

Transformation Update



Welcome to Update edition 2

Welcome to the second edition of Transformation Update, which includes brief information about progress made towards delivering transformed community mental health care in Leeds.

Please use the QR code at the end of this bulletin to link to further information published on the transformation pages on the Mindwell website.

The Leeds vision

The NHS in Leeds, Leeds City Council and voluntary and community organisations are working in partnership to create a radical new approach of joined-up primary and community mental health services and support. Delivering this new approach means that local people will be able to:

- Access care, treatment and support as early as possible.
- Live as well as possible in their communities.

The Leeds model has been designed so that, working across all sectors:

- We build on the good stuff we already have in Leeds – Primary Care Mental Health.
- There will be simple referrals.
- People accessing services will have an initial helpful conversation to discuss their needs and how they can be met.
- We are using the trauma-informed approach.
- Existing offers will be integrated across primary care mental health, community secondary care and broader social support and multi-agency care.
- All of this will be delivered by a multidisciplinary team, involving GPs and PCN staff.

The early implementer hubs will be in the following Local Care Partnerships (LCPs):

- West Leeds
- HATCH – which includes Burmantofts, Richmond Hill and Harehills and Chapeltown Primary Care Networks
- Leeds Student Medical Practice (LSMP) and the Light.

Some initiatives have already been introduced. We will be testing and learn from these and the hubs.

Progress update

Plans are progressing to transform community mental health services in Leeds (starting with the working age adult population with further work to come on older people's services as outlined later in this bulletin. You can find more information about the work in this bulletin

Lots of great work has been happening with commitment from all partners, including the Community Mental Health Transformation Involvement Network. This has included defining operational processes and details, what care and support will be available to people in a hub, roles and responsibilities and what things need to be in place to support staff and teams working together.

Although initially planned to go live from October, a decision was made at the partnership Transformation Board on Wednesday 13 September, to postpone this with a new provisional date of mid November. This is to allow time for some details to be worked around governance and the new ways of working across partners. It's important we get this right and take the time to make sure the right things are in place. This will be confirmed when the Board meets again in mid October, and a communications update will follow.

In the meantime, we will continue to progress transformation work, such as testing of new roles and support offers like community wellbeing connectors and peer support, and testing new forms of community support through grant funding schemes that support people with complex and ongoing mental health needs in their communities.

Older People's Services

So far, we have focused on the new service model for working age adults (WAA) and workforce. Work has now started to fully explore the needs of older people, to understand how best to join up primary and community mental health services combining evidence, good practice and learning from the pilot sites.

As part of this a workshop was held during the summer to explore the WAA model and identify strengths and challenges for Older Peoples Services (OPS).

Colleagues will continue to capture the views of people who use services and their carers and updates will be published over the next few weeks.



Workforce preparation sessions

A series of training and preparation sessions is planned over the next few weeks, for all colleagues who will be working in the early implementer hub multi-disciplinary teams. Carers and people with lived experience are involved in planning and delivering the induction programme.

Set over four days, the sessions include:

- Awareness of the needs of carers
- Working with older people
- Trauma-informed care
- Formulation
- New roles within the teams
- Team building
- Cultural change

All colleagues and partner organisation workforces will be invited to the sessions, during which there will be plenty of time for participants to get to know each other and the new team structures.

We are planning to have fortnightly continuing professional development sessions (CPD) covering a range of subjects following the induction programme.



Peer support

A new service has been developed providing peer support to people aged 17 and older who live in Leeds and have ongoing mental health difficulties for which they are receiving primary and secondary care.

Peer support in mental health is built on shared personal experience and empathy, focuses on strengths and helps to develop skills and strategies to maintain wellbeing.

Set up jointly by Mind Leeds, Yorkshire MESMAC, Leeds Survivor-led Crisis Services and Health for All, the service offers up to eight sessions of one-to-one peer support and is delivered flexibly in the community. Community Mental Health Team professionals can make referrals, which will be allocated to avoid confusion between with the existing Peer Support CMHT service.

This new service is provided by nine peer support workers spread among the partner organisations, with three working at each of the pilot hubs. Peer support workers from MESMAC specialise in supporting people who identify as LGBTQ+ and those from Health for All frequently work with people from culturally diverse backgrounds.

Peer support work conference



The transformation Peer Support Partnership came under the spotlight at a regional conference attended by colleagues from the NHS, local authority, third sector and community groups in the summer.

The conference highlighted the role and value of peer support and the huge opportunities for learning across mental health services. Evaluation of the event was very positive, with 95 per cent of the attendees rating it as either four or five out of five. As a result, work has started on developing a West Yorkshire-wide peer support network.

Health and Wellbeing Board

Health and Wellbeing Board members were presented with an update on transformation programme at a recent meeting. Programme lead, Liz Hindmarsh reported the update was well received and attendees were very supportive.

Members particularly liked the focus on communities and asked a number of questions including how the transformation will be evaluated, how staff will be supported to be compassionate and what is being done to promote physical health, given that people with serious mental illness are more likely to die younger.

Evaluation

An independent evaluation has been commissioned across West Yorkshire and the provider, Niche, started working on this in February 2023. Evaluation comprises a mix of qualitative interviews with colleagues, service users, carers and other stakeholders. There will also be a quantitative analysis of how services are being used and the impact (including the economic impact).

We are also developing a local 'dashboard' so we can measure what we are doing and test improvement as we go.

Promoting physical health

One of the requirements in the NHS Long Term Plan is to increase uptake of physical health checks in primary care. Leeds continues to perform well with this and is currently the third highest performer within the national targets set.

We have funded several initiatives to support local people in improving their physical health, including introducing physical health coordinator roles in the following primary care networks PCNs:

- Chapeltown
- Burmantofts
- Harehills
- Richmond Hill
- Leeds Student Medical Practice (LSMP)
- The Light

Physical health checks in these PCNs increased between 2021/22 and 2022/23 and community wellbeing connectors have also been supporting people to attend physical checks in LSMP and The Light.

Operational guide

Colleagues in stakeholder organisations, community groups, service users and carers and people with lived experience have coproduced an operational guide, setting out how the pilot hubs will work in Leeds.

The guide, work on which was co-led by Alison Toollan, Clinical Services Manager at Leeds and York Partnership Foundation NHS Trust, and Bill Owen, Operations Director at Barca, is the result of months of planning how service users and their carers will access hub services and care. The service users' journey, from first contact to the point at which they are referred to specialist services (if necessary) or able to live fulfilling lives in their community, is described in detail together with descriptions of the roles and responsibilities of colleagues working in the hub multi-disciplinary teams.

Transformation Board members discussed the guide at their meeting on 17 August and it now forms the basis of the induction programme, training and working practices at each of the hubs.



Transformation videos

Three short, animated videos have been produced to explain how transformation will improve community mental health care in Leeds.

The videos, each at just over three minutes long, set out the key messages for general audiences, service users and carers and colleagues.

Click on the following link to see the [transformation videos](#). You will also shortly be able to see them on the Mindwell site transformation pages at: www.mindwell-leeds.org.uk/transforming-community-mental-health-services/ or by using the QR code below.



For more information about any of the items published in this newsletter, email cmhtransformation.lypft@nhs.net or you can use the QR code below to see information published on the Mindwell website.

