

Fit for my future – consultation on acute mental health inpatient beds for adults of working age

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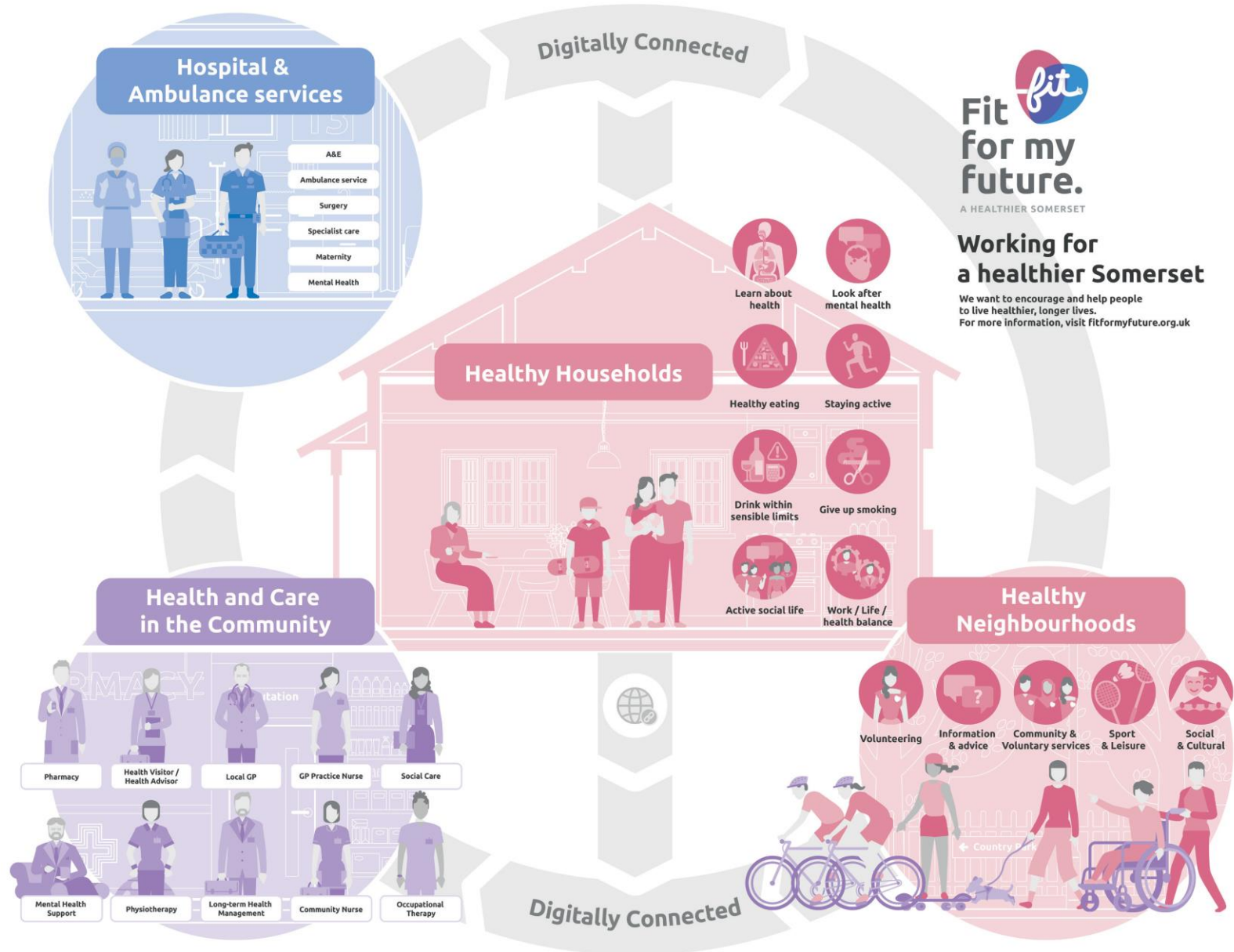
In Somerset we want people to live healthy independent lives, supported by thriving communities with timely and easy access to high quality and efficient public services when they need them.

