

MENTAL HEALTH MATTERS

MENTAL HEALTH SERVICE
Mike Thomas
Manager of Mental Health Services

- Following interview on February 7th, Mike Thomas has been appointed to a temporary (6months) position of **Deputy Director of Operations**. The post will support the work of the Director of Operations and include operational matters as well as a range of project work largely related to clinical and professional development.
- Applications for Community Care funding will be managed through a separate (from Social Care) **Mental Health Funding Panel** which starts on March 4th.
- Following interview a recommendation has been made for a psychologist (Head of Specialty in Adult Mental Health)
- Welcome to Dr Werner Dalhaus who is working at Oak House for three sessions per week providing medical support.
- A successful Nursing Conference was held in Hereford on February 3rd attended by a number of mental health staff (Mike Thomas, Margaret Reilly, Val Ballantyne, John Downing, Iain Braggins and Stephanie Carpenter).
- More detailed information available through Human Resources on the **Agenda For Change**.
- Information has been made available from Herefordshire Council and UNISON for social care employees regarding developments in the **Single Status/Job Evaluation** process.

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ADULT MENTAL HEALTH SERVICE
Simon Thompson
Adult Operational Manager

- Following Mike Thomas's secondment, Simon Thompson will take up post as **Acting Manager of Mental Health Services**.
- Simon will be moving to Victoria House as soon as Mike has vacated his desk. Please bear with him in the changeover period - he will be up to speed as soon as possible!
- Following Simon's change of post there will be an opportunity, advertised through the internal vacancy processes, for an **Acting Operational Manager**. Closing date for applications is March 7th with interviews likely to take place on March 20th.
- Following interviews an appointment has been made for an **Alcohol Worker in the Community Alcohol Service**. This appointment is subject to references so more information anticipated in the next Newsletter.
- Following interviews two applicants for **Community Support Worker posts in the FACT/Assertive Outreach Service** have been recommended subject to reference. These posts are funded through Supporting People funding and the service provider is the Carr- Gomm Society.
- Draft guidelines outlining the working arrangements between **Community Mental Health Teams and Herefordshire MIND Community Support Service** (the Supporting People funded support service working with adult mental health CMHT's) will soon be available.
- If there are any further comments regarding the draft **Primary Care Pathways** please send them in as soon as possible.
- An advertisement will soon be placed to cover maternity leave **for two**

CPN posts in Hereford City Team 2.

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MENTAL HEALTH DEVELOPMENTS
Sue Bennison
Mental Health Development Manager

- New research launched on February 10th by Health Minister Jacqui Smith reveals that young people's experience of mental health problems is far greater than previously realised - and that many feel ill-equipped to deal with it.
- **86% of 15 - 21 year-olds know someone who has experienced a mental health problem**
- **35% know someone who has attempted suicide**
- **25% are worried about the mental health of a young person they know**

To help young people address this, **mind out for mental health**, the Department of Health's anti-stigma campaign, has launched **Read the Signs**, a programme to encourage understanding and discussion of mental health problems amongst 14 -21 year olds. Visit their excellent website:

www.readthesigns.org

- The **Mental Health Act Commission** is visiting the Primary Care Trust on March 27th to report back on Commission visits undertaken in the previous two years. This is a new venture for the MHAC and does not include any inspection, review of documentation or meetings with detained patients.
- The **High Court** has ruled that patients detained under the Mental Health Act are entitled to compensation if there are delays in reviewing their cases, A judge awarded damages of between £750 and £4,000 to six patients who had been detained for up to 27 weeks because of a shortage of panel members on mental health review tribunals. At an earlier

hearing in the case last May, Mr Justice Stanley Burton had ruled that delays and repeated adjournments of tribunal hearings were in breach of the European Convention of Human Rights. Adding the right to claim compensation last week, Judge Burton acknowledged that the ruling was likely to open the floodgates to similar applications.

