

**Craven mental health strategy planning**  
**Report to Craven Area Committee 8<sup>th</sup> February 2018**

## **1.0 Purpose**

This report provides details of planned arrangements for how North Yorkshire County Council and other partners can work together to ensure that there is a coordinated approach to mental health and wellbeing strategy planning and delivery in the Craven District Council Area.

The need for development of these arrangements has been identified due to the area being covered by two different all-age mental health Strategies, and other issues that are particular to the Craven population.

The proposals detailed in this report have been developed through consultation with Local Authority and Clinical Commissioning Group (CCG) officers and other partners, including the Craven Mental Health and Wellbeing Forum.

Committee members are requested to approve and provide any comments on the proposed arrangements for future mental health and wellbeing strategy planning and delivery. The final arrangements will then be presented to the North Yorkshire Scrutiny of Health Committee in April.

## **2.0 Background**

Craven District is spread across 1179 square kilometres, and extends north from a boundary near Skipton, with West Yorkshire to the south-east, Lancashire to the west and Cumbria to the north-west. Craven's largest town is Skipton and the majority of people live in Skipton and the South Craven area. Craven's other towns include Settle, Ingleton, Bentham and Grassington. The District also has a number of smaller scattered villages and hamlets. Outside of market towns Craven is sparsely populated with 59.5% of the population living in rural areas and 12.6% of the population living in areas which are defined as super sparse (less than 50 persons/km)<sup>1</sup>.

The Craven district area is currently covered by two different all-age Mental Health and Wellbeing Strategies; the North Yorkshire Mental Health Strategy 2015-2020, 'Hope, Control and Choice' and the Bradford District and Craven Mental Health Strategy 2016-2021.

Cross-referencing both strategies has identified that they address the same key priorities, which are in line with national strategy and policy, and the latest evidence base. However each strategy has its own governance structures and delivery plans.

In order to ensure that there is a coordinated approach to planning and delivery of both strategies, it is proposed that the arrangements outlined in Section 3 of this report be actioned and monitored through mental health strategy governance structures.

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<sup>1</sup> NY JSNA Annual Update 2016- Craven district summary <http://hub.datanorthyorkshire.org/dataset/2cb529f6-4715-4c2d-9364-a770deb03472/resource/df67bb37-c205-40ec-8a3f-24e9ebdee0b9/download/north-yorkshire-jsna-overview-for-craven-district2016v0.1.pdf>

Link to North Yorkshire Strategy:

<http://nypartnerships.org.uk/sites/default/files/Partnership%20files/Health%20and%20wellbeing/Public%20health/Mental%20health%20strategy.pdf>

Link to Bradford District and Craven Mental Health Strategy:

<https://www.bradford.gov.uk/media/3578/mental-wellbeing-strategy-in-bradford-district-craven.pdf>

### **3.0 Proposed arrangements for planning and delivery**

It is proposed that the following issues need a particular focus and monitoring, in order to ensure effective Mental Health and Wellbeing strategy coordination across both mental health strategies to meet the needs of the Craven population.

#### **3.1. Joined up governance and communications between strategies**

In order to ensure there is a joined-up approach to governance and communications in delivery of both strategies the following actions have been agreed:

- Delivery/actions plans will be regularly shared between NYCC and AWC CCG officers to provide any relevant updates across both mental health strategies and identify any issues with delivery towards strategy objectives. This will take place on an at least bi-monthly to fit around respective mental health strategy governance meetings, and also as and when required.
- That NYCC and AWC CCG officers will communicate any issues identified with Craven strategy implementation on an ongoing basis.

#### **3.2 Development of VCS mental health and wellbeing provision**

The approach to development of mental health and wellbeing support through the voluntary and community sector in Craven has been identified as an issue which requires particular consideration. This applies to support for children and young people as well as adults. Although there are a lot of small scale projects and initiatives available in Craven (i.e. Horton Housing Community Cafes), it is felt there is limited availability of support and a lack of clarity around what mental health support is available, including what is available from Bradford district based services.