Fit for my Future

For the people of Somerset this means they will receive a different model of care within their community, as close to home as we are able to achieve, that is safe, effective and equitable wherever people live within the county. We will achieve this by:

- Shifting our focus towards prevention
- The promotion of positive health and wellbeing and tackling inequalities
- Moving to more integrated, holistic services based on the need of the individual and supporting their independence
- Recognising that mental health is as important as physical health
- Shifting resources from hospital inpatient services towards community based services, supporting people in their own homes
- Providing the right care at the right time by the right person, properly resourced

Fit for my future





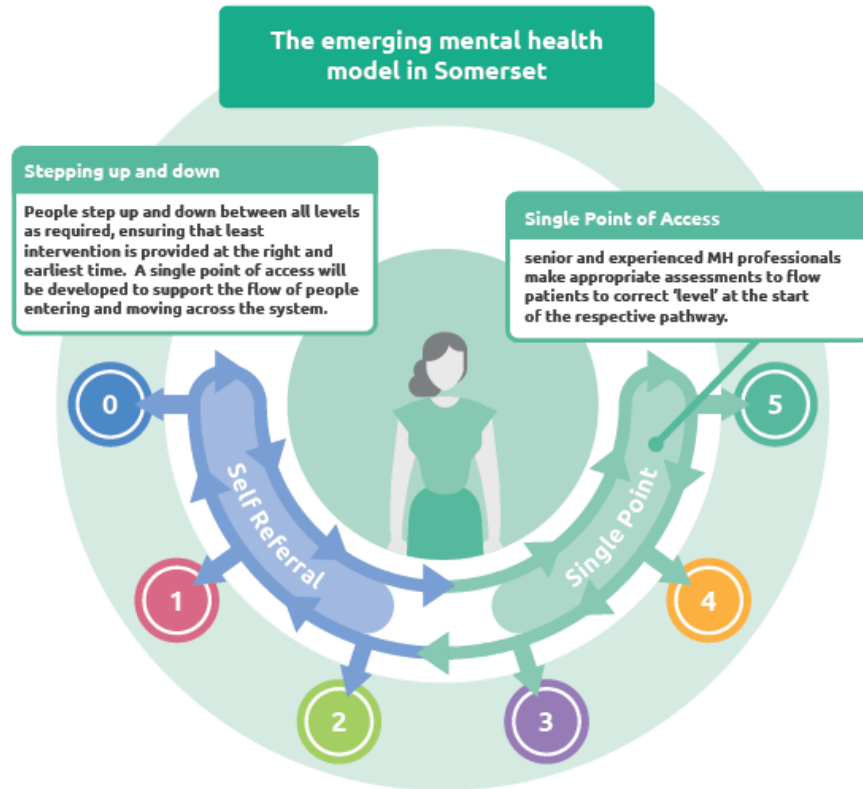
Public consultation on the future configuration of adult acute inpatient mental health beds

Why do we need to focus on our mental health services?

- We know there is inequity in provision and spending between physical and mental health services
- It's thought that over 70,000 of people in Somerset have a mental health problem at any one time:
 - Around 2,400 people are in touch with specialist treatment services
 - Approximately 46,000 people are registered with their GP as having depression
- Mental health conditions are becoming increasingly complex; suicide is on the increase (both known and not known to mental health services) - sometimes the person involved hasn't sought help from health services at all
- Patients, carers & staff say it's difficult to get access to the right services at the right time
- We need to place a greater focus on prevention and recovery with the needs of the person at the centre

The Mental Health Model in Somerset

Long term conditions, including frailty, are health conditions that can't at present be cured but can be controlled by medication and other treatment or therapies.



What does each levels means?

Offer 0	Building and supporting inclusive communities, understanding what makes people ill, tackling social issues leading to health inequalities eg life expectancy.	Thriving
Promoting positive mental and emotional wellbeing		

Offer 1	Community based support including social and leisure activities that promote emotional wellbeing, often provided by people who have experience of mental health issues.	Coping
Emotional Wellbeing Support		

