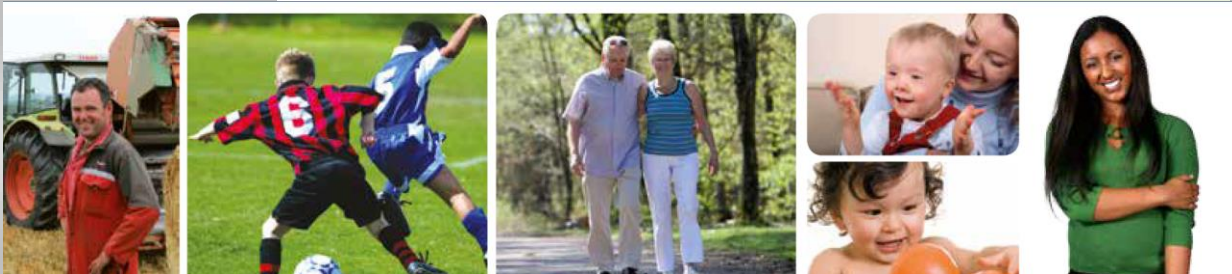


# Together for Mental Health

## Annual Statement - Powys

### 2018-19



#### INTRODUCTION

Together for Mental Health is the Welsh Government's 10 year strategy to improve mental health and well-being in Wales. Published in October 2012, following significant engagement and formal consultation with key partner agencies, stakeholders, services users and carers, it is a cross-Government strategy and covers all ages. It encompasses a range of actions, from those designed to improve the mental well-being of all residents in Wales, to those required to support people with a severe and enduring mental illness.

Actions identified in the second Delivery Plan, covering the 2016-2019 period, require a cross-cutting approach, and are implemented jointly by partners, including Welsh Government, health boards, local authorities, the third and independent sectors, education, public health Wales, police, fire, ambulance and others. The Delivery Plan is overseen by the National Partnership Board, and there is a Local Partnership Board in each area.

This public-facing report represents the annual statement that is produced in November each year by local partnership boards, for the October 2018- October 2019 period. The report has been co-produced with service user and carer representatives, and is a summary of progress to date against the actions. The document also provides an overview of future priorities. The third and final delivery plan will be published in Autumn 2019 and will cover the final period of the 10 year strategy, until 2022.

The 2016-2019 Delivery Plan can be found at:

<https://gweddill.gov.wales/docs/dhss/publications/161010deliveryen.pdf>

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### Regional Partnership Board

Regional Partnership Boards (RPB) are statutory groups set up in each of the Health Board areas across Wales under Part 9 of the Social Services and Wellbeing Act. They are responsible for ensuring that Local Authorities and Health Boards work together in an integrated way around the 4 key principles of the Act, including Prevention, Well-being (including mental well-being), People and Partnership.

Digital First, Workforce Futures, Transforming in Partnership and Innovative Environments will be key enablers to achieving the future vision for Powys.

### Health and Care Strategy for Powys 2017-2027

In 2017, the Health and Care Strategy for Powys was approved. Both LPBs and RPBs share common themes, and it is important that their activities are linked to maximize positive outcomes for those who access services for their mental health – wherever they are accessing support and promoting positive mental health. The Powys Live Well Mental Health Planning and Development Partnership (MHPDP) is therefore now a formal sub group of the Regional Partnership Board which means that it can align the Hearts and Minds: Together for Mental Health in Powys delivery plan with the priorities of the joint area plan for Powys. One of the key areas of the Health and Care Strategy is to tackle the big four health priorities for Powys, which are: cancer, circulatory diseases, respiratory diseases and mental health.

The Mental Health Planning and Development Partnership now reports regularly to the RPB on how it continues to work to provide high quality, integrated care services to make a positive difference to the lives of people who need them. Successes reported in this Annual Statement are as a result of a partnership approach across organisations, individual representatives of people using services and those close to them.

### LPB Activities in 2018-19

- Ongoing delivery of Talk to Me 2
- Deliver the improvement plan for Substance Misuse and Mental Health joint working.
- Deliver Phase 2 of the CAMHs review focusing on the wider provision of emotional and wellbeing services and to work with the NHS Delivery Unit along with the CAMHS Network in the upcoming review of Primary Mental Health for Children and Young People.
- Continue the Together for Children and Young People programme under the MHPDP including participation, perinatal mental health and eating disorders services.
- Roll out an appropriate model of dementia home treatment for South Powys in consultation with people using services, staffing and partners.
- Launch of a 'Blended' online CBT Service across Powys.
- Ongoing implementation of the Powys Dignity Pledge.
- Continue to implement the Care and Treatment Planning Improvement Plan and re-establish the 'Researchers Project' to evaluate Service delivery and particularly Care and Treatment Planning improvement.
- Continued delivery of the Mental Health Crisis in Care Concordat delivery plan for Powys and evaluation from the perspective of people using services.
- Ongoing work with the Third Sector to ensure equity of provision across the County with increased specific mental health service support funded by Supporting People (Powys County Council) in respect of homelessness and specialist mental health support.
- Continue to support the Powys Armed and Ex Forces Forum to strengthen signposting arrangements for Veterans and specialist services.
- Continue improvement work for Psychological Therapies.
- Full implementation of the proposals within the Transformation and Innovation, and Psychological Therapies Fund.
- Successful funding bids to support delivery of final Delivery Plan for Together for Mental Health.
- Focus on neurodevelopmental services to reduce waiting times and deliver on a pan Powys basis.



