

# POWYS MENTAL HEALTH PLANNING AND DEVELOPMENT PARTNERSHIP UPDATE

*A monthly update of all things partnership*

## WELCOME

Welcome to the first 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 or Lucy.Harbour@wales.nhs.uk

## RECOVERY PLANNING - TOGETHER FOR MENTAL HEALTH DELIVERY PLAN (T4MH)

In light of COVID-19, the Partnership are looking at revised planning for the new T4MH Delivery Plan released in February of this year. The revised Plan has not yet been agreed or circulated however early priorities are focusing on reviews and surveys to assess the mental well being of the population and existing mental health service users. Particularly, what type of support and help is needed. Engage to Change have already sent out a survey which was created in unison with our individual reps support and, once closed, the Engage to Change Group will review the survey responses to identify good practice and any areas in need of improvement. (see page 3 for more).

Powys Teaching Health Board is also supporting a national study aiming to understand how the COVID-19 pandemic has impacted on the mental health and emotional well being of people across Wales. All members of the Partnership are encouraged to partake and promote the survey: [www.wales-wellbeing.co.uk](http://www.wales-wellbeing.co.uk)

Statutory provision of Mental Health Services has not stopped during the pandemic, we have continued to maintain our services, including where necessary, face to face contact with proper protection.

PTHB Members of the Partnership are also supporting commissioned services with their immediate and future planning.



## HOUSING FIRST FOR PEOPLE WITH MH, SUBSTANCE MISUSE ISSUES/HOMELESSNESS PREVENTION

Partnership is working closely with housing and Adult Social Care colleagues to provide comments and a collaborative bid for funding (£20m) with the – “Planning Guidance for Homelessness and Housing Related Support Services”. Partners are encouraged to provide comments to Freda.Lacey@wales.nhs.uk on the draft strategic framework: <https://gov.wales/sites/default/files/publications/2020-06/planning-guidance-for-homelessness-and-housing-support-services-coronavirus.pdf>

## PERINATAL MENTAL HEALTH

Partnership - PTHB Mental Health teams are working closely with colleagues providing perinatal support and we link closely in with their planning and delivery. Commissioned services also provide support from Third Sector.

## SPECIFIC FOCUS IN POWYS ON SUICIDE AND SELF-HARM PREVENTION AND SUPPORT.

Our Partnership secured WG funding for a Coordinator post to examine the needs in Powys in respect of Suicide and Self Harm. During Covid-19, we have been managing to push along the work with some interim support. We have been liaising with our Police Partnership Inspector, Brian Jones, and others to examine cases over the last five years.

We are looking at specific support for people affected by Suicide and Self-Harm and options for bereavement across all ages. We are hoping to engage with people affected by Suicide/Self-Harm in the Autumn as we had to cancel our event planned in March due to Covid. Things are well underway in developing a suggested programme of support and we've recently forged strong links with the new National Lead for Suicide/Self-Harm, who has recently been recruited to work with WG. We'll update everyone very soon with more details.

## NEW POWYS COVID-19 CRISIS CARE GROUP

Insp. Brian Jones and Freda Lacey, Mental Health Partnership Manager, have been working on supporting immediate communication and liaison for people who may be escalating into crisis during the pandemic. New weekly case management calls between partners have been implemented to help coordinate a partnership response to best support those in need.

The first ever online Powys Crisis Care Forum meeting was held in May and had over 19 people participate including our volunteer individual representatives, who joined the meeting by Skype. Thankfully there were no technical issues despite so many people participating in an online meeting - a great success!



## PARTNERSHIP RECRUITMENT UPDATE

There are three positions (a Suicide and Self-Harm Officer, Harm Reduction Substance Misuse Officer and an Arts-in-Health Coordinator) which are on track to be advertised this week on NHS Jobs (Trac). There was an initial delay in finalising the roles due to COVID-19.

Web links for the roles will be circulated to Partners very soon for advertising and we would greatly appreciate your support in publicising these job adverts.

The Partnership Team in PTHB are also looking to recruit Dual Diagnosis Workers (Substance Misuse/Mental Health) shortly and are in the process of agreeing four complex needs roles (Mental Health, Housing and Substance Misuse) with Partners, and specifically Powys County Council, through the Area Planning Board (APB). All these roles have been funded by WG/Mental Health funding, APB/WG (substance misuse) and the Arts Council.

## FIRST EVER MENTAL HEALTH VOLUNTEERS IN POWYS TEACHING HEALTH BOARD

PTHB members of the Partnership have been working with PAVO to help recruit up to 12 volunteers for allocation across our Mental Health Teams in Powys, through the Community Support Emergency Response Team (C-Sert). There are two role descriptions which are being recruited to; Technical Buddies and Anchor Buddies. There are currently nine volunteers wishing to work with PTHB and their applications are being processed. PTHB couldn't be more delighted, thanks to PAVO for their support. More updates on this exciting new development soon.

## MENTAL HEALTH SERVICES AND COVID-19 ONLINE SURVEY

Our Individual Representatives and Participation Officers have produced an online survey of people using statutory Mental Health Services in Powys to capture how people are finding their experience of NHS support with COVID-19 preventative measures in place.

The survey has been published across Partners' social media pages and will close in July. Responses received to date have highlighted that some people are feeling a greater sense of isolation and a deterioration in their mental health.



The results of the survey will be reviewed by Engage to Change, who in turn will develop an action plan to resolve any recurrent issues or themes which require improvement.

