



**POWYS MENTAL HEALTH
PLANNING AND
DEVELOPMENT
PARTNERSHIP BOARD**

ANNUAL REPORT

2020-2021

PREPARED BY



APRIL 2021

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ACRONYMS & ABBREVIATIONS

APB	Area Planning Board
BBNP	Brecon Beacons National Parks
CAMHS	Child and Adolescent Mental Health Services
CBT	Cognitive Behavioural Therapy
cCBT	Computerised Cognitive Behavioural Therapy
CCQI	College Centre for Quality Improvement
CMHT	Community Mental Health Team
CRHTT	Crisis Resolution Home Treatment Team
CTP	Care and Treatment Plan
DBT	Dialectical Behavioural Therapy
DOIIG	Dementia Oversight Insight Support & Impact Group
DHTT	Dementia Home Treatment Team
EIP	Early Intervention in Psychosis
EIPN	Early Intervention in Psychosis Network
GP	General Practitioner
HB	Health Board
IC	Improvement Cymru
IMHA	Independent Mental Health Advocate
IRIS	Integrated Risk Intervention and Support
LHB	Local Health Board
LPMHSS	Local Primary Mental Health Support Service
MHPDPB	Mental Health Planning and Development Partnership Board
PNMH	Perinatal Mental Health
PAVO	Powys Association of Voluntary Organisations
PAWSG	Powys Agricultural Wellbeing Support Group
PTHB	Powys Teaching Health Board
PCC	Powys County Council
T4MH	Together for Mental Health
UK	United Kingdom
WG	Welsh Government

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 third Delivery Plan, covering the 2019-2022 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 for the April 2020 - March 2021 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 2019-2022 Delivery Plan can be found at:

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

CHILD & ADOLESCENT MENTAL HEALTH SERVICES (CAMHS)

Young people have been hit hard by the COVID-19 Pandemic. Not necessarily in the life-threatening ways generally reported in our older populations, but in the restrictions and impacts in their social lives, education and relationships, as well as the worries and fears around their family members.

Powys have seen an increase in acuity within children's mental health services over this past year, as the unseen toll of the pandemic continues to reveal itself. Powys CAMHS, like colleagues across the health board, have also had to adapt to the changing conditions and restrictions caused by the pandemic. Powys have maintained a service throughout the pandemic and have benefitted from the outstanding multi-agency partnership work and relationships that we have continued to foster.



As a direct result of the pandemic and restrictions on face to face contact, PTHB sped up the roll out of Microsoft Office 365 which included the application Microsoft Teams Teams. This meant that many meetings could be conducted virtually, saving time and being more efficient across the county. The virtual platform, Attend Anywhere, was also rolled out to enable appointments via a smartphone or computer.

Throughout the pandemic Powys have continued to have face to face appointments for those in most needs, complex issues and increased risks.

CAMHS have supported the development of the emotional health and wellbeing workstream; a virtual meeting attended by all services in Powys supporting children and Young people's mental health, including the local authority, education, health and the third sector. This supported the development of 'Teams around the Cluster', which saw all relevant agencies assigned to one of the 13 school clusters in Powys, each one having an allocated Primary Mental Health Practitioner from CAMHS.

The development has continued with partners on the Early Help Hubs and development of a single point of access for all referrals of young people with emotional health and wellbeing issues across Powys, which would mean that referrals will no longer bounce between agencies, instead decisions would be made at one central location this supports recommendations of the Missing Middle Report including the No Wrong Door Report.

The CAMHS In-Reach Schools project continued and two workers from Powys were successful in being seconded to support the project. The pilot has been hugely successful and has resulted in new monies coming from Welsh Government to Powys for the Development of our own in reach service in the coming months / year which will see all schools in Powys benefit from specialist mental health support and liaison.

Powys CAMHS now have access to an age appropriate bed at Felindre Ward, Bronllys Hospital. This provides a safe and well needed provision for our young people when they are at their most vulnerable in Powys.



[Inset: Felindre Ward, Bronllys Hospital]

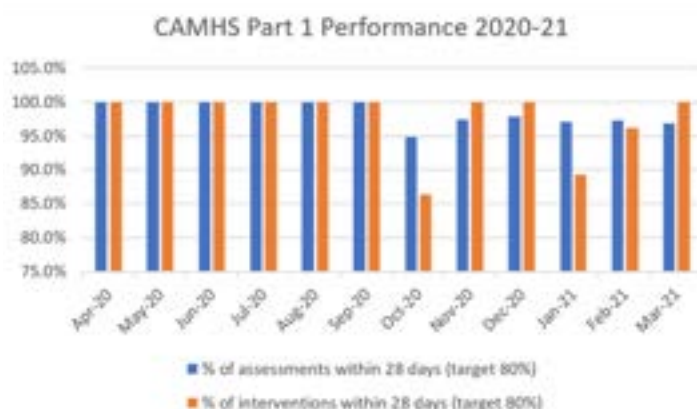
April 2020 - March 2021

CAMHS PERFORMANCE FIGURES

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.



