

Moving Forwards: Implementing the Five Year Forward View for Mental Health

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Mental Health – Making the Forward Plans a Reality
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Five Year Forward View for Mental Health



THE FIVE YEAR FORWARD VIEW FOR MENTAL HEALTH

Simon Stevens: “Putting mental and physical health on an equal footing will require major improvements in 7 day mental health crisis care, a large increase in psychological treatments, and a more integrated approach to how services are delivered. That’s what today’s taskforce report calls for, and it’s what the NHS is now committed to pursuing.”

Prime Minister: “The Taskforce has set out how we can work towards putting mental and physical healthcare on an equal footing and I am committed to making sure that happens.”

The report in a nutshell:

- 20,000+ people engaged
- Designed for and with the NHS Arms’ Length Bodies
- All ages (building on Future in Mind)
- Three key themes in the strategy:
 - **High quality 7-day services for people in crisis**
 - **Integration of physical and mental health care**
 - **Prevention and early intervention**
- Plus ‘**hard wiring the system**’ to support good mental health care across the NHS wherever people need it
- Focus on targeting inequalities
- **58 recommendations for the NHS** and system partners
- **£1bn additional NHS investment by 2020/21** to help an extra 1 million people of all ages
- Recommendations for NHS accepted in full and endorsed by government

5 Year Forward View for Mental Health: over-arching themes

- Reduce our dependence on institutional solutions to people's (mental) health problems – and make them high quality when we do use them
- Create more/better alternatives to institutional care – primary, community and home care/treatment – acute, crisis and non-acute
And self-help
- Integrate mental health and physical health care into the health service at all levels and in all parts of NHS
- Help mothers, children and young people – prevention, secondary prevention, early intervention – across the lifespan
- Timely access to what works – and focus on what has the chance to produce lasting change (work, psychological therapies, self management)

In response to the taskforce report, and with new funding, the NHS is delivering a programme of transformation across the NHS so that by 2020:

70,000 more **children** will access evidence based mental health care interventions

Intensive home treatment will be available in every part of England as an alternative to hospital. **Older People**

No acute hospital is without all-age mental health liaison services, and at least 50% are meeting the 'core 24' service standard
Older People

At least 30,000 more women each year can access evidence-based specialist perinatal mental health care

10% reduction in suicide and all areas to have multi-agency suicide prevention plans in place by 2017
Older People

Increase access to evidence-based psychological therapies to reach 25% of need, helping 600,000 more people per year
Older People

The number of people with SMI who can access evidence based Individual Placement and Support (IPS) will have doubled

280,000 people with SMI will have access to evidence based physical health checks and interventions
Older People

60% people experiencing a first episode of psychosis will access NICE concordant care within 2 weeks including **children**

Inappropriate out of area placements (OAPs) will have been eliminated for adult acute mental health care

New models of care for tertiary MH will deliver quality care close to home reduced inpatient spend, increased community provision including for **children** and young people

There will be the right number of CAMHS T4 beds in the right place reducing the number of inappropriate out of area placements for **children** and young people

Specialist perinatal mental health services – community and mother and baby unit developments