Joint working is required between partners to achieve a coordinated approach, which takes into account wider wellbeing assets and resources, and not just mental health services. Although there are some good projects and examples of good practice in Craven, sustainability is an issue and projects are often time-limited. There are also issues with access to support and connectivity due to the rurality of the district.

A summary of current mental health and wellbeing provision is provided as an appendix in this report (Mental Health provision in Craven).

NYCC Health and Adult Services (HAS) is currently conducting a review of how it uses investment for VCS mental health services and support across North Yorkshire. It is anticipated that this will result in a small amount of funding being made available for investment into VCS mental health delivery as part of a procurement exercise due to take place later this year.

Actions:

- Involvement of AWC CCG in the NYCC HAS VCS mental health services commissioning review to develop the future commissioning approach.
- Review of development of VCS provision –including wider wellbeing assets and resources- to include involvement from NYCC, District Council, CCG, Stronger Communities and Community First Yorkshire.
- Look at opportunities to help link people better to mental health and wellbeing support- including increasing usage of North Yorkshire Connect (community directory).

### **3.3 Improving Access to Psychological Therapies (IAPT)**

Improving Access to Psychological Therapies (IAPT) is an NHS programme rolling out services across England offering interventions approved by the National Institute of Health and Clinical Excellence (NICE) for treating people with depression and anxiety disorders.

Increasing uptake of IAPT has been identified as an action within the Bradford mental health strategy action plan, with a target to increase access to IAPT from 15% to 25% prevalence. Although this target applies to the whole AWC CCG area, it is believed that uptake of IAPT in Craven is below expected levels.

Action: ongoing monitoring of IAPT uptake for Craven district through both mental health strategies governance.

### **3.4 Autism strategy**

As with mental health strategy, delivery of Autism strategy for Craven District will be covered by both North Yorkshire and AWC CCG strategies. Therefore there will also need to be joined up working across both strategies to ensure a coordinated approach to implementation.

Action: confirm arrangements for ongoing joint working between AWC CCG and NYCC to ensure a coordinated approach.

### **4.0 Local data and intelligence**

There is currently limited mental health data available specifically for Craven. Much of the health data is difficult to extract from aggregated AWC CCG data.

There are temporary issues with resource available for adults mental health intelligence and data analysis in NYCC, although a new Senior Public Health Intelligence Analyst is due to commence in post February 2018.

Action: Local Authority and AWC CCG officers to work with partners to agree priorities for local Craven-specific data and intelligence.

## **5.0 Monitoring of arrangements**

The arrangements described in section 3 will be monitored through both North Yorkshire and Bradford Mental Health and Wellbeing Strategy governance structures and the Craven Mental Health and Wellbeing Forum.

In addition a small dedicated working group will meet within the next few months to review the arrangements and identify any actions required.

## **6.0 Recommendations and next steps**

It is recommended that Committee members approve the proposed arrangements and monitoring plans detailed in this report.

Feedback received from the Area Committee will be used to inform further development of the plans which will be presented to the Scrutiny of Health Committee on the 27<sup>th</sup> April 2018. The presentation will be delivered by Avril Hunter (NYCC HAS Locality Head of Commissioning for Harrogate and Craven) and Caroline Townsend (NYCC HAS Commissioning Manager). The Chair of Craven Mental Health and Wellbeing Forum Sylvia Merrett will also be in attendance at the meeting.

