



Together for mental health in Wales – *A review*

Together for mental health 2019-2022 – Strategic context

- The mental health and wellbeing of the whole population is improved
- The impact of mental health problems and /or mental illness is better recognised and reduced
- Inequalities, stigma and discrimination are reduced
- Individuals have a better experience of the support and treatment they receive and feel in control of decisions
- Improved quality and access to preventative measures and early intervention to promote recovery
- Improved values, attitudes and skills of those supporting individuals of all ages with mental health problems your first bullet point here

Based on a 2018 report 'A Healthier Wales: Our Plan for Health and Social Care' identified 5 areas



In order to realise this vision A Healthier Wales is shaped around four 'Quadruple Aims'



Key priorities

- Preventing poor mental health and maintaining mental wellbeing – through targeted work on prevention and cross Government action on the wider determinants of mental health and well-being.
- Improving access to support for the emotional and mental health well-being of children and young people.
- Further improvements to Crisis and Out of Hours provision for children and adults – moving to a common, multi agency offer across Wales.
- Improving the access, quality and range of psychological therapies across all ages.
- Improving access and quality of perinatal mental health services.
- Improving quality and access to services whilst developing recovery orientated services.
- Supporting vulnerable groups.
- *Actions to improve dementia are being taken forward under the separate Dementia Action Plan for Wales, published in 2018.*
- *Similarly, although referenced within this plan, actions to prevent suicide and self harm are also being taken forward as part of our Talk to Me 2 strategy*

Within one year of introduction, COVID-19 struck, leading to a revised action plan.

- (NEW*) Year 1 (2020)
- Health Boards to undertake a series of rapid reviews assessing changes to practice made during Covid-19, on the following themes:
 - - Telehealth1 and Digital Solutions.
 - - Referral and Admission Management.
 - - Integration and Co-location.
 - - Enhanced Support at Point of Contact.

Priority 1: Preventing poor mental health and maintaining mental wellbeing

Original plan

- Improving mental health and resilience
- Preventing suicide and self harm
- Strengthening protective factors
- Tackling Stigma

Reviewed action plan

- (NEW*2020) To deliver the Public Health Wales campaign “How are You Doing?”
- Launch Hapus Programme (2021). Develop and commence delivery of longer-term plan to improve mental well-being/resilience at a population level.
- To appoint a national co-ordinator and three regional posts for suicide and self-harm prevention
- Prioritise access to rapid therapeutic support available through the In-Work Support Service to those most at risk of falling out of employment.
- To increase the number of employers signing up to the TTCW and making changes to HR policy and practice.

Priority 2: Improving access to support for the emotional and mental health well-being of children and young people:

Original plan

- Improving access to mental health support (schools)
- Improving access to support (community (C&YP))
- Improving children and young people mental health services

Reviewed action plan

- (NEW*2020) Increased funding for school counselling in light of Covid-19 alongside age appropriate support for younger children
- (NEW*2020) Deliver universal and targeted wellbeing interventions for learners and train teachers and other school staff in mental health issues
- Year 2 (2021) and Year 3 (2022) (Modified) Building on the co-construction approach adopted with the Early Years pathfinders and developed across services as they responded to the pandemic we will test delivery models that target support to more families where it could have the greatest impact over the longer term.
- (NEW*2020) To provide ongoing wellbeing and mental health online self-help provision for CYP via the Hwb educational platform
- Review current transition guidance in the context of the development of wider NHS transition guidance.

Priority 3: Further improvements to Crisis and Out of Hours provision for children and adults

Original plan

- Strengthening partnership working
- Improving Services

Reviewed action plan

- All partners sign and agree to local implementation plans with formal reporting to the Concordat group.
- Welsh Government (Health and Social Services) investment to support health boards to extend and standardise the delivery of crisis and out of hours services to provide 24/7 access across all ages
- Welsh Government (Health and Social Services) and partners to support a range of pilots, including street triage, hub models, et cetera to inform evidence based practice and the MHCCC to identify the good practice and models for roll out.

Priority 4: Improving the access, quality and range of psychological therapies across all ages

Original plan

- Improving Services

Reviewed action plan

- All libraries to stock books about mental health conditions, with roll out across communities.
- (NEW*2020) To explore access to e-books to improve accessibility.
- (NEW*2020) To assess the impact of Covid-19 on the delivery of psychological therapies, recovery and rehabilitation and further consider roll out evidence-informed, psychotherapeutic digital mental health interventions.
- (Modified) To accelerate delivery of the All Wales Traumatic Stress Quality Improvement initiative (AWTSQII).
- (NEW*2020) Use the AWTSQII to support the quality of trauma informed services across Wales.
- (Modified) Due to the higher levels of stress and anxiety caused by Covid-19 the Health for Health Professionals Service was enhanced in April 2020 to provide, as a matter of urgency, the service to all of the NHS workforce.

Priority 5: Improving access and quality of perinatal mental health services

Original plan

- Improving accessing and quality of services

Reviewed action plan

- Year 1 (2020) Commencement of build project to establish a mother and baby unit, in line with agreed Royal College of Psychiatrists' standards.
- Year 2 (2021) Establishment of the mother and baby unit

Priority 6: Improving quality and access to services whilst developing recovery orientated services

Original plan

- Improve the quality of care and treatment planning
- Improve the quality of inpatient care
- Embed quality improvement
- Further developing Community Mental Health Teams (CMHT)

Reviewed action plan

- Year 1 (2020) Each health board to work with GP Cluster leads to produce a mental health crisis pathway for 111/Out of Hours.
- Health board to undertake a follow up audit detailing progress, including ensuring appropriate service user input and to report findings including areas for improvement.
- Health boards to demonstrate ongoing improvements.

Priority 7: Supporting vulnerable groups

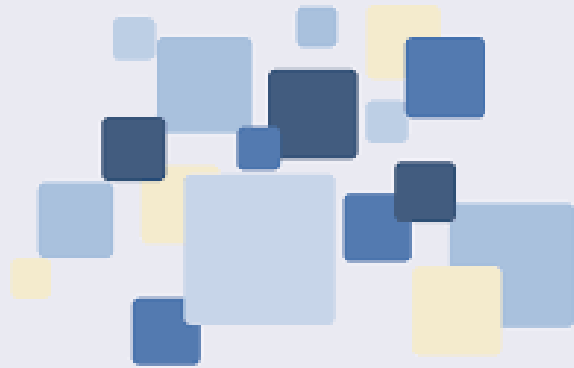
Original plan

- Improving support for Eating Disorders
- Improving support for people with co-occurring mental health and substance misuse
- Improving support for offenders

Reviewed action plan

- Ensure services commissioned to support co-occurring cases are aligned and working in partnership with housing services.
- Ensure barriers to joint work between mental health and substance misuse services are being reduced.
- To develop work plan based on audit findings, including a focus on physical health checks and quality of life in line with the focus on patient reported outcome measures.
- Establish joint Prison Health and Social Care Oversight Group.
- Establish work streams to underpin the four priorities in the Partnership Agreement for Prison Health, which includes the development of standards for mental health services in prisons.

Together for Mental Health Delivery Plan: 2019-22



Over to you: your thoughts?