

## Community Mental Health Transformation Programme

### Programme Overview

Community mental health services are at the heart of the NHS England Long Term Plan for Mental Health Services, with one of the key objectives being to develop “new and integrated models of primary and community mental health care [which] will support adults and older adults with severe mental illnesses”.

Community mental health services have long played a crucial, yet sometimes under-recognised role in the delivery of mental health care, providing vital support to people with mental health problems closer to their homes and communities since the establishment of generic community mental health teams (CMHTs) for adults 30 years ago. However, the model of care is now in need of fundamental transformation and modernisation.

**The key aims of the Community Mental Health Framework (2019)<sup>1</sup> are to:**

1. Promote mental and physical health and prevent ill health.
2. Treat mental health problems effectively through evidence-based psychological and/ or pharmacological approaches that maximise benefits and minimise the likelihood of inflicting harm, and use a collaborative approach that: - builds on strengths and supports choice; and- is underpinned by a single care plan accessible to all involved in the person’s care.
3. Improve quality of life, including supporting individuals to contribute to and participate in their communities as fully as possible, connect with meaningful activities, and create or fulfil hopes and aspirations in line with their individual wishes.
4. Maximise continuity of care and ensure no “cliff-edge” of lost care and support by moving away from a system based on referrals, arbitrary thresholds, unsupported transitions and discharge to little or no support. Instead, move towards a flexible system that proactively responds to ongoing care needs.
5. Work collaboratively across statutory and non-statutory commissioners and providers within a local health and care system to address health inequalities and social determinants of mental ill health.
6. Build a model of care based on inclusivity, particularly for people with coexisting needs, with the highest levels of complexity and who experience marginalisation.

The Community Mental Health Transformation Programme is a national programme to support local areas to implement these aims. In line with the aims of the NHS Long Term Plan, a series of engagement phases have commenced to co-produce new local models of community mental health services, including:

- integrated primary and community care for adults and older adults with SMI, incorporating care for people with eating disorders;
- mental health rehabilitation needs and complex mental health difficulties associated with a diagnosis of a personality disorder;

The aspiration is for services to span core community provision and specialist services, and built around Primary Care Networks (PCN) ensuring that people have access to care within their communities.

Co-production and programme partners include Clinical Commissioning Groups (CCG’s), Local Authorities, General Practice (GP) and Primary Care Networks (PCN) and the voluntary sector (VCSE). CWP have commissioned Rethink to support co-production through Experts by Experience, service user and carer engagement and general public engagement. They will also be leading on asset mapping and the development of VCSE networks and alliance building across the Cheshire and Wirral footprint.

<sup>1</sup> <https://www.england.nhs.uk/wp-content/uploads/2019/09/community-mental-health-framework-for-adults-and-older-adults.pdf>

## Community Transformation Funding 2021/2022

CWP Partnership NHS Foundation Trust has received an allocation for 2021/22 for Community Transformation and is using this 12 month funding in 4 main areas, in addition to an allocation of funding for VCSE sector via a grant funding process for innovation in relation to reducing health inequalities.

### 1. Personality disorder services

In line with the Long Term Plan aspirations, the transformation funding will improve the provision of support for people with a diagnosis of personality disorder. This will include staff who will provide a range of evidence based psychological interventions to those people with the most complex personality disorder needs. The existing complex care service in Wirral will have its capacity increased and equivalent services will be set up in Cheshire West and Cheshire East. In all areas some resources will be focused on providing support and supervision for other CWP services, partner agencies and VCSE organisations that interact with or support people with personality disorders.

### 2. Eating disorder services

The transformation funding will be used to roll out FREED (First episode Rapid Early intervention for Eating Disorders) across the Trust. This is an innovative, evidence-based, specialist care package for 16 to 25-year-olds with a first episode eating disorder of less than 3 years duration in line with NICE recommendations. Implementation of FREED in other areas has reduced waiting times for assessment and treatment, reduced the proportion of patients who needed day-patient or inpatient provision, improved treatment outcomes, helping more people with a diagnosis of Anorexia Nervosa patients reach a healthy weight within 12 months of starting treatment, compared to non-FREED treatment pathways.

The transformation funding will also be utilised to commission Beat (a national mental health charity) to deliver NICE recommended treatment for up to 50 people with binge eating disorder through their "Momentum" programme.

### 3. Enhancing pharmacy support to medication clinics and community mental health teams

The transformation funding will be utilised to develop additional mental health pharmacist support for people who are receiving care in community teams. Specialist mental health pharmacists will be allocated to each locality and will support with individualising treatments, structured medication reviews, optimising treatments and reducing side effects for patients who are prescribed Lithium, Clozapine, High Dose Antipsychotic Treatment (HDAT), with co-morbid physical health problems, provide patient counselling and facilitate seamless, joined up care and minimise shared care prescribing issues. Optimising treatment using a holistic approach will support in improving life expectancy of those people with a serious mental illness and support our ambition to reduce health inequalities.

