

# interface

Linking mental health & well-being in Surrey

## Issue02

Interface is the official news brief for Surrey's Local Implementation Team (LIT). We'll be bringing you news, views and updates from the LIT and its four area stakeholder groups, in order to share information and headline important developments in mental health services in the county. With the role and responsibility to drive up standards and implement ways to create better, more equitable mental health services, and with a prominent membership of patients/ service users, carers, providers and commissioners, Surrey LIT's aim is for nothing less than world class treatment and care for the people of Surrey

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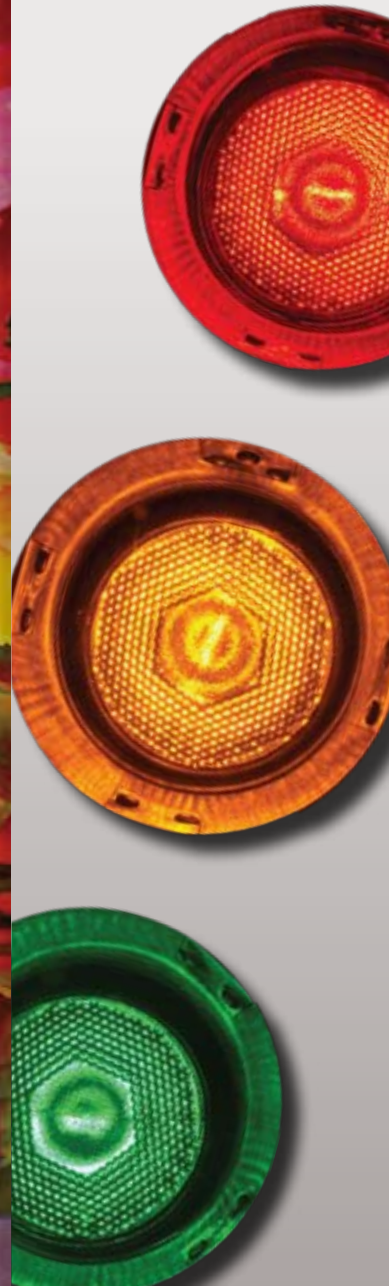
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## Surrey LIT terms of reference

The overall purpose of the LIT is to ensure equitable, high quality mental health services are delivered, coordinated and developed across Surrey in line with the National Service Framework (NSF) as well as other national standards and new initiatives such as the Lord Darzi NHS review.

The aims and objectives of the LIT are to ensure that: the NSF Action Plan is achieved; local needs and priorities are identified and unmet needs highlighted, including the need for resources; more efficient and effective ways of delivering services, and the continuous improvement of services are sought and implemented; stakeholder groups, current and emerging policies, national legislation, evidence and best practice will inform and influence the LIT's work; service users, carers, professionals and other stakeholders are fully involved; the equality and diversity agenda is delivered.

Within the LIT work plan are a range of 'must do's' including reporting progress and performance information to the Government and ensuring the LIT and local stakeholder groups' minutes are accessible. The core of the work is the NSF Annual Self Assessment which highlights, with a traffic light system, what's working very well, developing or not fully in place.

All the work of the LIT informs the joint commissioning strategy of Surrey PCT and Surrey County Council.

## Mental health in Surrey

### First, the stats:

Nationally, mental ill health accounts for over a third of all illness in Britain and 40% of all disability. At any one time 1 adult in 6 suffers from some form of mental illness with up to 1 in 4 consultations with a GP concerning mental health problems. Unemployed people are twice as likely as people in work to have depression and other mental illness. Stress-related conditions are the commonest cause of sickness absence. Beside the suffering, there is the financial burden of mental illness, which, according to the NHS Confederation's mental health network director (Health Service Journal online, 8/9/10) is £77bn. A recent report from RETHINK, warning that the economic downturn could significantly raise the level of mental ill health, shows England as spending more of its health budget on mental health care than any other European country.

In Surrey depression and anxiety are the most prevalent mental health complaint, with other problems affecting a much lower number of people. Estimate of people suffering mental ill health is around 230,000 plus, in a population of between 681,000 and 769,000 (according to which data you read). Hot spots in Surrey for greater numbers of people suffering are a swathe across Guildford towards the west, Redhill, Tandridge and smaller areas in north, west, south and east. At the Surrey LIT meeting on 10th September '08, it was agreed that the 'big' picture of mental health could mask pockets of higher levels of need. Clarification on parts of the data

was needed to enable a focus on priority and problem areas, leading to a strategy for action.

### Second: how we improve mental wellbeing:

Alongside learning about what and where mental ill health affects people in Surrey, it is important to have a plan of promoting and improving mental wellbeing. Education and early intervention are vital in reducing problems and aiding recovery. Maya Twardzicki, Health Promotion Specialist, outlined a new publication, 'Improving Mental Wellbeing in Surrey Strategy 2008-2011 to Surrey LIT members.

