

Transformation Update



Welcome to edition 7

Welcome to edition 7 of Transformation Update, our stakeholder newsletter, which announces the start date for the new working age adult community mental health care teams at three early implementer sites in Leeds.

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

Marching towards change

We are just days away from the official start of a new approach to providing community mental health care and support at three early implementer sites in Leeds.

For more than two years colleagues from the NHS in Leeds, community and voluntary organisations, people with lived experience, including carers and Leeds City Council have worked in partnership to debate and design the provision of joined-up mental health care and support for working age adults. From Monday 11 March, multi-disciplinary teams will be working with new and existing community mental care service users and carers living in:

- West Leeds
- LSMP and The Light
- Hatch (Burmantofts, Harehills and Richmond Hill and Chapeltown)

to identify and provide responsive health and social care and support that meets their needs, close to where they live.

During the past few months, clinical and admin team members have attended introduction days to get to know each other and training sessions to start to equip them in their roles. Training will continue, including a continuing professional development programme, details of which will be widely publicised in advance.

The new approach

Multidisciplinary teams from different services will be working together to provide services and support that:

- Make it easier for local people to use mental health and care systems.
- Prevent people from falling in the gaps between services.
- Support people's psychological, emotional and physical needs.

The teams will work closely with service users to understand more about what has happened to them and what they need to help them to move forward and remove barriers that prevent them from living a fulfilling life.

Examples of care and support available include:

- Social and community support from more services, including housing, employment, money advice and benefits.
- Psychological therapy. This could be provided in a group or one to one.
- Information about medicines.
- Support attending health appointments.
- Helping to build positive connections with their networks and wider communities.

Teams are being placed in more communities around Leeds during 2024 and 2025.

Building change

While 11 March sees the start up of the early implementer sites, changes and improvements have been taking place in working age adults' community mental health services for the past couple of years. These include recruiting colleagues into:

- Primary care therapies team
- Recruit to train psychological therapy
- Advanced clinical practitioners
- Community wellbeing connectors
- Peer support workers
- Pharmacy support
- Community rehab and recovery
- Community support teams

There have been developments in psychological group support offered, based on a trauma informed approach, including:

- Dialectical behaviour therapy (skills for life)
- Dealing with feelings
- Journey

Other initiatives also completed include:

- Joint triaging of referrals by PCMH and CMHT.
- The former Leeds Personality Disorder Managed Clinical Network has been rebranded and updated to become Leeds Emerge.
- Aligning LYPFT, working age adults services and community mental health teams to primary care networks.



Governance arrangements

Current governance arrangements are being updated, to reflect the changes as the new teams come on stream.

From April 2024 a Community Mental Health Partnership Board will replace the existing Programme Board.

- Membership will be made up of the main partner organisations responsible for providing the different aspects of care.
- Partner organisations will delegate their representatives with the authority needed to enable the board to function effectively.
- The board will be responsible for the strategic oversight and development of transforming primary and community mental health services across Leeds, including:
 - Testing, evaluation and scaling up of new care delivery models.
 - Oversight of ongoing pathway development work needed to respond to the transformation priorities set out in the NHS England Roadmap for Transformation.

The board will report into the Leeds Mental Health Population Board

Grant support update

Funding to continue

There was good news for the eight successful applicants who received funding in the first round of funding for Community Mental Health Transformation. They are being funded for a further year to continue their work with adults and older adults with complex mental health needs.

The grant holders are:

- Trust Leeds
- Humans Being
- Leeds Mindfulness Cooperative
- Shore Up CIC
- Oblong
- The Conservation Volunteers
- Black Health Initiative
- Mafwa Theatre.



Round 2 grants awarded

Round 2 funding has been awarded to six citywide applicants, supporting work within five focus areas of Community Mental Health Transformation. The successful applicants are:

- Calm & Centred and Feel Good Factor (Black men)
- Leeds Autism AIM (people with access needs)
- LS14 Trust, in partnership with GIPSIL and Barca (transition age)
- Sporting Memories Foundation (older people)
- Leeds Minds (people experiencing poverty)
- Season Well (people experiencing poverty)

Local response grants

Also, in Round 2, eight local responses grants have been awarded. They are for:

- Battle Scars (group work and social activities in their new hub in South Leeds).
- The Conservation Volunteers (work with older people in Seacroft and Central local care partnerships).
- Caring Together (men's work, targeting the tower blocks of Little London and Woodhouse).
- Complete Woman CIC (co designed activities, support and mentoring for men, women and families in North Leeds).
- Hamara (follow up care and support project for people in Beeston and Middleton and Leeds Student Medical Practice and the Light, supporting people after discharge from an acute ward, through social activity-based groups).
- Shine Bright CIC (WRAP courses for people aged 17 – 25).
- The Apple Box Company (tailored drop-ins/group work with African Caribbean people receiving services in HATCH).
- Barca (psycho-social activities for adults who have experienced childhood trauma, with a particular focus on parents in Bramley, Stanningley and Armley).
- LATCH (mental health and wellbeing support to formerly homeless tenants at LATCH, and people at risk of homelessness).
- Living Potential Care Farming CIC (therapeutic horticulture project in Wetherby).

Contact sarah.wilson@forumcentral.org.uk for more information about the grant funded work or if you are interested in working with any of the partners listed above.

Training and development

Training for the new approach is key to preparing primary and community mental health care colleagues and, so far, has covered:

- Trauma informed sessions (admin)
- Trauma and complexity (service user and carer facing roles)
- Formulation (service user and carer facing roles)
- Manager and team coaching sessions
- Helpful conversation

The sessions will continue to be offered to community mental health services as part of a programme of continuous development sessions. Other subjects to be covered in future include:

- Social prescribing
- Psychological interventions
- Peer support
- Key worker
- Touchstone offers (e.g., community wellbeing connectors)
- Citizens' Advice
- Working with older people
- Working with carers.



Test and learn

The early implementer teams are providing a valuable way of testing and learning from everybody's experiences of the changed services. Also, people with lived experience are playing a major role evaluating how these changes are working and their impact on local communities. One way they will do this is through getting feedback from service users and their carers over the next few months.

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.



www.mindwell-leeds.org.uk/transforming-community-mental-health-services/

