

POWYS MENTAL HEALTH PLANNING AND DEVELOPMENT PARTNERSHIP UPDATE

Your update of all things partnership
WELCOME

Welcome to the third 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

REVIEW OF TOGETHER FOR MENTAL HEALTH DELIVERY PLAN (T4MH)

The updated T4MH Delivery Plan was released in mid-October by Welsh Government. We have been through the document and have drafted a local response to the plan and are working on filling in the gaps. Happily, we are already doing a great deal in relation to the priorities. We hope to have the localised version finalised by our next partnership board meeting in March 2021, by which time we hopefully may have been able to engage widely with partners on priority areas and actions.

Review of the Together for Mental Health
Delivery Plan 2019-2022 in response to Covid 19



To view the plan visit:

https://gov.wales/sites/default/files/publications/2020-10/review-of-the-together-for-mental-health-delivery-plan-20192022-in-response-to-covid-19_0.pdf

STRONGER LINKS WITH REGIONAL PARTNERSHIP BOARD/SUB-PARTNERSHIPS

New key priority areas of the T4MH plan are looking at children and young people, including in schools and with families. We have been forging stronger working and reporting links with our partners in the "Start Well" Board through the "Emotional Health and Wellbeing" workstream. This workstream will bring together T4MH and Together for Children and Young People (T4CYP) priority areas and we are committed to working together to provide seamless whole system support for Powys children/young people and families. Our new Head of Children and Adolescent Mental Health Services (CAMHS) Samantha Shore, is Chair for this related workstream. We'll aim to bring you more information soon on joined up progress.

EXTERNAL NATIONAL MENTAL HEALTH PARTNERSHIP AUDIT

Our Partnership Team has welcomed an external Mental Health Partnership Audit by the NHS Wales Shared Services Partnership in recent weeks. They provide Audit and Assurance to the NHS. The way our Mental Health Partnership links with others is quite complex and we have been providing lots of historic and current information on our partnership activities. Final recommendations following the audit will be brought to a future partnership board for discussion.

SUICIDE AND SELF-HARM COORDINATION

Our new coordinator for Suicide and Self-Harm, Jan Roberts, is focusing on getting back to full health and in the meantime, we are progressing actions and priorities within the partnership team where we can. Recent activities include discussing with Third Sector Commissioned services "out of hours" support for people at risk of suicide who don't quite meet the threshold for statutory crisis services, exploring Suicide Bereavement support within an overall Powys Bereavement Strategy which is now being looked at within a Regional Partnership focus, discussing the setting up of a new Suicide and Self-Harm Engagement Forum for Powys and forging links with national and Mid and West Wales Regional coordinators.

A new Mid and West Wales Regional Suicide and Self-Harm Coordinator is being currently advertised. Please see here for more information.

HARM REDUCTION (SUBSTANCE MISUSE) UPDATE

Harm Reduction Co-ordinator, Andrew Mason, started with the team on 21st September. With over 20 years' experience as a previous police officer, Andrew has been meeting people to research and develop a revised Harm Reduction Plan for Powys. A draft will be ready by January 2021.

In partnership with the Area Planning Board (APB) Manager - Shaun Morris (PCC), Clinical Lead for Substance Misuse - Iorwerth (Yorrie) Harding (PTHB) and contract monitoring officer, (Gen Lewis) (PCC), Andrew has looking at the needs of the Harm Reduction Group and is actively developing structural reviews of Drug Related Deaths and non-fatal poisonings across both Mental Health and Substance Misuse.

He is also working with police, CAIS and PAVO in developing a proposal to the community activity fund currently advertised through the APB for a new initiative relating to social isolation, young people and county lines.

Andrew is also providing additional interim support on public and staff protection by acting as a conduit for Integrated Offender Management Issues, with our Community Mental Health Teams.

ARTS IN HEALTH COORDINATOR

Lucy Bevan has been very busy since starting with us on the 14th September. She has hit the ground running and has already pulled together a big funding proposal, which collaborates across multiple agencies, called Horizon, which aims to bring agencies together to explore creative/arts and ecotherapy activities underpinning the related development of a Powys Strategy for Arts in Health. We held a very interesting meeting recently on environmental impacts and considerations of any project developed with colleagues in the PTHB and hope to bring this learning into all future projects in development.

Lucy is also supporting links with arts, creativity and ecotherapy with new developments of Machynlleth Hospital, Bro Dyffi Gardens and other agencies in Machynlleth and supporting partnership work in many other ways.



CRISIS CARE AND INTEGRATED RISK INTERVENTION SUPPORT (IRIS)

Our most recent Crisis Care Forum happened on 3rd December, jointly Chaired with Inspector Brian Jones and we had more partners than ever attend, including Third Sector, Shropdoc, Welsh Ambulance, Police Custody Nursing, our Individual Representatives, Rhydian Parry and John Lilley, Social Services including ASIST (front door) and many others.

Priority areas discussed were Conveyancing (transporting people experiencing mental health crises to places of safety), collection of information from different agencies on people experiencing crises, what type of response is needed and/or provided by statutory and other services such as in Third Sector or Ambulance crews, and how best to support people out of hours.

We are waiting on a national report into Crisis support called “Beyond the Call” to be released so we can share this widely throughout the partnership.

We will need to look at recommendations within the report and ensure they are linked with our local Crisis Care action plan in Powys.

Our Powys Covid-19 Crisis Care Group continues to run every 2 weeks where we look at supporting individuals of high mental health needs from a multi-agency perspective. This includes people receiving Crisis, CMHT, Police and Social Services support.

