



Forum Central



A collective voice
for the health and care
third sector

Mental Health Information & Strategy Meeting, 25th March, 10am-12pm

Agenda

10:00 Introductions and Welcomes

10:05 Forum Central & Strategic Updates

10:20 Member Updates

10:40 **Gabby Voinea - Forum Central, Third Sector Advocates & Representatives Relationship Officer**

10:50 Break

11:00 **Linking your organisation into the 8 priorities of the Mental Health Strategy**

11:10 Roadmap breakout room discussion

11:50 Reflections on discussions

11:55 Thanks and Close



Forum Central & Strategic Updates

Mental Health Collaborative



- A group of commissioners, providers of Health & Social Care Services & People with lived experience of mental health issues.
- **Goal:** to improve the mental health & wellbeing of people in Leeds through strengthening partnership working.
- **Initial focus:** Priority 6, Access to crisis support.

Mental Health Collaborative

Progress



Scoping activity from crisis services underway:

- How people access?
- Why people access?
- Who accesses?
- What works well and what could work better?

Mental Health Collaborative Group Meeting Postponed until May

**Forum Central Mental Health Crisis Wider Reference Group, 20th April
1-3pm.**

- To highlight how issues around access to crisis services continue to affect wider services and what can be done to mitigate these issues in a way that serves the wider system.

Community Mental Health Transformation Plan



A plan to improve care for people with Severe Mental Illness (SMI). Specifically for adults & older adults:

- With eating disorders.
- With complex mental health difficulties associated with a diagnosis of a personality disorder.
- In need of mental health rehabilitation services.

Broad overview of plan:

- Integrated **Community Mental Health Hubs which act as a single point of access to wider services and are co-produced by people with Severe Mental Illness.**
- Emphasis on the stepping up and stepping down support, avoiding the ‘cliff edge’ of support after being discharged.
- ‘No wrong door/shared front door’ approach, building a trauma informed culture of support, so that we reach those hardest to reach with SMI.

Community Mental Health Transformation Plan

Progress

- Leeds bid formally approved March 21st
- Next stage is engagement/involvement planning, including recruiting an Involvement Lead and engaging people with lived experience, carers and families.



Year 1 (2021/22)

- Coproduction & engagement with people with lived experience
- A population health management approach to understand local needs and priorities in each area to improve outcomes and address inequalities
- Early implementer areas: HATCH (Chapelton, Burmantofts, Harehills and Richmond Hill), Leeds Student Medical Practice (LSMP) and the Light, and West Leeds.
- Develop and test the community hub model

Year 2 (2022/2023)

- Continued co-production
- Model expanded to cover at least half of the Leeds PCN area

Year 3 (2023)

- Continued co-production
- Full city-wide roll-out of the model



Share your knowledge button

forumcentral.org.uk/communities-of-interest/share-your-knowledge/

The communities you work with

Primary Community (select one)

- People with mobility issues
- People with mental health issues
- People with long term conditions
- Young People and Care Leavers
- People with Physical and Sensory Impairments
- Prison leavers/ Ex offenders
- Black, Asian and culturally diverse communities
- Asylum Seekers, Refugees and Migrant Communities
- Single Parents/Carers
- People with a learning disability and/or Autism
- Carers
- People with Experience of Domestic Violence and Abuse
- Men
- Women (including Maternity)
- People with Drug or Alcohol Addictions
- Gypsies and Travellers
- Sex Workers
- Homeless/No Fixed Abode
- People from the LGBT+ community
- Older People
- Faith Groups
- People facing high levels of deprivation

Other Communities of Interest (select all that apply)

- People with mobility issues
- People with mental health issues
- People with long term conditions
- Young People and Care Leavers
- People with Physical and Sensory Impairments
- Prison leavers/ Ex offenders
- Black, Asian and culturally diverse communities
- Asylum Seekers, Refugees and Migrant Communities
- Single Parents/Carers
- People with a learning disability and/or Autism
- Carers
- People with Experience of Domestic Violence and Abuse
- Men
- Women (including Maternity)
- People with Drug or Alcohol Addictions
- Gypsies and Travellers
- Sex Workers
- Homeless/No Fixed Abode
- People from the LGBT+ community
- Older People
- Faith Groups
- People facing high levels of deprivation

Their Current Priorities:

The organisation you work for

Is your organisation experiencing any particular challenges key challenges or pressure points?

Please tell us about any good practice examples or success stories from your organisation:

Organisation you work for:

Men's Health Unlocked: Reminders!



