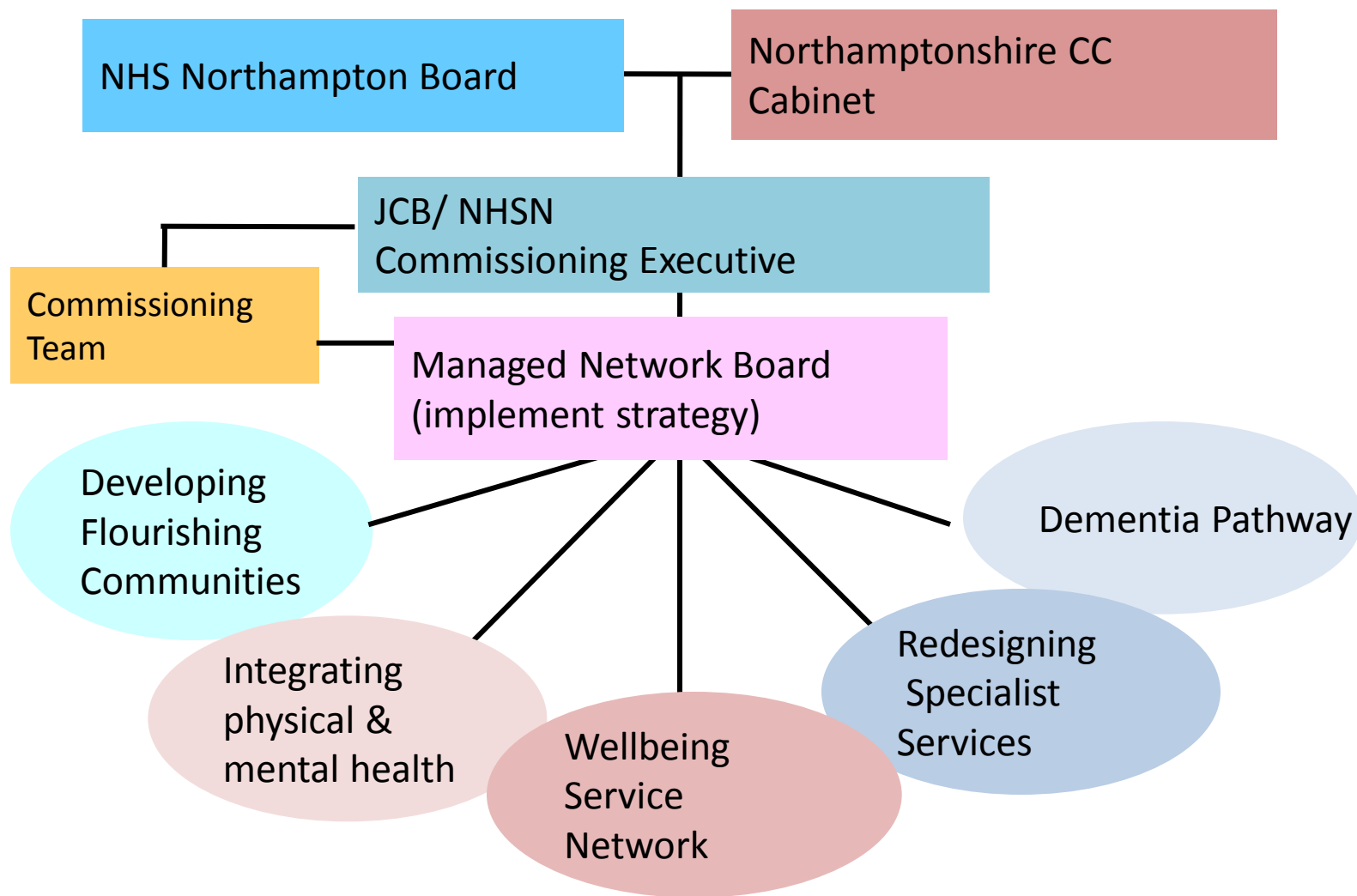
