



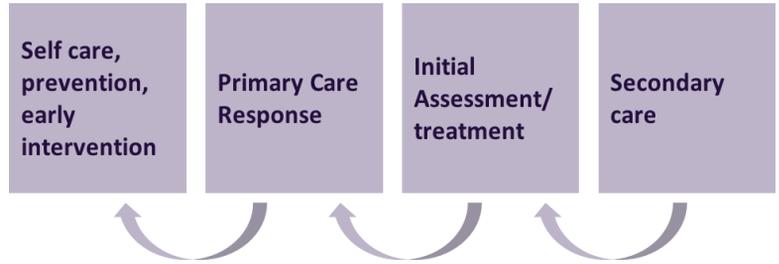
LikeMinded
WORKING TOGETHER FOR MENTAL
HEALTH AND WELLBEING IN NW LONDON

Mental Health Needs Workshop

20.5.15

Write up

Our first workshop focused on the needs of those with diagnosed mental health needs we deliberately merged the conversation about common mental illness and long term mental health needs – focusing on the needs of individuals rather than the diagnosis



We used the idea that we should provide support or services in “**the least intensive setting**” as the framework for establishing what current work is underway and where gaps exist.

Key themes (explored in more detail overleaf)

- Appropriate **primary/community support** is critical to build confidence amongst service users & professionals as people leave secondary care
- The development of the **Urgent Care and Assessment** pathway is viewed as a critical step towards better support in crisis and ensuring that people are able to access secondary care quickly when they need it
- It is the wider support (**non-health/bio/psycho/social**) that supports recovery and living a full life.
- *Non-health* support means many things – peer support, self care, voluntary sector input, smoking cessation and employment support for example – but these must be **joined up**
- There are **evidence based** approaches (including NICE guidance) which are not yet fully implemented across pathways and boroughs

We focused on two example pathways – depression and schizophrenia (see over). However the team flagged a range of other areas we also need to consider:

- Co-morbidity – physical problems, mental health, dementia,
- Older adults – where frailty can be a greater problem
- Interfaces with non-NHS services
- Personality Disorder
- Dual diagnosis
- Differences in approach (eg prescribing) between GP and secondary care



Ealing – smoking cessation supported on wards

Good current work

WLMHT vocational services - stopping work seen as important as mental health crisis



Carers for Carers Campaign

TriCare and IAPT are recovery focused

Links to employment

Third sector eg. buddying



Therapeutic Reading Group

bringing about a reading revolution

Hearing Voices support groups



Three borough review and strategy

West London Personal Health Budget pilot with mind



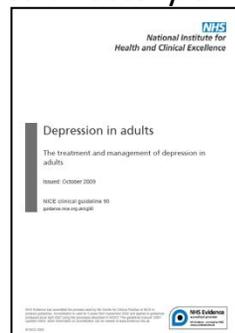
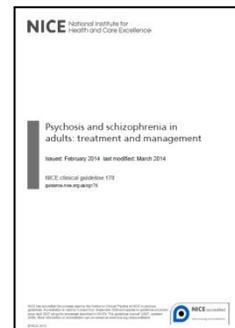
Values and outcomes based commissioning

Schizophrenia

- Continuity of Care
- De-compensated every time you move sectors
- Online support such as avatar therapy
- Alcohol prevention strategy supports reducing violence
- Equal importance of physical health
- Parental mental health – reference family in crisis planning
- Information sharing
- Role of medication – less reliance/consideration of side effects
- Peer support
- Availability of CBT for this population
- Anti-stigma work changes culture –education/mental health literacy
- Wider needs – sport, smoking cessation, yoga, mindfulness – requires directory of services

Depression

- Variation across boroughs/providers
- 3rd sector have critical role – and often support greater diversity
- Peer support and self care
- Personal Health Budgets
- Family support and early intervention eg post natal depression
- Treatment resistant depression– thinking beyond IAPT
- Lower complexity still needs risk based approach – and awareness of social needs
- Single point of access supporting more integrated, joined up services. Including easy and clear access back into services.
- Employment, education and training are vital – incl eg Recovery College on mindfulness
- Identification & intervention for people who currently for not receive any treatment



NWL challenges and areas for focus