City-wide network to tackle men's health inequalities

- Let's Unlock Directory - services, activities and support available for men across Leeds.
- Unlocked Magazine: contact if you'd like to distribute copies
- State of Men's Health in Leeds: A Summary

WY&H HCP Staff Mental Health & Wellbeing Hub



- **New wellbeing and mental health hub across our region, for both NHS and community organisations.**
- A workshop for voluntary and community sector partners to contribute to the development of our staff mental health wellbeing hub - 30th March, 9:30am-11am
- Contact Kerry Hinsby: k.hinsby@nhs.net

Community Champions Project



- Partnership with Leeds City Council, Voluntary Action Leeds, Forum Central and Hamara
- Funded by the Ministry of Housing Communities and Local Government.
- Builds upon the work already taking place to engage with local communities, helping connect people with key COVID-19 messages and the support available in the city.

Aims:

- to provide community champions with access to training and ongoing support to enable people to have conversations with family, friends and communities.
- to work with a diverse range of community champions who are keen to get involved.
- If you would like to know more, please contact Hannah, Jess or Sam at CommunityChampions@leeds.gov.uk.

Adversity, Trauma & Resilience Knowledge Exchange



- Three day event sharing practice, experience and resources.
- Aimed to combat the impact of trauma and adversity across WY&H.
- Slides and recordings will be available next week through the event showcase link and will remain available for the next 12 months along with all the resources and we will continue to add.

To access them, visit westyorkshireknowledgeexchange.co.uk

Username: WYHExchange, **Password:** knowledge

Reforming the Mental Health Act Consultation



- Discussing some of the main themes of the consultation.
- We will use this information to submit an organisational response to the government consultation.
- 6th April, 10am-12pm.

NEW FREE training from Community Links & Mentally Healthy Leeds

Mental Health First Aid (Adult)

1. June 11th + 18th
2. July 14th + 21st

All session 10am - 4pm

LivingWorks START Suicide Prevention Training Dates

- Monday 17th May 2-4pm
- Tuesday 25th May 10am-12pm
- Thursday 27th May 10am-12pm
- Monday 7th June 2-4pm
- Monday 14th June 2-4pm
- Tuesday 22nd June 10am-12pm
- Monday 12th July 2-4pm
- Tuesday 13th July 10am-12pm
- Wednesday 21st July 10am-12pm

BOOK NOW: training@commlinks.co.uk



Any Questions



Member Updates



- News
- Upcoming projects
- Anything you'd like to share!



Young Black Minds

A Leeds Mind Service

Are you a young Black male?
Struggling with life
or your mental health?

Young Black Minds provides peer support to anyone in the Black community across the district of Leeds aged 16 – 25 who identifies as male. This is a safe space to talk with a group of likeminded men about any struggles and to learn ways to manage stresses you are facing. We get it because we've been there.

peersupport@leedsmind.org.uk (include 'Young Black Minds' in the subject line)



0113 305 5800 (ask about the Young Black Minds project)

Registered Charity Number: 1007625





Gabby Voinea

**Forum Central, Third Sector Advocates &
Representatives Relationship Officer**



Break

Linking your organisation into the 8 priorities of the
Mental Health Strategy



Summary of Mental Health Strategy 2020-2025



3 Passions:

– areas for improvement

1. Reduce mental health inequalities
2. Improve children and young people's mental health
3. Improve flexibility, integration and compassionate response of services



8 Priorities:

– focusing our attention

1. Target mental health promotion and prevention within communities most at risk of poor mental health, suicide and self-harm
2. Reduce over representation of people from Black, Asian and minority ethnic communities admitted in crisis
3. Ensure education, training and employment is more accessible to people with mental health problems
4. Improve transition support and develop new mental health services for 14-25 year olds
5. Ensure all services recognise the impact that trauma or psychological and social adversity has on mental health. This includes an understanding of how to respond to adverse childhood experiences and embedding a 'Think Family' approach in all service models
6. Improve timely access to mental health crisis services and support and ensure that people receive a compassionate response
7. Ensure older people are able to access information, support and appropriate treatment that meet their needs
8. Improve the physical health of people with serious mental illness.

5 Outcomes:

– starting with
people

1.

People of all ages and communities will be comfortable talking about their mental health and wellbeing

2.

People will be part of mentally healthy, safe and supportive families, workplaces and communities

3.

People's quality of life will be improved by timely access to appropriate mental health information, support and services

4.

People will be actively involved in their mental health and their care

5.

People with long term mental health conditions will live longer and lead fulfilling, healthy lives

Our Vision:

'Leeds will be a
Mentally Healthy City
for everyone.'



tinyurl.com/MHPriorities



Roadmap Breakout Room Discussion



How will your provision change (if at all) at each different stage of the roadmap?

How is your service hoping to aid the transition from service users accessing support online to face-to-face? (if applicable)

What will you find challenging about the potential lifting of restrictions and what do you need more support with?

(If time) How will you implement learning from the lockdown into your service when restrictions are lifted?

Thank you for coming!



**Forum
Central**



volition
working well together