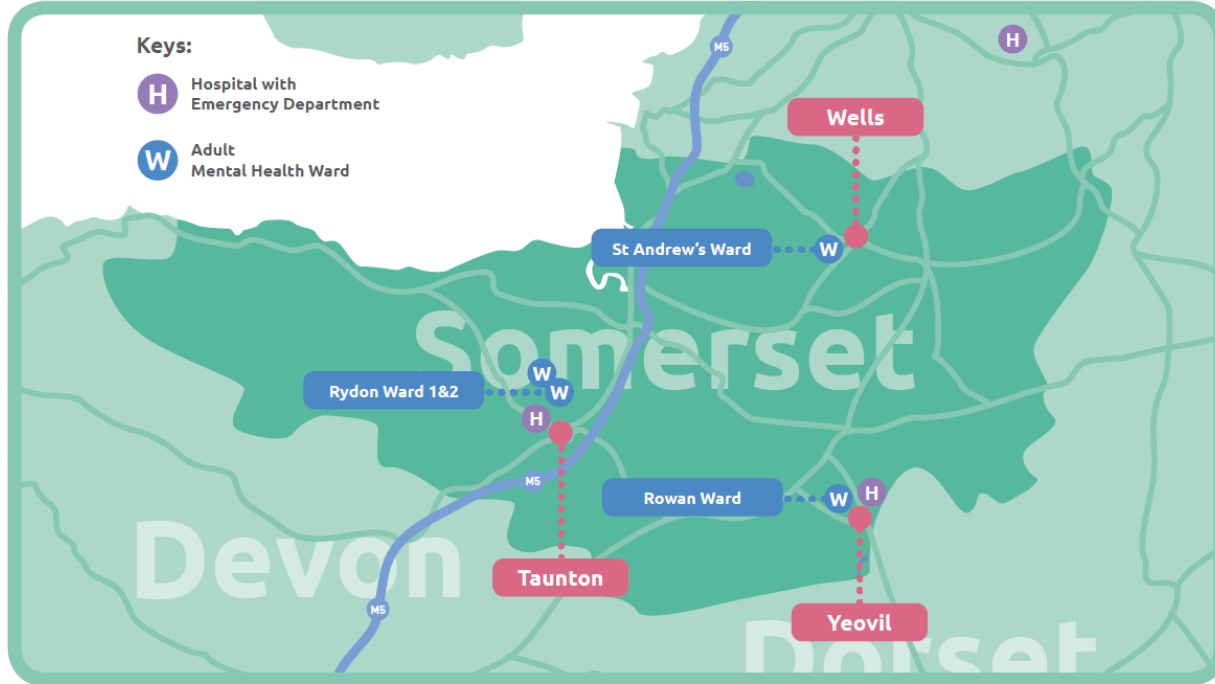
Offer 2	Improving access to psychological (talking) therapies for anxiety and depression including the use of digital technology. Supporting people with long term conditions and symptom management to meet physical and mental health needs.	Getting help
Timely support and early intervention		

Offer 3	Additional support for people with more complex needs eg experience of previous trauma, who would benefit from specialist talking therapies.	Getting help
Specialist Therapies Service		

Offer 4	Specialist recovery-focused multi-disciplinary mental health support for people with higher level mental health needs including psychosis, severe depression and personality disorders.	Getting more help
Community Services		

Offer 5	Crisis and urgent care support to avoid admissions to hospital eg Crisis Cafes and Home Treatment Teams. Inpatient beds for those who require support in a hospital setting.	Risk Support
Acute/Urgent Care including Home Treatment and inpatient beds		

Where are the acute mental health inpatient beds now?



Wards	Rowan (Yeovil)	Rydon One (Taunton)	Rydon Two (Taunton)	St Andrews (Wells)	TOTAL
Bed Numbers	18	15	15	14	62

- Adjacent to Rydon Ward in Taunton is Holford Ward, a Psychiatric Intensive Care Unit with 10 beds, a S136 place of safety suite, and two older people's mental health wards.
- Adjacent to Rowan Ward in Yeovil is a S136 place of safety suite

Which wards are being considered in the consultation?

- **Rowan Ward, Yeovil:** 18 beds, plus s136 Place of safety
- **Holly Court, adjacent to Rowan Ward:** previously an inpatient ward, it will need to be refurbished to bring it back into operation

- **St Andrews Ward, Wells:** 14 beds
- **Phoenix Ward, adjacent to St Andrews:** currently derelict, it would need extensive refurbishment or rebuilding altogether to bring it back into operation.

Both Rowan Ward and St Andrews ward are 'stand alone' mental health units i.e. they have no other mental health unit near by.