- Nine members of the **Herefordshire Preventing Suicide Task group** will be attending a NIMHE Issues Around Suicide Conference on February 26th. An Action Plan, produced by the group, will be circulated in April

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HEREFORDSHIRE PRIMARY CARE
TRUST
NON EXECUTIVE DIRECTORS
Joanna Rogers and Diane Jones

- It was good to see so many of you at the recent Mental Health Act training day. As the two Non Executive Directors responsible at board level for being more informed about mental health issues, we both enjoy the opportunity of meeting those of you who are working daily to provide quality care for mental health service users. For those of you who haven't bumped into us yet, here is a brief outline of our areas of focus:
- **Diane Jones**
Locality: Mental Health [special focus on adults & older people]
Chairs: Mental Health Operational Group; Mental Health Act Monitoring Group; Charitable Funds Committee
Champion for Older People NSF – Older People's services
Other Committees: Audit; Clinical Governance
Relevant training/experience: *voluntary sector project development & service provision – services for dementia, carer support.*
Diane is also a past service user.

- **Joanna Bruce**
 Locality: Mental Health [special focus on children, young people & young adults]
 Chairs: Improving Working Lives NSF – Children’s services (When published)
 Complaints Convenor
 Other Committees: Clinical Governance; CAMHS; Mental Health Act Monitoring Group;
 Relevant training/experience: *RGN; post reg. mental health nursing; health business development; voluntary sector project development & service provision – drug & alcohol misuse, homeless support services, information & support services for vulnerable 14-25 yr olds; development of user involvement; group work & psychotherapy.*

- We both look forward to hearing more about the work you do and any future plans both big and small. Do contact either of us through Helen Playdon if you’d like to talk to us about your service or if we can help in any way.

Contact : Via Helen Playdon
helen.playdon@herefordpct.nhs.uk

INPATIENT SERVICES
 Margaret Reilly
 Senior Sister
 17 - and counting

- The **High Dependency Unit** is being refurbished and it is hoped that it will open again soon
- Welcome to three new staff appointed to night duty: **Jackie Jones, Daniella Arthur and Eilis Parry.**
- **Mary Bunting** has moved on to a community post in Shropshire
- Remember **Child Protection Training** being held 14th and 26th February at Stonebow Unit and 12th and 27th March at Moor House. Qualified staff should book a place through Margaret Reilly or Sue Millington-Jones if they haven't already done so.

- The first meeting of **the Acute Inpatient Care Forum** took place on February 5th. Minutes of that meeting are available. Agreement was reached about composition of the Forum through a Steering Group, a wider Stakeholder group and task oriented working groups.

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DEPARTMENT OF MENTAL HEALTH
 FOR OLDER PEOPLE
 Rita Harrison
 DMHOP Team Manager

- Au revoir and thank you to **Julie Jones** who has been working as a temporary team clerk in the DMHOP social work team. Au revoir because we will be seeing Julie again in a permanent secretary/receptionist post at 27a St Owen Street.
- Goodbye and thank you to **Rachel Baker** who has been working in DMHOP. Rachel ‘s post has been funded through the Carers Special Grant to provide a respite service for DMHOP service users in their own homes.
- Rachel’s hours have been picked up by **Hayley Cooper**, Community Mental Health Worker in DMHOP.
- Best wishes to **Maxine Buck**, social work assistant in DMHOP who is starting the second year of her Diploma in Social Work training. Max will be based at 27a St Owen Street in CMHT Team 1 from the beginning of March to August on her final placement.
- A DMHOP team plus carer has made good use of the “**mental health service re-design workshops** “ put on through the auspices of the NIMHE West Midlands Regional Development Centre and the Modernisation Agency. Local stakeholders were invited to sign up to develop local pilots for introducing change in services. DMHOP used the opportunity to take forward the service integration agenda through the development of a Community Mental Health Team model. Tools and techniques to assist incremental change

were made available and on-going support to assist in the process is available from the Centre.

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WRAP and RECOVERY FORUM
Caz Lithgoe or
Jeannine Alsop
Community Mental Health Worker

- The next series of **WRAP/Recovery** workshops starts on March 5th. The workshops will be held on Wednesday 5th, 12th, 19th, 26 March and 2nd April between 10.30 and 12.30. The idea is that participants attend all five sessions. The workshops are open to anyone with an interest in Wellness Recovery Action Planning and Recovery. Topics will include; Key recovery concepts, developing a wellness lifestyle, crisis planning and developing your personal WRAP. To reserve a place, contact Jeannine Alsop
- Robin Woodward, Caz Lithgoe and Jeannine Alsop gave a presentation at a Pavilion Conference in Manchester '**Recovery, Daily Struggles, Shared Solutions**' on Feb 6th, giving an overview of the work being done in Hereford. The presentation was well received and generated a lot of interest in WRAP and recovery.

