

Lancashire Mental Health & Social Care

PARTNERSHIP BOARD

Working together to improve mental health



Lancashire Partnership Board
made up of representation from
the Local Authorities and NHS Trusts



CUMBRIA AND LANCASHIRE STRATEGIC HEALTH AUTHORITY • BLACKBURN WITH DARWEN PCT
CHORLEY & SOUTH RIBBLE PCT • FYLDE PCT • PRESTON PCT • LANCASHIRE COUNTY COUNCIL • BURNLEY, PENDLE &
ROSSENDALE PCT • BLACKPOOL BOROUGH COUNCIL • BLACKBURN WITH DARWEN BOROUGH COUNCIL
WYRE PCT • BLACKPOOL PCT • WEST LANCASHIRE PCT • HYNDBURN & RIBBLE VALLEY PCT • LANCASHIRE CARE TRUST

Foreword

The Lancashire Mental Health and Social Care Partnership has been established to lead and support a programme of change within Mental Health Services.

We are determined to provide the people of Lancashire with modern and effective mental health services which are fit for purpose and focussed on supporting people to enjoy positive outcomes in their lives.

We want services to be flexible and responsive to individual needs, underpinned by evidence of what works, which enable people to live the lives they want.

We are committed to delivering changes that are now needed in collaboration with people who use services and their carers, the voluntary and independent sector and partner organisations.

Richard Jones

Chair of the Lancashire Partnership Board,
Director of Social Services, Lancashire County Council

On behalf of the following members in the table below

Vivien Aspey	Blackburn with Darwen Primary Care Trust	Chief Executive
Pearse Butler	Cumbria and Lancashire Strategic Health Authority	Chief Executive
Judith Faux	Chorley & South Ribble Primary Care Trust	Chief Executive
Julie Goulding	Fylde Primary Care Trust	Chief Executive
Jan Hewitt	Preston Primary Care Trust	Chief Executive
David Peat	Burnley, Pendle & Rossendale Primary Care Trust	Chief Executive (Co-Chair)
Stephen Pullan	Blackpool Borough Council	Director of Social Services
Finlay Robertson	Lancashire Care NHS Trust	Chief Executive
Stephen Sloss	Blackburn with Darwen Borough Council	Director of Social Services
Doug Soper	Wyre Primary Care Trust	Chief Executive
Wendy Swift	Blackpool Primary Care Trust	Chief Executive
Jane Thompson	West Lancashire Primary Care Trust	Chief Executive
Mark Wilkinson	Hyndburn & Ribble Valley Primary Care Trust	Chief Executive



The Case for Change

The NHS and Local Authorities are committed to ensuring that good mental health and social care services are available for everyone and are working together to improve services.

This work will focus exclusively on mental health and social care services for adults of working and older age living in East, Central and West Lancashire and on the Fylde coast. It does not cover drug and alcohol services, as there are different arrangements already in place to plan for these (local Drug and Alcohol Action Teams). It does not cover services for people living in Lancaster. Lancaster has been excluded from this work because Morecambe Bay Primary Care Trust is already consulting with the public on a set of proposals for improving mental health services to the area.

In 1999, the government published a National Service Framework for

Mental Health services and since then each area has been planning the development of mental health and social care services for adults and older adults through Local Implementation Teams (LITs). LITs are comprised of people who use services, people who care for service users, service providers (NHS Trusts, voluntary and independent sector) and those responsible for commissioning services (Local Authorities and NHS Primary Care Trusts) on behalf of local people.

In the past there has been an over-reliance on hospital-based services and insufficient use of other agencies, such as voluntary organisations. GPs have limited

treatment options available, other than medication, and many people are not sure where to go for help if they have social problems.

Some progress has been made to implement the National Service Framework for Mental Health, and new services are being put in place. The emphasis has been on developing more community services to support people in their own homes, but if services are going to improve, change needs to take place across all services. We have been working together to agree how we are going to make services better.

Our shared values

A number of key values have been identified which will underpin our future decision-making and change the way in which mental health and social care services will be provided in the future. These are:

- a commitment to helping people with their recovery from illness and/or the effects ill health has on their lives, through services which work to promote optimism and hope
- promote positive mental health and work with other agencies to tackle the causes of mental ill-health
- address the stigma and discrimination surrounding mental ill-health to ensure people have equal access to opportunities

Our shared vision for mental health and social care services

In order to modernise the full range of services we are proposing that a number of important changes need to take place, which are listed opposite:

- Focus on services in the local community, offering more choice as close to home as possible.
- Single access points into services will make getting the right care and treatment easier and quicker.
- Access to support will be available to families and carers according to their individual needs.
- Better continuity of care.
- Appropriate support is available for the vast majority of people with common mental health and social problems in GP surgeries or other community settings.

