

Partnership Update

Last month we brought you a special edition of Partnership Update focusing on the Integrated Care Across Northamptonshire (iCAN) programme, one of NHCP's four priority transformation programmes as we journey towards attaining **Integrated Care System** status.

Now our attention turns to another of NHCP's transformation priorities as we take an in-depth look at the extensive partnership work that's continuing to improve **local mental health services** and outcomes across the county. Read on to find out more about how a truly collaborative approach is delivering real positive change and shaping our plans for the future – and hear from one former service user about the difference co-production is making.

Our regular monthly edition of Partnership Update is also returning very soon. Watch this space or go to www.northamptonshirehcp.co.uk for more details.

Supporting mental health in Northamptonshire – an update

Over the course of their lifetime, one in four people will experience mental ill health – that's more than 185,500 people in Northamptonshire alone.

It's currently too early to know the full mental health impact of the COVID-19 pandemic but it is undoubtedly affecting people and services, meaning this number is certainly expected to increase.

What we do know about mental health is:

- Good mental health improves people's lives, increases their life chances and impacts positively on families and communities
- Mental health doesn't only impact on the individual – but also those around them
- Prevention of, and recovery from, mental ill health relies on people having hope, control and opportunity in their lives



In our county...



2,160 adults
and
379 children
are currently waiting to
access mental health services

More than
15,000 over-18s
and
2,000 under-18s

are on our county's mental health
caseload at any one time

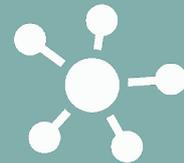


More than
7,200 adults
and around
500 children

are referred to our
mental health services
each month



Every month more than
5,900 people
call our 24/7 helpline,
the Mental Health Number



Northamptonshire Healthcare NHS Foundation Trust (NHFT) is our NHS mental health care provider. The trust works closely with service users and carers, mental health care providers and practitioners in the voluntary and community sectors, as well as with other providers of secure and community mental health care in the county and the region.



Northamptonshire Healthcare
NHS Foundation Trust



Making things in our area better together

How service users and carers help us improve and develop local mental health services

The people who use Northamptonshire's mental health services, and those who care for them, have the knowledge and expertise to help us transform those services for the better.

Service users and carers have walked the path and the journeys they have made are as important as the outcomes they've achieved. We therefore know that if we want to improve and develop care pathways, services and mental health outcomes, it's only by basing our work on people's experiences and lives that we can really make a difference.

That's why co-production – health professionals, service users and carers working in partnership to find shared solutions together – is always at the heart of what we do.

Through our engagement with our community we have been able to develop a number of shared priorities to guide us, which we call our 'I Statements'.

Our community have also told us that the only way to fill existing gaps between local services is if local health and care organisations work together. We have used this valuable feedback to develop collaborative partnerships and alliances both at county level and regionally.

"I've seen so much continued, careful and thoughtful innovation" – Andy's story

As a former user of mental health services in Northamptonshire, Andy Willis has had the opportunity to get involved in co-production, alongside many others like him.

Not only has this input been hugely valuable in the design and development of local services, but it also continues to play a key role in Andy's continuing recovery from severe mental illness.

"I was discharged in December 2017 and I was very privileged to be asked to get involved with some co-production," Andy recalls.

"Although I was grateful to be discharged, I was far from completely well – and I had no self-esteem, no confidence and very little structure in my life.

"Recovery means different things to different people but, for me, to get that purpose back, that richness in my life, to sustain that recovery, co-production was absolutely at the core of it. And it continues to be because I will always be in recovery."

Andy reflects that had the crisis cafes and crisis houses been available in the county at the time he was a service user, he would certainly have benefited from these and other new services.

He says: "I've just seen so much continued, careful thoughtful innovation and progression and co-production has been at the heart of it. At a time of COVID the public need hope that care is going to continue to improve and it will do under co-production, there's no question about that."



WATCH: Andy shares his experiences and thoughts in more detail in a video diary. Click here to view: vimeo.com/474647320

Our alliances and partnerships

Northamptonshire Mental Health Steering Group Collaborative

Local voluntary and community organisations, Northamptonshire Healthcare NHS Foundation Trust (NHFT, our integrated mental health and community services provider), primary care and Northamptonshire Clinical Commissioning Group (CCG) working together as one to deliver mental health outcomes.