CAMHS exceeded Welsh Government's target of 80% every single month of the financial year 2020-21.

Mental Health Measure Part 2 Performance Information

Part 2 of the Mental Health (Wales) Measure 2010 places duties on Health Boards 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 2020-21 was below the Welsh Government target of 90% in August and September due to a reporting error. This has since been resolved.

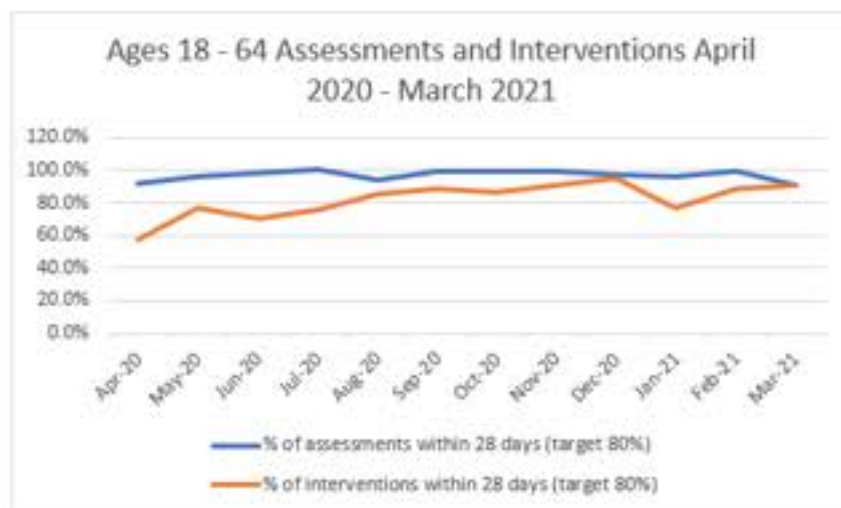
CAMHS	04/20	05/20	06/20	07/20	08/20	09/20	10/20	11/20	12/20	01/21	02/21	03/21
90% of HB residents who are in receipt of secondary MH services to have a valid CTP	100%	100%	88.9%	100%	63.6%	54.5%	100%	95.2%	95.2%	95.2%	92%	100%
Total number of patients resident in your LHB with a valid CTP at the end of the month	12	10	8	9	7	6	16	20	20	20	23	24
Total number of patients resident in your LHB currently in receipt of secondary mental health services at the end of the month	12	10	9	9	11	11	16	21	21	21	25	24

April 2020 - March 2021

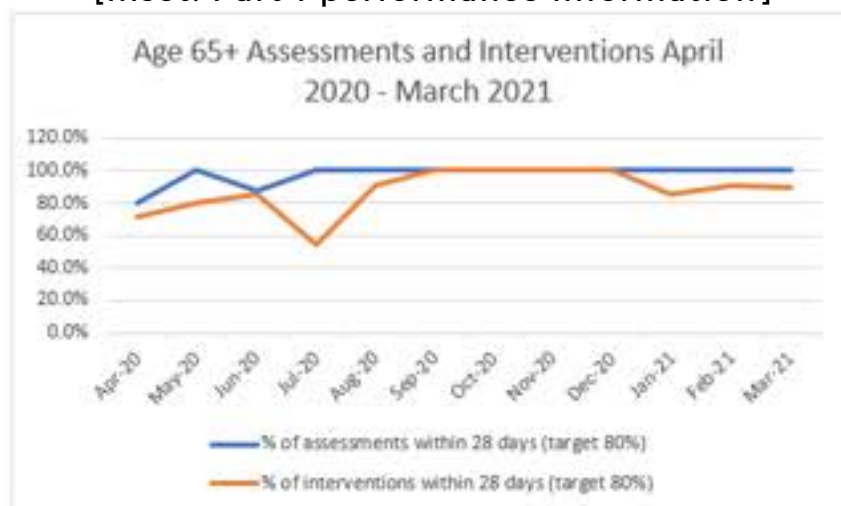
ADULT AND OLDER ADULT MENTAL HEALTH PERFORMANCE FIGURES

Mental Health Measure Performance Information

- 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 2020-21 PTHB consistently met the target in terms of numbers of people who have a valid care and treatment plan in place.



[Inset: Part 1 performance information]

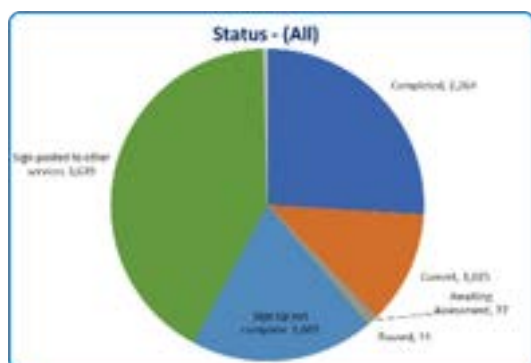


- Part 3 gives all adults who are discharged from secondary mental health services the right to refer themselves back to those services. Figures under Part 3 show that there has been a total of 23 assessments conducted across Powys in the last 12 month period (April 20 – March 21), an average of 1.91 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 2020 /21, often exceeding national targets against the Measure.



