

East Kent Mental Health Commissioning Team

Five Year Mental Health Strategy for East Kent



Ashford Clinical Commissioning Group



*Canterbury and Coastal
Clinical Commissioning Group*



*South Kent Coast
Clinical Commissioning Group*



Thanet Clinical Commissioning Group

East Kent Mental Health Commissioning Team

The East Kent Mental Health Commissioning Team is based in South Kent Coast CCG office but covers all of east Kent and has been established to:

- Provide leadership and delivery of the East Kent CCG wide mental health strategy
- Provide leadership for East Kent CCG on Kent wide service developments
- Support development of local CCG Mental Health strategies

Aims to work closely with

- CCG Mental Health Leads in East Kent
- GPs
- Mental health commissioners in the rest of Kent
- Kent County Council Social Care
- Public Health
- Kent Police
- NHS England
- District Councils
- Third sector providers



Mental Health Facts

- Between 8 and 12 per cent of the adult population experience depression in any one year
- Among people under 65 nearly half of all illness is mental illness
- Mental illness is far easier to treat before it becomes entrenched. Yet only a quarter of all those with a mental illness such as depression are receiving any treatment
- Poor physical health and poor mental health often go hand in hand

Mental Health Facts Continued:

The adult population of east Kent is 642,000 and at any one time;

- 92,946 (14 %) will have a common mental health problem such as anxiety and depression
- 34,632 (5%) will have longer term and more complex mental health problems
- 45,454 (7%) will have mental health problems associated with their physical health needs
- This equates to 26% of the east Kent population being affected by mental health problem at any one time

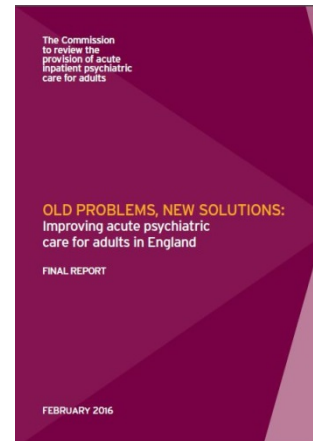
Figures from the Kent Public Health Observatory Joint Strategic Needs Assessment 2014



Five Year Mental Health Strategy

- Sets out the four east Kent Clinical Commissioning Groups (CCG's) priorities for improving the Mental Health outcomes for the adult population of east Kent in the next five years
- Informed by;
 - ‘Five Year Forward View for Mental Health’ by the Mental Health Taskforce
 - & ‘Old Problems, New Solutions’ by the Royal College of Psychiatrists

both published in February 2016



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What We Are Trying To Achieve:

1. Early intervention and prevention
2. 24/7 access to good mental health services including mental health liaison services in acute hospitals
3. An integrated approach to mental and physical health
4. The promotion of good mental health and preventing poor mental health at key moments in someone's life

Priority Areas for Change 1

- Community Services:
 - Community Mental Health Teams: Review and redesign
 - Early Intervention services: Delivering on access and treatment targets and developing all age plan
 - Rehabilitation Services: Review services ensuring best use
 - Increase mental health provision in primary care
 - Better coordinated working in relation to co-morbid mental health and drug / alcohol issues
 - Increase in IAPT (NHS Talking Therapy) access and recovery rates

Priority Areas for Change 2

- Acute and Crisis Care:
 - Reduce numbers of adults who are admitted to ‘out of area’ beds
 - Reduce Delayed Transfers of Care
 - Review and redesign Psychiatric Intensive Care beds
 - Service review of Crisis Home Resolution Teams
 - Reduce section 136’s by Police by working with the Crisis Concordat
 - Review and redesign liaison psychiatry in acute hospitals to provide 24 / 7 access to urgent care

Priority Areas for Change 3

- Specialist Services:
 - Perinatal mental health services: Develop strategy for implementation in east Kent
 - Personality Disorders: Improved provision of care and outcomes
 - Eating Disorders: Implement Kent wide strategy in east Kent
 - Review other Specialist services: includes Neuro-psychology, Neuro-psychiatry and Chronic Fatigue

Priority Areas for Change 4

- Placements for Specialist Treatment
 - Review placements and monitoring arrangements of out of area beds
 - Review appropriateness of placements
 - Repatriation of people as soon as possible
- User and Carer Engagement
 - Communication Engagement and Co production Strategy implemented to ensure meaningful inclusion with those who are affected by services in our decision making

Priority Areas for Change 5

- Physical Health and Mental Health
 - Reduction of health inequalities for people with mental health issues with physical health checks
 - Delivery of integrated physical and mental health for people with long term mental health issues and the mental health needs of people with long term physical health issues
- Transition
 - Working closely with East Kent Childrens and Young Persons Service to implement the Kent transformation plan and to develop a 0 – 25 age pathway
- Integration
 - Work with public health, social care, district councils, Kent County Council and other agencies to ensure integrated approach to health and mental health



Priority Areas for Change 6

- Personalisation and Choice
 - Development of agenda across primary and secondary care
- Parity of Esteem
 - To ensure mental health is treated with equal priority to physical health across the whole east Kent health economy
- Best Practice
 - Review ability to deliver full range of NICE evidence based best practice interventions includes;
 - outcomes based approach
 - BAME communities
 - anti stigma

Next Step

- We are running an online survey from 1 April to 31 May 2016 to find out:
 - priorities for Mental Health in east Kent
 - views on the future mental health services
 - asking you to be involved in the coproduction our work in the future

If you want the survey emailed out to you or require a paper copy email: ekmentalhealth.commissioning@nhs.net



Thank you

any questions?

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