Crisis Care Concordat

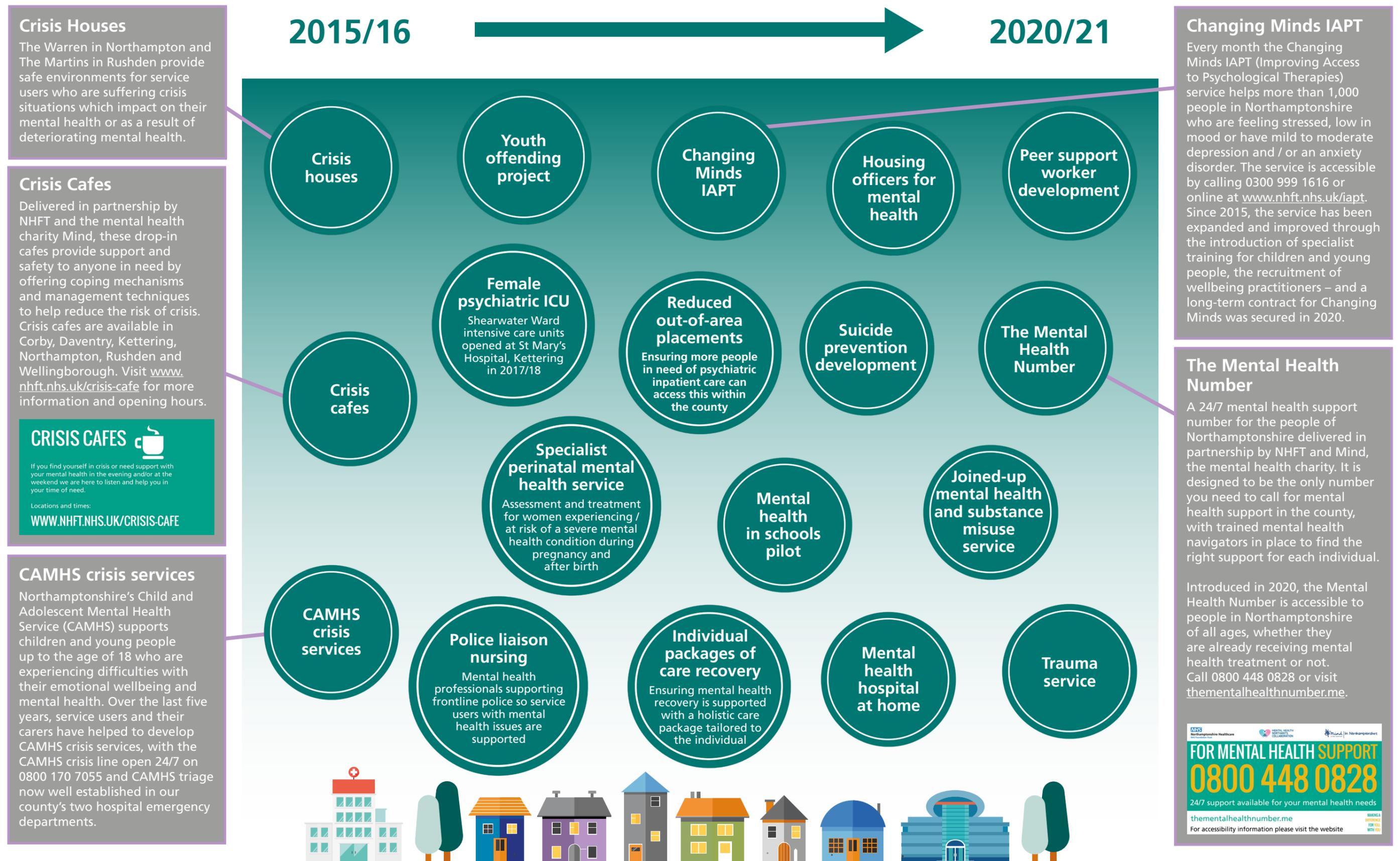
Northamptonshire Police, East Midlands Ambulance Service, local voluntary and community organisations, NHFT and Northamptonshire CCG working together to improve the mental health crisis pathway.

