

# Delivering for Mental Health Leading Change

INPUTS FROM TAYSIDE @ 30 March 07

## 1. Project Description from Application Form

### DEVELOPING DAY SERVICES THAT PROMOTE SOCIAL INCLUSION

Angus Mental Health Services wish to develop a project group which will build on work already done to establish day services that actively develop, promote and maintain social inclusion and social engagement within natural communities for people with mental health problems. In social inclusion terms this will result in services moving away from red (institutions) and amber (mental health community services) and enable users to engage in green services (services that all members of society can benefit).

#### Background

Mental Health Services in Angus are delivered by a fully integrated mental health service, lead by the CHP but includes all social work mental health services.

Services are categorised into 4 main levels:-

Level 1: Community based support and 'prevention' services- e.g. to support employment, training, leisure and recreation.

Level 2: Services linked to doctors surgeries e.g. psychological therapies.

Level 3: Specialist community mental health services

Level 4: Hospitals and specialist clinics.

The Angus Mental Health Strategic Planning Group (SPG) is well established and is fully representative of statutory, voluntary services and users and carers. A major role of the SPG is to assess current services, identify areas for development, in particular unmet need and make recommendations regarding developments and where monies should be invested.

The objective of the proposed project group is to implement a range of level one services that: -

- Support individuals to gain access to social, educational and work opportunities within their communities to maintain quality of life.
- Provide meaningful opportunities for individuals to develop their independence in everyday living, for example, finance management, domestic and household skills, social skills and food and nutritional management.
- Proactively promote a positive image of mental health to enable empowerment of individuals and self-help.
- maximise, social, cultural, sporting opportunities

Examples of services included in the range would be: -

- Befriending Schemes
- Life Skills Development
- Recreational and Leisure Activities.

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- Self Help/Club House models.
- Support into Work Schemes
- Support into Education Schemes.

## 2. Additional Info submitted on 23 March

### 2.1 Project Plan

Project Plan
<p><b>What do we want to do</b></p> <p>The objective of the project group is to implement a range of services that: -</p> <ul style="list-style-type: none"><li>- Support individuals, with a mental health problem, to gain access to social, educational and work opportunities within their communities to maintain quality of life.</li><li>- Provide meaningful opportunities for individuals to develop their independence in everyday living, for example, finance management, domestic and household skills, social skills and food and nutritional management.</li><li>- Proactively promote a positive image of mental health to enable empowerment of individuals and self-help.</li><li>- maximise, social, cultural, sporting opportunities</li></ul> <p>Examples of services included in the range would be: -</p> <ul style="list-style-type: none"><li>- Befriending Schemes</li><li>- Life Skills Development</li><li>- Recreational and Leisure Activities.</li><li>- Self Help/Club House models.</li><li>- Support into Work Schemes</li><li>- Support into Education Schemes.</li></ul> <p><b>The objectives for the project group would be to</b></p> <ol style="list-style-type: none"><li>1. Devise objectives that are clearly defined, understood and shared by all group members.</li><li>2. Define objectives in terms of what specifically we are trying to achieve i.e. what level one services will look like.</li><li>3. Define clearly and agree what is meant by what 'level one services'</li><li>4. Identify need for services</li><li>5. Identify all resources that are available including statutory and voluntary sector funding, staffing and other resources e.g. premises.</li><li>6. Identify opportunities and constraints.</li></ol>

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7. Devise a commissioning strategy for level one services.
8. Define quality specifications that are quantitative and qualitative from both a client and service perspective and include within the commissioning strategy.
9. Identify a time period when the objectives will be achieved with interim milestones.

The outcome for the Project Team would be a Level One Strategy that includes commissioning, planning, contracting and evaluates services. This strategy will need to detail how services delivered within level one interface with all other services achieving a whole systems approach.

We would hope that an implementation plan would be complete by late summer 2007, complete commissioning by the end of 2007 and services would be start to be delivered throughout 2008.

Other more broad objectives that will need to be considered within an evaluation include: -

- Ensure that there are a **range** of services available to provide **appropriate** care. (Linked to Section 25 of the Mental Health (Care and Treatment) (Scotland) Act 2003.
- Ensure that people who have or had a mental health problem are able to **access** opportunities for leisure, training and employment. (Section 26 MHC&T Act)
- Ensure that transport is **not an obstacle** to access (Section 26 MHC&T Act). This is particularly relevant to Angus, which is a rural area with no natural centre.
- Ensure services promote **equality, social inclusion, recovery and rights**. (Delivering for Mental Health)
- Include evidenced based psychological therapies services in the form of counselling services which will help people **maintain current** relationships, employment etc. (Delivering for Mental Health)
- Include leisure and exercise programmes which will **improve physical health**. (Delivering for Mental Health)
- Implement **recovery based** approaches to service delivery across Angus (Local Joint Improvement Target)
- Evidence **health promotion** activity across Angus for the mental health population. (Local Joint Improvement Target)
- Lead to service users and carers **reporting increased satisfaction** with mental health services in Angus. (Local Joint Improvement Target)

### 2.2 Monitoring and Evaluating Work of Project Team.

The aims and objectives of the Project Team will be agreed by the project team and shared with members of the Mental Health Strategic Planning Group, The Joint Management and Commissioning Group, and the Tayside Adult Mental Health Services Review Board. This will ensure strategic buy in at both a local and area wide level with the statutory and non-statutory stakeholders.

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The work of the Project Team will be monitored by the Mental Health SPG and the Tayside Mental Health Delivery Plan Group.

It is envisaged that the Team will follow accepted project management principles, which should allow for easier monitoring of progress and the final evaluations of the Project Team and Level One Services.

### **2.2.1 Monitoring and Evaluation of Project Team.**

A Project Schedule will be established. This will include outcomes and timescales. A Gantt chart may be considered for this purpose.

The leadership aspects of the Project Team will require a qualitative evaluation. It is hoped that by group members coming from a variety of backgrounds with different skills, experience and perspectives will result in a more acceptable and effective level one model but also improve working relationships in the future. The project group will need to articulate the leadership outcomes it expects and how this will be monitored and evaluated. Important aspects in this evaluation will include successful team performance and how this can be shared.

### **2.2.2 Monitoring and Evaluation of Outcomes**

One indicator of the success of the team will be if it has delivered its outcomes. Level one services will be subject to rigorous monitoring and evaluation via commissioning requirements and within existing in-house quality strategies.

This project will need to evidence that it is incorporating service users and carers in all aspects of service delivery and design.

### **2.2.3 Benefits Of Leadership Programme.**

The review of day services within level one has been in the development stage for approximately 5 years. Successive groups have tried to move this on with limited success. However in the last 12 months a future model of level one services has been agreed, following consultation with all stakeholders, is supported by the SPG and approved by the Joint Management and Commissioning Group. This group is ready to move this forward. We hope that the leadership programme will assist us articulate what exactly we are trying to achieve and more importantly share this vision with all stakeholders and ultimately deliver.