#### Nine key action areas for Surrey are identified in the strategy:

1. Marketing mental well-being & tackling stigma and discrimination
2. Improving support for psychological problems
3. Addressing inequalities in mental health
4. Employment and the workplace
5. Communities
6. Later life
7. Schools
8. Tackling violence and abuse
9. Early years

To bring the document alive and give it sustainability, there will be opportunities for local communities to get involved. The strategy will be widely available over the next few months. We'll bring more details in the next issue of Interface.

## Membership of the Surrey LIT

Diane Woods	Associate Director MH/LD, SPCT
Donal Hegarty	Policy & Commissioning Manager, SCC
Janine Sanderson	MH Commissioning Manager, SPCT
Megan Aspel	Project Director, Let's Link charity/ Editor of Interface (LIT news brief)
Dr N T Attard	Consultant Psychiatrist (LD) SaBPFT
Anthony Byrne	Surrey Heath & NE Hants Stakeholder Group
Stuart Craig	North West Surrey Stakeholder Group, chair
Andy Edeleanu	Specialist Therapy Director, SaBPFT
Fiona Edwards	Chief Executive, SaBPFT
Dr Malcolm Hawthorne	Consultant Psychiatrist MH/Medical Director SaBPFT
Anne Heath	Surrey Community Health Service (PCMH)

Don Illman	East/Mid Surrey Stakeholder Group chair
Diane Luck	Carer representative, RETHINK
Dr Jill Rasmussen	GP & PEC lead for MH/LD
Anna Raleigh	Public Health representative
David Rye	Voluntary Sector representative, MIND
Clive Stone	Guildford & Waverley Stakeholder Group, chair
Mike Wilson	Carer representative

If the named member can not attend it is requested, where possible that a representative attends.

Coming soon: the LIT website will soon be available to bring you more details, briefings, news and views.

# Headlines from the Surrey LIT meeting in September 2008

World class mental health services with equity and access for all demand a stringent programme of assessing needs and providing the right treatment and care for every individual. The Surrey LIT has set itself the task of raising quality and standards in mental health through consultation, feedback, development and implementation.

## Surrey's services just get greener!

The traffic lights have changed! Many of the red areas the LIT saw on the National Service Framework (NSF) work plan at the last meeting have changed to amber and some to green (see page 4) This reflects a robust schedule to drive up quality. However many areas are still a cause for concern, with some services patchy or under-developed. Highlighted: mental health of people with learning disabilities, primary-secondary care interface, service delivery for older people, advocacy, access to psychological therapies, implications around the Mental Capacity Act. Research and actions are in progress to address these concerns.

## Workshop reports on Wilson review

Professor Keith Wilson completed two mental health reviews for Surrey PCT which set the direction for commissioning services for adults of working age and older adults. Key findings from the adult review included financial investment variations across Surrey, service gaps creating inequitable levels of availability and access. One of the reasons some disparity of services exists is historical: Surrey was made up of health and social care localities with different PCTs and provider mental health trusts. Now, with one PCT and one trust, the time is right to make the necessary changes and developments to bring equity and access to everyone.

Workshops in each of the LIT stakeholder group areas gave people the opportunity to comment on the Wilson reviews. Key themes that emerged will form the basis of further consultation that will inform and finalise the commissioning strategy.

## Stakeholder groups reports

**Guildford and Waverley** is developing membership and a service user has indicated an interest in taking minutes. The group was due to meet and discuss local NSF priorities.

**Surrey Heath & North East Hampshire** noted that some progress had been made in early intervention in psychosis (EIP) but less in assertive outreach. There was concern over the drastic reduction in funding for day services and although reassurance had been given a report on progress has been requested from SaBPFT as little appears to be happening at ground level.

**East & Mid Surrey** – advocacy was highlighted as a much needed service in the area and the difference in quality of service between CMHTs in the area was cause for concern.

**North West Surrey** – the group is seeking to attract more members and the election of a chair and deputy chair is to take place.

## Stakeholder groups' profile:

Top topics for the groups are communications to a wider audience, raising the membership profile, particularly among service users, and reporting priority targets and actions for services in line with the NSF. To ensure news, views and information about local services, gaps, good practice and areas of concern feed into the county LIT, the stakeholder groups play an important role.

If you would like to be involved in your local stakeholder group, as a service user, carer, voluntary organisation or representing a statutory body, please contact Janine Sanderson for more details: [Janine.Sanderson@surreypct.nhs.uk](mailto:Janine.Sanderson@surreypct.nhs.uk) or for North West Surrey, contact- [stuart@craig-family.co.uk](mailto:stuart@craig-family.co.uk) and Guildford & Waverley, contact [clivestone@oakleaf-enterprise.org](mailto:clivestone@oakleaf-enterprise.org)

The four stakeholder groups are:

North West Surrey / East & Mid Surrey / Guildford & Waverley / Surrey Heath/North East Hants

The following table shows the progress of Surrey LIT's self assessment on its priority NSF targets.