When the first COVID-19 lockdown came into force, referrals to the SilverCloud service went up from 130 per month to 550, almost overnight. Rapid expansion of the SilverCloud support team was necessary - secondments from other PTHB teams and Public Health Wales filled the gap to meet the increased demand.

Across Wales, accessing mental health services was difficult due to the lockdown situation - here was an opportunity to help more people by offering an all Wales self-referral service (already available in Powys). No visit to a GP or healthcare professional would be required; people could sign up and access the service immediately. Welsh Government funding was approved in July 2020 with a challenging target date of September to have this expanded service up and running. Recruitment was needed once again to meet expected demand and on 8th September the all Wales self-referral service was launched.



Over 8,000 people have signed up to SilverCloud since the launch and over 2000 have completed their 12-week course.

Space from Depression & Anxiety is the most popular course; strongest client demographics are Female, Any White Background, including Welsh, English, Scottish, Northern Irish, British, Irish and age 30-39 (closely followed by 22-29).



The number of referrals vary from week to week with peaks and troughs in line with key pandemic events such as lockdowns.

Self-Referrals are being received from all Health Board areas, with support provided by the PTHB SilverCloud team. Whilst the service is run from Powys; SilverCloud Supporters are working remotely and based across the UK - from Cardiff to London to Manchester. A completely online service for both clients and supporters.



What next? The team will be implementing a new programme for children aged 11+ (with 2 complementing programmes for parents), one for Perinatal Wellbeing and another for Alcohol.

EARLY INTERVENTION IN PSYCHOSIS

How it started ...

In 2019, the Early Intervention Steering Group presented the proposed Early Intervention in Psychosis (EIP) model for Powys to The Early Intervention Psychosis network (EIPN). The EIPN is a quality improvement and accreditation network for EIP teams in the UK, run by the College Centre for Quality Improvement (CCQI, Royal College of Psychiatrists). It uses a Peer review model and the EIPN standards, to review teams to identify areas of improvement as well as achievement. The proposal included:

- Contextual information about the organisation and the population PTHB covers.
- Informal Data collection of EIP cases in the previous 12 months
- Allocated funding to set up service in Powys
- Proposed model - criteria, access, interface with other services, treatment plans etc

The feedback from the peer review group was that the EIP Service should use a staged model of development focusing on:

- Reduced acceptance criteria initially to ensure limited services aren't spread thinly and loses the ethos of the model
- Utilise time collecting data for service - to measure demand and demonstrate outcomes for future service improvement bids.
- Focus on interagency working with - CAMHS, CMHTS, CRHTT, Psychology and inpatient services.
- Develop links with Hafal to explore psychosocial/psychoeducational interventions
- Utilise the EIPN standards as a framework for developing and prioritising service provision.
- Health monitoring standard in mental health services.
- Further development/collaborative working with CAMHS services to embed the EIP team from 16- 35yrs inclusive service.
- Engage in the development of careers forums/groups .

Since then...

The EIP team formed in January 2020 with two EIP Practitioners (1 North 1 South) and a Service Manager. The first 8 months were spent developing the policy & referral pathways, as well as networking with other areas including the third sector and establishing clear working relationships with our CAMHS and CMHT services. The development was delayed slightly due to the pandemic as inevitably the priority was to support frontline services.

The team eventually went live in Sept 2020 with the addition of a full time Band 4 Support Worker.

The service has focused its time on spreading the EIP Model across Powys – delivering virtual presentations to over 17 different voluntary and statutory organisations that cover primary and secondary care services, in patients' facilities, education & employments services, carers services, advocacy, detached youth workers team and many more.

The team have been engaging in training with:

- Behavioural family therapy (Meriden family programme)
- Dialogue plus (therapeutic measuring scale)
- Physical health monitoring in Mental health
- CBT psychosis training for practitioners across the health board from CAMHS, CRHTT, & psychology department .

This training allows the team to provide a service that is evidence based and meet the standards for the National Clinical Audit of Psychosis requirements for a EIP service.

The team are actively working with 7 clients at present; clients across the county who are open to CAMHS and CMHT either as joint workers or as care coordinators, as well as having a number of ongoing assessments.

The team are currently looking at outdoor projects that we can get the young people involved in , our support worker has attended staff taster sessions this week with the Montgomeryshire wildlife trust , who will be excepting referrals in the coming weeks

Next steps...

- Recruitment of a full time team lead for the ongoing service development and clinical leadership of the team (allocated through Welsh Government's service improvement fund)
- As the lockdown restrictions ease, we hope to be able to do further networking about the model of EIP and focus our attention with providing training sessions to colleges, primary care settings about early detection of psychosis....continuing to spread the word of EIP model.
- Powys are looking to set up a Powys wide steering group to develop a physical health monitoring standard in mental health services.
- Further development/collaborative working with CAMHS services to embed the EIP team from 16- 35yrs inclusive service.
- Engage in the development of carers forums/groups .