**Felindre Ward Patients Council**

The Patient’s Council on Felindre Ward at Bronllys Hospital holds monthly meetings attended by two volunteers with lived experience, one of whom is also an Individual Representative of people using services for the Live Well Mental Health Planning and Development Partnership Board.

The main issue brought up by patients on the Ward is about available activities. The Partnership are pleased to announce that since the last report Felindre inpatients now have access to yoga classes thanks to the Patients Council’s discovery of a development fund set up by the Lyengar Yoga Association UK.

Locally based practitioner Pete Norton, of Wye Valley Yoga, applied to this fund for the association to contribute towards yoga sessions for people who would not usually have the funds or ability to access classes.

The application was successful and the classes started in April 2019.

“I enjoyed the yoga session. It helps to focus your mind and forget about other stresses you may have.”  
*Patient feedback from Felindre Ward*



Kaleidoscope art exhibition attended by E2C members and APB members

**Individual representatives** of people using services and those close to them are key members of the Powys Live Well Mental Health Planning and Development Partnership and attend both Board and subgroup meetings.

Our representatives provide the Partnership with feedback from both local and national networks (formal and informal) and ensure that key priorities of the Hearts and Minds Delivery Plan stay at the forefront of partnership business.

The activity highlighted in the annual statement has been influenced by the reps who are vitally important in supporting the outcomes of Together for Mental Health as well as local issues identified through wider engagement.

**Engage to Change**

2018 -19 has been a busy year for Engage to Change and has seen a number of successful mental health awareness and participation events across the county. Our Individual Representatives conducted the annual survey of people using services, attended a public consultation event on the revised Together 4 Mental Health Delivery Plan and held a number of ‘Meet the Rep’ events to encourage Service Users and Carers across Powys to join the Partnership as a representative to be visible in the community and to provide a further means of gathering the voice of people using services and those close to them.

There has been ongoing work with the Third Sector to ensure equity of provision across the County, sharing best practice and updates through the engage to change group.

A number of awareness events have taken place across Powys; Time to Talk day was marked in February by the Partnership with each agency hosting coffee mornings and encouraging conversations around mental health and wellbeing. World Mental Health Day 2018 & 2019 also saw the Partnership wearing yellow in support of YoungMinds UK’s #HelloYellow campaign.

PAVO established the Powys Agricultural Wellbeing Network to better support the emotional health and wellbeing of the Farming Community by seeking the best way to contact, inform and refer Farmers to support services. Organisations such as the DPJ Foundation, FCN, NFU and others all form part of the network.

Engage to Change were invited to Kaleidoscope’s Art Exhibition in the Oriel Davies Gallery in Newtown which was inspired by using forms of art in individual care plans to address drug and/or alcohol use. The event showed how creative activities play a significant role in exploring emotions, reducing anxiety, improving a sense of self-worth and helping to resolve other psychological conflicts.

Following discussion in Engage to Change, CADMHAS changed their name to Powys IMHA service to create a promotable service relatable to Powys patients. The Engage to Change Group continues to support the CTP working Party in the implementation of the Care and Treatment Improvement Plan. Two co-production events took place which were supported by attendance of Engage to Change members.

2019 saw the Comic Relief fund work stream finish however funding has since been secured by PTHB for a Partnership Participation Officer to lead the Engage to Change work stream and continue some of the work started by the Comic Relief fund.

### South Powys Dementia Home Treatment Team (DHTT)

In 2018/19 a series of Dementia Home Treatment Team planning and development workshops were facilitated to help shape the creation of a South Powys DHTT.

The workshops were well attended and involved representatives of people using services, Third Sector agencies, Local Authority and Health Board staff. Attendees worked together to design an appropriate home treatment service model for older people's services in South Powys.

The recruitment processes have been a challenge but we are pleased to announce that the service will be live and accepting patients onto their caseload from 2019. The team disciplines include occupational therapy, psychology, nursing, medical and administration.