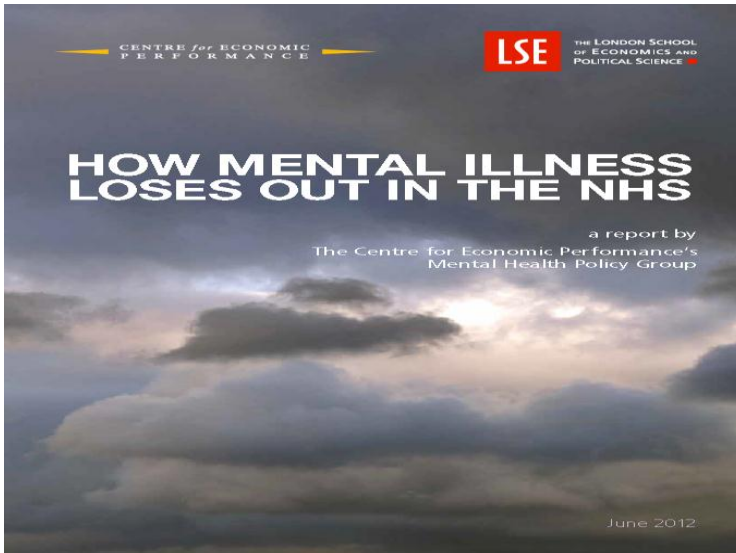


