist support.
- ✓ Transformation of services for children and young people.
- ✓ Better access to psychological therapies.
- ✓ A continued focus on older people and the links with dementia.
- ✓ More support with first episode of psychosis.
- ✓ All hospitals have mental health liaison teams, with at least half working 24/7.
- ✓ Home treatment and crisis support in the community, with more people treated in their homes and less having to stay in hospital.
- ✓ Reduction in suicide with the ambition of zero suicide.
- ✓ No-one in crisis held in a police cell for assessment.
- ✓ Offenders with mental health issues directed into treatment and out of trouble at the earliest opportunity.
- ✓ A year on year reduction in the employment gap between people in mental health services and others.
- ✓ More people supported out of mental health services and to live independently in appropriate accommodation.

### Your voice, your views

We commissioned an independent review of Essex's mental services and have engaged with service users, carers and clinicians. This is what they said.

- 'Simplify things – getting help in Essex can be too complicated and confusing'*
- 'Work together, share information and break down silos'*
- 'Communicate better, with us and each other – using clear and consistent language'*
- 'Improve access to services – people are not getting timely access to the care they need'*
- 'Families and carers need better support – and want their insight and contribution recognised'*
- 'Provide help earlier – rebalancing things in favour of prevention and early intervention, and embed mental health support better in GP surgeries and other familiar settings'*
- 'Recovery is not just about treatment, its help with housing, employment and relationships'*
- 'Address staff shortages, support workforce development and involve "experts by experience"'*
- 'Make Essex a national leader on mental health tackling stigma and achieving "parity of esteem"'*

## The Essex Model: Better care drives system change



### Immediate priorities

- Reviewing mental health funding to ensure value for public money, focusing on early intervention.
- A new single, all age commissioning focus for all services across Southend, Essex and Thurrock.
- Linking payments to providers to real improvements in mental health and wellbeing.
- Improved use of co-production, data and information to drive service improvements.

### Prevention & Early intervention

- Ensuring 50% of people with first episode of psychosis get the right treatment within 2 weeks.
- Increasing access to psychological therapies from 2017/18 to ensure at least 25% of people with depression/anxiety have access by 2020-21.
- Continue to increase peri-natal support.
- Ensuring that at least 40% of patients now ending up in specialist services are getting the right help in a primary care setting by 2020-21.
- Publishing a new Suicide Prevention Strategy.
- Improved diagnosis of Asperger's and ADHD.

### Acute and Crisis Services

- Co-ordinating an integrated approach across Essex informed by the Crisis Care Concordat.
- Redesigning the Approved Mental Health Professional Service to provide a 24/7 response.
- Developing liaison services in all our acute hospitals and working towards 24/7 standards.
- Eliminating out of area hospital placements.
- Agreeing an implementation plan to ensure that anyone assessed under the Mental Health Act is managed in a suitable local facility.
- Expanding street triage for people in crisis.

### Supporting recovery

- Improving access to psychological therapies for people with long-term physical conditions.
- Developing local initiatives to integrate recovery-focussed mentoring, support and advice.
- Developing a new accommodation pathway to support people into independent living.
- Increasing employment, e.g., through Support and Recovery Workers in therapeutic services.
- Creating a service for Offenders with Complex Needs and developing innovative services for those with multiple need and personality disorder.