Attendees at one of the DHTT Planning Workshops, January 2019



Attendees at the July 2019 Mental Health Planning and Development Partnership Board marking the official launch of Powys Integrated Risk Intervention and Support.

### Mental Health and Substance Misuse

The MHPDP works closely with the Powys Area Planning Board and both Partnerships are jointly responsible for the implementation of the National Treatment Framework for people with co-occurring substance misuse and mental health issues.

During 2018-19, initiated by a workshop of mental health and substance misuse service providers, work has been undertaken to review recommendations of the most recent joint protocol audit. Recognising the need to increase capacity, skills and expertise of staff knowledge across both specialisms, dual diagnosis worker posts have been commissioned to work across both service areas.

In addition, a joint application was submitted to Welsh Government's Complex Needs fund in September 2019. The bid was successful and partners are now in the process of modelling a new service to support people with housing, mental health and substance misuse needs.

Work has been ongoing this year to look at engagement with people in contact with services. From November 2019 there will be 3 people with lived experience who will be core members of the APB.

### Integrated Risk Intervention and Support (IRIS)

Powys' Integrated Risk Intervention and Support (IRIS) was officially launched by the MHPDP in July 2018 to support the regular sharing of personal information between PTHB, PCC and Dyfed Powys Police to ensure safe management of individuals in communities who are involved in anti-social or offending behaviour and pose a risk to themselves or others, or are in mental health crisis.

The IRIS approach formalises collaboration between the various agencies involved in ensuring that these individuals are appropriately and adequately protected by timely and approved interventions to ensure that their vulnerability is safeguarded and to facilitate their wellbeing and recovery. Since its launch in July 2019, IRIS has reviewed 7 cases in a multi-agency forum.

The Live Well Planning and Development Partnership Board continue to deliver the Mental Health Crisis in Care Concordat delivery plan for Powys and evaluation from the perspective of people using services.

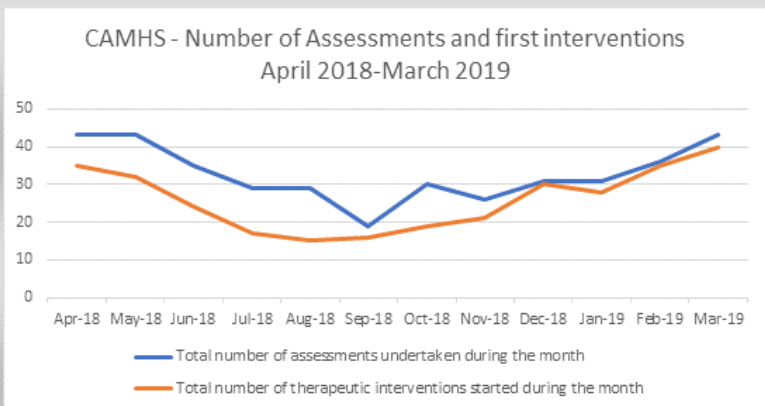
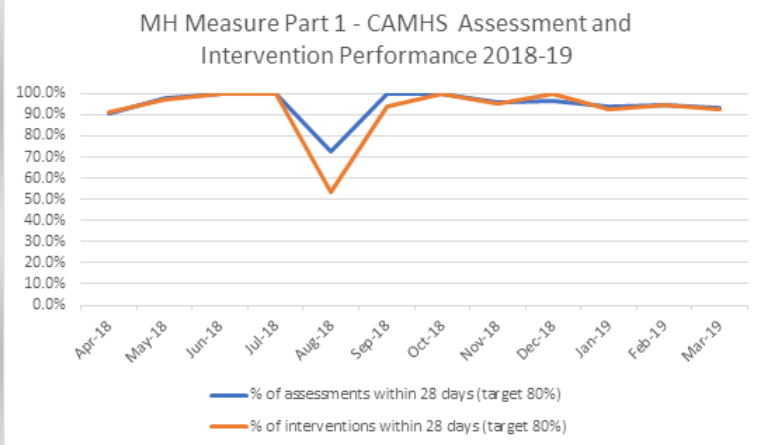
Formally known as the Section 136 Criminal Justice meeting, the Crisis Care Forum runs on a quarterly basis to review and monitor the use of the police power Section 136. In 18/19 there were 19 uses of the power and none of these were inappropriate.

## Mental Health Measure Part 1 Performance Information

Part 1 of the Mental Health (Wales) Measure 2010 aims to improve access to mental health services in primary care, ensuring the availability of a consistent range of services. There are targets that must be achieved to ensure that assessments are undertaken within 28 days of a referral and interventions started within 28 days of assessment

The number of referrals to CAMHs fluctuates from month to month and averaged 33 in 2018/19 (highest 43, lowest 19). With only a core number of staff to deliver the service any increases can adversely affect achievement of targets.

