

MENTAL HEALTH PARTNERSHIP SUMMARY

December 2021

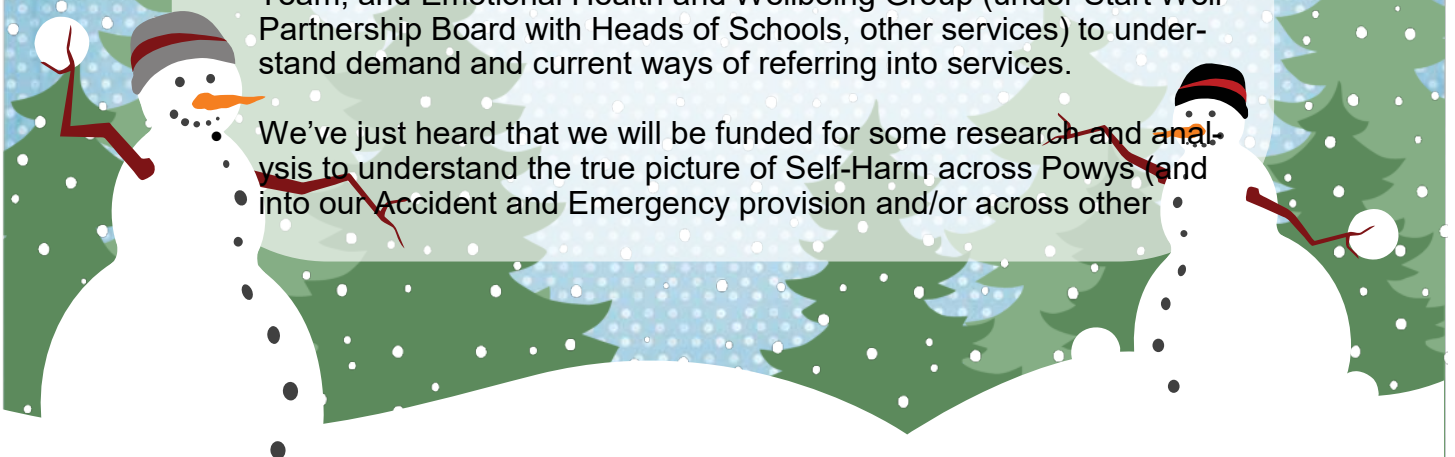
Together for Mental Health Delivery Plan (T4MH) 2019-2023

The final local T4MH Delivery Plan is now ready for final sign-off by the Mental Health Partnership Board in December 2021. It is an ambitious, detailed plan, with lots of work going on across multiple partners and agencies with agreement and support for all local priorities. We're very grateful to all our partners who have contributed to the Plan and ensured that our local priorities are right. As the overall strategy for T4MH is being evaluated nationally and the new aligned national delivery plan is unlikely to be with us in April 2022 (not entirely sure when it will be ready), we are extending our local T4MH into 2023 so we work towards our current priorities (which are likely to continue given the amount of work needed to complete). Our Mental Health Officer's Group have reviewed the key priorities recently and have agreed with them. We are delighted to have this final plan which will be submitted to Welsh Government before end of December 2021 for their agreement. It also forms part of our Covid-19 Renewal Plan for the Powys Teaching Health Board.

Suicide and Self-Harm Prevention Coordination

- The final third workshop was held on 30th November to agree final developments for the Powys Suicide Bereavement Service. We had attendees from Health, Social Care, Emergency Services, Third Sector, Allied Professionals and those with lived experiences – really excellent feedback and service is already receiving referrals/asks for support – the service will be developed further in the New Year as technically we do not yet have any funding to launch the service!
- Presentations have also been made to National Psychiatric Liaison, locally with GP cluster(s), Powys Teaching Health Board/Executive Team, and Emotional Health and Wellbeing Group (under Start Well Partnership Board with Heads of Schools, other services) to understand demand and current ways of referring into services.

