

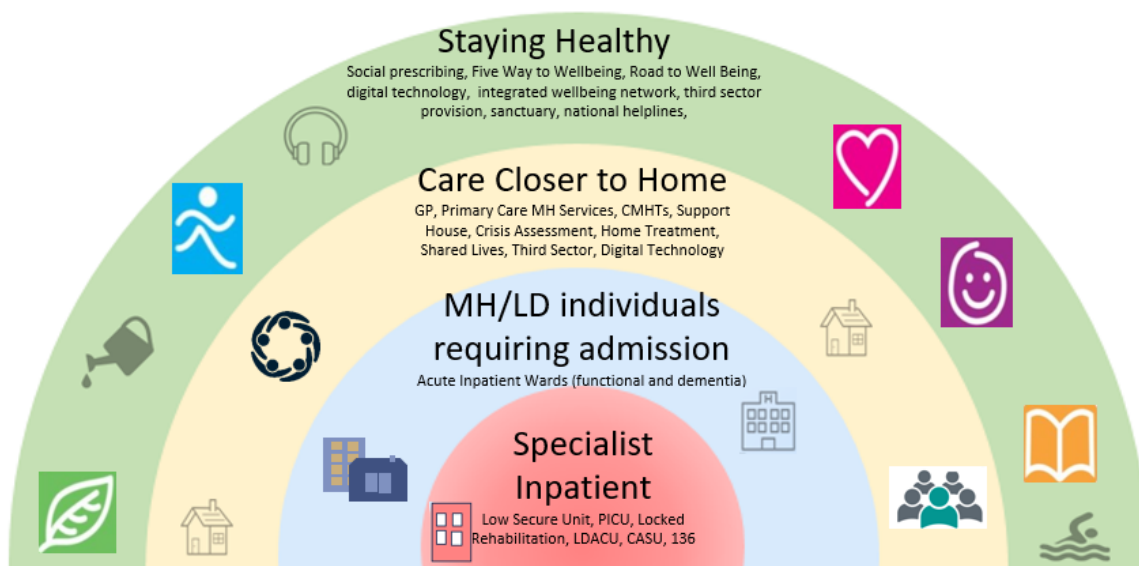


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Bwrdd Iechyd Prifysgol
Aneurin Bevan
University Health Board

January 2021

TRANSFORMING ADULT MENTAL HEALTH SERVICES IN GWENT A DISCUSSION DOCUMENT (Summary Version)



'High quality, compassionate, person centred mental health and learning disability services, striving for excellent outcomes for the people of Gwent'

Our vision is that our services are designed and delivered to ensure:

'High quality, compassionate, person centred mental health and learning disability services, striving for excellent outcomes for the people of Gwent'

This means that we want:

- To improve access to mental health support and resources by making them available when people need them. This ranges from providing the right resources within the community to support people's ongoing mental health and wellbeing to providing 24 hour, seven day a week responsive crisis care.
- To make sure that individuals are admitted to hospital only when it is the best option for them. We want to offer a range of support and services as an alternative to admission within the community and when admission is needed, to ensure smooth transition to the most appropriate inpatient environment.
- Our services to be focused on delivering the best outcomes for each individual.
- Where possible, to develop more local services and reduce the need for individuals with more complex mental health needs to have to travel outside of the Health Board for treatment.

To make the improvements we want, we know we must make changes across the whole adult mental health system. We want to make sure that each person is seen at the most appropriate place, by the most appropriate healthcare professional, in the right environment. Some examples of where we feel we can make positive improvements for each individual's experience and outcome are described below.

- Enhancing the range of services people can directly access to better support and promote the mental health and wellbeing of the community (we call this 'Staying Healthy').
- Strengthening our mental health services to better support primary care, through the development of Psychological Wellbeing Practitioner roles.
- Developing a more sustainable model of delivering Primary Care Mental Health Support Services built around 'Neighbourhood Care Networks' (Geographical areas covering local communities served by a small number of GP practices)
- Transforming our services for individuals with mental health issues at times of crisis. This includes ideas about changing the functions of our current adult mental health wards to create a single crisis assessment ward and recovery wards and developing a centralised crisis assessment support unit.

- Developing a new Specialist Inpatient Services Unit which will include two new Low Secure Wards and re-provision of the current Psychiatric Intensive Care Unit, Ty Lafant Learning Disabilities acute care unit, together with the development of an acute crisis admissions ward co-located with the crisis assessment support unit.

We believe these changes will enable us to better support the needs of individuals with mental health problems

Our preferred way to deliver services is:

A Gwent wide enhanced foundation service	<ul style="list-style-type: none"> • Five Ways to Wellbeing • Road to Wellbeing • Digital technology • Integrated wellbeing networks • Voluntary sector services • National Helplines
Mental health support for Primary Care	<ul style="list-style-type: none"> • Psychological Wellbeing Practitioners working in practices to support Primary Care in meeting the needs of individuals with low level mental health issues.
A locality based Hub model for Primary Care mental health support services	<ul style="list-style-type: none"> • Standardisation of GP referrals via introduction of E-Referrals (in progress) • Rather than being seen in individual surgeries, patients will attend appointments in community based 'Hubs' servicing a small number of GP practices • All face to face activity will be undertaken within the 'Hubs' including mental health assessment, individual and group based therapeutic intervention. Specialisms will be provided within each Hub and therapy provided consistent with need • In order to provide timely support, consultation and advice to GPs, a dedicated email advice service will be introduced • A named practitioner will be allocated to each surgery to attend practice meetings when needed • Patients will have the choice to attend appointments in person or 'virtually' using video technology or telephone
A Centralised Crisis Assessment	<ul style="list-style-type: none"> • Single point of contact for patients in crisis 24 hours a day, 7 days a week.