### 4. Rehabilitation services

In line with Long Term Plan aspirations and a National focus on the importance of providing a local rehabilitation care pathway to minimise the use of out of area placements, support to individuals with rehabilitation needs will be improved. A new Mental Health Intensive Support Team (MHIST) in Wirral and Cheshire will provide 12-24 month intensive support in the community to individuals as they are discharged from our rehabilitation inpatient units or community placements (in or out of area) to support them to independent living. This team is also able to provide intensive support to individuals in community placements if they have a change in need, as a step up and step down service. The service works with current community teams as an enhanced care offer, to enable people to be cared for in the most appropriate environment within their community; maximising an individual's quality of life and social inclusion by encouraging their skills, promoting independence and autonomy in order to achieve successful community living.

Cheshire and Wirral Partnership Trust (CWP), on behalf of the Community Mental Health Transformation Programme partners, has recently launched the Community Asset Funding process to facilitate access to community asset funding for groups and organisations within the Voluntary, Community, Faith and Social Enterprise (VCFSE) Sector.

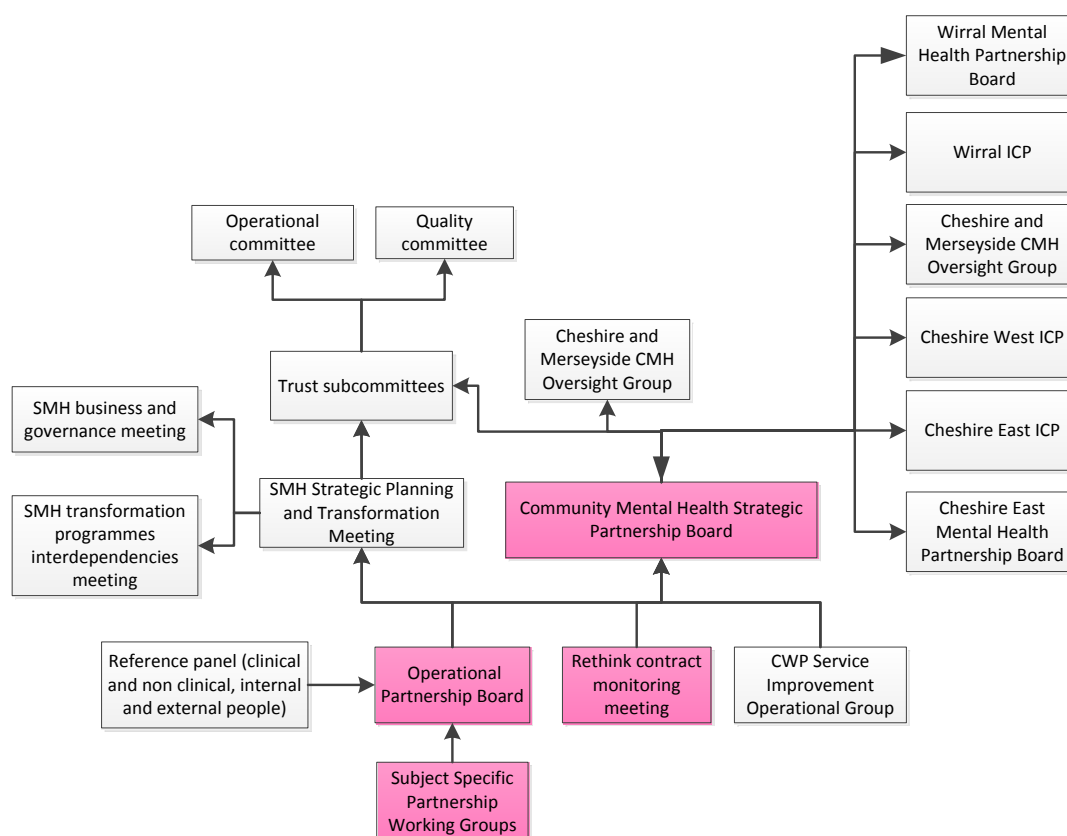
Applications are invited from VCFSE organisations who can provide access and mental health support to people living in Cheshire and Wirral, specifically focusing on supporting the following population areas:

- People from BAME communities
- People from economically disadvantaged areas or who are unemployed
- People from rural communities
- People who have experienced domestic violence

Our vision is to further develop accessible and responsive community services which support people with their mental health and facilitate access to opportunities, helping people feel connected, included and able to live healthy and fulfilling lives. We hope that this funding will enable VCFSE organisations to continue to deliver services that support people with mental ill health within the community. The deadline for applications is midnight of Friday 3rd December 2021 and awards will be made by a representative panel of health and social care partners by December 10<sup>th</sup>.

**Governance**

Governance structures for the Community Mental Health Transformation Programme:



The requirement from the national programme is that the local mental health trust leads the programme, however we believe that to achieve the outcomes and ambitions set out in the Long Term Plan this will require place based partnerships to play an important and significant part in the transformation.

For more information about the CMH Transformation Programme contact: Siobhan Chadwick, Strategic Programme Lead ([siobhan.chadwick1@nhs.net](mailto:siobhan.chadwick1@nhs.net)) or Clinical Lead, Gagandeep Singh ([gagandeep.singh2@nhs.net](mailto:gagandeep.singh2@nhs.net)).