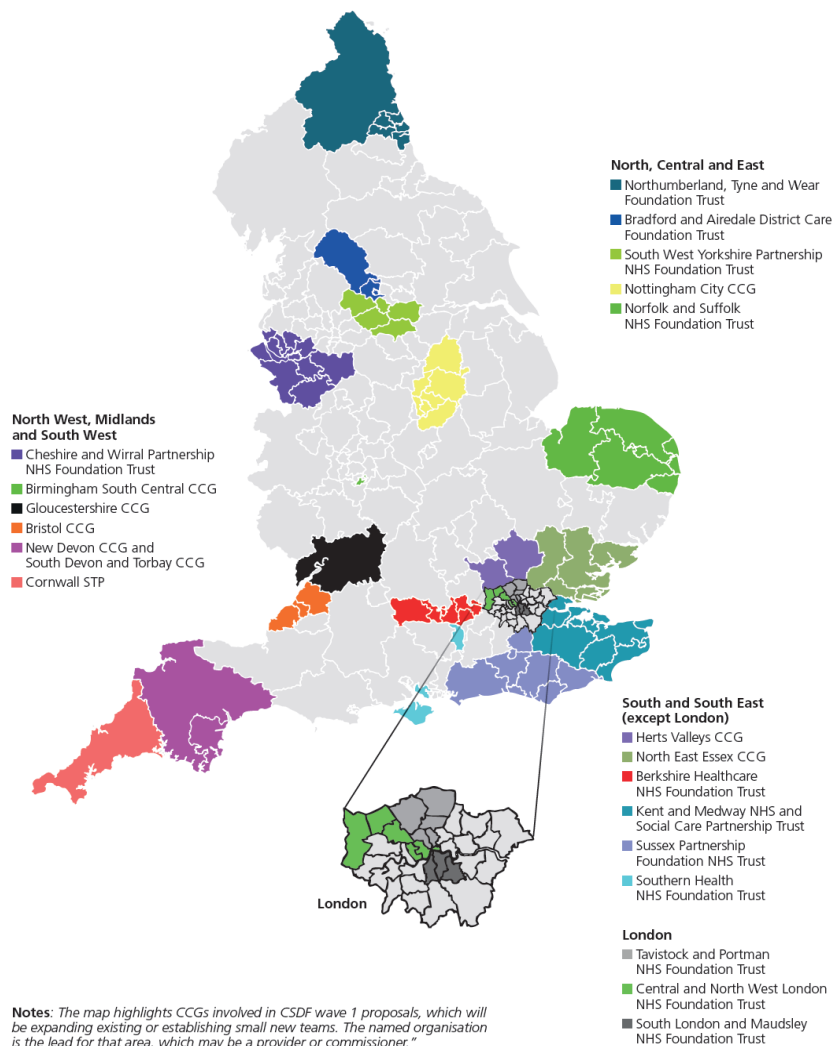
Support for developing specialist PMH teams through **Community Services Development Fund**.

- Wave 1 - £40m to 20 areas 16/17-18/19
- Wave 2 - £20m in 18/19 for further cohort
- Wave 1 coverage: 90 CCGs, 6 STPs. Anticipate access for additional 9,000 women in 2018/19 from CSDF wave 1 sites

Support for expanding **Mother and Baby unit** capacity

- 8 beds in existing units commissioned on sustainable basis.
- Four new, eight-bedded units being procured with implementation from 17/18 in areas with particular access issues – North West, East Anglia, South West and South East Coast.
- Further bed capacity increases expected in 17/18 and 18/19.
- Will give us a total of 164 beds nationally by end 18/19, 49% increase since start of programme to address gaps identified by NICE.

Specialist perinatal mental health community teams – Community Services Development Fund Wave 1



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Next year, 35,000 more Children and Young People will access treatment

35,000 more CYP expected to receive treatment in 2017/18

Additional **£170m** investment to expand community services in 2017/18

7% increase in CYP accessing community treatment year on year

Joint Department Health and Department Education Green Paper

- ✓ Sponsored by two Secretary of States
- ✓ Will deliver Autumn 2017 alongside a SoS review of effectiveness of psychiatric interventions in schools

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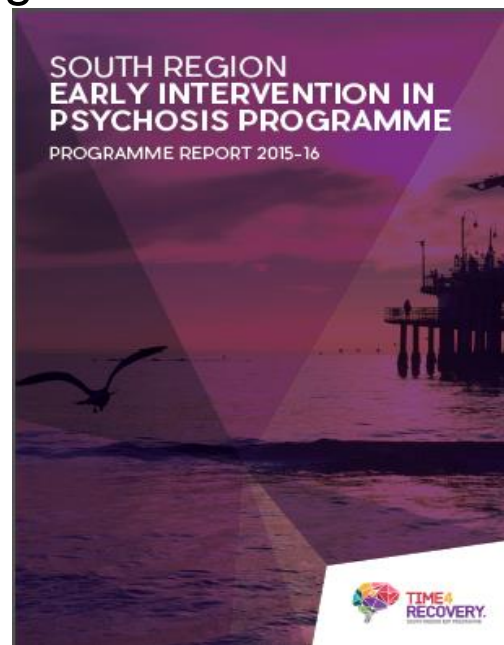
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This year, more than 10,000 people with a first episode psychosis started treatment with a specialist team

Implementing the Early Intervention in Psychosis Access and Waiting Time Standard: Guidance

- National access and waiting time standard was introduced for mental health, for Early Intervention in Psychosis (EIP) services
- More than 10,000 people experiencing a first episode psychosis started treatment with a specialist team, with more than 76.6% starting treatment within two weeks. (March 2017).