However, CAMHS performance has improved significantly during 2018-19 following a focus to improve the number of assessments undertaken within the target, this along with a more stable workforce has shown dividends.



## Part 2 Performance Information

Part 2 of the measure places duties on LHBs and Local Authorities to work together and requires that people of all ages within secondary mental health services receive a care and treatment plan and a care co-ordinator. Performance during 2018-19 has been consistently above the 90% target.

Figures from March 2018 onwards evidence that the 90% target is once again being met on a consistent basis. Quality of plans has been a focus with in-house training occurring in May 2018.

CAMHS	Apr-18	May-18	Jun-18	Jul-18	Aug-18	Sep-18	Oct-18	Nov-18	Dec-18	Jan-19	Feb-19	Mar-19
90 % of HB residents who are in receipt of secondary MH services to have a valid CTP	92.0%	96.2%	96.2%	96.2%	96.2%	100.0%	91.3%	89.5%	95.5%	95.8%	96.0%	96.0%
Total number of patients resident in your LHB with a valid CTP at the end of the month	23	25	25	25	25	24	21	17	21	23	24	24
Total number of patients resident in your LHB currently in receipt of secondary Mental Health services at the end of the month	25	26	26	26	26	24	23	19	22	24	25	25

## Child and Adolescent Mental Health Services

'Together for Children and Young People' (T4CYP) was launched by the Minister for Health and Social Services on 26th February 2015. Led by the NHS in Wales, this multi-agency service improvement Programme has been instrumental in the Powys CAMHs work to reshape, remodel, and refocus the emotional and mental health services provided for children and young people in the County.

In addition, during 2018-19, resilience training has been delivered to all Year 8 students by the CAMHs Local Primary Mental Health Support Service and local authority Youth intervention Service. A pilot in Crickhowell and Brecon High schools is developing resilience training with teachers to improve early intervention and support.

Youth support and emotional wellbeing activity continues to be delivered through the 'Start Well' Board under the RPB in Powys and most recently, also within the RPB framework, a multi-agency Transitions Board has been established led by PCC to improve the wellbeing and opportunities of young people in transition to adulthood.

## 4 Key Achievements and Impact – Children and Young People Together for Children and Young people

Phase 2 of the CAMHS review is focusing on the wider provision of emotional and wellbeing services for Children in Powys, in turn, the Start Well Board have been developing multi-agency 'Early Help Hubs' and designing an integrated access process. The Help Hubs will increase access for children and young people to the right services and provide early help and support to those that need it most. The Hubs will increase the range of functions and services that support and work alongside non-mental health professionals to meet the needs of young people at risk of developing, or experiencing mild to moderate mental health problems in their community. This will ensure that the right level of intervention and support is provided from the outset and will help to reduce the presence of the 'missing middle' in Child and Adolescent Mental Health Services.

This work has been enhanced by the Welsh Government CAMHS in-reach to schools pilot which involves two secondary schools in south Powys, with their feeder primary schools, for year 6 children.

New funding through both the mental health improvement and transformation fund and the RPB is enabling increased staffing in CAMHS to deliver services and also train, support and provide consultation on a regular basis to a wide range to professionals who offer emotional health and wellbeing support to children, young people and their families.

The RPB have agreed a Children's pledge which is due to be launched in November 2019 to coincide with UN Universal Children's Day.

PTHB has fully recruited to the posts within the neurodevelopmental service, helping to better support the neurodevelopmental assessment process for Powys patients.

### Gwasanaeth Iechyd Meddwl Amenedigol Perinatal Mental Health Service



GIG  
CYMRU  
NHS  
WALES

Bwrdd Iechyd  
Addysgu Powys  
Powys Teaching  
Health Board

#### Perinatal Mental Health in Powys

2018/19 has been an exciting period for Powys' Perinatal Mental Health (PNMH) Service. A Powys Maternal and Infant Mental Health Steering Group has developed a pathway and guidance for a community-focused model of care with an emphasis on ensuring that those experiencing mild-moderate anxiety or depression are given support as early as possible. This ensures that all women, men and their families are receiving the right care, by the right practitioners and at the right time, irrespective of where they live in Powys and reflects the importance of the first 1000 days initiative.

Perinatal interventions offered by Powys include additional listening visits and increased support from Nursery Nurse, a range of counselling and psychological therapies (including trauma work), increased support from services involved, Secondary Care Mental Health input (including Crisis Resolution Home Treatment Team), Social Care support, Carers assessment, Third Sector support such as Mums Matter, medication review with a Psychiatrist and access to Mother and Baby units as required.

Mums Matter is a peer support group run by the local Mind organisations operating across Powys, receiving excellent feedback from participating mothers, so much so, that additional funding was secured through the innovation and transformation monies to continue this group beyond 2019.