EATING DISORDER SERVICES

Professor Jacinta Tan, Consultant Child and Adolescent Psychiatrist, was commissioned by Welsh Government to conduct a review of eating disorder services in Wales. Professor Tan's review produced 22 recommendations for services in Wales based on six principles; early detection and intervention, inclusivity, person centred, relationship based, recovery focused and trauma informed.

In December 2020, Professor Jacinta Tan, Dr Menna Jones (National Clinical Lead for Eating Disorder Services in Wales) and Helen Missen, Carer Representative, attended the Mental Health Planning and Development Partnership Board to present the findings of the review and a national update.



[Inset: A screenshot from December 2020's Mental Health Planning and Development Partnership Board Meeting with guest presenters Prof. Jacinta Tan, Dr Menna Jones and Helen Missen.]

Funding has been agreed for an all age eating disorder service across Powys and a new Team Leader has been appointed, with other staff from other disciplines joining the team in the next couple of months. Developments have also taken place which improve specific eating disorder supervision, training and support for staff and an aspiration to develop further more reflective practice groups to deliver increasingly family friendly interventions to support this patient group.

PERINATAL MENTAL HEALTH SERVICES

As of April 2021, Powys' Perinatal Team Lead and Administrator have started in post. A further two Band 6 Practitioners will be joining the Perinatal Mental Health Team in the late summer.

Powys' Maternal and Infant Mental Health Steering Group have 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.

Integrated care funding enabled Powys to undertake dedicated research into paternal mental health. This research was a collaboration between local Mind organisations and PTHB maternity service and in co-production with Powys Fathers across the County.

Gwasanaeth Iechyd Meddwl Amenedigol
Perinatal Mental Health Service



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd
Addysgu Powys
Powys Teaching
Health Board

DEMENTIA CARE

The pandemic has meant a disruption to achieving the outcomes of the Powys' dementia action plan, however, other projects have been developed to support people living with dementia during this time.

The main priorities in the plan for PTHB are increasing the diagnostic rates pan Powys and improving training compliance to meet Welsh Government's targets. Prior to the pandemic, North Powys Memory Assessment Service were involved in a trial of the memory assessment workbook, developed by Improvement Cymru. This trial proved successful and the workbook will be rolled out nationally as COVID restrictions are lifted. The workbook gathers data to measure diagnostic rates, sub types of dementia and services provided to support people following a diagnosis of dementia.

The work to develop the dementia care standards has been led by Improvement Cymru (IC) as part of the dementia care programme and directed by the requirements of the Dementia in action plan for Wales, overseen by the Dementia Oversight Implementation and Impact Group (DOIIG). PTHB's Dementia Lead has been involved in developing these standards in collaboration with professionals and people living with dementia and their carers in Wales. The standards were launched in March and will have a positive impact on improving diagnostic rates and service provision when a person receives a dementia diagnosis.

During the pandemic, Powys have been involved in two key projects in dementia care. 'Ask the Dementia Expert' is a virtual support platform where care homes and family carers can call in via video conferencing software Attend Anywhere, and spend time with professionals discussing problems they are facing. The calls are triaged in advance to ensure the appropriate professionals are on the call. The professionals involved include dementia nurses, occupational therapists, physiotherapists, and speech and language staff. The project is currently being evaluated to provide evidence to support further funding for the project.

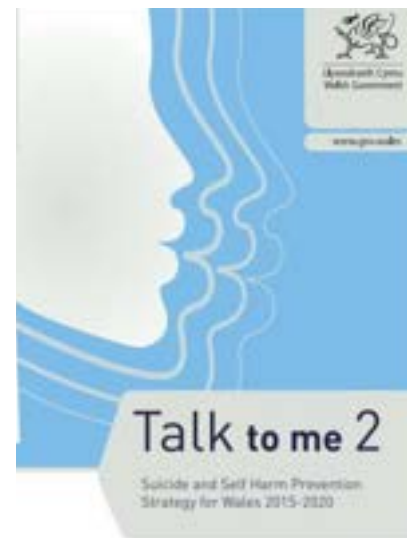
The 'Get There Together' project is a national initiative with regional subgroups across Wales. It was created in response to COVID and challenges presented, in particular, for those vulnerable groups who have been shielding to support them back into community life. It has involved developing simple video clips of local amenities like GP's, supermarkets, hospital outpatients, and libraries showing what changes have been made in light of the pandemic, such as wearing face masks, hand sanitation stations, queueing and one-way systems. The project has been featured on BBC and has been well received.

SUICIDE AND SELF HARM PREVENTION

The suicide and self harm prevention agenda now has dedicated resource within Powys' Partnership Team following the appointment of the new Suicide and Self Harm Prevention Co-ordinator.

The Suicide and Self-Harm Prevention Co-ordinator has a number of goals to achieve, including:

- To develop intelligence led services for the prevention of self-harm and suicide through the development of person-centred post-vention services and liaison with multi-agencies in relation to progress around the Talk to Me 2 plan.
- Enable the people of Powys to have easy access to; support, information and early diagnosis, early intervention and appropriate treatment (and that that treatment will be high quality, evidenced based and timely).
- Develop intelligence led services for the reduction of fatal and non-fatal drug poisonings
- Ensure that there is a pathway/ service available across Powys that meets the needs of those bereaved by suicide.