### **Report written by:**

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# Appendix: Mental Health Provision in Craven

## Low level and preventative support

- Small Steps to Wellbeing: Run within the Horton Housing Community Cafes. Course devised by an adult learning tutor. Delivered in Skipton and Settle.
- Pioneer Projects: Based in Bentham, Pioneer Projects is a health and arts charity delivering sessions across Craven in Bentham, Ingleton, Settle and the surrounding area and Skipton.
- Horton Housing Community Cafes (and floating support): Two community cafes p/w - one in Skipton and one in Settle. Not aimed exclusively at people with MH issues, but by providing a safe and welcoming space have attracted the socially isolated and people experiencing MH problems. A range of speakers and topics take place at the cafes.
- MyWellbeing College: BDCFT service MyWellbeing College which is part of IAPT model delivery. People can register themselves online at [www.bmywellbeingcollege.nhs.uk](http://www.bmywellbeingcollege.nhs.uk)
- Craven Mosaic and Craft Group: A small voluntary led mosaic and crafts group supporting and encouraging vulnerable people with mental and physical health needs aged 18 and over. The group makes individual mosaics and crafts based on service users' interests. The priority is to provide a calm, relaxing and non-judgemental environment to allow a stress free introduction into a social setting. Those suffering from depression, anxiety, loneliness or social isolation can find friendship and therapy and improve their self-esteem and self-confidence.
- Change Your Story: Two facilitators from Settle Stories will lead an 8 week course called Change your Story to give participants the tools to manage their mental wellbeing. The workshop sessions will use the power of Story, Mindfulness and Neuro Linguistic Programming in delivery. The practical course will then be developed into an online toolkit offering free introductory video to using the course at home, free downloadable podcasts and a free practice guide. Course participants will be invited to join a closed Facebook group to provide ongoing support.
- Exclusively Inclusive: Exclusively Inclusive is a small voluntary community based group in the South Craven area of North Yorkshire. Aim to provide a range of inclusive social activities for all members of the community (some with children and families in mind and others for adults) to help reduce isolation. Activities for sharing knowledge via a formal training course are in the planning stages.
- Case Study: The Rendezvous friendship group has been particularly helpful for one lady who lives with anxiety and depression (she has a CPN), she started off attending, developed her confidence so much that she has taken the lead at occasional gatherings, has supported a couple of younger adults to contribute via volunteering - she is currently taking part in WRAP which she wouldn't have been aware of if it wasn't for her association with the group.
- Stress Pac: Six week open course provided by BDCFT as strand of IAPT provision commissioned by CCG. Originally being provided in Airedale and Wharfedale but not in Craven. Reason given for this was inability to attract sufficient numbers to make running the courses viable. Has been high demand for courses. Have also run an evening one off 'stresspac lite' course called Stressbuster.

- Wellness Recovery Action Planning: Evoke Recovery Network is delivering Wellness Recovery Action Planning (WRAP) courses. WRAP is a peer facilitated self-management tool that supports people to reduce / prevent their need for services, and offers on-going peer support to maintain good emotional health.
- Age UK North Craven: organisation has stated they get small but significant numbers of people referred by the CMHT. These can be people experiencing a range of mental health problems, from depression to dementia. They are usually referred for befriending or one to one visiting. Occasionally they require practical help such as transport. Are involved in providing the Personal Support Navigator role in the integrated complex team. There are professionals on the team able to support people with mental health needs.
- Carers Resource:
  - Complete either a Carers Resource Carer Assessment or if identified that the carer may require more in-depth support partially complete the NYCC Impact of Caring assessment form, and send it to them for completion and actions as needed. When the caseworker completes an NYCC Impact of Caring assessment form, we then forward it to Health and Adult Services and their Social Workers complete the form, if a more detailed assessment of need is required.
  - EPIC (Empowering Carers in Caring), Young Carer worker offering mentoring, groups, trips and activities designed to support children who are caring for someone else in the household /family, linking with schools and other professionals
- Prevention Service Early Intervention (NYCC CYP):
  - Parenting: developing routine and consistent approaches through modelling and tools to address problematic behaviour
  - Support to families with home-school relationships in response to issues of poor attendance, bullying and school refusal and low-level risk behaviour
  - Practical, hands on support to reduce social isolation through brokering access to community activities and groups
- Healthy Child Team 5-19: A service available to all in school, college, specialist provision or home educated, the healthy child offer includes:
  - Adjusting to life circumstances, with mild or temporary difficulties, where the best intervention is in the community including self-support
  - Short term input around low self-esteem, emerging anxiety and low mood using evidence based interventions on a 1:1 basis
  - Assessments around self-harm and suicidal ideation to establish level of severity. Self-harm assessed as low level will be supported by HCT with 1:1 interventions
- Bradford & Airedale Mental Health Advocacy Group:
  - Link Project: – a Group Advocacy service, representing the views of mental health service users and carers and feeding those views back to the service providers.
  - Befriending: a confidential service provided by volunteers which supports people, aged 18-65, who as a result of mental ill health are experiencing loneliness, or have become socially excluded.
- Troubled Families:
  - Craven College has received Big Lottery funding for work with Troubled Families in Craven, Selby, Harrogate and York starting in March 2017. There will be a 0.7 FTE Key Worker in each area who will work with:
    - Adults with MH issues (working age)