We've just heard that we will be funded for some research and analysis to understand the true picture of Self-Harm across Powys (and into our Accident and Emergency provision and/or across other

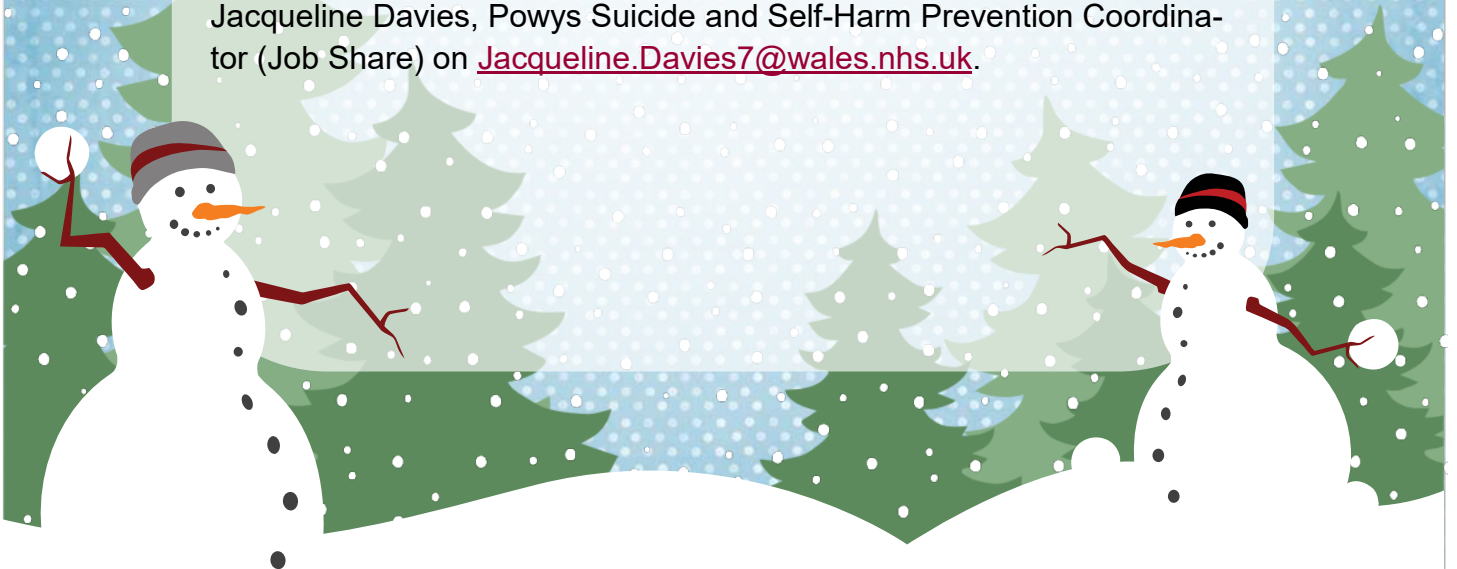


partners such as Primary Care). Hopefully this deep dive into Self-Harm across Powys will help us shape the right services, in the right way going forward.

- Links are being made with other Mental Health strategic developments including the proposed NHS 111, for Mental Health front door (telephone) service, hopefully being piloted in the New Year.
- Suicide data from the last five years continues to be analysed to help shape service(s) development and help us understand themes/trends. On average 20 people a year have died from Suicide in Powys during the last five years.
- “Out of the Blue” – is a newly funded Arts in Health-related project, which our Arts in Health Coordinator, Lucy Bevan, has primed. Funding is provided from the Arts Council and The Baring Foundation, £31,600. This project is directly linked with Suicide Bereavement and we will be exploring how creative activities and support can help people move through grief in a healing and meaningful way.



For more information, please contact Jan Roberts, Powys Suicide and Self-Harm Prevention Co-ordinator: Jan.Roberts3@wales.nhs.uk OR Jacqueline Davies, Powys Suicide and Self-Harm Prevention Coordinator (Job Share) on Jacqueline.Davies7@wales.nhs.uk.



