

# Briefing

## For commissioners of mental health services in London

March 2010. *Version 2 - updated*

### New Horizons: a shared vision for mental health

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#### History and background

*New Horizons: a shared vision for mental health* was published by HM Government in December 2009. Its aim is to build on the National Service Framework, which was a ten year plan for the modernisation of mental health services. In July 2009 the New Horizons consultation document was published and the consultation ran until October 2009.

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#### Document summary

The eight key themes that arise from New Horizons are:

- § Prevention and public mental health
- § Early intervention
- § Personalised care
- § Multi-agency commissioning/ Innovation/ Value for money
- § Strengthening transition
- § Tackling stigma

All involve the way in which services are commissioned and monitored. The broad tenets presented in the document are prevention, personalisation and patient-centred services.

The New Horizons December 2009 document references a number of tools and publications that are expected from spring 2010. This briefing focuses on highlighting these, as well as other key issues for commissioners. This briefing isn't a comprehensive summary of the entire New Horizons vision.

For your reference we have developed the following key to flag important points and documents.

**Coming soon...** Products, events or work that is expected to be released over the coming year.

**To note:** Important points for commissioners detailed by New Horizons.

**Here now:** Publications or pieces of work preceded by New Horizons which are now available (as of March 2010)

**Coming soon...** New Horizons will publish briefings aimed at PCTs to update and inform local decision making.

## Prevention, public health and wellbeing

A public mental health approach

- § prevention of mental ill health
- § promotion of mental health

Three tools for commissioners that New Horizons (December 2009) has indicated are coming:

**Coming soon** A public mental health framework, which is a guide for local strategic partnerships (expected spring 2010). This will be called *Flourishing People, Connected Communities*.

**Coming soon...** An atlas for mental wellbeing in England (expected spring 2010).

**Coming soon...** An online cost-calculator, to support best value for money in effective local approaches to population wellbeing (expected 2010)

There will also be workforce reviews to look at how staff can be trained in wellbeing and prevention.

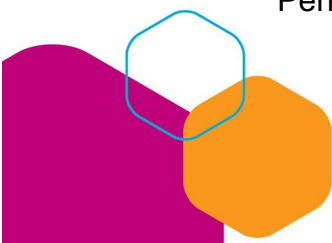
**Coming soon...** Workforce reviews to be undertaken in 2010.

### Adults Wellbeing: Employment and Housing

- § Employment and wellbeing are already well recognised in cross governmental strategies
- § Employment to be included as an outcome. *Realising Ambitions: Better employment support for people with a mental health condition*, an independent report led by Rachel Perkins provides a model that should inform local commissioning decisions.

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§ Employment support integrated into IAPT services

**To note:** an outcome indicator in the WCC assurance framework for year 2 that includes employment

**To note:** PCTs are encouraged to add employment and accommodation to the NHS standard contract as an indicator to be routinely supplied by providers

**Coming soon...** Volunteering. The Department of Health is working on a high level strategy that will be published 2010

## Housing

**To note:** PSA 16 measuring the proportion of adults in contact with secondary mental health services who are in settled accommodation

**To note:** an outcome indicator for WCC assurance framework for year 2.

**To note:** Outcome indicator for housing. Recording of housing status to be included in new performance framework for non foundation trusts

**To note:** Contract: housing to be PCTs are encouraged to add housing to the NHS standard contract as an indicator to be routinely supplied by providers

## Suicide Prevention

As well as the above there is further work around suicide, with a refreshed National Suicide Prevention Strategy, including ways to support bereaved families.

Other work includes frameworks and strategies for alcohol and violence and abuse.

## Early Intervention

***“Half of lifetime mental illness is already present by age 14” (NH, page 23)***

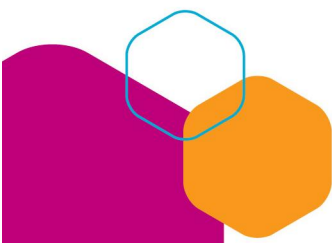
***“Early interventions in severe mental illnesses... not only reduce the length and severity of the illness and disability but are also very cost effective” (NH, page 24)***

§ Increasing use of the third sector

## Children and Young People

§ Children and Young People refer to the *Healthy Children, Safer Communities* strategy which addresses the Health and well-being needs of children in contact with the Criminal Justice System.

§ National CAMHS review included guidance for commissioners.



