

MENTAL HEALTH MATTERS

MENTAL HEALTH SERVICE
Mark Hemming
Manager of Mental Health Services

- **Management Restructure:** The first part of the restructure has been accepted by the Mental Health Operational Group. All Team Co-ordinators and Managers have been circulated with copies of the new "family tree" which you should have now all seen. We now need to work on developing Team Leader roles for teams across the service.
- **Away Day:** To further develop services the management team will be having an away day in April, this will lead to further discussion documents on how we develop our services
- **Strategic Health Authority Care Governance visit:** The SHA Care Governance group will visit the PCT on 14th April. There will be a visit to the Stonebow Unit in the afternoon.
- This month has been extremely difficult for many parts of our service. Day Services and DMHOP have been undergoing much change, we have a new crisis team, the wards have been extremely busy, and staff at Etnam Street and Oak House

have had to cope with particularly difficult events. I would like to thank all staff for their very hard work, commitment, professionalism and resilience during this time.

Contact: Mark Hemming 01432 262003
mark.hemming@herefordpct.nhs.uk

ADULT MENTAL HEALTH SERVICE
Rob Cunningham
Operational Manager

- The **Crisis Assessment and Home Treatment Team** is now up and running as of Monday 29th March offering a service Monday to Friday 8-8, and a weekend service 9-5. Over the course of the next year it will become 24/7. The team is based in the old reception office at the Stonebow Unit. Best wishes to the team who I am sure will provide a valuable contribution to our Acute Service.
- Christine Anderson will be offering a **CBT Skills based course** in the second week of May at Moor House. You should have received information about this and please express interest directly to Christine at Etnam Street. Places are limited.

- **Clive Appleby**, Early Intervention Lead has been busy getting around teams, scoping and developing this new aspect of the service. People are coming forward as the EI link for each team and a training event is planned in the near future. Clive is in the process of finalising the model and proposal and will remain in contact with teams to share this.
- At the most recent **Dual Diagnosis Steering group**, training was discussed. It was felt that teams may welcome some basic education about substance misuse, current thinking etc. If teams have any suggestions please contact me directly. I would like to see this being provided through the summer months possibly from mercianet.

Contact : Rob Cunningham 01432 262850
rcunningham@herefordshire.gov.uk

DEPARTMENT OF MENTAL HEALTH
 FOR OLDER PEOPLE
 Sue Bennison
 Interim DMHOP Manager

- Discussion in the **March DMHOP Operational Group** meeting included:
 - **Performance Indicators - transfer from Adult to Older Adult service**

- Discussion about the **decision making process** in DMHOP
- **Staffing** issues
- Relation ship **between DMHOP and the Crisis service**
- Interviews for the vacant **Community Mental Health Nurse post** in the South Team took place on March 19th. More information available following checks and references with the hope that the position will be filled in mid April
- DMHOP has become a pilot site for the 2004 **Older People's Mental Health Service Mapping Pilot**. This pilot mirrors the work undertaken on behalf of the Durham University mapping Team building on their experience of running the annual mapping of adults of working age services and, more recently child and adolescent mental health services. The benefits of being involved in the mapping exercise pilot are:
 - Developing a comprehensive map of local services
 - A local service directory
 - Through attendance at workshops there is an opportunity to shape the mapping process
- A team of 10 from DMHOP will be taking part in **Strategic Health Authority Workshop** on May 19th working with other teams from across the SHA area to look at progress in meeting the milestones contained within Standard 7 of the National

Service Framework for Older people. Each team will make a presentation on an aspect of service development to enable services to learn from each other. The Herefordshire presenter will be Dr Vince Staples talking about "**Electronic CPA.**"

- An Intermediate Care Stakeholder event was held on March 24th with a second event at the Left Bank on March 31st. DMHOP provided a poster presentation on the Home Crisis Team service and staff were available to speak with visitors interested in this, and other, service developments.
- Welcome to **Kath Davies-Jones**. DMHOP Social Worker working within the Acute Hospital Social Work Team
- Goodbye and best wishes to **Sandra Warwick** who has been working on a short term contract within DMHOP since November. Thanks for all your hard work and we hope that one day we can tempt you back