Harm Reduction (Substance Misuse) and Commissioning Update

Harm Reduction priorities for this past quarter include:

- Implemented a wider review of Drug Related Deaths in Powys and the reviews are identifying areas for the improvement of services, particularly around effective communication between agencies.
- Engaging with our Suicide and Self-Harm Coordinator particularly with respect to self-harm and developing support for families and specialist support for those bereaved by substance and alcohol misuse.
- Engaging with Dyfed Powys Police in the development of a harm reduction initiative involving Police Officers with a trial starting in December in Llandrindod Wells.
- Actively pursuing the provision of first aid equipment for use by partners who have contact with persons who use drugs (Naloxone).
- Updating work with the Head of Pharmacy within Powys Teaching Health Board with a view to the implementation of Harm Reduction services within Community Pharmacies

Andrew also provides ongoing support for the Integrated Offender Case Management (IOM) support on behalf of the Health Board.

Our new commissioning manager, Owen Price, is supporting clinical aspects of the upcoming Substance Misuse Tender for Powys. Owen has been busy supporting:

- Adult Service Long Term Agreement Updates, implementation of policies, directives and circulars in advance of recommissioning in September 2022. This will support us as commissioners to improve our monitoring, and delivery of high-quality mental health services to the community.



- Specification update with clinical perspective input in advance of the tendering process for re-commissioning in 2022, bringing together a number of stakeholders from the statutory sector to outline the variety of services we aim to deliver as a service for the coming three years.
- Update of clinical prescribing processes, to ensure as a Health Board we deliver on our duty to provide safe and legal services with third sector.
- Owen is undertaking specific Commissioning Training with colleagues in the Local Authority and looking at incorporating co-production, and service user involvement from a Dual Diagnosis perspective linked to service developments.
- Completing a detailed analysis into “Pick and Mix” (Needle Exchange) service(s) across Powys, including with the current Drug and Alcohol Support Services (Kaleidoscope) and our Community Pharmacies. This report/analysis will help us as commissioners make informed decisions about the ongoing service.

For more information, please contact Andrew Mason, Harm Reduction Coordinator, on Andrew.Mason@wales.nhs.uk and Owen Price, Substance misuse Commissioning Manager, Owen.Price@wales.nhs.uk.



Arts & Health Coordinator Progress

As part of the Horizon project aim to learn about patient experiences through involvement in the arts, Digital Storytelling training has been delivered by Prue Thimbleby who leads the rolling out of the methodology, which is set to become a Once for Wales policy, across health boards throughout Wales.

The first creative interventions are beginning in December involving Emma Benyon delivering creative writing sessions with in-patients on the Felindre Ward at Bronllys. Other creative arts programmes being planned include somatic experiencing and dance with people engaged in the Improving the Cancer Journey programme and clay modelling, sculpture making and printing workshops for young people at risk of substance mis-use at the Mid Wales Arts Centre.

- **Art at End of Life – palliative care (project between National Museum of Wales and Palliative Care Team in PTHB).**

A survey asking health board staff to vote for their favourite art works resulted in a top six being selected through eighty-one votes. Here are just two of the six...



PIONEERING POWYS ECOTHERAPY PROGRAMME WINS NATIONAL AWARD

Montgomeryshire Wildlife Trust's trailblazing health and wellbeing project, Wild Skills Wild Spaces (WSWS), has attracted national acclaim with a prestigious NHS Forest 2021 Award for Engaging People with Nature.

The ecotherapy programme is a partnership between Montgomeryshire Wildlife Trust (MWT), Powys Teaching Health Board (PTHB) and Cardiff Metropolitan University and is designed to improve people's mental health and wellbeing through reconnecting them with nature and their environment.

For more information about the above and more activity updates, Lucy is contactable on: Lucinda.Bevan@wales.nhs.uk.