[Inset: Welsh Government's Talk to Me 2 Plan.]



[Inset: The Mental Health Foundation's suicide prevention advice]

HARM REDUCTION & SUBSTANCE MISUSE

The substance misuse and harm reduction agenda now has dedicated resource within Powys' Partnership Team following the appointment of the new Harm Reduction (Substance Misuse) Officer.

Since the appointment initial work has been to produce an analysis of where Powys are in relation to Harm Reduction. An action plan for the work to be undertaken over the next 3 years in Powys has been completed, fitting both local need and the requirements of the Welsh Government's Harm Reduction Plan.

Over the coming year, focus will be given to the following five areas for possible service development:

- Drug Related Deaths and non-fatal poisonings and taking the review process forward across Powys to identify both learning opportunities and to provide a swift response where needed.
- Blood-borne Viruses – the Partnership Team are currently working with WG, Public Health Wales and Kaleidoscope on developing a pilot project within Powys
- Improved Intelligence/Information Sharing – undertake awareness raising activities around Harm Reduction and Substance Misuse in Powys.
- Widening the availability of Take Home Naloxone
- Service user involvement

Throughout 2020 and 2021, PAVO delivered Shared Power Training to members of the public and voluntary organisations who were looking to improve their confidence in public speaking. Shared Power Training is funded by Powys' substance misuse Area Planning Board.

The aim of the day was to build the confidence, knowledge and skills of participants, some of whom were already volunteering as citizen or individual representatives, so that they could effectively participate in the planning and reviewing of services with public bodies. The key learning of the day was around:

- Communicating confidently and effectively in meetings.
- Knowing where to access relevant information.
- Better understanding the process and procedures involved.
- Better understanding the public bodies involved.



[Inset: Shared Power Training, pre-COVID-19]

ENGAGE TO CHANGE

Engage to Change is a subgroup of the Mental Health Planning and Development Partnership Board. Engage to Change was established to proactively challenge any stigma associated with mental health and to collect service user views/experiences,

The membership of the group consists of Service User and Carer Representatives, PTHB, Powys County Council, Dyfed Powys Police, Third Sector partners, Advocacy providers and many more.

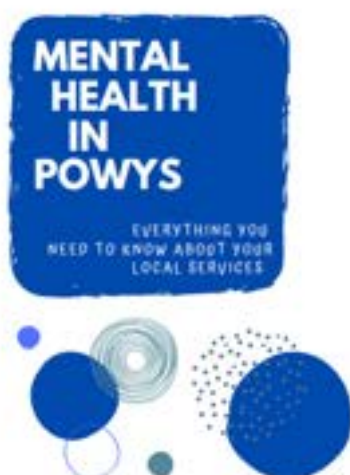
Throughout 2020-21, Engage to Change have undertaken a number of initiatives to raise awareness of mental health in Powys.

In Spring 2020, a survey was released to capture peoples' experiences of accessing Powys mental health services during the pandemic.

Feedback was varied but provided valuable insight into the needs of the population. The results helped us identify future areas of investment such as befriending and support services for younger people.



[Inset: Engage to Change's COVID-19 survey]



[Inset: The Mental Health in Powys Information Booklet]

A key development by the group has been the production of the Mental Health in Powys Information Booklet; a 72 page bilingually available guide which covers all statutory mental health services delivered by Powys Teaching Health Board.



CO-PRODUCTION

Co-production is "a relationship where professionals and citizens share power to plan and deliver support together, recognising that both have vital contributions to make in order to improve quality of life for people and communities. (Reference: National Co-production Critical Friends Group (undated))."

Engage to Change have supported a number of co-produced initiatives in 2020 -21, including the creation of a service user and carer involvement framework as well as service user developed and delivered Self Injury Awareness sessions.

Sarah Dale, Individual Representative and member of Engage to Change saw the opportunity to raise awareness of self-injury and how health and care staff can broach the subject with people who self -injure.

Self Injury Awareness Day takes place every year on March 1st, and to coincide with this, virtual self injury awareness sessions were arranged with mental health and minor injury unit staff,

Over several months in the run up to the day, Sarah created posters, certificates, information booklets and handmade over 2,000 orange awareness ribbons for distribution to health teams across Powys.

The sessions were held virtually via Microsoft Teams and attended by both mental health and minor injury unit staff, The purpose of the sessions were to talk honestly about self-injury without judgement.



[Inset: Sarah Dale, Individual Representative]



Mental Health Service User and Carer Involvement Framework

Version No:	1
Issue Date:	15 th October 2020
Review Date:	October 2021
Author:	Mental Health Partnership Participation Officer
Document Owner:	Assistant Director of Mental Health and Learning Disabilities
Approved By:	Mental Health Senior Management Team
Approval Date:	12 th October 2020
Document Type:	Framework Non-clinical
Scope:	Mental Health Staff

[Inset: Service User and Carer Involvement Framework]



[Inset: Powys Mental Health Services employees displaying their self-injury awareness posters pre-covid]

SELF - INJURY AWARENESS - A REVIEW

By Sarah Dale, Individual Representative

Self-Injury is extremely stigmatised. To this day people are still 'scared' to tackle it. This is reflected though out society and in our health care system. I understand this as self-injury can be scary and disturbing, but if we don't do something, nothing will change. I know from training I have received that self-harm and self-injury is often brushed over. No definitions, reasons why people self-injure, myth busting or what people who self-injure what people to know.