VETERANS SUPPORT

The Partnership Team facilitated a recent Powys engagement meeting with over 18 Third Sector and statutory partners to look at the needs of Veterans in Powys and support for a partnership bid for funding with the Armed Forces Covenant. Hafal were very helpful in being a catalyst for this engagement through their "Joining Forces Coordinator", Finola Pickwell. A multi-agency bid has gone in for a local project, lead by Age Cymru and supported by PAVO, PTHB and others.

Hafal have also shared a link to a new local Armed Forces Liaison Officer for Powys (PCC) which has been advertised widely. We look forward to working jointly with the new person when in post. See <https://jobs.theguardian.com/job/7135613/armed-forces-liaison-officer/> for more information.



NEW: RECRUITMENT UPDATES

Two Dual Diagnosis (Mental Health and Substance Misuse – all age) Worker vacancies are out for advertisement now and shortlisting for these posts will begin week of 14th December. These posts are for two years initially and will report into our Community Mental Health Teams. They will also work closely with CAMHS, Integrated Family Services (PCC), Police, Social Services, Housing Support and Third Sector services. We will hopefully be able to introduce the new workers to everyone in the new year.

Good news also, Welsh Government have approved funding for a new role very similar to a "Public Protection Officer" (Police) within the MH Directorate. They will provide case management and coordination support by contributing a Mental Health perspective to integrated offender management and multi-agency professional meetings, Integrated Risk Intervention Support (IRIS), Homelessness Case Management meetings and support links with the Crisis Care Forum/local group. This post will be recruited in the new year.

THIRD SECTOR HIGHLIGHTS

The partnership team has been very busy liaising with the Third Sector this quarter. We have been:

- Contributing to the National Procurement and Commissioning of the Independent Mental Health Advocacy contract for Powys (within Wales wide commissioning) which has recently been extended due to Covid-19. Planning for renewal is taking place.
- Engaging about nationally procuring Independent Mental Health Capacity Advocacy as part of a Wales wide strategy
- Working with Area Planning Board on our joint contract extension for Substance Misuse services provided by Kaleidoscope and CAIS. This has now been agreed. We are waiting on the results of a Powys Clinical Audit on Substance Misuse being undertaken by Figure8 and will ensure linked recommendations are brought to the partnership for awareness if needed.
- We have been working closely with our colleagues in Adult Social Services, Rachel Evans and team to agree a partnership approach to contract monitoring and measuring citizen outcomes and impact with our main Mental Health Commissioned Services. We held a joint workshop with Third Sector on 3rd December to agree the way forward. We are piloting the new system between Jan-March 2021 and are providing individual support to services.

ADDITIONAL £200,000 RINGFENCED - THIRD SECTOR MENTAL HEALTH SERVICES

In October, we were delighted to receive this additional funding support for Powys Third Sector Mental Health services from Welsh Government.

With time against us for distribution, following engagement with senior executives and partners, and importantly, our individual representatives, we decided to:

- Provide 25% funding increase to currently commissioned specific Mental Health services who have had increasing demands/pressure during Covid
- £70,000 in small grants (all age), administered by PAVO, specifically for increased mental health support within communities, with a further ringfenced amount within for Children and Young People's mental health needs
- £10,000 for services supporting the increased demand in Domestic Abuse

£10,000 for information, advice, support and training for Third Sector services supporting people specifically with increasing needs relating to Covid-19. PAVO will shortly advertise the "Grant Scheme" is open for applications.

For further information, please contact Claire Sterry at Claire.Sterry@pavo.org.uk. Funding will be awarded by an independent panel, which includes our individual representatives.

ENGAGE TO CHANGE

Engage to Change have been busy creating an action plan to share the learning from this summer's survey of people accessing mental health services. The action plan will be taken to the next available Mental Health Operational Managers Meeting for review and discussion of how best to share the results and progress the relating actions with PTHB's mental health teams.

Updates were received at the last meeting from the Complex Trauma Pathway Reference Group, Wales' Mental Health Wellbeing Forum and Felindre Ward's Patients' Council.

Extensive planning work is currently underway for Self Injury Awareness Day 2021 where Engage to Change Representative Sarah Dale will be delivering awareness sessions to PTHB staff.

NORTH POWYS WELLBEING PROGRAMME

The North Powys Wellbeing Programme aims to improve the health and wellbeing of residents across north Powys through a new integrated model. The new model will focus on early help and support with joined up health and wellbeing services delivered by a range of providers either in the home or community.

From a mental health perspective, staff and members from Ponthafren Association shared their experiences of mental health services in Powys and what they would like to see improved during a phase of public and staff engagement during 2019. These valuable insights were then presented and recorded into the new integrated model that included a wide range of insights including nature based activities that improved wellbeing, through to an online CBT via SilverCloud on an iPad in your own home.

More recently, Emma Peace, Change Manager-Wellbeing for the North Powys Wellbeing Programme team has been engaging with mental health and wellbeing services to strengthen and encourage partnership working across the public and third sector organisations.

The new integrated model of health and wellbeing will be published shortly, so keep an eye open for updates on www.powyswellbeing.wales and on social media @PowysWellbeing

CHRISTMAS AND NEW YEAR WISHES

On behalf of the Mental Health Partnership Team, we would like to wish all our partners and people we support a very safe, warm and family oriented Christmas during these very difficult times. Thank you for our successful working together this past year and we look forward to an even better 2021.

Nadolig Llawen a Blwyddyn Newydd Dda



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