Strategy: 2008 – No Health Without Mental Health



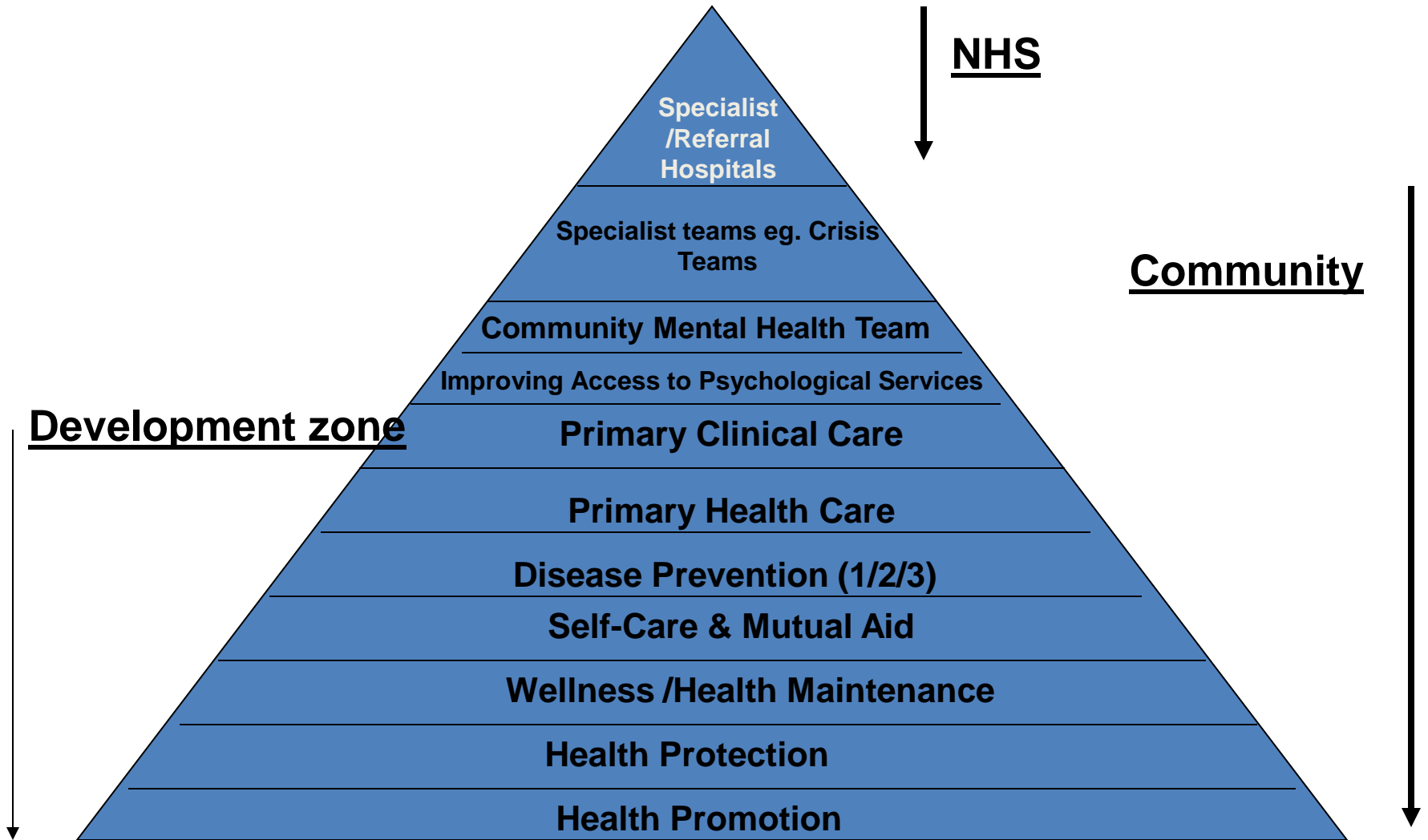


Historically MH services cut more than Acute care at times of austerity – despite increased need.

Nationally 11% spend for 23% need

- CMHD
 - 24 % evidence based treatment
 - 90 % managed primary care alone
 - 50% adult MH diagnosable by 14
- £1:8 spent on LTC due CMHD
- Recovery IAPT NNT < 3
- Increasing access to IAPT can be offset by savings in Acute Trust spend

Systems development intervention



Adapted From: Hancock T (1999) Futures. 31 :417-436

Patient journey

Wellbeing

Wellbeing

Stress

Communities

Distress

Diss Ease

Primary Care

Research led, Wellbeing + Recovery
Education Employment Network

Early Psychosocial Interventions

Disease

Collaborative Care

Recovery – (Personalised Care)