Contact: Sue Bennison 01432 262891
sbenniso@herefordshire.gov.uk

INPATIENT SERVICES
Margaret Reilly
Senior Sister
Not long now

- Appointments to the **Crisis Team** are complete and the team is now based in the Stonebow Unit. We hope to be able to publish contact telephone numbers in the near future but for the time being they can be contacted through Reception. The team consists of **Edwina Greenhouse, Tony Kulakowski, Grace Harrison, Emma Tonry-Webb and Sarah Frazer**
- **Matthew Hustwayte** has joined the team on Cantilupe (and yes, he is Lyn's son)
- Farewell to Staff Nurse **Nicky Gibbons** who is off to renovate her house in Portugal.
- Welcome back Sister **Caroline Lovatt** who has just completed a year long secondment to Leominster Community Hospital
- The **Strategic Health Authority** visited Cantilupe Ward on Tuesday 23rd March. The visit was arranged to monitor the care given to older service users. A full report will be sent to the Chief Executive but it was reassuring to hear that the visiting team recognized the positive work that takes place and that the areas they identified as needing more work mirrored those which we had highlighted in our action plan.

Contact: Margaret Reilly 01432 364433
margaret.reilly@herefordpct.nhs.uk

MENTAL HEALTH PROMOTION
Roger Hanson
Mental Health Promotion Manager

HEREFORDSHIRE USER GROUP
Phil Pankhurst
General Manager

- **Mental Health Website - Spring Changes!** The Mental Health Promotion Office is taking over responsibility for editing our partnership website from April onwards. We will be striving to keep content up to date and accurate as well as introducing new original information and links. To do this, we will need help from colleagues across the network - please would you revisit the site and check any details/info relative to your area of interest or service and let us know of any updates and improvements that need to be made.
- We are aware that there should be items covering Early Intervention, Crisis Resolution, update for Assertive Outreach, Mental Health Promotion, NIMHE and new info on Primary Care Graduate and Gateway Workers - these will appear in due course.
- Thanks to **Simon Hamilton** for all of his website work over the past couple of years.

To inform us of new or updated information please

Contact: Roger Hanson on 01432 262881
rhanson@herefordshire.gov.uk-
jrogoff@herefordshire.gov.uk

- **MIND Out and About Steering Group:** On 26th February, Phil Pankhurst attended a meeting of this group to represent the views of service-users about the strengths and weaknesses of the new transport scheme for people with disabilities, including mental health problems. The meeting proved honest and constructive.
- **Proposed West Midlands Advocacy Network:** On 27th February Phil Pankhurst attended an inaugural meeting of the proposed West Midlands Advocacy Network at Osprey House in Redditch. HUG has been asked to play a leading role in this organisation!
- **New Crisis Resolution Service - Training Day:** On 4th March service-users were given the opportunity to express their views as to the type of crisis service they required - based on their own personal experiences. Six service-users from HUG and two from MDF attended a morning session organised by Rob Cunningham. This was a very positive opportunity for service-users and providers to work in partnership. Some very creative ideas came out of the morning and all agreed such forums should continue.

- **Mental Health Act - Training Day:** On 5th March six service-users from HUG attended a session run by Dr Chris Thomas to discuss issues relating to the Mental Health Act. These included sectioning, the electronic CPA system and general matters affecting service-users. It was powerful and thought-provoking!
- **Lurid Publicity!** A photograph recently made the front page of the Hereford Journal showing a 52 year old man lying by the railway track. Such sensationalism we find insensitive in the extreme. "Any publicity is good publicity" in the minds of the journalists, however insensitive it may be to the families of those who find themselves in such a state of despair that they try to take their own lives! Anyone wishing to express an opinion on this to the Journal, please contact Phil Pankhurst at HUG (HUG has permission from the man's family to do this).
- **Thanks To Special Metals (Wiggin) Limited:** HUG's sincere thanks go to the Wiggin Community Service Fund for providing funding for a lap top computer!

Contact: Amanda Leighton: 01432 270050
amanda@h-ug.fsnet.co.uk.