Targets	Surrey position 06/07	Surrey Position 07/08	08/09 Q1 position
Primary/secondary interface	AMBER	RED	RED
Crisis Resolution	GREEN	GREEN	GREEN
Early Intervention in Psychosis	RED	RED	AMBER
Assertive Outreach	n/a 06/07	RED	AMBER
Acute inpatient care	n/a 06/07	AMBER	AMBER
Older people mental health (MH) - strategy	n/a 06/07	AMBER	AMBER
Older people MH - commissioning	n/a 06/07	GREEN	GREEN
Older people MH - service delivery	n/a 06/07	AMBER	AMBER
Recovery	n/a 06/07	GREEN	GREEN
Social inclusion	n/a 06/07	AMBER	AMBER
MH - people with LD	AMBER	RED	AMBER
Vocational support	GREEN	AMBER	AMBER
Delivering race equality (DRE) - BME services	AMBER	AMBER	AMBER
Implementing DRE in MH care policy	AMBER	AMBER	AMBER
BME community development workers	RED	RED	GREEN
Governance	GREEN	RED	GREEN
Service user involvement	AMBER	AMBER	AMBER
Carer involvement	GREEN	GREEN	GREEN
Commissioning from Third Sector	GREEN	GREEN	GREEN
Employment of service users	AMBER	GREEN	GREEN
Suicide prevention - PCT	AMBER	AMBER	GREEN
Suicide prevention - providers	AMBER	AMBER	GREEN
Advocacy	RED	RED	RED
MH promotion - strategy and implementation	GREEN	GREEN	GREEN
Personality disorder services	AMBER	AMBER	AMBER
MH Act - Section 135/136 places of safety	GREEN	GREEN	GREEN
Mental Capacity Act	n/a 06/07	AMBER	GREEN
MH Act 2007	n/a 06/07	AMBER	AMBER
Improving access to psychological therapies	AMBER	AMBER	AMBER
Dual Diagnosis	n/a 06/07	GREEN	GREEN

Forecast: Q1 08/09 four reds converted to green - remaining two to go to amber in Q4 08/09  
 Three ambers converted to green Q1 08/09 - further six to green in Q4 08/09

**Information bulletins and links:**

**High Quality for All**

Lord Darzi's Review gives NHS new impetus.

Setting standards for the next decade, with the emphasis on quality outcomes for patients, Darzi's review is now beginning its implementation stage. Strategic Health Authorities around the country have set out how they will drive plans for a health service that has the patient experience at its heart. In Surrey, the PCT and SCC are continuously looking at ways to commission and develop services that respond to the individual. At a glance the review promises that patient views on the quality of care they receive will affect funding for hospitals and GPs; care plans will be compulsory for all people with a long term illness/condition; 5,000 of those will pilot personal care budgets (where individuals have control of the money attached to their care 'package'); there will be a right to choose your GP and to access any appropriate drugs approved by NICE.

Making these high aims for patient choice and evaluation of services happen will have the added 'cachet' of an NHS Constitution, setting out patients, carers and staff rights. View it all on [www.ournhs.nhs.uk](http://www.ournhs.nhs.uk)

**Last weeks of consultation:**

Our Future, Your Say for Hospital Services

Surrey & Borders Partnership NHS Foundation Trust (SaBPFT) is proposing a five year plan to create a modern hospital service for people with mental illness, learning disabilities and drug and alcohol problems. To make sure you don't miss out on having your say, before 28/11/08, phone 01883 383559 for a consultation booklet and questionnaire or visit [www.sabp.nhs.uk/ourfutureyoursay](http://www.sabp.nhs.uk/ourfutureyoursay)

**glossary**

- LIT** ..... Local Implementation Team
  - Surrey PCT** ..... Surrey Primary Care Trust
  - SaBPFT** ..... Surrey & Borders Partnership NHS Foundation Trust
  - SCC** ..... Surrey County Council
  - NSF** ..... National Service Framework
  - DH** ..... Department of Health
  - CSIP** ..... Care Services Improvement Partnership
  - SHA** ..... Strategic Health Authority
  - LAA** ..... Local Area Agreement
  - LSP** ..... Local Strategic Partnership
  - QOF** ..... Quality Outcomes Framework
  - PIG** ..... Policy Implementation Guidelines
  - PEC** ..... Professional Executive Committee
  - MH** ..... mental health
  - LD** ..... learning disabilities
  - NICE** ..... National Institute for Clinical Excellence
  - RETHINK** ..... national mental health charity
  - RAG** ..... red amber green
  - IAPT** ..... improved access to psychological therapies
  - BME** ..... black and minority ethnic
  - DRE** ..... delivering race equality
- We will add to this list as more terms/acronyms arise



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