Personal
Development

Discharge

Relapse Prevention

Specialist
Services



Stakeholder steering group

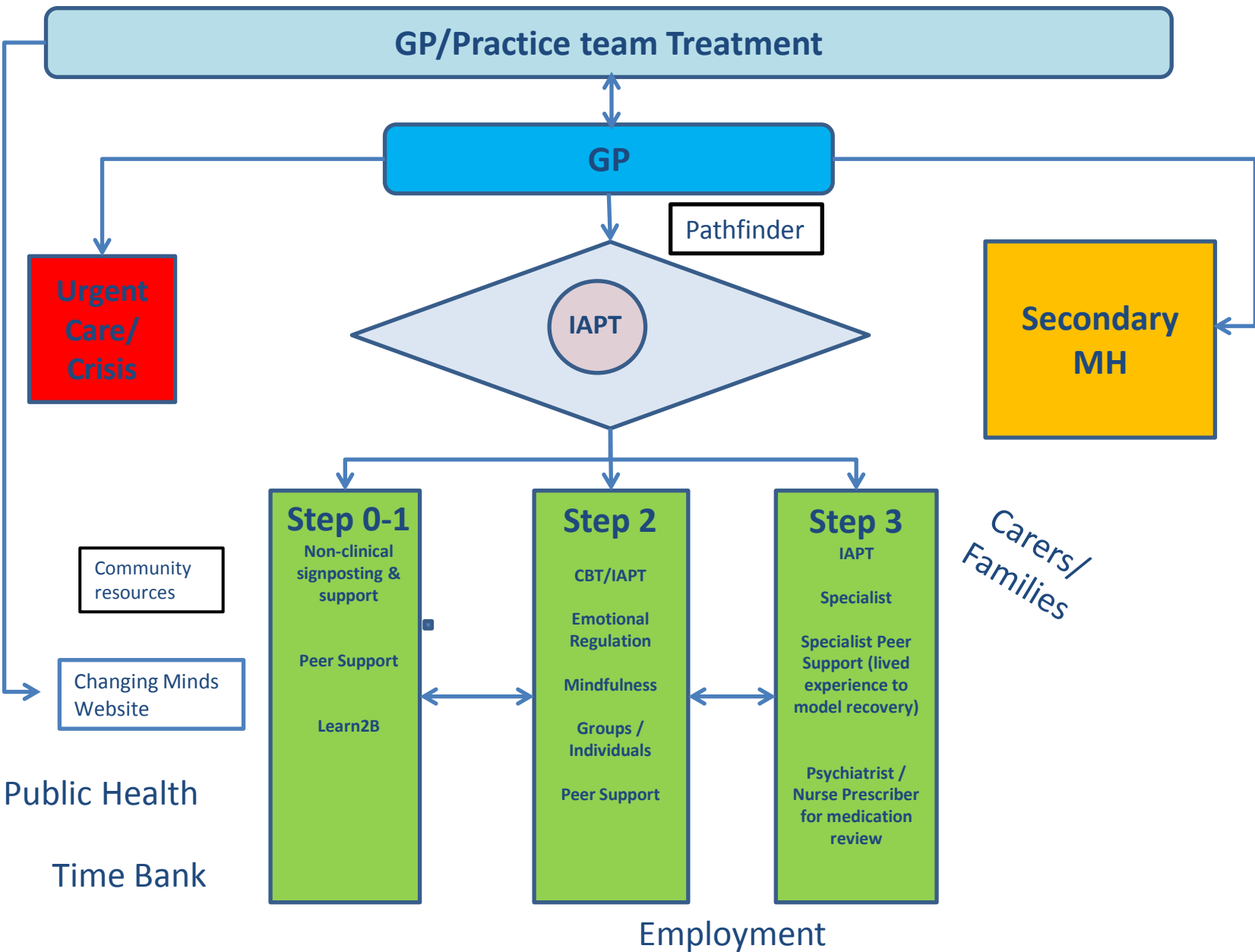
Development

- Northampton West Model
 - Involving Health watch from August 2013
 - Action learning process developing operational policy
- Northamptonshire roll out January 2014
- Development of wellbeing service specification

