

# POWYS MENTAL HEALTH PLANNING AND DEVELOPMENT PARTNERSHIP UPDATE



*Your update of all things partnership*

## WELCOME

Welcome to the fourth edition of the Mental Health Planning and Development Partnership Board (MHPDPB) update. Here you'll find all the latest news and information relating to the partnership work currently taking place in Powys.

If you have any queries about this update or would like to be featured in the next issue please contact: [Freda.Lacey@wales.nhs.uk](mailto:Freda.Lacey@wales.nhs.uk)

## TOGETHER FOR MENTAL HEALTH DELIVERY PLAN (T4MH)

Our Partnership Team are continuing to look at the detail within the "Plan", the gaps and ownership of priorities, planning ways we can make it easy to understand, aligning all other plans being drafted/developed that link.

We continue to wait on Welsh Government to let us know when they need our local plan(s) and reporting guidance. We don't know what this looks like yet.

In the meantime, we're planning our "Annual Report" from January 2020 to March 2021 and hope to have a draft of this by end of April/beginning of May to share.

## STRONGER LINKS WITH OTHER PARTNERSHIP BOARDS AND SUB-PARTNERSHIPS

We're working now with many other partners, including forging strong links this past quarter with Mid and West Wales Partnerships. They include new links with colleagues working to support Violence Against Women, Domestic Abuse and Sexual Violence (VAWDASV) (presented at our partnership board last June) - shared work around "Lived Experience and Engagement", Regional Housing Support Grant Group(s) and Regional Suicide and Self-Harm Forum, who are focusing on Bereavement Support and real-time sharing of information across Police/partners.



## NHS WALES INTERNAL AUDIT OF MENTAL HEALTH PARTNERSHIP

We have received the final internal report on our Partnership Audit. We have strong recommendations for aligning our partnership work with knowing who is responsible for which priority area. We need to improve recording where people are with priorities or key actions and achieving success.

We need to ensure we have the right people as members of our partnership. Jamie Marchant, our Chair, is confident we do, but we may need new people to join who can help us with new priorities, such as Education and Housing. Our Terms of Reference are being updated at our next Partnership Board.



## SUICIDE AND SELF-HARM CO-ORDINATION

A new Mid and West Wales Regional Suicide and Self-Harm Co-ordinator has been appointed; Shaun Morris, who is currently working as the Area Planning Board Manager with Powys County Council and will start in post in April. Powys' Suicide and Self-Harm Coordinator Jan Roberts has been in post since late January. Current work includes; involvement in Welsh Government commissioned research focussing on loss through suicide across Wales; data analysis work with regards to suicides from 2015-2020 in Powys. This will be used to develop intelligence led services for suicide prevention.

Jan is also exploring a new piece of work on self-harm intervention and prevention, starting with collecting data (information on statistics/other) to understand the Powys picture across all ages. Suicide bereavement support is gathering momentum nationally and we continue to focus on how we can progress the Powys Bereavement Strategy with colleagues on the Regional Partnership Board.



For more information, please contact Jan Roberts, Powys Suicide and Self-Harm Prevention Co-ordinator: [Jan.Roberts3@wales.nhs.uk](mailto:Jan.Roberts3@wales.nhs.uk)

## CRISIS CARE FORUM

Key developments in supporting people in crisis means we are engaging on a national group looking at the possibilities of a single telephone service that people can call such as NHS 111 but for Mental Health. We are also looking into the way people are driven from home or a place of safety to hospital(s), looking at working with people in the voluntary sector. We're also looking at how we share information between support agencies so people are only having to tell their story once.



## HARM REDUCTION (SUBSTANCE MISUSE) UPDATE

The first draft of the Harm Reduction “Intelligence Profile” is currently being reviewed by partner agencies with key recommendations. Our action plan will be produced following this. A copy of the profile and plan will be shared with the Partnership Board for the next meeting and widely circulated.

The Area Planning Board’s (APB) Harm Reduction Group Terms of Reference has been amended and agreed and new membership identified supporting key areas of development. The group is next due to meet in April 2021.

Andrew is working with partners about the process for reviewing Fatal and Non-Fatal Drug Related Poisonings (Multi Agency Case Reviews). This forms a key part of Harm Reduction planning. A new, more dynamic way of knowing about fatal and non-fatal poisonings, has been put in place by Andrew, working with the police.

For more information, please contact Andrew Mason, Harm Prevention and Reduction Co-ordinator (Substance Misuse and Alcohol): [Andrew.Mason@wales.nhs.uk](mailto:Andrew.Mason@wales.nhs.uk)



## ARTS IN HEALTH CO-ORDINATION

HORIZON, an innovative arts in health project is gearing up to explore the use of the creative arts and ecotherapy experiences with mental health service users, patients and staff towards developing a Powys Strategy for Arts in Health in partnership with Powys County Council and local arts sector providers.

An exciting relationship with the National Museum Wales has formed with a focus on providing art in end of life and palliative care settings offered to patients, families and carers throughout Powys as a means of providing imaginative comfort, stimulating memories, sensations and creatively intimate connections with people reaching the end of their lives in both clinical and home environments.