Crisis Care Forum

The new national crisis care plan has now been circulated and it changes quite a bit of the way we've been working locally. We'll need to align reporting across multiple partners and key priorities such as the rolling out of the NHS 111 Mental Health (single point of contact) and related Sanctuary and Twilight out of hours services (provided by Third Sector). These priorities are key within the new plan.

We are starting to look at the Forum and whether we may need to have several work streams which report in, such as the valuable reporting/work on Section 135/136 that continues to be undertaken by Inspector Brian Jones, linked areas of concern such as Conveyancing for patients, in addition to Suicide and Self-Harm Engagement (Forum) and related NHS 111 Mental Health project development. Hopefully by March 2022, the new structure for the Forum will become clearer.

For further information about any aspects of the Crisis Care Forum, please contact Freda.Lacey@wales.nhs.uk.



Community Voluntary Sector Highlights

The Third Sector is extremely busy at the moment, with an increase in demand/referrals coming through as a result of the Pandemic. The numbers of people needing support are increasing, but also people have more complex issues, such as experiencing trauma and/or feeling in crisis.

The Mind Services are very busy, with Ystradgynlais Mind launching a film called "It takes Balls To Talk", narrated by Michael Sheen (aligned with the local rugby club). Brecon Mind are busy with their Wellbeing Service which is seeing lots of demand and their Social Prescribers are very busy triaging people at the front door of their service(s). Mid and North Powys Mind have recently welcomed over 16 volunteers who are trained Cruse Bereavement Counsellors who will provide support to people experiencing bereavement. They are currently being inducted into the service.

Ponhafren Association recently had over 39 people attend their "Walk and Talk Rugby" club venture and had a good turn out at their recent "Appreciation Event"/afternoon tea in their new (amazing!) facility in Welshpool (The Armoury).

Both Ponhafren and Brecon Mind are currently piloting the Out of Hours Twilight/Sanctuary services and seeing increased need for provision of this service. Demands for this service will feed into the need for commissioning the service.

We recently held a workshop with Third Sector providers about what is needed in the out of hours service and we intend to follow up in the new year with on-line workshop(s) and are intending to commission the service as soon as we can given Winter and other pressures.



Other highlights/PAVO:

- **Winter Pressures Funding** - PAVO sourced £56,045 from Welsh Government (via WCVA) for Powys' Third Sector.
- **Loneliness and Isolation Funding** - PAVO and PCC submitted a joint funding bid to Welsh Government - awaiting confirmation but this is three years funding which will be available to the Sector in Powys to help tackle loneliness and isolation
- **Helping End Homelessness Lottery Bid** - partnership bid for just under £2.7m was submitted and the panel are meeting on 6 December. We should know outcome shortly after that date.

Engage to Change Highlights

Engage to Change have been working hard to improve how they capture patient and carer feedback in relation to PTHB Mental Health Services during the pandemic. A bilingual, open-ended feedback form is now live (inset) and responses will be reviewed by our service user and carer representatives and participation team on a routine basis with the aim to improve experiences. The feedback form has had a soft launch; an implementation plan is currently being developed to ensure it will be equitably promoted in all statutory mental health service buildings throughout Powys.

Engage to Change have undertaken a review of advocacy services available to mental health patients in Powys, focussing on Independent Mental Health Advocacy, Independent Community Mental Health Advocacy and Independent Mental Capacity Advocacy. The review will be presented at the December Mental Health Planning and Development Partnership Board.

To find out more about Engage to Change, please email: lucy.harbour@wales.nhs.uk



FEEDBACK FORM

**DO YOU ACCESS POWYS TEACHING HEALTH
BOARD MENTAL HEALTH SERVICES?**

Would you like to provide some feedback
about your experience of our services?

Please fill in the survey below

<https://forms.office.com/r/5qUYAzRif4>



Nadolig LLawen / Merry Christmas

**We wish you all a very safe and peaceful
Christmas, from all of us here within the
Partnership Team.**