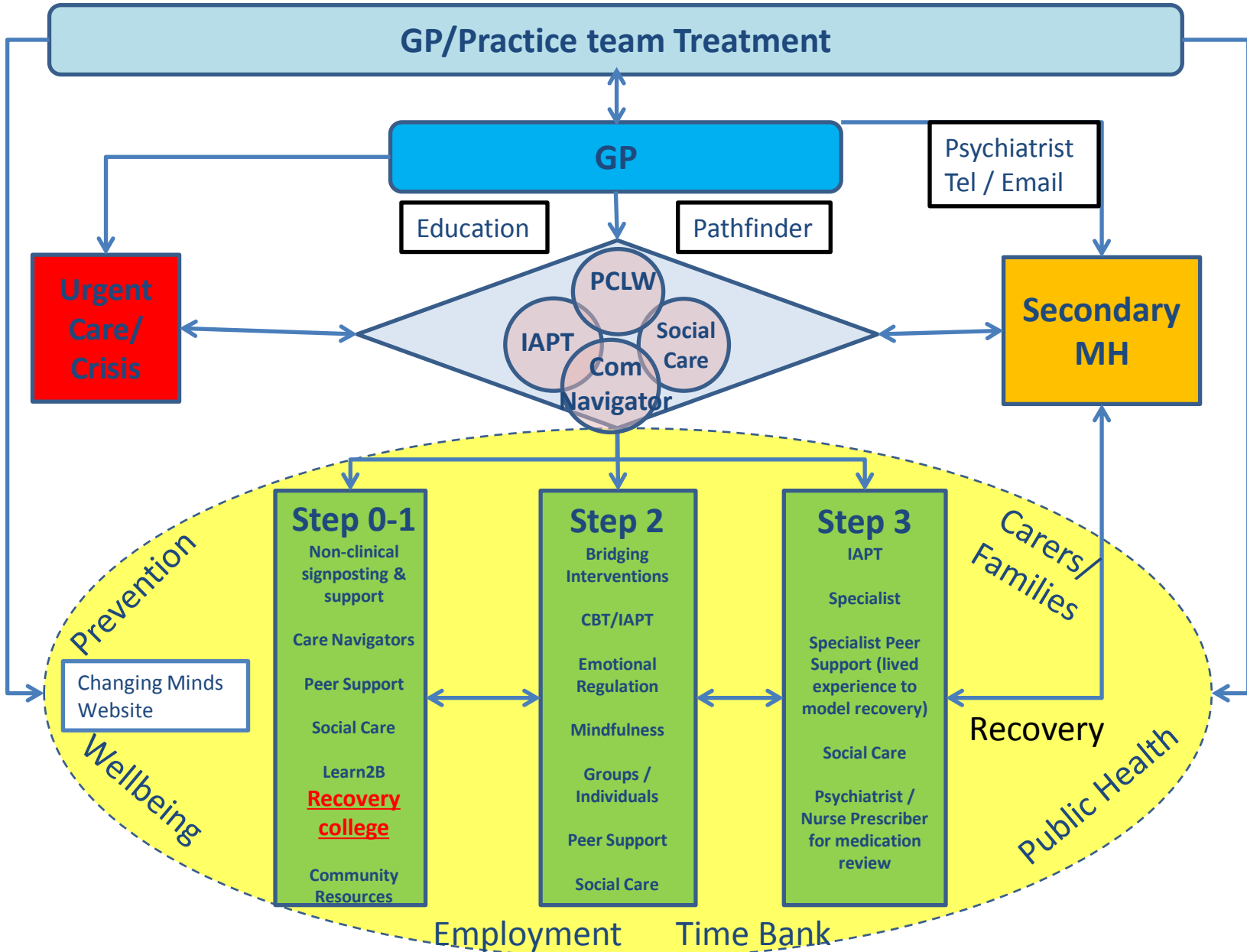
Components

- Improving Access to Psychological Therapy (IAPT) “Wellbeing” Service
- Primary care Liaison worker
- Social services short term team
- Community Navigator
 - “Plan on a page”
- GP – Psychiatrist communication
- Bridging interventions

Old Mental Health and Wellbeing Model



Mental Health and Wellbeing Model



Education, Education

Research led – Well being recovery education network

Peer support-patients part of the workforce

Patients and Carers

- Education not therapy
- Decreasing stigma
- Group education, co-produced, co-delivered with peer supporters
- LONG TERM CONDITIONS
- Schools as well as adults
 - Peer and Carer support training programmes
 - WRAP training
 - Parenting Courses
 - Common mental health problems
 - Alcohol

Workforce development

- Mental Health is everybody's business
- Wellbeing of workforce
- Consultation skills including for Acute Specialists
- Skills for clinicians to support co-production
- Developing psychological literacy and competence of workforce