(Newsletter readers may not realize the significance of this conference. It was a national event attended by mental health service managers, clinicians and service providers from across the country. The one and a quarter hour presentation by Robin, Caz and Jeannine included Robin giving a presentation on the key recovery concepts illustrated by examples of his own recovery, Caz leading an experiential exercise using a fictitious case example to demonstrate how care plans are/are not put together and Jeannine co-ordinating the presentation and providing an overview of the development of WRAP /recovery in Herefordshire. This small

group -and they have given their permission for me to disclose that two of the group are users of mental health services- are being invited to other localities in England and Wales to train mental health staff)

Contacts: Caz Lithgoe :07944962252 or Jeannine Alsop, tel: 01432 265123. 25-27 St Owen Street, Hereford, HR1 2JB
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GUIDANCE DOCUMENTS AND CONSULTATIONS

- **The Cases for Change**
This review collates evidence from over 650 documents published between January 1997 and February 2002 concerning adult mental health service delivery and/or policy in England. With the information collected synthesised into a number of key themes or issues, the review aims to describe how we got to where we are today and sets out the cases for change from the evidence base.

The Cases for Change was commissioned by NIMHE and has been written by a multi-disciplinary research team. The review consists of ten booklets which can be read independently or alongside one another to bring together a full picture of the development of health services.

- [1. Introduction](#)
- [2. Policy Context](#)
- [3. Primary Care](#)
- [4. Community Services](#)
- [5. Hospital Services](#)
- [6. Forensic Mental Health Services](#)
- [7. Partnership Working across Health and Social Care](#)
- [8. User Involvement](#)
- [9. Anti-discrimatory Practice](#)
- [10. Emerging Areas of Service Provision.](#)

- **Personality Disorder: No Longer a Diagnosis of Exclusion - Policy Implementation Guidance for the**

Development of Services for People with Personality Disorder (PD) :

This guidance will enable people with PD to get appropriate clinical care and management from specialist mental health services. It will ensure that offenders with PD receive appropriate care from forensic services, with interventions designed both to provide treatment and to address their offending behaviour and to establish education and training to equip mental health practitioners to provide effective assessment and management.

Supporting papers:

[Effective Management of Personality Disorder](#)

[The Thought of Users](#)

[The Epidemiology of Personality Disorder](#)

➤ **Launch of NIMHE Positive Practice Awards**

There is a great deal of positive practice - activities that enhance the work of mental health services and have a positive impact on people's lives - that goes unrecognised. These awards, which were launched at IMPACT 2003, aim to identify, celebrate and award such practice and share it with others. Applications by 30 April.

➤ **Best Practice Guidance on Graduate primary care mental health workers now available**

In early January The Dept of Health in collaboration with NIMHE publishes guidance to help Primary Care Trusts implement one of the workforce targets in the Priorities and Planning Framework for 2002-3. The target to appoint 1000 new graduate primary care workers by 2004 is being led by PCTs for their local communities in collaboration with other stakeholders. The guidance builds on proposals in the NHS Plan to help GPs to manage and treat

common mental health problems in people of all ages

All of the above documents are available through www.nimhe.org.uk

➤ **Fair Access to Care** provides a framework for setting eligibility criteria for adult social care. The framework is based on "individual's needs and associated risks to independence and includes four eligibility bands, critical, substantial, moderate and low. Not only does the guidance require identification of immediate needs but also needs that would worsen for the lack of timely help. At the heart of the guidance is the principle that councils should operate just one eligibility decision for all adults seeking social care support : that is, should people be helped or not." How this framework sits within mental health services, and there is a particular relevance to services provided under Section 31 of the Health Act 1999, has been the subject of discussion. **Draft guidance** will be shared as soon as possible. There is a time pressure associated with this work as the **implementation date for the framework is April 2003.**

➤ **If you are aware of documents/consultations that others may be interested in , please provide details to Sue Bennison for inclusion.**

MENTAL HEALTH PROMOTION
Roger Hanson
Mental Health Promotion Coordinator

➤ The pilot mental health promotion education and training programme has been running since late November in both Hereford and Dudley. As part of a West Midlands Network Initiative we have designed:

➤ One day **Mental Health Promotion Workshop – 'Basic Awareness' –**

setting foundations for mental health promotion work in various settings in context with the NSF/Standard One.