- Children at risk of not attending school / low attendance
- Unemployed (not in work as opposed to claiming benefits)
- At risk of anti-social behaviour
- People accessing the foodbank
- Support is not time-limited and there is quite a low progression threshold. Support is intensive with approximately 11 families per year. Home Start charity is a partner, and there is various 1:1 and small group training offers e.g. cooking, budgeting. There will be a progression towards employment with targets around the number of people successfully gaining employment.
- Building Better Opportunities:
  - Also known as Action towards Inclusion, Craven College is a partner with Your Consortium who have secured £7.5 million for projects across North Yorkshire. In total there are 67 delivery partners with projects beginning in January 2017.
  - In Craven the college will employ a 1 FTE Key Worker. Other Craven partners include Carers Resource and Purple Patch. There is funding for 1:1 interventions and spot purchases for things people might need, travel costs and child care. Aiming to support 40 working age people per year, there are targets around the number of people supported into employment.
- PeerTalk: Peer support groups for people living with depression. Meet every Tuesday evening at The Folly in Settle.
- Cruse Bereavement: Charity offering “support, advice and information to children, young people and adults when someone dies and work to enhance society’s care of bereaved people.”

## Community Mental Health Support

- Community Mental Health Team (The Craven Centre): integrated team enabling people to access both social care and health services. In the CMHT there are 5 social workers and 7 STR workers. Across Craven there are 3 AMPs; 2 social workers and 1 agency worker. A number of groups are run from/by staff at The Craven Centre which anyone can access, including swimming, art groups and ten pin bowling. New groups are being considered, including service user involvement and social groups. There is also an employment Service based within the Community Mental Health Team which supports people in secondary care into employment.
- Specialist Child and Adolescent Mental Health Services: Specialist CAMHS offer includes:
  - Supporting issues significantly affecting daily life for 6 months despite other interventions
  - Difficulties are of high risk/severity (e.g. deterioration in self-care, significant family distress, non-school attendance as a result of mental health difficulties, severe social withdrawal)
  - Evidence of complex neurodevelopmental difficulties e.g. Autistic Spectrum Conditions, Attention Deficit Hyperactivity Disorder, or others that may require a multi-disciplinary assessment
  - Pathways include: moderate/severe depression and anxiety, learning disability with mental health difficulty, eating disorder, significant attachment issues, obsessive compulsive disorder, attention/hyperkinetic problems, ASC with mental health difficulty
- Foundation Housing: NYCC commissions Foundation Housing to deliver mental health housing-related support in Craven.

- Airedale Homes: provide mental health housing-related support in Craven, but not commissioned through NYCC.
- Cellar Trust: have a Vocational Development Specialist working 1 day per week in Craven. Referrals are via a GP or secondary care professional. One to one support is offered to help people to move on to volunteering, education and employment. Some suggestion that this may not be accessible for people living further north than Settle.