GREAT DREAM

Ten keys to happier living

GIVING



Do things for others

RELATING



Connect with people

EXERCISING



Take care of your body

APPRECIATING



Notice the world around

TRYING OUT



Keep learning new things

DIRECTION



Have goals to look forward to

RESILIENCE



Find ways to bounce back

EMOTION



Take a positive approach

ACCEPTANCE



Be comfortable with who you are

MEANING



Be part of something bigger

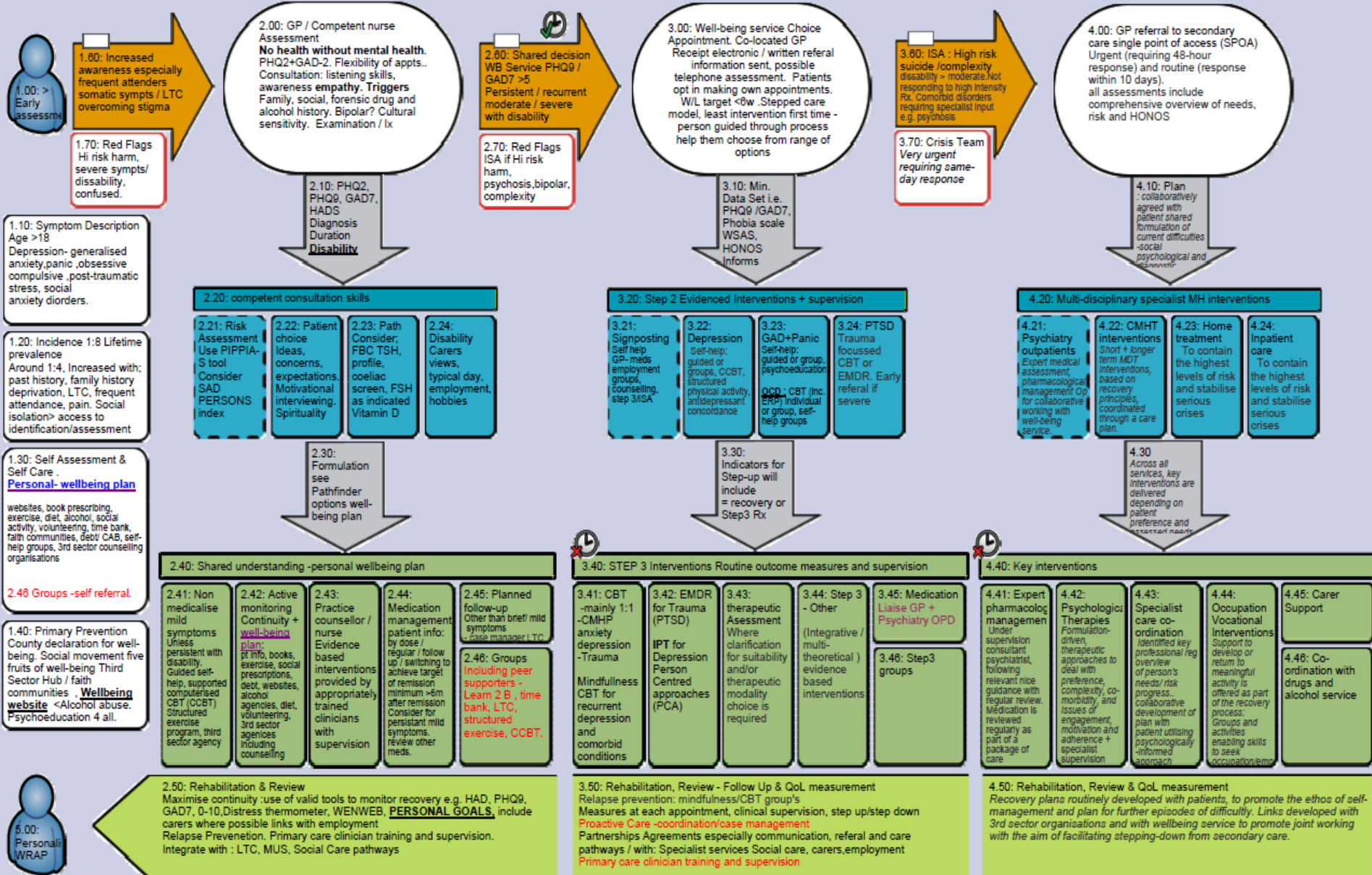
ACTION FOR HAPPINESS

www.actionforhappiness.org

Further Slides if needed

Humana Review: priorities for users and carers

- More choice of treatments / interventions
- Improved information
- Better primary care mental health
- More CBT / psychological therapies
- Culturally aware services
- Integration of physical / mental health
- Stronger involvement of carers
- Respite care