The self-injury awareness talk, I hoped would fill this gap. As someone with lived experience of self-injury, researching and putting together a talk on this elusive subject, I learnt a lot about self-injury, and understood more about myself.



[Inset: Self Injury Awareness resources]



[Inset: Sarah's self-injury awareness posts]

The talk itself consist of an honest account my own story of how I began self-injuring and the events leading to that. With the aim of blowing away any misconceptions of self-injury being attention seeking or it being a way to get back at people. That it is essentially a way I coped when I was drowning in self-hate, emotional turmoil and confronting a horrific truth, ultimately considering ending my life.

Next I move on to self-harm and self-injury definitions, as there is a difference. Why people self-injure, what people who self-injure want people to know and finally an opportunity for people to ask me any question they want, within reason of course.

The feedback from the talks was very positive, and there is a clearly a need for us to 'talk honestly about self-injury without judgement'.

PATIENTS' COUNCIL

The Patients Council is a project facilitated by the Powys Association of Voluntary Organisations (PAVO) and aims to give a voice to patients currently in Felindre Ward, who are offered acute in-patient mental health services.

The Council hold regular, patient-only meetings which give people an opportunity to express their views on the services they receive whilst they are in hospital. These views are then passed on anonymously to ward and hospital management staff, in addition to senior PTHB staff, so that solutions can be found. During the pandemic the council meetings have taken place virtually.

2020-21 has seen a number of initiatives introduced as a direct result of the Patients' Council highlighting need. Powys Citizens Advice Bureau have been providing a pilot in reach service to Felindre Ward, Bronllys Hospital to support patients in managing their financial and social circumstances to help aid their recovery and enable a smooth transition home.

Patient feedback noted that patients can be admitted suddenly with little notice, (such as via a Section 136) leaving them with only the clothes on their back. Many people arriving on the ward felt unprepared and didn't manage to bring any of the basic necessities. Welcome packs (inset) have now been introduced on Felindre Ward. The goal of the welcome packs is to make Felindre inpatients feel at ease on the ward by addressing some of their immediate personal care needs. The packs contain items such as information leaflets, toothbrush, toothpaste, underwear, flannels and a comb.

For 2021-22, the Council's future focus is to increase the activities available on the Ward ahead of smoking cessation in mental health hospitals in September 2022.



[Inset: John Lilley (PPC volunteer), Owen Griffkin (Participation Officer, PAVO) & Rhydian Parry (PPC volunteer) outside Felindre Ward, Bronllys Hospital]



[Inset: The welcome packs from Felindre Ward]

INTEGRATED RISK INTERVENTION AND SUPPORT

PTHB continues to lead the way in which we support people, from a multi-agency perspective, who are presenting with complex mental health issues who require multi-agency input for their individual needs. Referrals continue to be made into social services, police and the PTHB and are then taken to risk enablement panel or other professional meetings so people can be provided with the best support and care possible. During Covid-19/lockdown periods, our Partnership Inspector, Brian Jones, initiated a weekly (now bi-weekly) meeting to actively consider and share information for people who were at risk of escalating into mental health crisis and/or presenting as people needing specific mental health support. The aim was to prevent and/or provide early help to people who would usually need police and/or other support services such as social services and crisis support. Because of the continual sharing of information, services have been able to react quickly to people's needs or have been aware if there were issues likely to emerge. We are continually discussing the benefits of the group meeting and/or if this needs to continue.

COVID-19 CRISIS CARE GROUP

The Powys COVID-19 Crisis Care Group was established to monitor the impact on vulnerable persons through the Coronavirus Pandemic and to provide early identification of persons at risk of suicide and self-harm as the COVID-19 restrictions are reduced, removed and changed.

It was anticipated, that some people may find it difficult to adjust to the uncertainty once out of lockdown, the fear and anxiety of infection and the difficulty in adjusting to new routines. Lockdown for some has provided a safe environment.

The demand on public services had been expected to increase and this group works to identify changes and risks to vulnerable people at the earliest opportunity.

The group comprises of a small team of Managers from key Partner Agencies who share information about persons identified as being at risk of harm. The partners are associated with a number of Multi-Disciplinary Teams providing support for vulnerable people, so are able to promote greater partnership integration between various support groups.

ARTS IN HEALTH

2020 saw an exciting development for the Mental Health Planning and Development Partnership Board; Arts in Health Co-ordinator, Lucy Bevan, was appointed to develop, embed and implement a Powys Creative Arts, Health and Wellbeing Strategy.

Significant work has taken place including the development of HORIZON - an arts in health strategic development project.

