



**Bwrdd Rhaglen Genedlaethol:
Iechyd Meddyliol
National Programme Board:
Mental Health**

NATIONAL PROGRAMME FOR ADULT MENTAL HEALTH

**NEWSLETTER #2
SEPTEMBER 2010**

Welcome to our second edition

This month we introduce you to the two Co-Chairs of the National Programme Board, Mary Burrows and Stewart Greenwell. We also look at the work we are currently doing to pull together all the NHS action plans for Mental Health Services into a set of High Impact Changes.

We welcome any feedback you may have. Please email your comments to kathryn.parramore@wales.nhs.uk

PROGRAMME BOARD MEMBERSHIP UPDATE

Since our last meeting the Wales Alliance for Mental Health (WAMH) have identified 2 Service User Members. The Royal College of Nursing (Trade Union Representation) and the Wales Council for Voluntary Action have also nominated individuals to attend the Programme Board.

We now therefore have four new Programme Board members:

- David Wallace, RCN Professional Officer
- Heidi Bennett, Chief Officer, BAVO
- Alan Meudell, Service User Member
- Sue Barnes, Service User Member

The Wales Alliance for Mental Health are currently working to identify appropriate individuals to take up the carer positions and we will provide a further update in our next Newsletter.

MEET THE PROGRAMME BOARD

Mary Burrows Co-Chair

Chief Executive, Betsi Cadwaladr University Local Health Board



Prior to joining the NHS in Wales as Chief Executive of North East Wales NHS Trust and later the North Wales NHS Trust, I worked in the USA, Saudi Arabia, England and Northern Ireland. In 2009 I took up my current post of Chief Executive of the new Betsi Cadwaladr University Local Health Board (LHB), a job which I feel very privileged to have.

I was a practising clinician in pathology services before I moved into management. My clinical background reminds me of the importance of safety and quality. I have also been a non-executive Board member for the West Northamptonshire Development Corporation, a regeneration and development body that has expanded my learning.

I have a BSc in Bacteriology and Public Health, an MBA from University of Leicester and a Masters of Law from University of Wales, Cardiff. As an American, I was awarded an Honorary MBE in 1996 for services to the NHS, which I am very proud of. My national work with Stewart Greenwell on mental health was a turning point for wanting to progress change through the NHS Reforms.

I believe that my clinical background and wide ranging experience within the NHS, private sector and local government, both within and beyond the UK, will bring a different perspective and learning to the work of the Programme Board

Stewart Greenwell Co-Chair

**Corporate Director Care and Customers, Newport City Council
Association of Directors of Social Services (ADSS)**

I have been a senior manager in social services since 1997 and was Chief Officer for Social Services and Housing in Torfaen from 2005-2009.

I have been involved in major changes in the NHS in England and in Wales and now have a detailed understanding of both primary and secondary care and the challenges facing the Social and Health Care Sector in meeting the expectations and aspirations of Welsh Assembly Government to make a real difference to people's lives. I was co-chair of the All Wales Review of Mental Health Services 2006-8 with Mary Burrows.



I was elected President of ADSS Cymru for 2008/09 and was appointed Corporate Director, Care and Customers with Newport City Council in May 2009, a post that includes the statutory responsibility of Director of Social Services. I am also the Director of Mental Health Services for ADDS Cymru.

PROGRAMME BOARD PRIORITIES

High Impact Changes in Mental Health Services

One of the first things that the Mental Health Programme team has been asked to do is to have a look at all of the Mental Health Action Plans that have been published over the past 5 years. So far we have reviewed 28 different high level plans issued to the NHS, which contained over 400 individual actions.

A Task and Finish Group has then mapped all of these actions for the NHS to the 8 objectives set out in the Adult Services National Service Framework (NSF).

An initial report has been written for the Programme Board, recommending 15 priority areas for action. We will be debating these 15 priority areas with service users, carers and other stakeholders at our National Conference on 5 November 2010.