As well as ongoing fundraising, advocacy, networking and relationship building, other areas being developed and supported by Arts in Health Coordinator Lucy, include a number of partnership projects including the delivery of ‘Joio’ led by Powys based dance company Impelo, investigating the impact of creative dance for those living with memory difficulties.

For more information, please contact Lucy Bevan, Arts in Health Co-ordinator: [Lucinda.Bevan@wales.nhs.uk](mailto:Lucinda.Bevan@wales.nhs.uk)



## NEW – VETERANS SUPPORT

Powys now has a new “Armed Forces Liaison Officer”, Andy (Curly) Jones employed by Powys County Council. He’s very keen to link with our work.

The Multi-Agency Forum that we recently brought together to bid for funding for Veteran’s Support has received funding for Powys and Age Cymru Powys are leading on this. Exciting plans for Bronllys Hospital grounds and the “At Ease” garden are part of the proposal.



## NEW: MENTAL HEALTH/SUBSTANCE MISUSE/HOUSING UPDATE

Funding has now been agreed for three “Dual Diagnosis” Workers (for Mental Health and Substance Misuse). We are looking at new ways of recruiting people into these roles across Powys as we’ve struggled to get applications. We’re also hoping to go back out to recruit an additional three “Complex Needs” Coordinators as we now have longer term funding for these roles. This is being supported through our multi-agency steering group - housing, social services, voluntary sector and mental health.

Lots happening in relation to the new “Housing Support Grant” funding from Welsh Government who are asking us to be innovative and more partnership focused in our support of people at risk of being homeless who have complex needs. We’re working as agencies to look at what services are being provided by the voluntary sector, joining up our approach to funding support and services that meet all our priorities and aims, particularly as this is a key area of development in our T4MH Delivery Plan.



## COMMUNITY VOLUNTARY SECTOR HIGHLIGHTS

The partnership team has been very busy again with working alongside our Voluntary Sector.

Final agreements on the national commissioning for independent Mental Health Advocacy, going out in April 2021. Also looking locally at how we work more closely with all our statutory advocacy provision, such as our Independent Mental Capacity Advocacy and with Dewis CIL (Community Advocacy)

We are now actively piloting the new system of monitoring all our mental health services (with social service colleagues) between January and March 2021 and are providing individual support to services. This means we’ll be able to get really good information across all our commissioned services to help us know more about our population needs and issues

## £200,000 RINGFENCED FUNDING PROVIDED FOR COMMUNITY MENTAL HEALTH SUPPORT

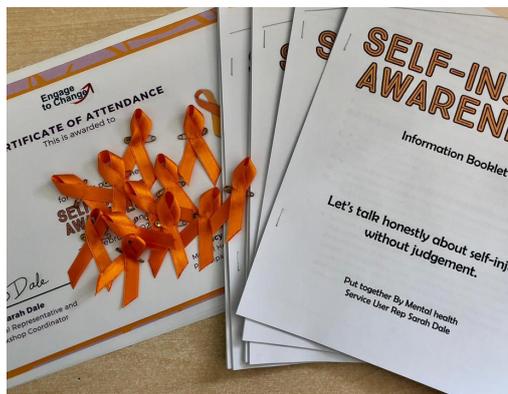
PAVO's Chair, Jamie Burt, facilitated a multi-agency grant panel with our citizen representatives, social services (Childrens and Cllr Rachel Powell), and ourselves in PTHB and we provided grants to over 15 different agencies, providing counselling, befriending for young people with mental health challenges, different community activities supporting mental health/wellbeing and additional support for voluntary/statutory staff training on Gender Identity, advice for social welfare benefits (in-patients going back into community) and support for families experiencing domestic abuse.

Additional services include out of ours support for people feeling in crisis both in North and South Powys, one to one specific support, support for people experiencing mental distress due to Bereavement and Loss/anxiety and PAVO are undertaking some research into the effect of Covid-19 on community voluntary services and people needing these services.

## ENGAGE TO CHANGE HIGHLIGHTS

Engage to Change (EtoC) have been progressing their COVID-19 survey action plan and are pleased to report that Ponthafren Association (in conjunction with Action For Children) will be piloting a befriending support service targeted at younger people.

Significant awareness raising efforts have also been made by EtoC with many thanks to Sarah Dale, Individual Service User Representative. Sarah has written, developed and delivered a number of self-injury awareness sessions to mental health and minor injury unit staff throughout February and March. The sessions have been really welcomed by staff and we will be looking at providing more mental health support and training to our general health colleagues in the future.



Looking forward, EtoC will be working on responding to the UK Government's Mental Health Act Reform White Paper consultation. There are a number of proposed changes to the Mental Health Act which the group would like to comment on, including advanced choice documents and the increased frequency of appeal opportunities.

For more information on EtoC, please contact [Lucy.Harbour@wales.nhs.uk](mailto:Lucy.Harbour@wales.nhs.uk)

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