

Transforming Community Mental Health Services

This bulletin is for people with lived experience of mental illness and for those who provide care and support.

Overview

With additional funding across Sussex, Community Mental Health Services in the NHS, Third & Voluntary sector, GP practices and Local Authorities are currently being reviewed and redeveloped to meet people's needs more effectively. This involves a three year plan to 2024 to create a system of mental health care that works for those who access it and for those who provide care and support for people experiencing difficulties with their mental health.

This work is already underway and we hope you enjoy reading about the developments that are already happening across our services in Sussex. This involves developing services to support people's individual needs, promotion of health & wellbeing and access to specialist pathways for people with more complex needs. To support with this, we are developing our workforce by recruiting additional staff, making use of digital technologies, and improving access to space to come and speak with someone. This should create a system that works for the individual and puts them at the centre of their own health & wellbeing.

Click here for more information: [The NHS Mental Health Community Transformation](#)

Image from The NHS Community Mental Health Transformation video by NHS England & NHS Improvement: <https://www.youtube.com/watch?v=8x-WxYcSBo8&t=82s>



The shape of future community services will be co-produced by staff, service users and carers from local communities.

A team of community connectors will help make patients and carers aware of the community networks available.

An integrated care model will ensure services are matched to people's needs by utilising the skills of teams across partner organisations.

Services will be provided as close to people's homes as possible.

How we are working with service users and carers

Working alongside people who use our services and those who offer care and support is vital to create a mental health system that works for everyone. We have a Programme Lead for Participation and Involvement across the Mental Health Transformation, and are working to develop a Participation Lead role specific to the transformation of Community Mental Health Services. This will ensure that we have a robust strategy around Participation & Involvement across all the work we are doing.

We are currently working alongside Sussex Partnership Experts by Experience on specific projects such as communications and shaping our specialist pathways. This will involve attending workshops and meetings to shape the work that's going on, and undertaking specific tasks alongside the transformation team. We are working to expand this involvement across other organisations, with a view to creating equal opportunities and having a shared voice from all of our partners and communities. If you are interested in getting involved then please get in contact using our details provided at the end of this bulletin.

Specialist Mental Health Services

The Specialist Mental Health Services are aimed at people who might need further support for a variety of more complex needs. These will largely include existing Community Mental Health Teams in Sussex Partnership as well as partner organisations such as the Third Sector and Local Authorities. Updates so far are as follows:

- Development and approval of a new model for enhanced mental health care.
- Development of a new Community Rehabilitation Team in West Sussex for those with long term complex needs. This will be similar to the teams already established in East Sussex and Brighton & Hove. Work will then commence to further develop all Community Rehab Teams across Sussex.
- Development of a Personality Disorder Pathway that creates a safe and supportive service.
- Stabilising and strengthening Eating Disorder Services across Sussex, followed by the development of an all-age eating disorder service.

My Health & Care Record

My Health and Care Record is a new, secure system that brings together patient information from health and social care providers, as well as information recorded by the patient, into one easy to access space for the patient and clinician. The record will be accessible to patients through a weblink and also through the NHS app. The portal, and the way we will use it at Sussex Partnership, has been developed in partnership with service users and is something they have told us they would like to see.

In this initial stage we are launching the platform for all working age Adult Services on 23 August 2021; later in the year we aim to launch the service across all age groups.

The platform will ensure that patients can access their data easily - at a time and place convenient to them. It allows the patient to share all, or parts of, their health and care record with different providers, including their GP, pharmacist, mental health team, Sussex physical health acute trusts, care workers and family and friend carers. The aim is to help everyone involved in each individual's care to gain a holistic perspective of their needs and ensure the right support and treatment are in place.

We'd love to hear from you....

If you have any suggestions, feedback or questions about the transformation then please get in contact:

CommunityTransformation@SPFT.nhs.uk

Penny Fenton Community Pathway Lead

Neil Johnson Community Programme Lead

Kelly Wilson Transformation & Service Improvement Manager

Twitter: @CommunityMH4All

Emotional Wellbeing Services

The Emotional Wellbeing Services will focus on prevention and promotion of wellbeing. Services will mainly include GP surgeries, Third Sector and Voluntary organisations, Local Authorities and local community networks. Our updates so far are as follows:

- Recruitment is underway for Mental Health Practitioners (MHP) who will be based in GP surgeries. Initially there will be one MHP per Primary Care Network, which will increase further over the course of the next 3 years.
- Plans are underway to recruit 23 Support Workers across Primary Care to assist with physical health checks for people experiencing Severe Mental Illness.

Workforce development

Significant attention is being given to how best to develop staffing across mental health services. This will involve investing in new and existing roles, developing training and apprenticeship schemes and enhancing roles that educate and expand skill sets by developing links with education providers and research & development.

We are working with our recruitment team to build a campaign to seek out individuals in various professions to work in our services.

Recruitment is underway for 30 trainee Graduate Mental Health Practitioners to join our Community teams.

Through this placement scheme, trainees will be employed by SPFT and Southdown throughout their training on the Mental Health Practice PG Cert at the University of Sussex. Graduates will then be taken on as qualified Band 5 GMHP's once their training is complete.

Older Adults Mental Health

Plans are underway to identify and develop services to support the needs of older adults. This work includes evaluating & developing support in Primary Care; creating groups involving service users, carers and staff to shape the Specialist Eating Disorder and Rehabilitation Pathways to best support Older Adults. Connections are also being developed with the Physical Health Transformation to develop a system of care that works for the individual.

Content developed and edited by:

Omar Khan, Expert by Experience,
Sussex Partnership NHS Trust

Kelly Wilson, ICS Transformation &
Service Improvement Manager

