

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

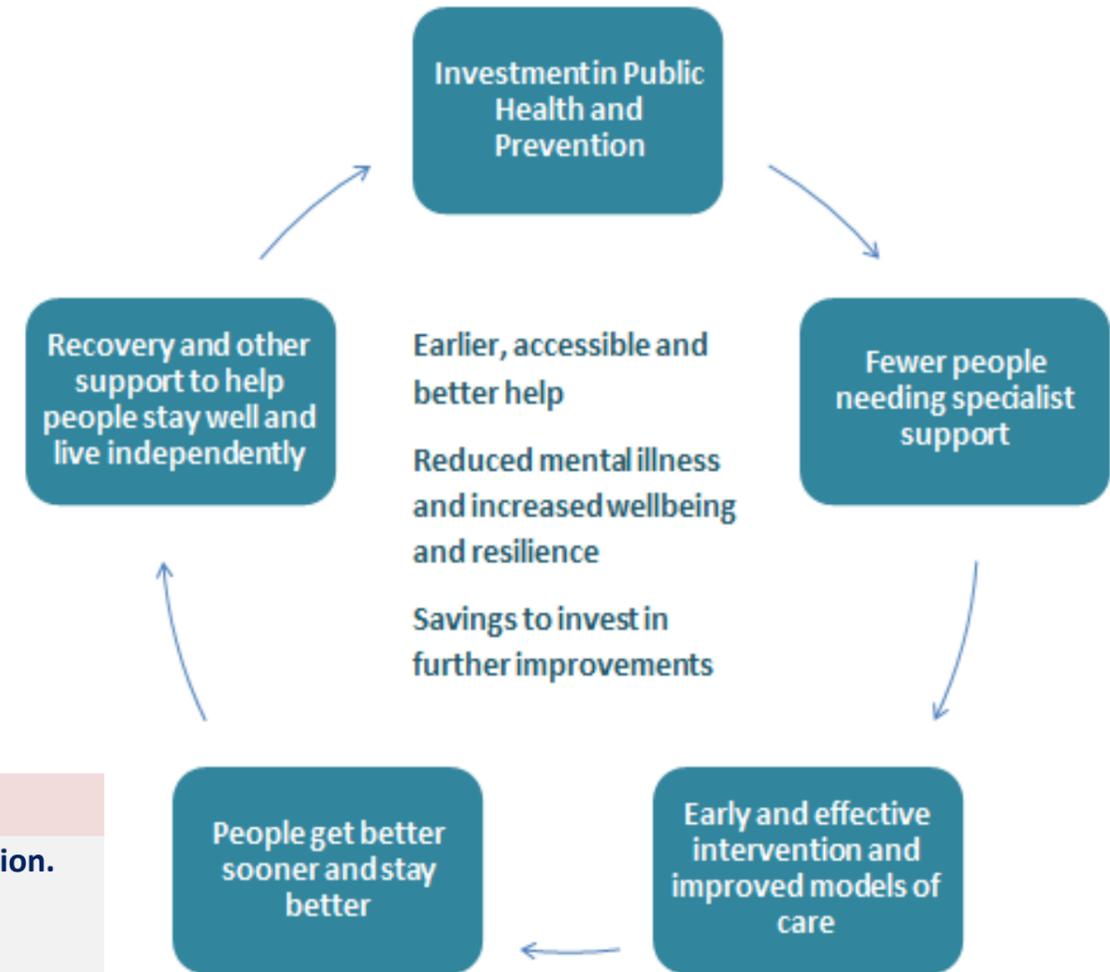
- ✓ Year on year reduction in premature mortality among people with severe and prolonged mental health issues.
- ✓ A focus on mental health and well-being in everything we do, from healthy eating and physical activity to local planning.
- ✓ New and expectant mothers can access specialist support.
- ✓ 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.