## Crisis support

- First Response service (open access): This service offers support 24 hours a day, seven days a week to people of all ages living in Bradford, Airedale, Wharfedale or Craven experiencing a mental health crisis.
- Mental Health Support Line (open access): an out of hours telephone support line for people with mental health issues, their families and carers operating across North Yorkshire.
- Intensive Home Treatment Team: The two main roles of the intensive home-based treatment team are to assess people experiencing a mental health crisis who may need to be referred to an inpatient unit, and to care for people in their own homes as an alternative to admission to a mental health unit. The assessment function will see people referred to the team who are experiencing a crisis in their mental health. The team will see people within 4 hours of receiving the referral, and also follow up with any person discharged from an inpatient unit within 7 days.
- Emergency Duty Team: The EDT deals with social care emergencies outside office hours, including weekends and public holidays. The team will carry out assessments under the Mental Health Act.
- Haven: Haven is delivered in partnership with BMDC and BDCFT and supports people who feel like their mental health is significantly deteriorating (at risk of crisis), in crisis, or following a recent crisis. Although based in Shipley, the service can be accessed by individuals from Craven and taxis will be provided if individuals are unable to make their own way. It is a 365 day service and operates 10am-6pm. There is an emphasis on Peer Support in the service. Referrals are via First Response, A&E, CMHT and IHT.
- Sanctuary: The Sanctuary is operated by Mind in Bradford in partnership with 'Sharing Voices' and 'First Response'. This service is open 365 days a year from 7pm – 1am. The Sanctuary provides a calm, safe space for adults experiencing mental distress and is often used as an alternative to hospital admission. It is available to those over the age of 18 who live within the Bradford, Airedale, Wharfedale or Craven districts.
- 136 suites: suites are available in Bradford/Harrogate.
- CYP Safer Spaces: CYP Safer Spaces is an NHS England funded service offering a homely place to stay for one night for children and young people under 18 who are in mental health crisis, emotional distress, feeling sad, anxious, alone or confused. Pilot stage initially. In addition to taking crisis referrals from First Response and the Emergency Duty Team, Safer Spaces is now being used as a planned, preventative intervention; CAMHS workers are assessing CYP for Safer Spaces and including it on their care plans, where appropriate. It is accessible for people who reside in Craven, however the house itself is based in Shipley.

## Advocacy

- Total Advocacy: contracted to provide Independent Mental Health Advocacy (IMHA), Independent Mental Capacity Advocacy (IMCA), Deprivation of Liberty Safeguards (DoLS), Relevant Person's Representative (RPR), Care Act Advocacy and general advocacy.

## Drugs and alcohol services and support

- North Yorkshire Horizons: Provides support to adults with drug and alcohol problems. Peer support approach, with good delivery around Craven in small groups.
- Compass Reach: For children and young people. The nurse led service offer includes:
  - Early help and prevention work in relation to emotional wellbeing and mental health issues or those who have been screened as having moderate or high levels of need with regard to substance misuse/alcohol and/or sexual health.
  - Deliver specialist harm reduction interventions e.g. overdose prevention, blood borne virus screening and vaccinations, self-harm
  - Deliver effective psychological and behavioural change interventions (cognitive behavioural therapy, brief solution focused therapy, motivational interviewing, including risk management and life skills)

## Gaps and issues

- Counselling and therapy: there are no third sector mental health providers based in Craven. People are therefore reliant on the NHS which feedback suggests may be difficult to access.
- Local crisis support: while the Haven and the Sanctuary are available, they're in Bradford which brings its own problems around access. Taxis/transport can be arranged to get someone there but people need to make their own way back which can be problematic around time, cost and availability of transport
- Respite: provision was available in Burley in Wharfedale but this closed approx 10 years ago.
- Transport: Having appropriate/sufficient transport links to access services is an issues across the district.
- Lack of provision in Upper Wharfedale: there is a significant gap in provision in this area, likely due to the rurality.