Why we need to review acute inpatient beds: the critical Issues

- 1. 'Stand alone' wards:** There are no other inpatient ward staff close by to support in times of crisis: Rowan and St Andrews Wards are 'stand-alone' wards (not adjacent to another ward) and rely on police to support ward staff in times of difficulty.
- 2. Medical cover out of hours:** medical cover is provided round the clock by junior doctors at Taunton and Yeovil but not at St Andrews Ward. As a result patients can't be admitted to Wells after 3pm Monday to Friday or out of hours, and there's no facility for acute psychiatric assessment outside of these hours (psychiatric telephone support out of hours only) so high risk patients need to remain in Taunton or Yeovil.
- 3. Distance from an Emergency Department and acute medical support:** St Andrews closest ED is at Bath RUH, 22 miles / 45 minutes by ambulance compared to just minutes for Taunton and Yeovil wards. Recovery from serious suicide attempts is potentially compromised; by the time required to access medical support with recovery potentially dependent on severity of attempt & time taken for ambulance to reach ED, as a result high risk patients are admitted & remain at either Taunton or

Three options we considered

Option 1 – stay the same

Keep all four wards in the same locations with the same functions & bed numbers; invest in buildings to bring them up to modern standard

Option 2 – Relocate Wells service to Yeovil

Relocate St Andrews Ward, Wells, & create two wards using existing ward space at Rowan / Holly Court; would require some refurbishment to enable the change

Option 3 – relocate Yeovil service to Wells

Relocate Rowan Ward, Yeovil, and create two wards, refurbishing or rebuilding the existing Phoenix Ward adjacent to St Andrew's

Our preferred option is Option 2.

Implications of moving St Andrews beds to Yeovil

- This option will create two wards of 16 beds, including two extra care areas that can be used to support particular additional requirements at times of greatest need.
- The wards will be equal in size, have round the clock medical cover and be affordable from within existing resources.
- The existing s136 place of safety provision will continue unaffected by these changes.

Why is this our preferred option?

Distance from an Emergency Department:

- St Andrews Ward is 22 miles / 45 minutes away from the nearest ED at Bath RUH; Rowan Ward is 1 mile away from Yeovil ED

Risk management and safety:

- Even were there to be two wards at St Andrews, Wells (Option 3), a number of patients with high risk of self-harm or complex physical conditions would still need to stay at Taunton to be close to an ED
- For the same reason the S136 suite couldn't be moved to Wells; capacity of these units is already stretched at times

Availability of out of hours cover:

- Yeovil and Taunton have psychiatric cover on site at all times, including out of hours, and accredited Clinical Practice Supervisors to oversee training
- Wells doesn't have 24/7 psychiatric cover and doesn't have accreditation due to its size and isolation

Other key considerations in our thinking

Travel and transport

We analysed the travel times of 321 patients who used Wells & Yeovil services in 2018/19 to compare the options:

- **Transferring Wells beds to Yeovil** – **77** patients would face longer journey time; **28** of them an increase of more than 20 minutes
- **Transferring Yeovil beds to Wells** – **145** patients would face longer journey time; **111** of them an increase of more than 20 minutes

Workforce:

- The size of St Andrews Ward & lack of supporting infrastructure make it less appealing for senior consultant psychiatrists
- Wells can't provide placements to trainee psychiatrists because there are no accredited Clinical Practice Supervisors to oversee their training & the lack of infrastructure means there isn't the breadth of experience for trainees to develop the full range of competencies & skills they need

Affordability & value for money:

- **Capital** (bricks and mortar) **costs** – Option 2:Yeovil **£4.791m** Option 3: **Wells £7.166m**;
- **Revenue** (day to day running) **costs** – Yeovil **£4,266,880** ; Wells **£4,523,350**;

Services for people in the north of Somerset if St Andrews Ward is relocated?

We will:

- **Increase the skill mix and capacity of community based mental health teams & home treatment teams** – more psychiatrists, psychologists, & community psychiatric nurses, enabling safe and effective care for more people at home
- **Appoint ‘Recovery Partners’** – people with lived experience to work alongside Community Mental Health Teams and Home Treatment Teams
- **Improve partnerships and joint-working with voluntary & social enterprise organisations** - such as Heads Up in Mendip area, Village Agents, MIND and others
- **Develop 2 Crisis Cafes, one in the Wells/Mendip area (the other in Bridgwater)** - to provide safe space for people experiencing mental health distress, and support for people at or before they reach crisis point; they’ll be open at times of peak need.

Mental Health Consultation

We would like to know what you think

By having conversations and asking you to share your thoughts, we will be able to:

- Understand what is most important to you about mental health services in Somerset
- Understand the issues and challenges you and your family experience in the way our mental health care system works now.
- Share with you the opportunities we have and why we think making changes will give you better community and ward based services.
- Check out our thinking so far and hear your views; we want to know whether there is anything we have missed, not thought of, or could do differently.

Thank you – Any questions?



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