This will help us to focus our work and help the service to concentrate on changes to improve the quality of care across the whole system ensuring that they deliver '*the right care, in the right place at the right time*'.

The second phase of this work will be to undertake a similar exercise with the plans published for Local Authorities. The initial 15 areas we have identified are:

1 Fully implement CPA (AOF 15)

Getting my care right with a thorough physical and mental health care assessment and a clear and mutually agreed plan of care that meets the full range of all my needs, including social contact, daytime activity, housing, employment ,transport

2 Provide home based care and support through Crisis Resolution Home Treatment (CRHT) and Out of Hours Services (AOF 16)

Making sure that I can easily get a full range of 24 hour crisis facilities offering out of hours contact and non-hospital crisis centres

3 Reduce Delayed Transfers of Care (AOF 17)

Making sure there is no delay in my discharge from hospital and that support is in place for both me and my family/carer.

- 4 Improve the quality of life and care for people with dementia and their care givers (Intelligent Target)

If I have dementia I want access to the right care in the right place at the right time and have choices and options to suit me. I also want my carer to have help and support.

- 5 Improve the rate of detection of depression in hospital settings, ensuring consistent measurement and appropriate treatment (Intelligent Target)

If I have depression I want access to the right care in the right place at the right time and have choices and options to suit me.

- 6 Improve clinical and social/functional outcomes for people with a first episode psychosis, reducing the duration of untreated psychosis to 3 months (Intelligent Target).

If I have an episode of psychosis I want access to the right care in the right place at the right time and have choices and options to suit me.

- 7 Implement the Secure Mental Health Services Action Plan

If the Mental Health Act is used, I want to make sure that my rights are protected and that I receive my care close to home in the right place at the right time and have choices and options to suit me.

- 8 Ensure readiness to Implement the Mental Health Measure

Making sure that my new rights are provided for and implemented with no unnecessary delay:

- 9 Deliver appropriate levels of mental health supported housing

Prioritising help with problems where I live and provide good quality staff supported accommodation and housing if I need in a place conducive to me my mental health and wellbeing .

- 10 Work in genuine partnership with the third sector

Strengthening the support I receive from the voluntary sector and making sure that this is available to give more options and choices over the care and support I need.

- 11 Implement the 'Gold Standard' in Primary Care

I want my GP to be up to date and well informed so that they can understand and treat my mental and physical health care needs.

12 Refocus from Mental Illness to Mental Health and Wellbeing

I want people to be informed better to understand me and my needs so that public perception changes and there is no social stigma attached to mental illness. I also want opportunities to receive early help to assist with my positive mental health.

13 Modernise the workforce

I want to know that all of the staff who look after me are properly skilled, available when I need them and have the time to talk to me face-to-face when I need, day or night.

14 Ensure demand/capacity planning reflects a changing case mix

Making sure that services are improved to meet the needs of people with both substance misuse and mental health problems

15 More effectively manage the transition of care from CAMHS to adult mental health services.

Making sure that my care continues as I move from being a teenager to an adult, with no gaps or changes.

FORTHCOMING EVENTS:

- **1st October** - Mental Health Intelligent Targets National Collaborative - Royal Welsh Showground, Builth Wells
- **18th October** - Increasing Access to Psychological Therapies National Group, Media Resource Centre, LLandrindod Wells
- **5th November** – Mental Health National User/Carer Consultation Event, Cefn Lee, Rhayader
- **25th November** - Care Programme Approach (CPA) Association Conference, All Nations Centre, Cardiff

For details of any of these events please contact Lisa Brody at the National Leadership and Innovation Agency for Wales on 01443 233333 or email lisa.brody@wales.nhs.uk

RECENT GUIDANCE:

Welsh Assembly Government (WAG):

- Delivering the Care Programme Approach in Wales: Interim Policy Implementation Guidance
- The Role of Community Mental Health Teams in delivering Mental Health Services

For details of these please go to the WAG website

<http://wales.gov.uk/topics/health/publications/health/guidance/?lang=en>

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