- NHS Benchmarking Network data shows:
 - 12% increase in referrals
 - matched by 9% increase in staff
 - increased coverage of services,



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Acute Out of Area Placements

- **For the first time**, national data has been published; a crucial first step to eliminating the inappropriate use of such placements
- We will provide a **targeted local support through a National Quality Improvement Network** to eliminate the inappropriate use of adult acute out of area placement (OAPs)
- 2017/18 new investment to support **crisis resolution and home treatment teams** operate in line with evidence



Publish, by Autumn 2017, a formal response to the review of Acute Adult Psychiatric Care led by Lord Crisp

*‘Out of area treatments cause **problems for patients and for their families and carers**. Geographical separation from a patient’s support networks can leave them feeling isolated and **delay recovery**.’*

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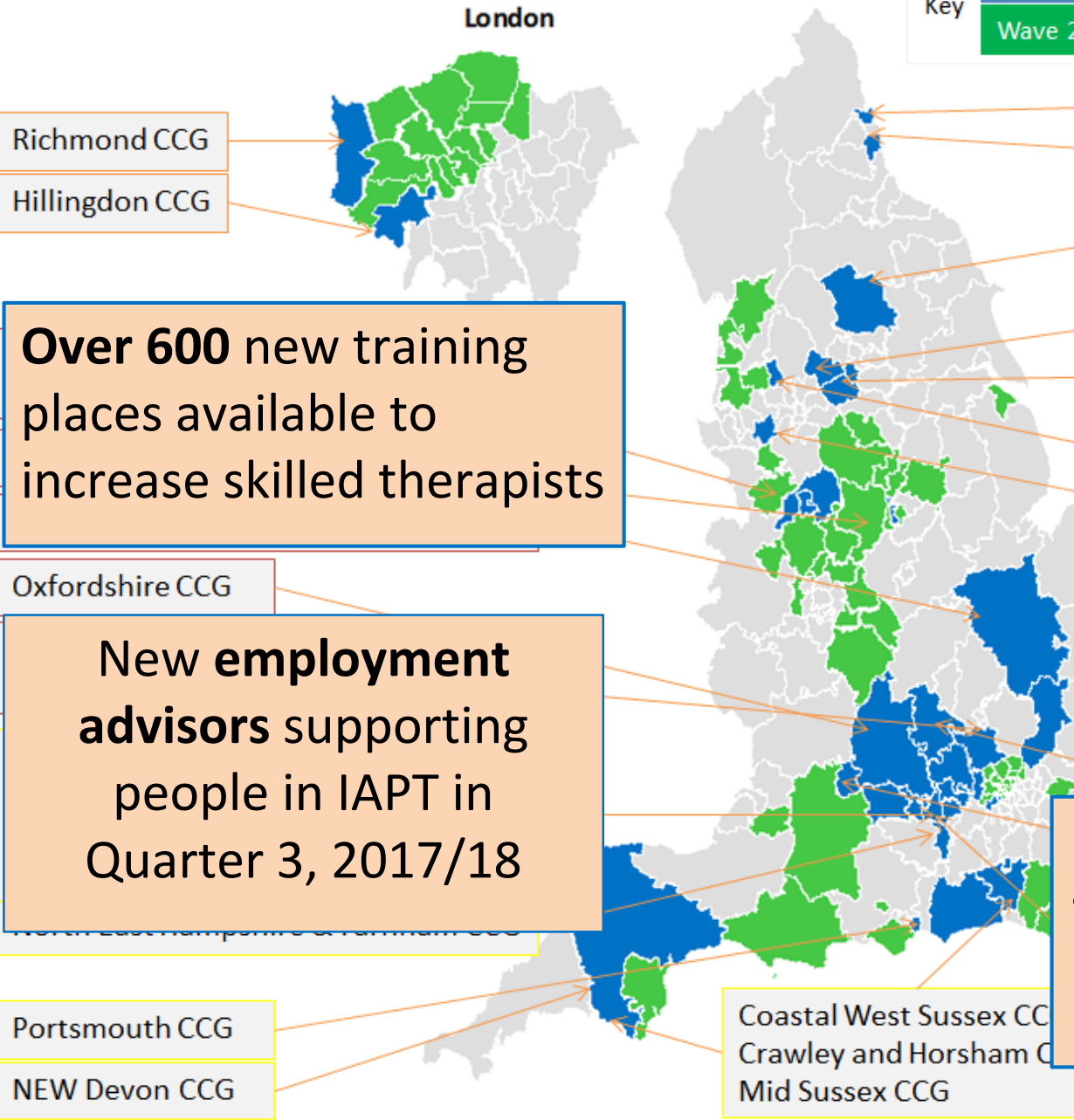
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IAPT early implementer CCGs



