

# POWYS MENTAL HEALTH PLANNING AND DEVELOPMENT PARTNERSHIP UPDATE



*Your update of all things partnership*



## WELCOME

Welcome to the fifth 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)

Welsh Government asked recently for a six-month report on our progress in key priority areas of the plan. Highlights included supporting people to keep well with our on-line Silvercloud CBT service. Referrals went from 130 per month to over 550 beginning of Covid-19. We told them about our progress in providing more funding to the Third Sector, Welsh Language services, access to psychological services and waiting times which are actively being managed, Care and Treatment Planning (based on an internal audit they'd asked us to do), progress on new planning with our Community Mental Health Teams and what we've done with last year's "Service Improvement Funding".

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

We continue to forge strong links with other partners including our links with regional partnerships. Recent updates include new services for on-line support with colleagues working to support Violence Against Women, Domestic Abuse and Sexual Violence (VAWDASV) and the Regional Suicide and Self-Harm Forum and links with the Start Well Partnership Board and their work with Children and Young People and the opportunity to engage with the Junior Start Well Board, engaging the voice of children and young people, particularly in mental health.

## SUICIDE AND SELF-HARM CO-ORDINATION

Suicide and Self-Harm prevention work is currently focussed on the following three areas;

- Data analysis on suspected suicides from 2015-2020 in Powys. The purpose is to better understand the Powys picture in order to target suicide prevention; analysis on 2019 deaths suggests a number of differences when compared with the national picture but further work is needed to understand whether these trends are reflected in other years.
- Services for those bereaved by suicide. We are prioritising work on a cross agency “post vention (event) pathway” to provide practical and emotional support to those bereaved by suicide. This will link in with national work on the “Real Time Suicide Surveillance System” that is in operation across much of England; in practice this would result in police putting those bereaved in touch with a service to offer advice and support within 48 hours of a suspected suicide. We have also arranged suicide training for PTHB and our partners to help us approach the work together.
- Self-harm project; we are beginning to collect data with regards to the prevalence, trends and pockets of particular demographic and location needs in Powys. We hope this will help us target early intervention and prevention services for those who self-harm. We want to ensure we are providing treatment and support in line with NICE guidelines. Co-production work with patients and staff is planned to understand the individual pathways to receiving the right support at the right time, understanding what works well and what could be better.

We have a new Mid and West Wales Regional Suicide and Self-Harm Co-ordinator who has previously worked in Powys, Shaun Morris and are delighted to be working with him in this capacity.

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)

## HARM REDUCTION (SUBSTANCE MISUSE) UPDATE

The Harm Reduction Co-ordinator has researched and developed a new Harm Reduction Plan for Powys which has been well consulted. This has been completed and is due to be agreed by the Powys Harm Reduction Group which is part of the Area Planning Board for Substance Misuse. The co-ordinator is currently involved in improving the reviews of Drug Related Deaths and non-fatal drug poisonings that occur in Powys every year. We consistently look to learn lessons and identify areas for improving our services. Andrew is working very closely with our Suicide and Self-Harm Coordinator particularly with respect to self-harm.

Andrew is also engaging with both the statutory and voluntary sectors in developing two Harm Reduction initiatives, one of which will be a pilot project for Wales and has already received strong endorsement from Public Health Wales. Other priorities are working in partnership to improve information of what is currently available in terms of Harm Reduction provision and the implementation of a drug alert system within Powys.

As a person who is vastly experienced in working in partnership, he has also provided support on public and staff protection by acting as a conduit for Integrated Offender Management Issues, supporting the Mental Health Service.

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)

## CRISIS CARE FORUM

We are now moving at pace to look into piloting the opportunity of a single telephone service that the public can call, NHS 111, option for all Mental Health needs in Powys, for people looking for early support and/or in crisis. We are working with WG to build up the team in the call centre and look at the systems we need in place. Third Sector colleagues are also providing current out of hours support for people who may be feeling in crisis. Linked work is exploring the needs of people who have complex care needs and understanding more how, as partner agencies, we can work more closely together, understanding other perspectives and ensuring people have what they need as early as possible.

## ARTS IN HEALTH

Lucy Bevan, Arts in Health Coordinator, has been busy with kicking off the process of developing our new Arts, Health & Wellbeing strategic intention for PTHB, in partnership with PCC. It is an activity led experimentation, exploration and consultation involving key stakeholders (primarily mental health patients, service users & staff) participating in creative arts & ecotherapy activities together, empowered digital patient story production and effective evaluation.

The name of the project is "HORIZON", (funded by PTHB Charitable Fund and PCC) with a project coordinator post being recruited and a 'HORIZON Scanner' Steering Group.

Lucy has also been busy supporting the inclusion of public art in the Bro Ddyfi Community Hospital capital re-development scheme involving a community engagement strand. A draft art proposal has been produced. Other highlights include:

- Working with palliative care services and staff and the National Museum Wales (NRW) on an 'Art at the End of Life' with a focus on providing art in end of life and palliative care settings
- Gerddi Bro Ddyfi Gardens - Youth Engagement Project involving delivering a programme of participatory creative activities aiming to reduce anti-social behaviour amongst young people
- Wild Skills Wild Spaces. delivered by Montgomeryshire Wildlife Trust, in partnership with PTHB (Welsh Government funded until 2023). The programme aims to support and empower people to help build resilience, connect with others and improve their physical health and mental wellbeing. Ecotherapy activities include: wildlife walks, bushcraft, mindful drawing, gardening & conservation activities.

Lucy is contactable on: [Lucinda.Bevan@wales.nhs.uk](mailto:Lucinda.Bevan@wales.nhs.uk) for more information.

## COMMUNITY VOLUNTARY SECTOR HIGHLIGHTS

The partnership team continues to engage with our commissioned services and:

- Final agreements have been taking place with national commissioning for Independent Mental Health Advocacy which is currently out to Tender

We have commissioned PAVO to produce a report on the impact of Covid-19 on Third Sector Services and identify any gaps in service needs and this report will be shared more widely after it is presented to the Mental Health Partnership Board this month.



- We are working with our Third Sector partner services to support them with guidance on business continuity with the new changes in Covid-19 regulations and/or hoped for lifting of restrictions – we are hearing more face to face (with social distancing/risk assessments) in place are starting to happen
- The Area Planning Board for Substance Misuse is undertaking a “Needs Analysis” currently on Drug/Alcohol service requirements and PTHB is supporting this work with our clinical perspective – this will lead to a new specification and Tender for services in Powys in 2022.

## ENGAGE TO CHANGE HIGHLIGHTS

Engage to Change (EtoC) members have been busy undertaking lots of different pieces of work since March. John Lilley has been appointed as a new Individual Representative for the Mental Health Planning and Development Partnership Board. John brings a wealth of experience to the table having volunteered with the Patients' Council for a number of years as well as being a member of the Crisis Care Forum.

A key piece of work EtoC has undertaken is engaging in the UK Government's consultation on the proposed changes to the Mental Health Act. Engage to Change submitted a collective response online, as well as individually via local engagement sessions hosted by Rethink Mental Illness UK. Jane Bishop, Carer Representative, has been working closely with both Rethink Mental Illness UK and Carers UK on the Mental Health Act reform, providing Engage to Change with a comprehensive overview report.

Much awareness raising has taken place, including the Partnership Board and Engage to Change being promoted during the PTHB public and live question and answer session during Mental Health Awareness Week.

May was also Borderline Personality Disorder (BPD) Month and to mark the occasion, Individual representative, Sarah Dale, wrote an insightful article looking into what BPD is and the impact it can have on both the individual and those around them.

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

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