Support Unit with enhanced local home treatment teams	Local appointments offered to patients between the hours of 9am and 9pm unless no free appointments available locally to see them, in which case they would be offered an appointment in the Centralised Assessment Support Unit.
A single assessment ward supported by a number of recovery wards	<ul style="list-style-type: none"> • Single assessment ward co-located with the Crisis Assessment Support Unit • A number of locality based recovery wards (locations to be determined)
A Specialist In-patient Services Unit	<ul style="list-style-type: none"> • Low Secure Unit (new development) • PICU (from St Cadocs) • Learning Disabilities Acute Unit (From Llanfrechfa Grange) • Crisis Assessment Support Unit that incorporates the 136 Suite and Out of Hours provision • Crisis Assessment Ward

To achieve this means we will have to change some things about our existing services:

What Happens Now?	What Would The Change Mean?
<p>There are differences in mental health and wellbeing services (Foundation Tier) across Gwent with services being provided by NHS, Local Authority and third sector providers.</p> <p>There is inequitable access to provision, meaning that groups who are at greatest need can find it particularly hard to access support.</p> <p>Non mental health frontline staff are not always confident to raise the issue of mental health and lack the knowledge where to direct people for help.</p>	<p>People across Gwent have access to a good range of self-help resources and support, regardless of where they live. The services are delivered in partnership with the NHS, local authorities, third sector and communities themselves.</p> <p>Groups who are at greatest risk of poor mental health and wellbeing have increased and easy access to a range of self-help resources.</p> <p>Non mental health frontline staff will have access to free mental health and wellbeing training and will feel more confident to talk about mental health and wellbeing and know where to direct people for support.</p> <p>A branded website will be available which is easy to navigate and contains trusted and tested self-help resources.</p>

	<p>A marketing campaign will be established to ensure that people know where to go to ask for help and support</p>
<p>Primary Care Mental Health Support Services are attached to every GP practice in Gwent. There are currently differences in the range of services available and how they can be accessed.</p>	<p>Psychological Wellbeing Practitioner roles will be introduced across Gwent to provide support and advice to people who go to their GP with lower level mental health issues.</p> <p>Our proposal is that Primary Care Mental Health Support Services will be enhanced and move to a 'Hub' model of delivery, supporting a group of GP practices within a locality.</p> <p>A full range of individual and group therapies will be available through the Hub based teams. Access for assessments and treatments will be the same for all people regardless of where they live in Gwent.</p>
<p>There are a number of ways people enter our crisis services:</p> <p>Assessments for people who are experiencing mental health crisis are undertaken in a locality setting (your local hospital) during working hours.</p> <p>Out of hours, people experiencing crisis who need assessment and support are seen at St Cadoc's Hospital.</p> <p>Individuals experiencing a mental health crisis who have a first response from the police or ambulance service can present to a variety of places across Gwent (e.g.</p>	<p>Crisis assessments will still be done in the locality with additional daytime slots being available at a Crisis Assessment Support Unit (CASU) at St Cadocs Hospital, Caerleon.</p> <p>For patients receiving their first response from the police or ambulance service or Out of Hours, our proposal is for a single point of access, 24 hours a day at St Cadocs Hospital, Caerleon</p>

<p>A&E, section 136 Suite) - there is no single point of access to services.</p>	
<p>When a patient has been assessed by the crisis team, they may be discharged to home; introduced to the Home Treatment Team or Community Mental Health Team for further appointments; or admitted to hospital on a mental health ward for a period of time.</p> <p>Patients needing a hospital stay are admitted for both assessment and support/recovery to a hospital as far as is possible in their own locality</p>	<p>Patients assessed following referral to the Crisis Team may be offered additional choices, such as support in a planned support house (e.g. Ty Lles in Bettws, Newport) or through the Shared Lives Service.</p> <p>Our proposal is that patients requiring admission will be admitted to a single designated assessment ward serving the Gwent population. The ward will be supported by a number of recovery wards which are locality based. Patients may go to one of these wards as they move into their recovery phase, or go home.</p>
<p>People needing more specialist support for mental health may have their needs met through a stay on our Psychiatric Intensive Care Unit (PICU) in St Cadocs Hospital, Caerleon, Newport.</p>	<p>People needing more specialist support for mental health will continue to have their needs met through a stay on the Psychiatric Intensive Care Unit (PICU). In the future, we are proposing that the PICU is housed within a purpose built Specialist In-patient Services Unit.</p>
<p>People with a learning disability needing in-patient support currently have their needs met at Ty Lafant on the Llanfrechfa Grange Hospital Site in Llanfrechfa, Torfaen.</p>	<p>Our proposal is that people with a learning disability needing in-patient support will have their needs met through a new adult learning disabilities acute care unit in a purpose built Specialist In-patient Services Unit.</p>
<p>There is currently no NHS provision for people who need the most complex support in a low secure setting in Gwent. Patients often have their support provided through placements outside of Gwent, and often outside of Wales.</p>	<p>Our proposal is that People needing support in a low secure setting will have their needs met in Gwent in a purpose built Low Secure Unit as part of a new Specialist In-patient Services Unit.</p>

Tell Us What You Think

We are asking people to tell us what they think about these ideas and have developed some questions to help with that.

If you want the questionnaire or more information on our ideas, these are available;



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Aneurin Bevan University Health Board Website

<https://abuhb.nhs.wales>

This Engagement is live **11th January 2021 to 22nd February 2021**

What Next?

We anticipate a period of consultation that will follow this engagement and would welcome your input into that process too.