- Two day **Mental Health Promotion Foundation Course – ‘Developing Practice’** – building from the ‘Basic Awareness’ and working on the ideas and issues generated, looking at ways of integrating mental health promotion into individual practice and planning to link with mental health promotion activity across settings to continue to build our local networks.
- A further two-day programme is being planned with University of Central England, School of Health Studies focussing on evaluation issues as an accredited module.
- 18 colleagues worked together on Basic Awareness on 29th November with twelve moving onto Developing Practice on 10th & 24th January.
- The three days have been well received and thanks are due to all who participated and especially to regional colleagues Kate O'Hara and Glenn Macdonald .The pilots are being evaluated – I expect to be able to arrange further dates for Herefordshire soon.
- If you are interested in attending this training programme please contact

Rachel Naya (01432 262852
rnaya@herefordshire.gov.uk and/or Roger Hanson (01432 262851
rhanson@herefordshire.gov.uk).

INFORMATICS
Simon Hamilton

- eCPA plans can be now viewed from Mortimer, Jenny Lind and Cantilupe wards, thereby providing a valuable information link between hospital and community services. Access to an eCPA plan is of value to ward staff in a number of ways, and improves the service we can offer people admitted to hospital by : -
- Providing ward staff with information on incoming patients already known

to CMHTs e.g. their demographic details, current care-plan, risk assessment, physical health, relatives, home situation, care coordinator, GP, current medication etc

- Greatly reducing the patient's involvement in the basic information gathering process traditionally undertaken by staff on admission, a process frequently cited by service users as oppressive.
- Allowing staff to act positively on treatment preferences stated by service users in eCPA crisis plans.
- Providing a basis for discharge planning.
- The next step will be give GPs access to the system bringing them remotely into the care-planning loop, and providing them with regular updates on the care being given by CMHTs to their patients.

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CARERS

➤ **Herefordshire Carer's Support (HCS) Short Breaks Scheme**

Herefordshire Carer's Support has received further funding from the Eveson Trust to continue the short breaks scheme for another year. This scheme can be used to cover 'on-off' situations e.g appointments, (not emergencies though) or sessions on a more regular basis to allow a carer to have a break. There is a nominal charge of £3 per session which can be anything from 2-4 hours a time. For more information ring us on **01432 356068**

- **Herefordshire Crossroads: Take a Break and Crossroads** Take a Break (Herefordshire) has successfully developed and expanded its range of services for Carers over the years. To keep the unique identity of the Take a Break volunteer respite scheme, and various other schemes, we have decided that a new name was needed – “Carers

Action". In partnership with Crossroads Caring for Carers and Herefordshire Council, we are running a small pilot project - *Herefordshire Crossroads*. This service is funded by the Carers Grant and provides carers with a break whilst the person with care needs receives a quality service, usually in their own home, provided by trained, experienced care assistants who can offer personal care.

- We also run an away break scheme, where the carer and the person they care for can have a break from the everyday routines together (instead of the usual respite which involves separation, which for some people is unbearable) We are currently attempting to identify 'hidden carers' in the South Wye area (with funding from the South Wye Healthy Living Project) and are offering them breaks at the Holme Lacy Hotel.
- Do you know of anyone who wishes to gain their NVQ level 2 in care, but cannot access the training by the 'normal' routes – maybe because they have caring responsibilities, they find classroom training overwhelming, they have literacy difficulties – we offer one-to-one training and support to help them achieve their goal.
- For more details of these and other projects which help local carers (e.g. a new internet shopping service project) please ring 01989 567443 or email takeabreak@btconnect.com,

Any comments or items for inclusion in this newsletter ?

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