For Advocacy: Contact Phil Pankhurst: 01432 370283
pp@advohug.fsnet.co.uk

GUIDANCE DOCUMENTS
 CONSULTATIONS
 And
 OTHER EVENTS

- **Sainsbury Centre briefing on housing for people leaving mental health hospitals :**
- Based on a survey published by the Mayor of London, the Association of London Government and SCMH in 2003. It outlines the key issues raised by the London study and sets out recommendations for services nationwide. They include:
 - Accurate local mapping of current supplies of 'move-on' housing and of the needs of the client group;
 - An expansion in the supply of housing where gaps are identified;
 - A surplus of places to be maintained to allow residents to have trial periods in new accommodation;
 - Local reviews of the effects of the Supporting People scheme on the availability of move-on housing.
- The briefing paper goes on to say that Move-on housing is a vital resource for people getting their lives back after a period in hospital. It combines housing with personal support for people who

need it. "Shortages of move-on housing lead to delayed discharges from hospital or force people to move into accommodation far from their local community. It is important for housing associations, local authorities and NHS trusts to work together to fill in the gaps and offer service users a choice of where they live."

- **More info from**
www.scmh.org.uk
- **NIMHE CONNECTIONS 2004: "Everyone's Mental Health Matters"** conference to be held on 22/23 June 2004 focussing on social inclusion and mental health. Fliers and booking forms from NIMHE West Midlands on 1527 587625 or
- contact@nimhe.wmids.nhs.uk
- **Being Seen and Heard:** a multi media training resource - video, CD-ROM and hand-outs for training - for all professionals regarding the needs of children with parents with mental illness. Provided through the Royal College of Psychiatrists
www.rcpsych.ac.uk/publications
- **New Ways of Working of the Psychiatrist and cross Boundary issues:** A national steering group on New Ways of Working jointly led by NIMHE and the Royal College of psychiatrists is working to identify and share how roles can become more flexible in the future. Interim report to be issues this summer. The

development of pilot sites to test out new ways of doing things is taking place and is hoped for a pilot in each NIMHE Region.. No-one has signed up from the West Midlands yet and there is a "small amount of resource to facilitate the process" !!!!

Contact:roslyn.hope@nimhe.wmids.nhs.uk

EARLY INTERVENTION
SERVICE
Clive Appleby
Early Intervention Lead

- The proposal for the Early Intervention service is nearing completion. The model suggested as being the most suitable for Herefordshire given the rural factor and relatively small population is a 'Hub and spoke' model. The model has been adopted in other areas to start up early intervention services and then as the results of the local evaluations are obtained the service can be developed around the local need.
- The EDEN project from Birmingham University will be part of the evaluation process over the next two years. EDEN is conducting a region wide research project into the implementation of early intervention.
- There are now link workers nominated from all the CMHT's, and other teams are at present in

the process of putting people forward. I will soon be sending the details of the APT training we have organised for the 19th, 20th and 21st of May to all the Link workers.

- In order for a service to work together across the variety of teams that have contact with young people suffering early signs of psychosis we rely heavily on the communication systems that support us and the CPA will form a central part of delivering the service. We also need to create robust care pathways through services. I will contact the link workers soon with draft care pathways for their ideas on how we can develop them.
- Thank you to all the people who have helped with the local scoping project, we have identified an expected incidence of 26-30 new cases of psychosis a year in Herefordshire. This doubled the original figures that were being used to plan the service, however after talking with various teams who work with young people I suspect we still may be slightly on the low side
- Early intervention is partly about making access to services and effective interventions an easier quicker process. It is also about raising mental health literacy in the community and challenging traditional views around severe mental health problems. Links through Mental health promotion

have been made in education and other community groups and I would hope that as these are developed there will be opportunities for interested staff to take part in the various activities.

- The development of a new service is an exciting opportunity and I will endeavour to keep people informed. Watch this space.

Contact : Clive Appleby 01432 262887

cappleby@herefordshire.gov.uk

CARERS

- **Identifying good practice in carers' assessments:** A three hour focus group, for carers only, looking at carers' assessments will take place in Birmingham on Wednesday, April 21st 2004. The purpose of the group is to help in the nationwide research into the quality of carers' assessments. £10.00 payment for all attendees and to book a place contact: **Simon Foster at Carers in Partnership 0121 233 1631** or cip@rethink.org

Any comments or items for inclusion in the Newsletter please send to:

**Please send to:
Sue Bennison
Moor House,**

Widemarsh Common,
Hereford HR4 9NA
Tel 01432 262887
sbenniso@herefordshire.gov.uk