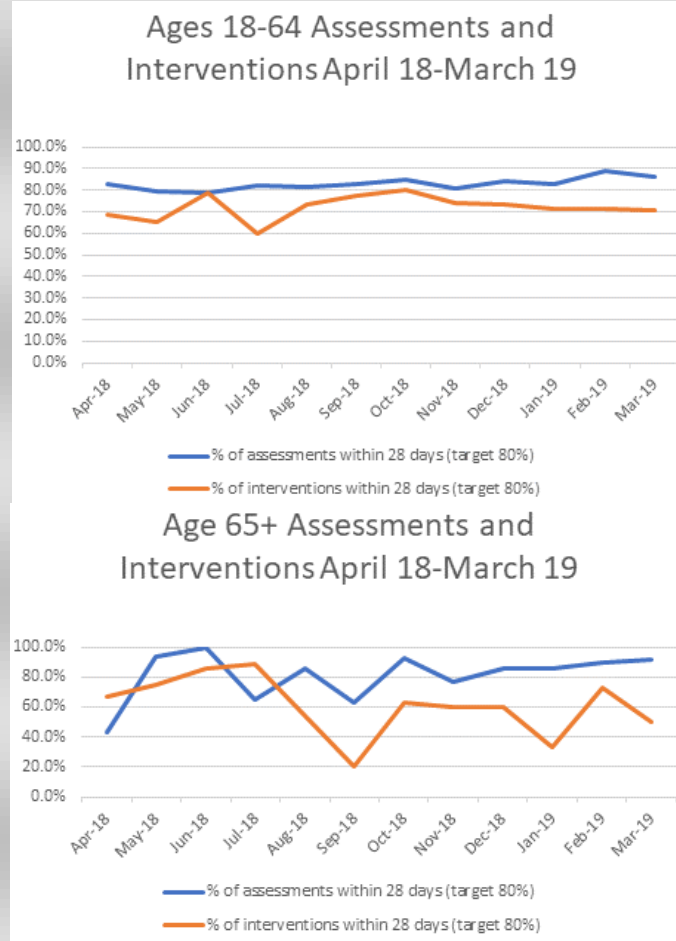
ICF funding has enabled commencement of the Dads research at the end of 2018/19. This is collaboration between local Mind organisations and PTHB maternity service and in co-production with Powys Fathers across the County. The group isn't formally established like the Mums Matter group but the research has gathered national interest as it's the first study of its kind in the UK and will help to inform future paternal support available in Powys.



## 5 Key Achievements and Impact - Adults and Older Adults performance information

### Mental Health Measure Performance

- Part 1 – PTHB has made considerable progress in the reduction of waiting times supported by significant additional investments in staffing in both Primary Care Teams and Psychology.
- Part 2 – During 2018-19 PTHB consistently met the target in terms of numbers of people who have a valid care and treatment plan in place.
- Part 3 gives all adults who are discharged from secondary mental health services the right to refer themselves back to those services.
- Figures under Part 3 show that there has been a total of 18 assessments conducted across Powys in the last 12 month period (April 18 – March 19), an average of 1.5 per month. Of these assessments, 100% people had their outcome assessment reports sent to them within 11 days of the assessment.
- Part 4 of the Measure extends the right to Independent Mental Health Advocacy (IMHA) to all people admitted to psychiatric hospitals in Wales. Following request for an IMHA, qualifying patients in PTHB hospitals waited no longer than 5 working days to access advocacy services in 2018 /19, often exceeding national targets against the Measure.



### Patient feedback received by the CRHTT:

*“I can’t thank you enough for the person-centered, professional, responsive and consistent support you provided”*

Adults	Apr-18	May-18	Jun-18	Jul-18	Aug-18	Sep-18	Oct-18	Nov-18	Dec-18	Jan-19	Feb-19	Mar-19
90 % of HB residents who are in receipt of secondary MH services to have a valid CTP	91%	91%	93%	95%	93%	94%	92%	95%	96%	95%	94%	96%
Total number of patients resident in your LHB with a valid CTP at the end of the month	890	880	907	933	951	945	943	981	1012	1008	1014	1022
Total number of patients resident in your LHB currently in receipt of secondary Mental Health services at the end of the month	977	965	971	983	1022	1010	1021	1031	1054	1057	1075	1066

### Care and Treatment Planning (CTPs)

Two North and South Care and Treatment Planning co-production events took place in 2018/19, these events provided both service users and staff the opportunity to share their thoughts of the CTP documentation and provide feedback to WG. Feedback gathered at these events showed strong support to change the mandatory ‘I statements’ to optional. Having received this feedback from Powys as well as other pilot Healthboard areas, Welsh Government provided guidance on how the ‘I statements’ can be used on the basis of individual need.