Horizon aims to be a strategically focused, action learning-based arts in health development project designed to involve the delivery of bespoke health and wellbeing service user / patient centred arts and ecotherapy interventions / experiences, with a focus on addressing mental health issues / associated conditions and inequalities and the formation and adoption of creative pathways within health and social settings across Powys.

The learning gained through the life of the HORIZON project will inform the production of a sustainable and embedded 'Powys Creative Arts, Health and Wellbeing Strategy' for Powys Teaching Health Board in collaboration with Powys County Council, endorsed by the Mental Health Partnership Board and Regional Partnership Board.



RINGFENCED SPEND

The minimum sum PTHB were required to spend on mental health (for all ages) in 2020/21 was £32.780m. In 2020-21, the relevant budgets expenditure totalled £37.424m.

VETERANS MENTAL HEALTH

Powys Veterans' Therapy Service is provided by three different therapists into Powys (Betsi Cadwaladr, Aneurin Bevan and Swansea Bay Health Boards). Two of the three therapists had been providing a trauma based therapeutic intervention called EMDR (Eye Movement Desensitization and Reprocessing) and usually, this is only provided face to face. During lockdown, both therapists experimented with different patients and found innovative ways of, not only providing the eye movement therapy using a variety of technologies (including WhatsApp, Zoom, Attend Anywhere, Microsoft Teams) but also related innovative tapping techniques which again, was proven possible over technology. The response from patients, including patients experiencing PTSD, has been very positive. The service going forward will continue to utilise both face to face and technology as a way of providing this support. Not all Psychologists have been comfortable trialling EMDR over technology and in some areas, waiting lists exist. However, the Veteran's therapists have successfully implemented this approach.

Recent engagement with the "Joining Forces Coordinator" working with Hafal has helped support the context for Powys recently successfully recruiting a new Armed Forces Liaison Officer in December of 2020, who are based with the local authority. They will be working with PTHB to help join up the approach to working with Veterans.

Powys successfully initiated a local multi-agency meeting relating to a "Positive Pathways" funding opportunity through the Armed Forces Covenant in November 2020. Over 31 people attended the network meeting from over 15 organisations, including Ex-Armed Forces Veterans as local representatives. The network discussed the needs across Powys in relation to Veterans. A collaborative approach was looked at to focus on Bronllys Hospital site, including the "At Ease" garden and updating and renovating this space. The project is also linking in with the in-patient mental health unit in Bronllys to provide outdoor activities for patients on the ward.

POWYS DURING COVID-19

2020 was a challenging year for the agencies of the Mental Health Planning and Development Partnership Board. New ways of working had to be embraced quickly to ensure that the partnership could continue to provide mental health and wellbeing support to the population of Powys during this difficult period.

Virtual platforms were integral to keeping business going, with members using software such as Zoom, Microsoft Teams, Attend Anywhere and Google Meet to continue support and network meetings.

Attend Anywhere is a web-based video conferencing tool which is used to provide video consultations to patients and service users through virtual clinics known as 'waiting rooms'. PTHB rolled out Attend Anywhere in the summer of 2020 with notable update from talking therapy teams.

In April 2020 and in response to the pressures on the third sector and the increasing numbers of people who wanted to volunteer, Welsh Government announced the Third Sector Covid-19 Response Fund worth £24 million. £200K was allocated to Powys and this fund was to support three distinct areas of activity:

- Helping charities and third sector organisations financially through the crisis
- Helping more people volunteer and volunteering services
- Strengthening the essential Third Sector infrastructure

PAVO facilitated a small grants scheme which supported 17 organisations to deliver additional services to the residents of Powys. The services awarded included additional funding for crisis support, younger peoples' befriending support and additional funding for talking therapies to name but a few.

Within Powys, there are a number of networks who have continued to meet throughout the pandemic virtually; The Powys Dementia Network, Powys Agricultural Wellbeing Support Group, Ceredigion's Engage to Change for Carers Network and many more.



PAVO worked closely with the Powys mental health providers to ensure that the change in the way that they deliver services during Covid-19 was captured and well-promoted using the PAVO social media pages and Mental Health Blog: www.powysmentalhealth.blogspot.com

SMALL STEPS PROJECT

A mental health service innovation and evaluation pilot project in partnership with Powys Teaching Health Board Adult Psychology Service and Brecon Beacons National Park Authority (BBNPA)

'Small Steps' is a service innovation research project designed to take people with moderate to severe mental health difficulties using secondary mental health services for weekly activities in the Brecon Beacons National Park. The aim of the project was to evaluate the mental health and wellbeing benefits associated with outdoor activities for this client group.

Many research studies have demonstrated the benefits of engagement with the natural world and greenspace for physical health, mental health and wellbeing. Physical activity in natural environments can ease stress, anxiety and depression and improve mood and self-esteem.

After offering some taster sessions to people using mental health services within Ty Illtyd CMHT in Brecon, a group of participants were then identified to join the project and engage in the 2-3 hour weekly activity group sessions in Brecon Beacons National Park led by staff from the National Park's Communities team. The programme was co-produced from a list of available activities which included hill and nature walks in the National Park and around Brecon canal; sensory and interest walks e.g. learning about plants, local geography and history; geocaching; wildlife surveys; tree identification; navigation practice; rural and survival skills; art and photography. Weekly activities were held from March 2019 to March 2020, and the project completed in September 2020.