East Midlands Alliance for Mental Health and Learning Disability

Mental health trusts across the region working together as an alliance to strengthen delivery of services throughout the East Midlands.

NHFT: Five years of mental health transformation

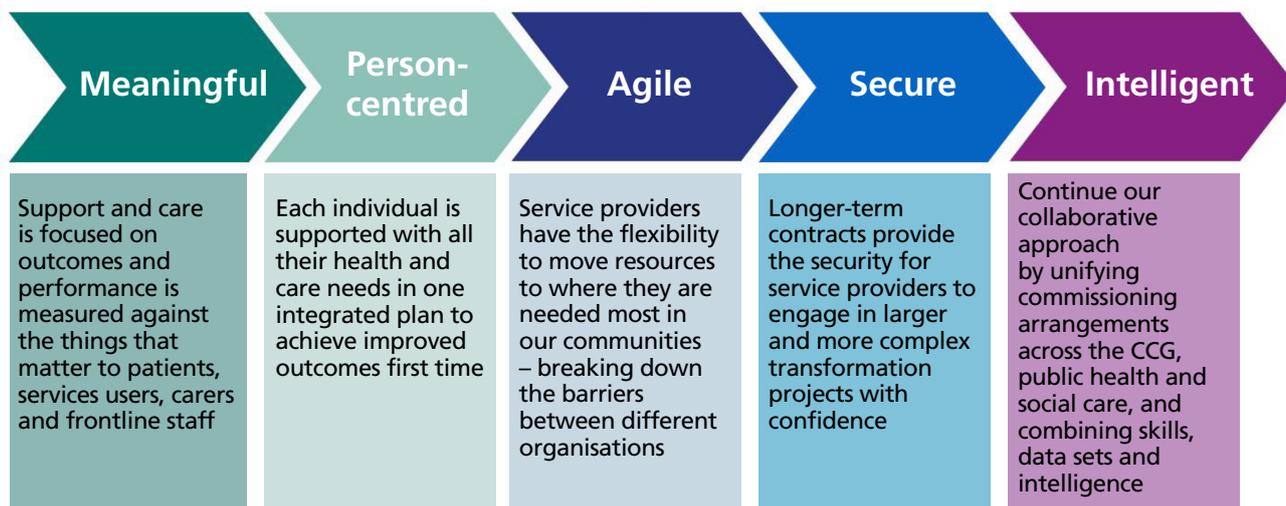
At NHFT, a co-production and partnership approach has enabled us collectively to make significant progress improving Northamptonshire's local mental health offer over the last five years, filling in gaps between existing services and ensuring more people have access to the support they need. Here are just some of the highlights.



Looking to the future – how we want to continue to improve mental health services in Northamptonshire

All of us who are involved with delivering mental health services in Northamptonshire are ambitious to deliver better mental health outcomes for our residents.

Through continuing co-production and evaluation of the mental health care pathways with patients, service users and carers, we are working to ensure our services are developed in line with the following key principles:



Mental health transformation focus – the long-term plan

We know we can really bring about true transformational change across our Integrated Care System by working together under an outcomes-based long-term mental health contract for Northamptonshire.

In this way, we are better equipped to deliver the following ambitions of the NHS Long Term Plan for Mental Health:

- Increase flexible access to mental health services for all ages
- Improve ‘whole person’ support for mental health patients – including physical health
- Provide services closer to people’s homes
- Reduce suicide
- Reduce the stigma around mental health and ensure parity of care in all settings
- Improve prevention of mental illness, particularly in children and young people
- Continue to develop and improve care pathways for all ages
- Reduce out-of-area inpatient placements
- Implement new ‘Trauma Informed Service’ to create conditions that reduce harm and promote recovery for those who have experienced traumatic events
- Reduce health inequalities
- Further integrate the crisis response to mental health with all partners
- Provide suicide bereavement support
- Develop specialist clinics for rough sleepers and problem gamblers



The mental health long-term contract is our collective focus to bring about transformational change as our Northamptonshire Integrated Care System develops.

For more information about mental health transformation contact: nhcp.communications@nhs.net