A CTP working party has been established to improve the quality of CTPs in Powys; this work is informed by Engage to Change’s activities. Action plans are in place in line with national training developments and these are connected to the national Care and Treatment Planning agenda. In 2019, the PTHB CTP policy was updated and ratified.



Mind maps from the South CTP co-production event

### Adult Services

During 2019, extensive service design has taken place to develop a new service model for supporting people living with Complex Trauma and Personality Disorders. This new service will commence during 2020/21 and will be based upon the delivery of Dialectic Behavioural Therapy, Mentalisation Behavioural Therapy and Structured Clinical Support following the completion of training for practitioners during 2019.

Powys' Blended CBT Service was launched in 2019 in partnership with our Third Sector providers (local Mind organisations and Ponthafren) to provide patients with an option to participate in a combined face to face and computerised CBT service which is embedded within every Powys GP practice. The Online CBT service won first place in the 'Digital First' category at the PTHB Staff Excellence Awards in 2019; commending their excellent partnership working to provide equitable service provision across the county. Powys patients are now also able to self-refer to online CBT without visiting their GP, significantly increasing the Tier 0 support available.

Psychology Services across Powys have seen significant investment through the Welsh Government Psychological Therapies funding stream and three Assistant Psychologists have now commenced in post to support the referral to treatment target times by delivering individual and group based interventions.

PTHB were successful in their bid to the Arts Council Wales for an Arts in Health Co-ordinator to facilitate co-production of the Arts and Heritage Strategy for PTHB and partners. The job description is currently in development and we are hoping to appoint by the New Year in 2020.



**The Online CBT service won first place in the 'Digital First' category at the PTHB Staff Excellence Awards in 2019**

### Older Adults Services

2019 saw the establishment of the South Powys Dementia Home Treatment Team.

When we conclude the expansion of the Dementia Home Treatment Service within South Powys we will embed a Community Connector to link people living with dementia and their Carers with other forms of support within the communities to reduce the experience of loneliness amongst people living with dementia.

Cognitive Stimulation Therapy (CST) services are now available across the county of Powys. CST is designed to improve the mental abilities and memory of someone with dementia, with evidence suggesting that CST can be as beneficial as drug treatments for the symptoms of dementia.

A new wellbeing group will be starting shortly in Ystradgynlais, covering things such as exercise, relaxation, mindfulness as well as physical observations. This group will be run by two community mental health team support workers with occupational therapy input over a period of 14 weeks.

2019 saw Newtown's Community Mental Health Teams and Crisis Resolution Home Treatment Team co-locate into the newly refurbished Fan Gorau Unit at Newtown Hospital.

The CMHT, CRHT and DHTT are now all based on the Hospital site in the same unit, strengthening the opportunities for joint working across teams and specialties.

PAVO and Partners are working with Dementia Friendly Communities across the South of Powys, including with Dementia Matters in Powys (a third sector organisation) who provide local "Meeting Centres" for people living with Dementia and their carers or families. These centres continue to develop and provide necessary support and activities.



Arts & Health:  
Artwork by Individual Representative, Sarah Dale.



Welsh Government's innovation and transformation funding stream has enabled a significant amount of improvement work across mental health services in Powys in 2018/19.

PTHB have commissioned the Third Sector to deliver a blended cCBT service across Powys, based in GP surgery's, providing low intensity intervention to support and improve the emotional wellbeing of the population. This service is combined with the 'Silver Cloud' cCBT programme. Establishing a geographically equitable Blended cCBT service has helped Powys to provide early intervention to better meet the needs of Powys residents who benefit from receiving low intensity support.

Mental Health Practitioners have been able to combine general Mental Health practice with a specialism in; Eating Disorders, Perinatal Mental Health and Psychosis through the provision of specialist training, coaching and masterclasses. Specialist Training and Masterclasses in Personality Disorders have been secured to upskill our Dialectical Behavioral Therapy (DBT) colleagues in Powys and help to better inform the service model for supporting people living with Complex Trauma and Personality Disorders.

Specialist training has been provided to Community Mental Health Teams, focusing on delivering excellence in the Wales Applied Risk Research Network (WARRN) and Historical Clinical Risk Management (HCR20). This training will help Powys patients' care and treatment to be more comprehensive, holistic, person-focused and proportionate to need and risk.

Practitioners across Local Primary Mental Health Support Services (Adult and CAMHS), Psychology and Community Mental Health Teams have attended training in Dialectical Behavioral Therapy (DBT), Metallization Behavioral Therapy (MBT) and Eye Movement Desensitization Reprogramming (EMDR). These additional training opportunities and provisions have enabled the upskilling of workers to help deliver a wider variety of services in Powys.