Our commitment to improve services



Help with common mental health and social problems

At any time one in six people living in Lancashire will experience depression, anxiety and phobias, otherwise known as common mental health problems. Most of these problems can be resolved or treated by GP based services very close to home.

At the moment there are some services available from counsellors and GPs can prescribe drug treatments, but choice is limited and there are not enough “talking” therapies and social support for the people who need them.

It is important that people who need help are offered the support and the best treatment for them at the earliest opportunity. Everyone is different and these services need to offer more choice on treatments, as well as help with housing, finances and family issues.

If people need more long-term or specialist help, they should be quickly seen by specialist mental health and social care services for assessment and access to the services they need.

Access to specialist mental health and social care services

It is vital that there is a clear way of getting access to specialist services, where people can be seen quickly by a mental health worker, who will discuss their problems and recommend the best approaches to help treat or resolve these problems. This discussion is known as an assessment.

People should be able to get a specialist assessment at any time of the day or night, if they are in distress or have reached a crisis point because of their problems.

There are many different services that can provide these assessments, but they are not all available throughout the 24 hour period and because most health and social services do separate assessments, people at the moment may have to see more than one person to get the help they need. This results in unnecessary delays and confusion.

We want to change this so that people see one person, who is easy to get in contact with and who will ensure that they receive the service they need.

These staff will also provide advice and information on mental health matters.

Services for people in crisis

For many years the only option available to people who were very distressed and at risk of harming themselves or other people, has been NHS hospital admission. Consequently, the numbers of people needing psychiatric hospital beds in Lancashire has been high and in many areas the hospital psychiatric wards are of poor quality. It is estimated that between 30 – 50% of the current admissions to hospital could be prevented by extra support at home and in other types of temporary supported accommodation, such as, non-NHS crisis beds or safe havens.

If people need help in times of crisis we want to ensure that there is a rapid response with a range of help from immediate home support, safe havens near to their home, as well as, good quality specialist hospital services according to people's needs and wishes.



Our commitment to improve services

Services for people with long-term and more serious mental health and social problems

People with longer-term mental ill health need access to good treatment and support to help them recover from the difficulties they experience because they are ill. Everyday things like getting work, accessing training and education, securing decent housing and having an acceptable standard of living are harder when you have a mental illness.

Specialist health and social care services need to help people live productive, meaningful lives in their local communities. There has been a lot of bad press in the media about mental illness and we need to work harder to educate the public about the problems people experience and how we can create communities that are safe and supportive for everyone.

Services for people with memory problems

People who experience problems as a result of memory loss, head injuries and other traumas to the brain, require different interventions from those with common mental health problems or mental illness. Currently these services are provided by NHS and Social Services according to age, usually for people over 65 years. However, a small number of younger people also would benefit from similar interventions, but are excluded from services because of their age.

We intend to ensure that people get the help and treatment they need irrespective of their age and within their own homes where possible.

Help for carers

There are many unsung heroes in Lancashire - extraordinary people, who care for and support members of their family and friends. Services for these carers are currently provided on an ad hoc basis across the county. Some organisations have identified carers support workers, but generally, these services are insufficient. There are requirements on health and social care organisations to assess the support needs of carers and provide a care plan, particularly if they are caring for person who experiences severe and long-term mental health problems.

We want to improve services available to carers so that they can talk to someone about their problems and what help they need. This might be practical day to day help or giving carers time to pursue their own interests. Some carers may need help with transport if their relative is supported in accommodation that is far away from their home.



What next?



We are committed to developing our ideas further over the coming months and plan to publish our thoughts on what these improvements could mean for local services. We will do this together with people who use our mental health and social care services, their carers and the staff who work in them.

You can expect further information to come on these changes during 2005.

For further information please visit
www.lancashirementalhealth.org.uk

Or contact:

Janice Horrocks
Burnley, Pendle and Rossendale Primary Care Trust
31/33 Kenyon Road
Lomeshaye Estate
Nelson
Lancashire
BB9 5SZ

Tel: 01282 610234

If you require a copy of this document in other formats please contact Burnley, Pendle and Rossendale Primary Care Trust on 01282 610234 or at the address overleaf

Lancashire Mental Health & Social Care

PARTNERSHIP BOARD

www.lancashirementalhealth.org.uk



*National Institute for
Mental Health in England*

North West Development Centre