Implementing Recovery Organisational Change

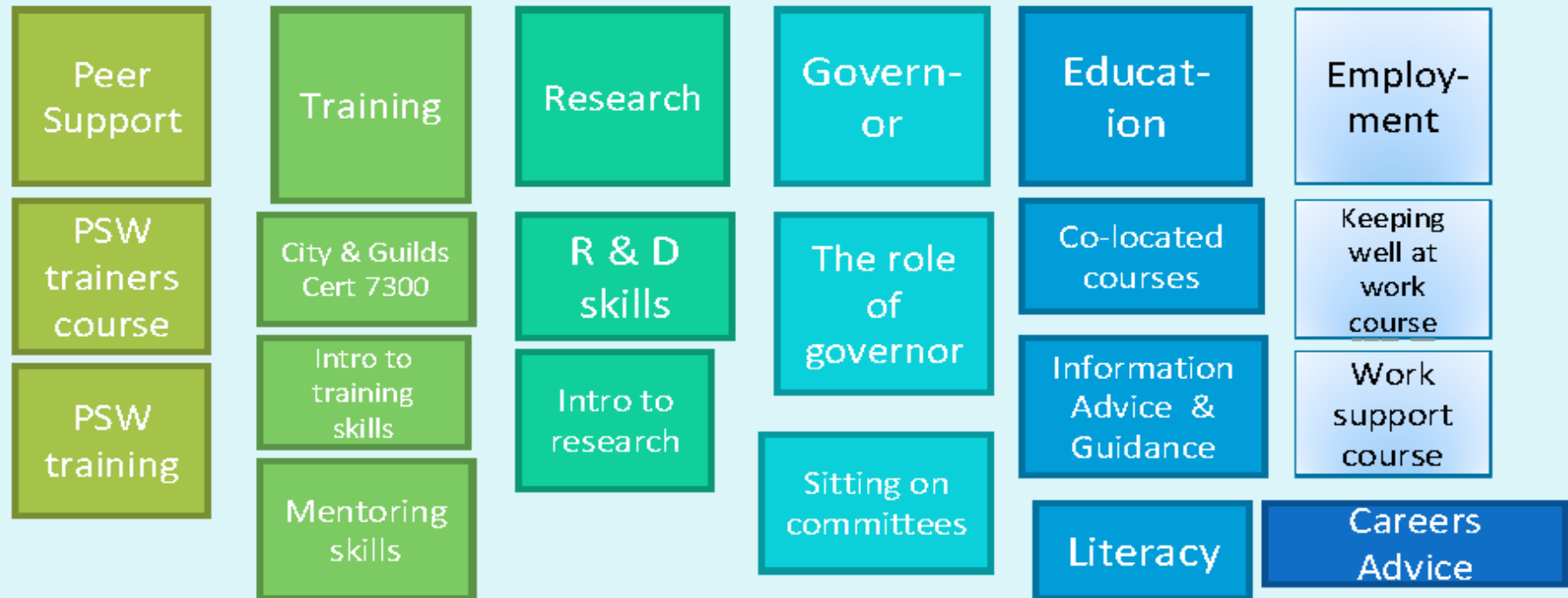
Therapeutic Model

- Focuses on problems, deficits, symptoms
- Strays beyond the therapy sessions and becomes overarching paradigm
- Transforms all activities into therapies
- Nature of therapy is chosen and offered by the (expert) therapist
- Involves an expert (therapist) & non-expert (patient)
- Maintains power imbalance and reinforces the notion that expertise lies with professionals

Educational Approach

- Helps people recognise and make use of their talents and resources
- Helps people explore their possibilities and develop their skills
- Helps people achieve their goals and ambitions
- Staff become coaches who help people find their own solutions
- Training and courses replace therapies
- Students choose their own courses, become experts in their own self care