Innovation and transformation monies have enabled the creation of new roles and services within Powys Mental Health Services. A Band 7 CBT Therapist has been recruited to to enable the current provision of CBT to be spread across the County. Three Assistant Psychologists are in post across the County to provide low intensity intervention and release senior clinicians to undertake the more complex cases on the waiting list. This investment also produces indirect benefits through the recruitment of young graduates and creating a pathway for young graduates to train in shortage professions.

Specialist practitioners are being recruited to in Eating Disorders, Early Intervention in Psychosis and Perinatal Mental Health. This investment ensures an enhanced and effective specialist response is available for Powys residents with EiP, Eating Disorders, Personality Disorder and Perinatal Mental Health issues. A patient engagement event has been held to gather public opinion on what an EiP service should look like in Powys. This event gave attendees the opportunity to raise what was important to them with the notable recurrent theme being the importance of carer and family support and therapy. An outcomes report was completed following the event and provided to the EiP project Team for consideration.

Additional capacity has been secured to undertake an audit of compliance with the Matrix Cymru to inform future psychological services in Powys.

An extremely important part of the transformation agenda in Powys is to overcome the obstacles faced by staff and people using services when vital information is stored on different IT systems. The Welsh Community Care Information System (WCCIS) continues to be rolled out across mental health services in Powys and funding has enabled additional capacity to facilitate the roll out and support the infrastructure of services. WCCIS is being implemented to enable the secure storage of important information covering a range of issues such as community nursing, health and social care visits, mental health, learning disabilities, substance misuse, complex care needs and social care therapy.

In addition to the ongoing core delivery of the Hearts and Minds: Together for Mental Health in Powys Strategy, the last twelve months has seen a significant amount of work undertaken to wisely invest additional funding from Welsh Government. Modelling of new services and recruitment of staff has been a key focus and it therefore follows that the future priorities for Powys include ongoing roll out of new specialist services as well as reviewing existing provision to continue to transform mental health services in Powys and in partnership whilst continuing to engage with stakeholders to ensure sustainable models of care are suitable for the needs of children and adults living in Powys.

### Priority areas 2019-20

- Respond to the final iteration of the Together for Mental Health Strategy Delivery Plan and align with local planning processes.
- Roll out of complex needs and housing model, based within Community Mental Health Teams.
- Following successful appointment to Early Intervention in Psychosis posts in 2019, fully roll out the service including peer review work.
- Launch of the development of the new Complex Trauma pathway utilising Dialectic Behaviour Therapy, Mentalisation Behavioural Therapy and Structured Clinical Support is underway and this service will enable the Health Board to improve the treatment of patients presenting with complex trauma (personality disorders).
- Implement the new complex trauma (personality disorders) pathway across Powys and develop a Single Point of Access to Psychology to more effectively triage patients' and provide immediate stabilisation support whilst improving waiting times for access to service.
- Deliver the priorities outlined in the Dementia Plan for 2018-2022
- Deliver the Suicide and Self-Harm Reduction project, working with Regional and National Fora.
- Develop the 'Participation and Engagement strategy' that will ensure that patients' views and experiences are at the heart of service design and that people who use Mental Health Services in Powys are supported to contribute to service developments as equal members, alongside Health Board and Third Sector partners.
- Define the vision for Arts and Health and Eco Therapy and drive forward the Powys wide agenda.
- Implement the Dignity Pledge in all Mental Health setting across Powys.
- Undertake a review of all patient information provided by PTHB Mental Health Services and strengthen the online partnership presence.
- Continue to explore the development a crisis house/ sanctuary service in North Powys.
- Ongoing integration of health and social care mental health services
- In partnership with Childrens' Social Service and our third sector partners, establish the Childrens and young people emotional health and resilience service.
- Continue to develop our services for people who present with co-occurring mental health and substance misuse problems.

The biggest challenge faced in Powys is delivering services within a geographically vast and sparsely populated rural county. Recruitment and retention are key priorities within the mental health agenda.

### Ringfenced spend

The minimum sum PTHB were required to spend on mental health (for all ages) in 2018-19 was £31.438m. In 2018-19, the relevant budgets expenditure totaled £33,297m.

## 9 Talk to Me 2 (T2M2): Suicide and Self-Harm Prevention Strategy 2015 - 2020

The Welsh Government's Talk to Me 2 (T2M2) - Suicide and Self-harm prevention strategy for Wales 2015-2020 identifies suicide as a 'major public health challenge'. As part of the delivery of Talk to Me 2 at a local level, the epidemiology for Powys has been reported to the Live Well Mental Health Partnership as the accountable body for delivery of T2M2 and whilst the rates of suicide for Powys are low in number, as a % proportion of our rural population, Powys ranks in upper quartile for completed suicides in Wales. There are areas of significant concern for people living in isolation, deprivation and people in communities who don't often access support services.

