

Improving mental health services for adults in Gwent

Our plans for changing how we support people



This document was written by **Aneurin Bevan University Health Board**. It is an easy read version of 'Transforming Adult Mental Health Services in Gwent'.

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How to use this document



This is an easy read version. The words and their meaning are easy to read and understand.



You may need support to read and understand this document. Ask someone you know to help you.



Some words may be hard to understand. They are in **bold blue writing**. They have been explained in a box below the word.



If the hard word is used again it is in **normal blue writing**. You can check what they mean in Hard words on **page 20**.



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This document was made into easy read by **Easy Read Wales** using **Photosymbols**.

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About this document

This document is about **Mental health** and **learning disability** services in Gwent.

Mental health is about how you feel in your mind and thoughts. Some people have **mental health** issues like:

- **Depression** – feeling full of self-doubt and sadness.
- **Anxiety** – feeling worried or nervous



People with a **learning disability** can find it hard to learn new things. They may find it hard to understand information and communicate.

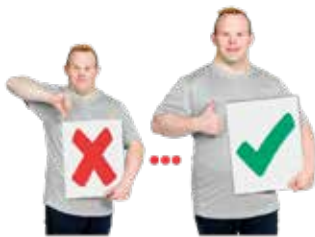


We run services for people with **mental health** needs or **learning disability**.

Over the past 3 years we have been improving services for:



- older people's **mental health**
- and people with a **learning disability**.



We now want to improve our services for adults' **mental health**.



This document tells you about how we want to change these services.



We want to know what you think of our ideas.



Please read this document and then tell us what you think by filling out the response form.

Our services



We have 5 levels of service for [mental health](#):

Level 1 – staying healthy

Level 2 – help in the community

Level 3 – help in a crisis

Level 4 – help in hospital

Level 5 – special help

Level 1 – staying healthy



This is all about helping people look after their own [mental health](#).

We provide things like:



- Booklets with helpful information about [mental health](#)



- Helplines people can ring if they want support with their **mental health**



- Information about organisations that can give support



- Courses people can go on to help them with their **mental health**



There are other organisations who also provide support for people's **mental health**.

What we want to do in the future

We want to provide:



- Booklets with helpful information about **mental health**



- Mobile **phone apps** to help people with their **mental health**



An **app** is software on a mobile phone. For example, the Facebook App.



- Websites with helpful information about **mental health**



- Courses people can go on to help them with their **mental health**

We want to have a website that everyone can use to find out:



- what help they can get
- and how to get that help.



We want to make sure that people in Gwent know more about [mental health issues](#)

We want to train people, who do **not** work in **mental health services**, about:



- [mental health](#)



- and how they can help people.

Level 2 – help in the community



This is for people who have gone to their GP for help with their **mental health**.

We provide things like:



- **Mental health assessments**

A **mental health assessment** is finding out more about someone's **mental health** and how they are feeling.



- Treatments like **counselling**

Counselling is when someone talks to a person who is trained to help them improve their **mental health**.



- Help for GPs to understand how to support their patients with their **mental health**



Most of this help will come from your GP's surgery.

What we want to do in the future



We want to employ 36 **Psychological Well-being Practitioners (PWP)** to help people with their mental health.

Psychological Well-being Practitioners (PWP) provide advice and support to people to help improve their mental health and wellbeing.



The **PWPs** will work from GPs surgeries.



The **PWPs** will help people get the right support for their mental health.



The **PWPs** work will mean that GPs will have more time to help other people.



We also want to provide support for people about their mental health in **Neighbourhood Care Centres**.



There will be **Neighbourhood Care Centres** in different parts of Gwent.



When someone goes to their GP about their **mental health**, their GP can ask the **Neighbourhood Care Centre** to support the person.

Level 3 – help in a crisis



Sometimes people with a **mental health** need help in a **crisis**.

A **crisis** is when someone needs help quickly because their **mental health** suddenly gets worse.



We provide services so if someone has a **crisis**, they can be seen by someone to make sure they get the right help.



Our **crisis** service is available 24 hours a day.

What we want to do in the future



We want to set up a **Crisis Assessment Support Unit**.



The staff at the **Crisis Assessment Support Unit** will be able to do **Mental Health Assessments**.



The **Crisis Assessment Support Unit** will be open 24 hours a day.



We think that the **Crisis Assessment Support Unit** should be close to other hospital services for adults with **mental health** needs.



We think the best place for the **Crisis Assessment Support Unit** is the Grange University Hospital.



We want to set up a new way for all organisations to be able to contact the **Crisis Assessment Support Unit**.

Level 4 – help in hospital



Sometimes when someone has a **mental health issues**, they need to go into hospital to help them get better.



We have special hospital wards for people that need help with their **mental health**.



Some people on these wards have just come into hospital in a **crisis**.



Some people in these wards are getting better but still need to be in hospital.

What we want to do in the future



We want to set up a **new** hospital ward just for people coming into hospital in a **crisis**.



This ward will be called the **Assessment Ward**.

Gwent



There will be 1 **Assessment Ward** for the whole of Gwent. And recovery wards.



When people have had a **mental health assessment** on the **Assessment Ward**, they will move to a **Recovery Ward**.



Recovery Wards are for people who are getting better but still need to be in hospital. There will be 3 **Recovery Wards** in Gwent.

Level 5 – Special help



Sometimes people need specialist help with their **mental health** which we cannot provide in the community or hospital.



We also have some special hospital wards and centres where we provide this special help.

What we want to do in the future



We are planning a new **Specialist In-patient unit**.



The **Specialist In-patient unit** will be a place where people who have a **mental health crisis** can get the different types of support they might need.



We want to move some services from other hospitals to the **Specialist In-patient unit**.

Gwent



This will help us **bring back** patients to Gwent who are not being treated in Gwent now.

What will these changes mean?



People will get the same support for their **mental health** wherever they live in Gwent.



People will be able to get more types of support for their **mental health**.



If someone has a **mental health crisis** during the day, they will be seen locally near their home.



If someone has a **mental health crisis** during the night, they will be seen at the Grange.



After someone who has had a **crisis** has been **assessed**, they might be admitted to the **Assessment ward**, go home, or be referred to community services..



After the **Assessment ward** they may move to a **Recovery ward** or get support from community services.



If people need special help with their **mental health**, they will get this from a new **Specialist in-patient Support Unit**.



People who have a **learning disability**, and who need to go into hospital, will go to the new **Specialist in-patient Support Unit**.



Some people who are currently in hospital outside of Gwent, will be able to come back to Gwent to the new **Specialist In-patient Support Unit**.

Hard words

Counselling

Counselling is when someone talks to a person who is trained to help them improve their mental health.

Crisis

A crisis is when someone needs help quickly because their mental health suddenly gets worse.

Learning disability

People with a learning disability can find it hard to learn new things. They may find it hard to understand information and communicate.

Mental health

Mental health is about how you feel in your mind and thoughts. Some people have mental health issues like

- Depression – feeling full of self-doubt and sadness.
- Anxiety – feeling worried or nervous.

Mental health assessment

A mental health assessment is finding out more about someone's mental health and how they are feeling.

Psychological Well-being Practitioners

Psychological Well-being Practitioners (PWP) provide advice and support to people to help improve their mental health and wellbeing.