- Increasing joint working between schools (i.e. educational psychologists) with CAMHS.
- To look at the whole children population, including areas where might have traditionally been missed such as those being educated at home.
- To look at a “whole family” approach. Includes the Targeted Mental Health in Schools programme.

**Here now:** The government’s full response to CAMHS review, which will include service specifications and guidance for commissioners

<http://www.dcsf.gov.uk/CAMHSreview/>

### Delivering Race Equality

- § The DRE plan which has a specific focus on Early Intervention and improved access from people of BME groups

### Older People and Dementia

- § Older people, the National Dementia Strategy includes recommendations for Early Intervention.

## Personalisation

*“...that all individuals in our communities, whatever their age, background, income or need, will have access to care and services...” (NH, page 28)*

**Here now:** *Path to Personalisation in Mental Health: A Whole System, Whole Life guide*

<http://www.pathstopersonalisation.org.uk>

**Coming soon...** Eight of twenty pilot evaluations of individual health budgets being planned by the Department of Health, will have a mental health component.

**Coming soon...** Early 2010 a summit on Personalisation and mental health hosted by the Department of Health, Future Vision Coalition and other partners.

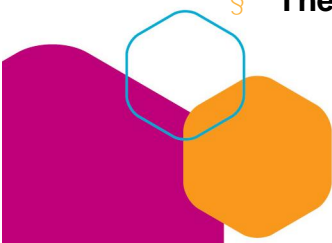
- § Department of Health’s proposed social care reform. Includes details about individual needs assessments and the portability of these going across local authority boundaries

### Improving access to mental health services for socially excluded and high risk groups

- § **The armed forces**

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**To note:** Pilots running. The NHS led community care final version of pilots expected spring 2011

**To note:** The publication, *IAPT commissioning for the whole community*, includes IAPT services for veterans

[http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/DH\\_090011](http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/DH_090011)

### § Mentally ill offenders

**To note:** Joint criminal justice and NHS approach to offender health

**To note:** Use of JSNA to help inform commissioner's decisions

### § BME communities

**To note:** Commissioners have a duty to understand, respect and meet the needs of their BME population. Proactive work with the communities, ensure services are personalised around their linguistic and cultural characteristics.

**To note:** NMH DU have an ongoing programme to deliver race equality in mental health. The programme will include:

- § 10 evidence based equality assessments
- § publish evaluation of impact of community development workers
- § ongoing involvement and work with people
- § further development and analysis, including statistics on use on mental health act; IAPT programme development; dashboard on BME data and the final Count Me In census in March 2010.

### § Homeless and social exclusion

DH and Cabinet Office examining how best to enable those working with vulnerable groups to be better supported

## Multi-agency commissioning, innovation and value for money

***“...only a robust partnership across the public, private and third sector working with local people will deliver the necessary change...” (NH, page 33)***

- § Themes of collaboration and Quality and Productivity underpin innovation and value for money.
- § Quality of outcomes in prevention as well as treatment.
- § Intervening early to improve long term outcomes
- § Personalised approaches



**To note:** Action: The Department of Health will promote using NICE guidelines, especially with regard to quality.

### Examples of value for money interventions

- § Improving efficiencies of care pathways
- § Reducing admission through use of community teams
- § Reducing out of area placements (by ensuring sufficient high quality local services)
- § Improving procurement of independent sector services
- § Improving quality of inpatient treatment and discharge planning and appropriately supported accommodation (to reduce lengths of stay and occupied bed days)

More work being carried out in each of these areas. A detailed analysis and information to be made available as soon as possible.

### Research and Innovation

- § With a longer term view, more research, especially around health and wellbeing is proposed as part of the New Horizons agenda.
- § The Innovation Exchange, which is a not for profit social enterprise which supports innovation in collaboration with the third sector, government departments, children's trusts and local government.

### Interface between physical and mental health

#### Physical healthcare of people with mental illness

- § Supporting the physical health needs of people with severe mental illness

#### Psychological care of people with physical long term conditions

- § Depression and anxiety

### Medically Unexplained Symptoms (MUS)

**Coming soon...** the IAPT programme will be publishing a "ready reckoner" for MUS in primary care to identify prevalence/ improve service planner

**To note:** the NHS standard contract includes quality standards relating to access to liaison mental health services and physical health checks for those in long-term hospital care.