Participants reported increased confidence, sense of purpose and motivation, and reflected on the helpful social aspects of the group - for example being motivated to attend the group despite feeling anxious, which brought great benefits to their mental health when they might otherwise have cancelled an appointment due to anxiety. Some particularly commented on the benefits of now feeling able to access the National Park for outdoor activities during Covid-19 lockdown, which helped them feel less trapped and still able to engage in meaningful activities.



(Inset: Small Steps project members)

PSYCHOLOGICAL THERAPIES

Hope and Recovery / Gobaith ac adferiad

PTHB has utilised service improvement funding to develop a treatment pathway for individuals who have difficulties with emotional dysregulation and sustaining healthy relationships, often due to a traumatic history. A diagnosis of borderline personality disorder is not necessary to access the service but difficulties are likely to meet the threshold for diagnosis and for some this will be useful. The pathway built on existing Dialectical Behavioural Therapy group and individual treatment but now offers an overarching pathway where people can be supported before treatment to emotionally prepare for DBT, and then be supported through DBT to learn skills to manage distress and healthier ways to relate, and then to deal with any underlying trauma through trauma focused therapies.

The pathway is managed by a Consultant Clinical Psychologist, supported by a psychologist and two mental health practitioners, with an assistant psychologist shortly to join the team. The team is small and therefore works closely with others across the mental health service, including CMHTs and CRHTTs, strengthening links with other teams through consultation/case discussion work and training opportunities, with the aim of building consistent and structured care for the people the pathway supports and for people who present with these difficulties across mental health services generally. The team offers advice and support to care for people who do not meet the threshold for the pathway but can be assisted through interventions such as the emotional skills group, a skills based programme based on DBT.

An important part of the design and set up of this service has been the establishment of an experts by experience panel, made up of people who have lived experience of these types of difficulties and many of whom have been through a course of DBT or similar. The panel has been instrumental in influencing decisions and shaping the way that the service develops, including selecting the name 'Gobaith ac adferiad', meaning 'hope and recovery', to represent the service in public facing literature. Through discussion with the panel, the staff team have been made aware of the issues affecting people who use our services and the challenges they face, and how these can be exacerbated by the way we communicate and interact with them. An example is in the way that we manage discharge and the panel are working with us to ensure that discharge planning is built into the pathway and managed therapeutically.

In time, it is hoped that additional treatment options will be made available such as Mentalisation Based Therapy and/or Cognitive Analytic Therapy, which will offer more choice and an alternative for those who find that DBT does not suit them.

FUTURE PRIORITIES FOR 2021 -22

The reviewed Together for Mental Health Delivery Plan has a number of new Covid-19 related priorities and/or actions which will need to be considered in light of us all emerging from lockdown and the pandemic. Whilst all of our mental health services are experiencing a surge in referrals, we are well placed to meet the needs emerging as priority areas of need have already been anticipated and/or have relative new services in place. Eating Disorders is a good example of a service that is relatively new in Powys, but with the upturn in referrals into the service, additional capacity for clinical support has been factored in to our budget(s) in terms of service improvements for this year.

Other new priority areas of focus for this year will include:

- The development of a single point of access for mental health calls in Powys – a new NHS 111 (Option 2/Mental Health type service). This will hopefully alleviate calls to other statutory services and/or triage people who need support, 24/7 going forward.
- Crisis House/Type models of support, providing out of hours support to people experiencing crises
- The links between housing/homelessness, substance misuse and mental health needs and joining up services and pathways to support people who have complex needs
- Children and Young People's mental health priorities, including a "Whole School Approach" to family and/or children/young people's need, where education is the gateway for knowledge and support
- Psychologically informed services, including new trauma based psychology support service for people with complex needs
- Continuing to provide our Silvercloud CBT service, including our "Blended Approach" to support people to access the online service if people are struggling, via our commissioned Third Sector providers in Powys
- Continued focus on our improvement to services with growing our Early Intervention in Psychosis, Eating Disorders, Perinatal, Complex Trauma and specialist support for our CAMHS services, with a multi-agency focus on additional support for people living with substance misuse and at risk of becoming homeless.
- Suicide and Self-Harm support is a key area of priority for us this year and we are intending to launch a new services supporting people bereaved by Suicide
- Arts in Health and our focus on Eco-Therapy interventions, linking with the need to access "social prescribing" is also a key area of development. We are working closely with Third Sector providers, such as Montgomeryshire Wildlife Trust and other Trusts to support referral pathways for patients, services users and carers

This report has been produced by Engage to Change. Engage to Change is a subgroup of Powys' Mental Health Planning and Development Partnership Board.

The group comprises of people using services, carers, third sector support agencies and statutory services such as the NHS, Council and Police and Fire Services.

If you are interested in learning more about Engage to Change or getting involved in mental health service engagement, please email:

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