

APPENDIX ONE

A Positive Mental Health and Wellbeing Strategy for Somerset 2019-2024

Vision:

Everyone in Somerset is supported to build resilience and maintain their mental health, and are always able to access the right information, advice and support to maintain and increase positive emotional health and wellbeing. When needing support, we will focus on person centred care, promoting independence, increasing resilience, recovery and wellbeing by providing the right support in a timely manner.

Need:

- Prevent people moving further along the treatment pathway
- Preventing mental ill health and promoting positive mental health and well being
- Embrace digital innovations and solutions
- We need more support earlier in the process focusing on housing & employment support Training & upskilling for staff, communities, families and individuals
- More flexible services closer to people's home
- Support across the life course providing advice and support to all ages
- Parity of esteem with physical health
- No boundaries between primary, secondary and social care
- Crisis and recovery college .
- The whole community confident in promoting and supporting positive mental health and mental ill health supporting families and carers.

Principles to achieve the vision:

- Mental health is at the heart of all policy and service
- We work with communities to build their resilience and promote mental well-being for all.
- Everyone needing support, including families and carers will get the right service at the right time from the right people in the right way.
- Children and young people's mental health will be the bedrock of our approach.
- People get support at the earliest opportunity
- We will promote recovery, inclusion and empowerment.
- Enabling resilience for our communities, in partnership with the third sector.
- Support will be based on best evidence and co-produced with the people who use them.
- There is a seamless all-age approach recognising that mental health can be an issue throughout life.
- People affected by mental health problems do not face stigma or exclusion in Somerset
- A resolute focus on delivering outcomes for people, families and communities.
- Invest in the building blocks for positive mental health e.g. employment, education, housing, community safety, poverty.

Ambitions:

- Year on year reduction in premature mortality among people with severe and prolonged mental health issues regardless of age:
- Moving money across the system with less in treatment and more in primary prevention
- Improved emotional wellbeing for the Somerset population
- Reduction in suicide with the ambition of zero suicide
- Reduction in Self harm
- Fully functioning recovery college, and crisis café
- A year on year reduction in the employment gap between people in mental health services and others.
- No one to experience MH without knowing where to get support
- Future proof based on projected demographics of Somerset population

The emerging Mental Health (MH) model for adults in Somerset

Stepping down and recovery
 People step up and down between all levels as required, ensuring that least intervention is provided at the right and earliest time. A single point of access will be developed to support the flow of people entering and moving across the system

Self referral
 and/or referral from professional

Single Point of Access – senior and experienced MH professionals making appropriate assessments to flow patients to correct 'level' at the start of the respective pathway



Promoting positive mental and emotional wellbeing (level 0)

Creating supportive and inclusive communities, identifying the social determinants of health and addressing the resulting health inequalities, building social capital and capacity

Emotional Wellbeing Support (level 1)

Community based Health interventions, including social prescribing, health coaches, informal networks, primary care MH support workers and peer support workers, physical Health checks, etc.

Timely support and early intervention - IAPT (level 2)

Talking therapies /IAPT core services, for anxiety and depression, increasing digital access, widening reach of services., Long Term Condition and symptom management provision streamlined within an integrated approach with physical health commissioning, including medically unexplained conditions.

Stepping up (level 3)

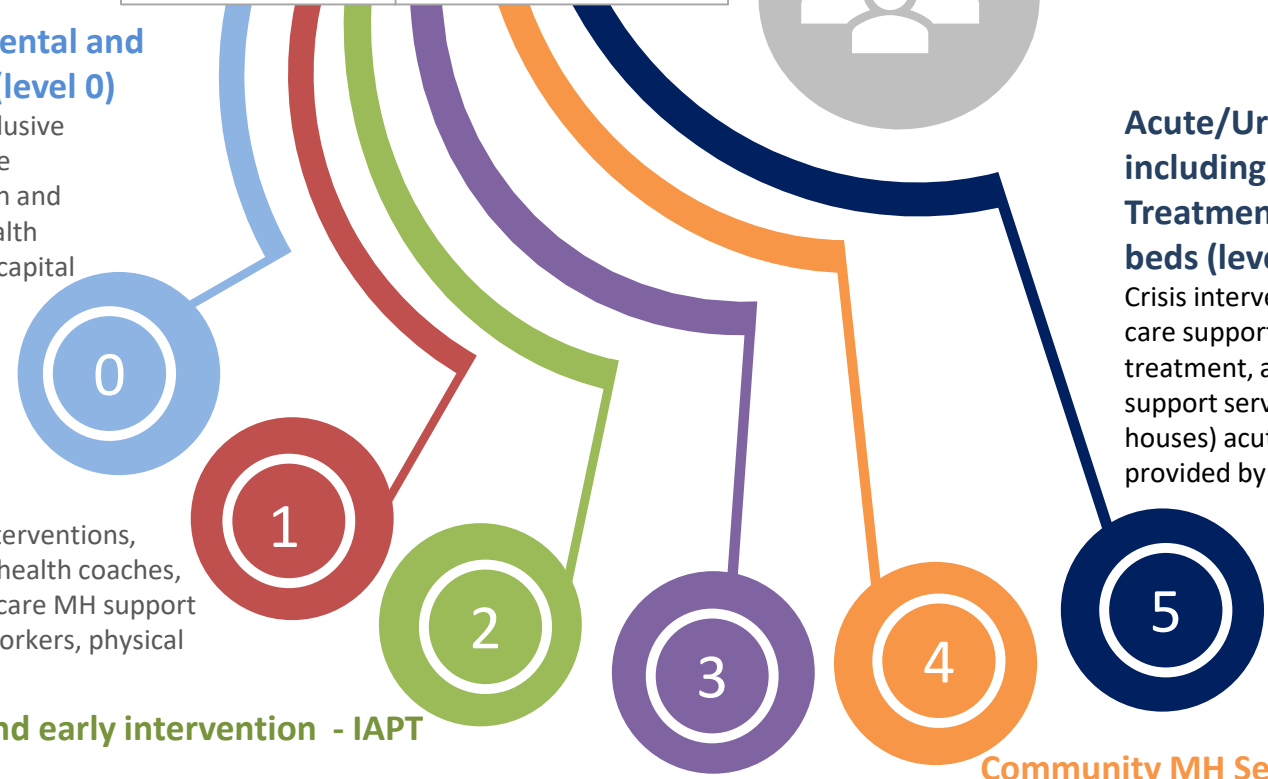
Additional provision for those who exceed the IAPT criteria who would benefit from talking therapies at a more specialist level (e.g., CAT or DBT interventions)

Community MH Services (level 4)

Specialist recovery focused MH support for those with higher level MH needs including psychosis, severe depression, complex personality disorders, etc., active care-coordination provided by multidisciplinary community teams.

Acute/Urgent Care including Home Treatment and inpatient beds (level 5)

Crisis interventions and urgent care support including home treatment, admission avoidance support services (e.g., crisis houses) acute Mental Health beds provided by specialist services



Emerging Somerset CYP Mental Health Pathways