LIFE GOALS



Using your lived experience

Personal Recovery Planning

Getting Involved

Developing skills

Building Your Life

Staying Well

Family and Friends

Registration and Advice about Courses

General Public

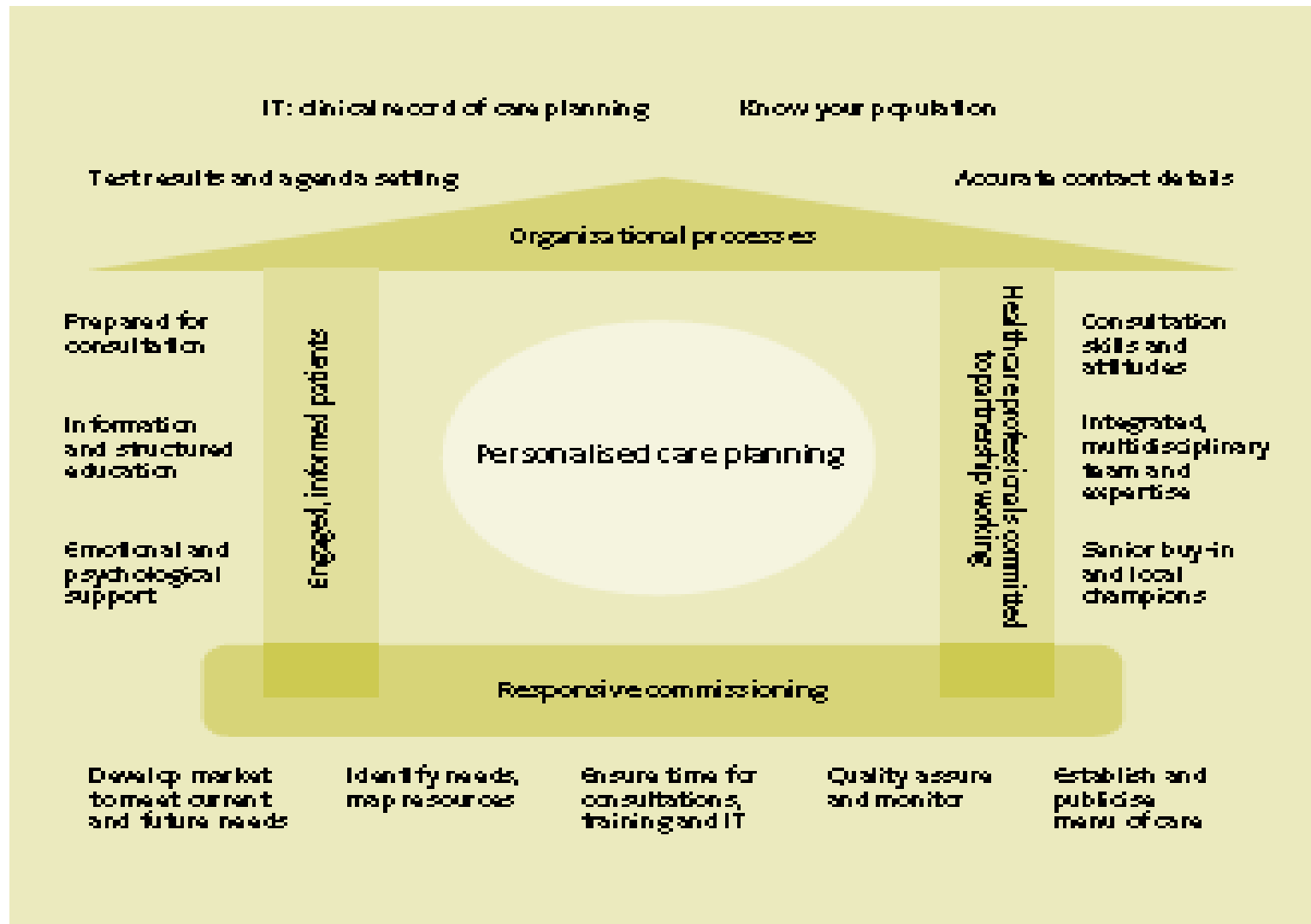
Family and Friends

All Trust Services – including staff

Involvement Centre

MDT development + Collaborative care model

Figure 6 Putting all the components of the house of care in place



Foresight: Mental Capital and wellbeing project – mental capital trajectory

Figure 1.1: Synthetic view of the mental capital trajectory

