

Transforming Adult and Older Peoples' Mental Health Services in Harrogate and Rural District

1. Purpose

The purpose of this paper is:

To use the detail contained within the document: '*Transforming Adult and Older Peoples' Mental Health Services in Harrogate and Rural District – a case for change*' that can be found at <http://www.harrogateandruraldistrictccg.nhs.uk/6-december-2018/6-december-2018-item-84-mental-health-transformation/> to discuss with the Joint Health Overview and Scrutiny Committee North Yorkshire, Leeds and York the rationale and process undertaken to date to develop the preferred solution and seek support to proceed to consultation with stakeholders and the public on the options for an enhanced community mental health services model.

2. Background

Since the decision to pause the development on the Cardale Park site in July 2017, Tees, Esk and Wear Valley NHS Foundation Trust (TEWV) and Harrogate and Rural District Clinical Commissioning Group (HaRD CCG) have engaged with our patients, their families and carers, our staff and our partners to identify some of the main issues and priorities for specialist mental health services provided for patients in Harrogate and Rural District.

Our patients and the public have told us that we need to improve the responsiveness of services provided while remaining true to the principle of providing care and support close to people's homes, enabling them to remain at home as long as possible and continuing to put quality of care, patient and carer experience and patient safety at the heart of what we do.

The NHS Long Term Plan (2019) highlights the need for new and integrated models of primary and community mental health care to support adults and older adults with severe mental illness. It recommends that local areas should invest, redesign and re-organise core community mental health teams towards a new place-based, multidisciplinary service across health and social care aligned with primary care networks.

What we already know:

- With the rising prevalence of mental ill health and the associated health needs services cannot continue to be delivered in their current form;
- Service users tell us that they are dissatisfied with current services including the crisis response, particular out of hours;
- There is a lack of capacity and very limited range of community services;
- Current inpatient facilities that serve Harrogate and Rural District do not adequately meet the privacy and dignity needs of our patients;
- Building a stand- alone unit that meets CQC requirements would require staffing to be removed from the community teams.

Why do we need a case for change?

- A stand-alone unit would not be clinically viable from a clinical quality, safety and workforce availability perspective.
- Referral and contact rates for adults and older people from Harrogate are some of the highest in the Trust, again greater than the level of need indicates.
- Services need to be more recovery focussed and support people to stay well.

- There are more admissions to mental health inpatient beds from the local population than the level of need would indicate.

The case for change fully describes why and how we wish to transform the way in which mental health services for adults and older people in the Harrogate and Rural District are provided and this has been reviewed by independent clinical experts in the Yorkshire and Humber Clinical Senate who fully support the proposal.

3. Update on work undertaken to date

Using the information we received in the pre engagement and engagement phase of this project we developed a range of possible solutions that described ways in which we could develop safe and sustainable services into the future for our local population. We have worked through the range of potential solutions to identify those that best meet the four locally identified essential criteria that have underpinned this work, to ensure:

- Services are designed around effective clinical pathways
- People are cared for as close to home as possible
- Care is delivered in a way that supports recovery and builds resilience
- Services are both clinically and financially sustainable for the future

Within the development of these solutions, we have considered the wider needs of people who experience mental health problems, for example those with long term conditions, learning disabilities and dementia, frailty and social isolation and their carers. We have thought about how we can ensure that the physical and mental health needs are met and how we can work with partners in adult social care, the wider community, primary care teams and the voluntary sector to integrate the support and care people with mental health needs require in a timely and clinically effective manner.

Importantly we have also looked at how we can support wider work to prevent mental illness, intervene early when further support is needed and ensure easy access to a responsive specialist community service.

The solutions that we developed and considered are:

- Solution 1: Do Nothing.
- Solution 2a: Build new like for like inpatient unit as a stand-alone mental health acute assessment and treatment facility in Harrogate.
- Solution 2b: Build a new hospital that provides full EMSA* and privacy and dignity standards on the Cardale Park site.
- Solution 3: Invest in an enhanced community service model which will enable a reduction in the number and utilisation of inpatient beds and re-provides inpatient care from a specialist facility.

* EMSA – eliminating mixed sex accommodation

The detail of these solutions can be found in the Case for Change document <http://www.harrogateandruraldistrictccg.nhs.uk/6-december-2018/6-december-2018-item-84-mental-health-transformation/>

Through a lengthy process of solution development, it became clear that the only viable solution that could meet the essential criteria and provide an effective response to what the engagement process told us was important to members of our community was solution 3.

The aim of solution 3 will be to enhance the level and intensity of community services in order to reduce the need for people to be either admitted to or have extended stays in hospital and

where hospital admission is required, for this to be provided from state of the art specialist facilities.

In summary by implementing this solution we will be able to:

- Improve specialist mental health services delivered to people in Harrogate and the surrounding areas
- Increase capacity in community teams to allow them to support joint working with other teams such as Local Authority and voluntary sector staff and primary care
- Develop specialist in-patient facilities
- Combined with the Local Authority look at providing a model for step up and step down care for people with dementia
- Improve timely access to services that will support people before they reach a point of crisis
- Provide community alternatives to a place of safety within Harrogate to support people if a crisis does arise
- Continue the work that is already underway to address any issues that relate to a reduction in Section 136 provision across North Yorkshire and York.

4. Next Steps

At the beginning of December 2018 Harrogate and Rural District CCG Governing Body approved the recommendation to proceed with implementation of Solution 3 and to work in partnership with TEWV to carry out further consultation with the public, service users, their families and carers and clinicians to develop the options for an enhanced community model for provision of specialist mental health services in Harrogate and Rural District.

A consultation strategy is now being developed to outline how over the next 12 weeks we will consult and co-produce the next stage of the work with service users, their families and carers, members of the public, clinical staff and other key stakeholders.

Governing Body, TEWV Trust Board and Overview and Scrutiny committee will continue to receive updates as this work progresses.

Following a minimum of 12 weeks consultation TEWV Trust Board and HaRD CCG Governing Body will receive a report on the findings and a proposal which will include a detailed implementation plan to progress with the recommended changes to the community model.

5. Recommendations

For Joint Health Overview and Scrutiny Committee to consider and comment on the proposal to now consult with our patients, their families and carers, our staff and our partners on the options for the enhanced community model in Harrogate and Rural District and Wetherby.