Richmond CCG
Hillingdon CCG

Over 600 new training places available to increase skilled therapists

Oxfordshire CCG

New employment advisors supporting people in IAPT in Quarter 3, 2017/18

Portsmouth CCG
NEW Devon CCG

Coastal West Sussex CCG
Crawley and Horsham CCG
Mid Sussex CCG

Ahead of targets:

- **88.8%** people entering treatment waited less than **6 weeks**
- **99.0%** waited less than **18 weeks**

Aim to achieve **3,000 therapists** co-located in primary care

Progress made in many other areas of work...

New Models of Care for forensic and Tier 4 CAMHS

- For example Crisis teams for CAMHS

Digitalisation

- Global digital exemplars
- NICE Digital therapies

Non-acute Out of Area Placements

- Locked rehab
- Tier 4 CAMHS

Suicide prevention

- National Suicide Prevention Strategy refreshed by Government
- £25 Million over 3 years to reduce suicides by 10%

CQUINS and Quality Premiums and new best practice tariff

- Physical health of people with SMI
- A&E
- OAPs
- Tariff

Risks and 'issues'

- Money
- Workforce
- Data
- Social Care
- NHSE and NHSI and the ALBs
- The longer term future

Case studies

Hertfordshire ED services

- Demonstrated how the additional funds for eating disorders were used to expand their staff from 4 clinicians to create a 17 multidisciplinary staffed team.
- In line with the guidance in order to deliver a dedicated eating disorder service for children, young people and their families.
- Team observed average number of young people needing to be admitted to inpatient beds per week decreased from 12 in April 2016 to 2 in March 2017.

South of England EIP investment

- **Increased investment** - the region's EIP budget rose by 16% from £19m in 2015-16 to £22m in 2016-17
- **More people seen** - the regional caseload grew by 4% from 4,205 in Sept 2015 to 4,369
- **People seen quicker** - the percentage of people waiting no longer than 14 days from referral to treatment rose from 64% in 2015 to 83% in 2016
- **Better quality**
 - proportion of individuals who had two or more sessions of Cognitive Behavioral Therapy for Psychosis (CBTp) rose from 17% in 2015 to 24.9% in 2016
 - Of the 1,722 people reported to be smokers, 65.8% were referred for Smoking Cessation, an increase from 21% in 2015.

CYP MH services in Teesside, County Durham, Darlington, York and Selby and North Yorkshire

- Tees, Esk and Wear Valleys (TEWV) NHS Foundation Trust delivers an existing CAHMS crisis services for CYP in County Durham, Darlington and Teesside which has reduced A&E attendances, hospital admissions and length of stay on paediatric and acute wards.
- TEWV Trust was one of two sites recently chosen by NHS England to take on new commissioning powers for children and young people's tertiary mental health services.
- Building on the success in County Durham, Darlington and Teesside they recently launched the crisis resolution home treatment services across York, Selby and North Yorks to provide specialised community care to CYP in a mental health crisis.
- This involves joined up working between GPs, child and adolescent mental health teams, local authorities and other services to reduce mental health difficulties, limit further deterioration and lessen the likelihood of further risk to young people experiencing mental ill-health.
- This multi-disciplinary crisis resolution home treatment team provides a range of tailored treatments and interventions to meet the needs of young people and their families in a community setting.

Berkshire EIP service

- Work began following the launch of the FYFV and the introduction of the new access and waiting times for EIP in 2016
- Team developed a digital dashboard to show daily updates of progress against the new access and waiting time standard for early intervention in psychosis is helping improve outcomes in Berkshire.
- The dashboard provides caseload figures, referral to treatment time, including information on those still waiting and breaches, and shows performance against the NICE interventions. Also allows clinicians to look at each individual's progress through the service and for team leaders to monitor service compliance and any deficits.
- In June and July 2016 the Berkshire service saw 100 per cent of its referrals within the required timeframe, up from 89 in May and 88 per cent in April.