**To note:** the payment by results project includes work on liaison mental health services.

### Better mental health care for adults

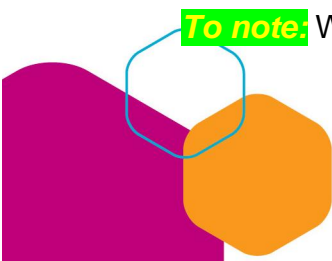
**Coming soon...** Low secure services. The Department of Health are to commission new guidance.

### Recovery and personalisation

**To note:** Widespread use of the mental health recovery star

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**To note:** Developing recovery focused services – work being undertaken to pilot recovery focused organisational development. Project will demonstrate and evaluate the use of measures of quality and service level outcomes for providers and commissioners of recovery focused services.

## Quality

- § NICE guidance a benchmark for bringing quality to services
- § The production of Quality Accounts which will publish information on quality standards. The 2009 Health Act made it a duty of all providers of services to NHS patients to publish annual quality accounts
- § Quality – recognition and rewards, such as Star Wards project.

**To note:** NICE recommended interventions – the use of which will be viewed as a critical lever to improving local services

Also, for acute inpatient care there is the Acute Care Declaration, developed by NHS Confederation, NMH DU and Mental Health Network and states

- § Good quality acute inpatient and community mental health services are essential and achievable.
- § Organisations to work together to achieve goals

Carers, a cross government strategy – *Carers at the heart of 21<sup>st</sup> century family.*

## Transition

### Children's services

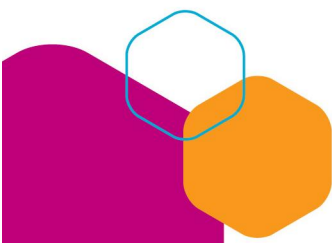
- § Collaborative commissioning arrangements (a youth voice and multi agency)
- § JSNA includes vulnerable groups/ overlooked (such as children educated at home)
- § Commissioning that includes vulnerable groups

**Coming soon...** The Department of Health and SCIE are developing resources to help support local development of effective processes around transition.

**Coming soon...** The Commissioning Support Programme (a programme dedicated to children's commissioning) is preparing a package of support for commissioners

**To note:** Contract: Using the NHS standard contract with mandatory quality standards such as care planning and age-inappropriate admissions to adult ward

There will also be work on transitions being taken forward by the Care Quality Commission.



## Stigma

***“all initiatives... should have a positive impact on stigma”***

***“tackling stigma through the provision of socially and culturally competent services based on people’s needs” (NH, page 26)***

The Department of Health and Cabinet Office will hold a summit on social inclusion.

## Getting there

**To note:** Key elements, including local performance frameworks (Local Government and Public Involvement in Health Act 2007)

- § JSNA
- § Sustainable communities strategy
- § Local strategic partnerships
- § Local Area Agreements
- § Comprehensive Area Assessments

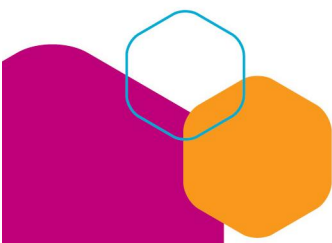
**To note:** National Indicators

- § PSA 16 (NI 149 and NI 150) – also incorporated in Vital Signs
- § PSA 12 (NI 50 and NI 51)

**To note:** Specifically in the NHS

- § World Class Commissioning framework
- § Payment by Results (PbR)
- § Standard NHS Contract, which sets clear expectations with providers on expected performance
- § CQUIN, is part of the contract framework

***“better information, particularly in relation to quality and outcome measurement, will be vital for effective commissioning” (NH, page 80)***



**Further information and useful links**

*Department of Health: New Horizons*

<http://www.newhorizons.dh.gov.uk/index.aspx>

*The government's full response to CAMHS review*

<http://www.dcsf.gov.uk/CAMHSreview/>

*The Commissioning Support Programme (children's commissioning)*

<http://www.commissioningsupport.org.uk/>

*IAPT commissioning for the whole community*

[http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/DH\\_090011](http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/DH_090011)

*The National Mental Health Development Unit*

[www.nmhd.org.uk](http://www.nmhd.org.uk)

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We hope that you found our first briefing note useful. If you would like further information on the work of the mental health commissioning programme at NHS Commissioning Support for London, please go to our web pages where you can also download our regular bulletin and publications.

<http://www.londondevelopmentcentre.org/mental-health-commissioning/mental-health-commissioning.aspx>

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