Transforming mental health services
Hambleton and Richmondshire

We want to change local mental health services.

We want patients, carers, professionals and partners to help us change these services.
What we want to do

People have told us that they want to stay at home while they are getting mental health treatment.

We want to support people with a mental illness to be able to live good lives while living at home.

We want to involve patients, carers, professionals and partners in the way we plan new services.

Our patients are at the centre of everything we do. We want to work closely with local communities.
What people told us

We asked people what was important to them. They told us they want:

• Support to stay in their own homes for as long as possible
• More information for patients
• More support for carers
• Better transport for patients
• A chance to meet people
• New technology can help
The challenges

We have some big challenges in Hambleton and Richmondshire:

• Many people live in country areas, a long way from mental health services
• It’s hard to get trained staff to work in country areas
• Services need to work better together
• People don’t understand enough about mental illness and the services that are needed
• Hospital is not always the best place for people with mental health problems
• Our hospital buildings and equipment are not right for a modern mental health service
• We must do more with the money that we have
Mental health

One in four people will have a mental health problem in their lifetime.

People with mental health problems get a worse service for their physical health problems.

People who have a severe mental illness are at risk of dying on average 15-20 years earlier than other people.

People with mental health problems are three times more likely to go to the Accident and Emergency Department at hospital. They are five times more likely to have to stay in the hospital.

There is not enough space for people with dementia in nursing homes, so they stay in hospital longer than they should.
Mental health

In the last 15 years, there has been a great improvement in medical knowledge and technology.

People who have a mental illness can now:

• Have better general health and longer lives
• Do better at school and college
• Learn skills
• Live healthier lives. They are less likely to smoke or drink alcohol
• Have a better chance to have a job
• Have less chance to get into trouble with the law
• Have a good social life and friends

People are not as likely to take their own life.
Opportunities

- People are wanting more community services for older people with mental health problems.
- The way we care for people with mental health problems is changing.
- We now know that hospital is not always the best place to care for people with mental illness.
- People are wanting to get more health care while they are living at home.
- People with mental health problems are wanting to get their care and support while they are living at home.
- Hospitals are focusing on caring for people who are most seriously ill.
- There is a chance to support more people at home by getting more community services and social care.
Opportunities

Living well with dementia

Most people with dementia will live better if they are living somewhere that they recognise and remember.

Improving the environment

We want to provide mental health community services in modern buildings which are designed for the modern mental health care.
How we’re going to get there...

We will...

• Provide more services in the community, closer to patients’ homes

• Make sure patients and their carers get the treatment and support they need, when they need it. Any time, day or night.

• Provide specialist assessments and treatments, such as hospital care, when people need it.

• Provide treatment that works in the best place for the patient.

• Make sure mental health services work closely with local doctors (GPs) to provide local services for local people.

• Deliver hospital care and community services in high quality buildings that are designed for modern health care.
Over to you

Please help us to plan our mental health services so they are right for you.

We want to know what you think.

- What do you think the Health Service could do so that more people can get mental health services in the community?

- How do you think we could make services better for people when their mental health gets suddenly very bad?

- How do you think we can help people stay out of hospital, and get them home again quickly when they do have to go into hospital?

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