Transforming mental health services

Hambleton and Richmondshire

Your local NHS is looking to transform mental health services.

We want to make sure that patients, carers, professionals and partners are involved in the way we shape these services.

Contact us

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Over to you

1. What can your local NHS do to care for more people with mental health problems in the community?

2. How we can improve the standard of care for those who are in crisis?

3. What can we do to reduce the need for hospital admission and to keep the length of stay to a minimum?

Please send us your feedback by writing to Freepost Plus RTER-KESE-BGCH, HRW CCG, Civic Centre, Stone Cross, Northallerton DL6 2UU or emailing hrwccg.feedback@nhs.net
How we’re going to get there

1. Provide more recovery-focused services in the community, closer to patients’ homes.

2. Make sure patients and their carers get the treatment and support they need, when they need it (any time, day or night).

3. Provide access to specialist assessments and treatments, such as inpatient care, when required.

4. Provide evidence-based treatment in the most appropriate care setting.

5. Ensure mental health services continue to work closely with GPs to provide local services for local people.

6. Deliver inpatient and community services in high quality, fit-for-purpose buildings.

Our ambition

We’re building on learning from ‘DISCOVER!’ and the ‘Fit 4 the Future, Transforming Our Communities’ consultation, where a majority of people said they wanted services at home or as close to home as possible.

It’s our ambition to support people to live fulfilling and meaningful lives in their own communities, no matter what their symptoms or diagnosis of mental illness is (known as a recovery-focussed approach).

We want to make sure that patients, carers, professionals and partners are involved in the way we shape the services.

Our patients are at the heart of everything we do and we want to work closely with our local communities to help us achieve our goals.
What you’ve told us

Previous engagement has set the scene to explore a new mental health model based on what you said was important to you.

You told us we should:

- Support people to stay in their own homes for as long as possible
- Provide more information for patients
- Provide more support for carers
- Provide better patient transport
- Facilitate social interaction
- Utilise new technologies as part of the solution

Opportunities

Living well with dementia

Although some people with dementia will need to spend time in hospital, most people will benefit from being able to stay in familiar surroundings, which are less disorientating.

Improving the environment

Local people deserve access to high quality health care facilities that support their recovery. We want to make sure that we provide mental health community and inpatient services in modern, fit-for-purpose buildings.
Opportunities

We’ve recently consulted on older peoples’ community services

During this engagement, mental health provision was highlighted by the public as an area to address.

The way in which mental health care can be delivered is changing and evolving

In the last 15 years the way mental health services are provided has changed. We have evidence to show that hospital is not always the best place to care for people with a mental illness.

Getting care closer to home for all

The public have already told us that they want to see more health services being provided at home or as close to home as possible.

More people with mental health problems are able (and want) to receive the care and support they need in or near their own home. Increasingly, hospitals are focussing on caring for the most seriously ill people.

There is an opportunity to support more people at home by strengthening community services and social care.

Current challenges

Rurality
Not everyone has equal access to appropriate mental health services.

Workforce
The national challenge to recruit staff can also be seen at a local level.

Lack of integration
There is evidence of a need to provide mental health services in a more integrated way, particularly in the community setting.

Understanding mental health
There is some lack of public awareness and understanding of mental illness and the services required.

Hospitalisation
Hospital is not always the best place for people with mental health problems.

Facilities
Our current inpatient facilities not meeting the standards of a modern therapeutic mental health service.

Financial
Because of national challenges facing the NHS and local authority there is an increasing need to use resources effectively and efficiently.
Clinical evidence

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

- People with mental health problems receive poorer physical health care.

- Those living with severe mental illness are at risk of dying on average 15-20 years earlier than the general population.

- People with mental health problems are three times more likely to attend A&E and almost five times more likely to be admitted as an emergency.

- Access to residential or nursing homes for people with dementia is limited, which means that people are spending longer than they should in hospital.

Clinical evidence

- In the last 15 years, there have been great advances in medical knowledge and technology.

- Improved mental health and wellbeing is associated with a range of better outcomes for people of all ages and backgrounds. These include:
  - improved physical health and life expectancy
  - better educational achievement
  - increased skills
  - reduced health risk behaviours such as smoking and alcohol misuse
  - reduced risk of mental health problems and suicide
  - improved employment rates and productivity
  - reduced anti-social behaviour and criminality
  - higher levels of social interaction and participation