Whilst work to strengthen access to support and increase resilience for people who would otherwise be at risk continues, the Partnership has recognised that increased capacity would support current momentum. To this end, a bid to Welsh Government has been approved in 2019 to deliver a Suicide and Self-harm reduction programme in Powys that will initially produce an intelligence profile containing full analysis of police and partner data overlaid with views of people with lived experience to strengthen the current Talk to Me 2 plan for Powys.

The Programme will also enable a better planned approach to environmental and capital projects to reduce the potential for developing places that lend themselves to suicide attempts; develop clear and well utilised multi-agency pathways; foster an robust learning culture for suicide and harm reduction through provision of evidence based multi-agency training, risk identification and increasing numbers of people accessing MH First Aid and Applied Suicide Intervention Skills Training (ASIST); improve support for staff across sectors through supervision and other mechanisms when they have been working with someone who has completed or planned to complete suicide or drug related death; continue to tackle stigma thereby improving access to services and collaborative encouragement for people to seek help early and providing support; promote greater awareness of other support available, including postvention for family, carers, friends, communities and staff in services who have been bereaved by someone completing suicide or through drug related death; 'filled' gaps in service provision and development of sanctuary style crisis accommodation; ensure a functioning fatal and non-fatal poisonings pathway is in place and clinically supported, inter-agency working for people with co-occurring substance misuse and mental health improved.

10

## Veterans Mental Health

The Live Well Mental Health Planning and Development Partnership continue to support the Powys Armed and Ex Forces Forum (PAEFF) which is a multi-agency group including Veteran representatives. Its role is to ensure that health issues relating to the Armed Forces Covenant are appropriately reflected in NHS service design and improvement across all services.

PTHB's Mental Health Service and Powys Public Health Team nominated two pro-active Veterans for Powys Volunteer of the Year Award for their hard work and dedication which has included working with Powys THB and Green Valleys CIC to create an outdoor "At Ease" therapy garden and a Veterans "Marking Time" Memorial walk on the Bronllys hospital site. They have also worked with the Forum for a number of years, ensuring that improvement activity is guided and supported by the voice of armed and ex forces personnel.

The Partnership were delighted to see Mark and Mick, Veterans representatives of the South Powys Veterans Group win the Community Group Award at the Powys Volunteer of the Year Awards 2019.



Mark and Mick of the PAEFF accepting their award at the Powys Volunteer of the Year Award 2019

<b>ACRONYM</b>	<b>MEANING</b>
<b>CAMHs</b>	Child and Adolescent Mental Health Services
<b>CADMHAS</b>	Conwy and Denbighshire Mental Health Advocacy Service
<b>cCBT</b>	Computerised Cognitive Behaviour Therapy
<b>CMHT</b>	Community Mental Health Team
<b>CRHTT</b>	Crisis Resolution Home Treatment Team
<b>CST</b>	Cognitive Stimulation Therapy
<b>CTP</b>	Care and Treatment Plan
<b>DBT</b>	Dialectical Behaviour Therapy
<b>DU</b>	Delivery Unit
<b>DHTT</b>	Dementia Home Treatment Team
<b>EDT</b>	Emergency Duty Team
<b>EIP</b>	Early or First Episode in Psychosis
<b>EMDR</b>	Eye movement desensitization and reprocessing
<b>GP</b>	General Practitioner
<b>HCR20</b>	Historical, Clinical, Risk Management
<b>ICF</b>	Integrated Care Fund
<b>IRIS</b>	Integrated Risk, Intervention and Support
<b>IMHA</b>	Independent Mental Health Advocate
<b>FCN</b>	Farming Community Network
<b>LHB</b>	Local Health Board
<b>LPB</b>	Local Partnership Board (for Mental Health)
<b>LPMHSS</b>	Local Primary Mental Health Support Service
<b>MBRRACE</b>	Maternal Newborn and Infant Clinical Outcome Review Programme
<b>MBT</b>	Mentallization Behavioural Therapy
<b>MHPDP</b>	Mental Health Planning and Development Partnership
<b>NICE</b>	National Institute for Health and Care Excellence
<b>NCISH</b>	National Confidential Inquiry into Suicide and Safety
<b>NFU</b>	National Farmers Union
<b>PAEFF</b>	Powys Armed and Ex Forces Forum
<b>PAVO</b>	Powys Association of Voluntary Organisations
<b>PNMH</b>	Perinatal Mental Health
<b>PTHB</b>	Powys Teaching Health Board
<b>PCC</b>	Powys County Council
<b>RPB</b>	Regional Partnership Board
<b>T2M2</b>	Talk to Me 2
<b>T4CYP</b>	Together for Children and Young People
<b>WARRN</b>	Wales Applied Risk Research Network