

Delivering for Mental Health Leading Change

INPUTS FROM LOTHIAN @ 30 March 07

1. Project Description from Application Form

IMPLEMENTING THE STEPPED SERVICE MODEL

As part of the Lothian wide Joint Mental Health and Wellbeing Strategy, agreement has been reached on a stepped care model for the management of common mild to moderate mental health difficulties presenting within community, primary and secondary health care settings. The model (Lothian Psychological Interventions Network Report on Stepped Care), makes particular recommendations regarding the provision of evidenced-based interventions as recommended in current guidance documents (including NICE guidelines for depression).

It is recognised that within the City of Edinburgh the current availability of tiered psychological and social interventions for depression is inadequate to meet the current high level of demand, particular in community and primary care settings. As a result, primary care practitioners have few alternatives to the prescription of psychotropic medication or referral to specialist services.

The primary aim of the project is to improve and co-ordinate the citywide provision of appropriate and recommended multifaceted mental health interventions for mild to moderate mental health difficulties, utilising the stepped service model.

Implementation of the project will require multi agency (including users and carers) formulation and agreement on both generic and specific care pathways (e.g. depression and anxiety disorders). A key aspect of the implementation of a stepped care model will be the cultural change this brings about and the emphasis on a more multi agency approach that will lead to a less initially medicalised pathway to resolving mild to moderate mental health difficulties for people in community settings.

Successful implementation of the stepped care model will involve significant enhancements to the current pattern of service delivery including changing/bridging the traditional service boundaries and interfaces (primary/secondary care, statutory/voluntary sector etc), which are currently acting as blocks to the effective delivery of services in a co-ordinated manner. The project will further ensure that services are socially inclusive and accessible.

The project will complement and enhance other current initiatives, particularly the Lothian Alliance Against Depression focus on community (Tier 0) interventions for improving the detection and management of depression.

2. Additional Info submitted on 23 March

OUTLINE PROJECT PLAN

Date	Key Milestones
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July 2007	<p>MAPPING Complete mapping of initiatives and services to the Stepped Care Model</p>
Sept 2007	<p>STEP 0 – EDUCATION AND PUBLIC AWARENESS <i>Production of materials in both printed and electronic format</i></p> <p><i>Distribution of printed materials should be made widely available in health and community settings, including surgeries, libraries and other relevant public places.</i></p> <p>Progress the training of Scottish Mental Health First Aid Training (MHFA) and LAAD Community Facilitator Training across Edinburgh</p>
Sept 2007	<p>STEP 1 – COMMUNITIES AND LOCAL NEIGHBOURHOODS Rollout Stress Groups to local communities using existing partnerships to progress this initiative.</p> <p>Establishment of Advice Clinics in localities taking account of the pilot model findings and experiences in South East Edinburgh, Midlothian and the STEPS model in Glasgow.</p>
Sept 2007	<p>STEP 2 PRIMARY HEALTH CARE; PRIMARY CARE MENTAL HEALTH INCLUDING UNSCHEDULED CARE AND OUT OF HOURS PROVISION Staff training in primary care - rollout of the LAAD GP Training to Practice Teams using protected learning time</p>
October 07	Develop and distribute Self help literature based on cognitive behavioural techniques, for use at all service tiers, including community settings.
October 07	Deliver specific self help materials and guided self help - target specific difficulties and topics for example depression, anxiety, confidence and self-esteem
Nov 07	Investigate and develop book-prescribing schemes in liaison with local libraries and voluntary sector agencies. Such schemes will ensure the ready availability of the recommended texts at minimal or no cost to the public
Nov 07	Develop local exercise schemes to make the adoption of exercise programs attractive and accessible to those persons on low-income.
Nov 07	Develop easy to understand leaflets detailing how anti-depressants work and any possible side effects should be given to all receiving prescriptions
Dec 07	Develop protocols to actively review persons commenced on psychotropic medication within all service tiers.

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<p>Feb 08</p> <p>Feb 08</p>	<p>STEP 3 - SECONDARY CARE MENTAL HEALTH SERVICES INCLUDING COMMUNITY MENTAL HEALTH TEAMS; COMMUNITY SUBSTANCE MISUSE SERVICES; COMMUNITY REHABILITATION TEAM</p> <p>Continue to develop and support a workforce to deliver on the appropriate range of interventions that is supervised and co-ordinated within a network locally and across Lothian.</p> <p>Deliver and develop a range of psychosocial intervention groups, particular those utilizing cognitive and/or behavioural approaches</p>
<p>Mar 08</p>	<p>STEP 4 – SPECIALIST SERVICES INCLUDING SPECIALIST PERINATAL MENTAL HEALTH TEAM; THE CULLEN CENTRE; THE RIVERS CENTRE; PSYCHOANALYTICAL PSYCHOTHERAPY; INPATIENT SERVICES</p> <p>Contribute to a review of Specialist services to improve response times to individuals requiring urgent and /or complex interventions</p>

Local Monitoring and Evaluation

There will be a process evaluation, documenting the course of implementation (including the roles and contributions of partners, and how to maximise activity through the use of minimal or existing resources). This will provide substantial knowledge in relation to the spread and sustainability of stepped care approaches for promoting public and professional awareness of mental health problems; and for developing community and professional partnerships for service delivery.

The LAAD evaluation programme (led by University of Edinburgh) will be a key source to enhance the evidence base for the range of stepped care activities and social prescribing.

Adding Value Nationally

Knowledge transfer activities will include:

- a day event for Lothian partners and other Health Boards in Scotland to report on learning from the project and from perspectives of key stakeholders and partners.
- A summary document of key elements required to implement the Stepped car model including the structural and organisational approach to implementation in Edinburgh
- Attendance at key national events and conferences to further disseminate key learning around the implementation, expansion, sustainability and impact of Stepped Care activities.