

## HEALTH AND WELLBEING BOARD – 28 SEPTEMBER 2022

### PROCEDURAL MATTERS – QUESTIONS AND RESPONSES

#### **b Public Questions**

##### **1. Question submitted by Rebecca Eddington**

Looking through the Update on the Mental Health Improvement Plan I can see that the vision is to “build and nurture good mental health and emotional wellbeing for all. If anyone needs help they will find services on offer for themselves, their family and carers, which are welcoming, simple to access and timely.”

I was wondering if this included a pathway for those living with bipolar? Bipolar UK offer peer support groups which have been shown to significantly increase wellbeing metrics, as well as reducing hospital admissions. Peer support groups would directly support people with serious mental illness, who have been identified as a priority population by HWBs.

#### **RESPONSE:**

As part of our multi-agency Community Transformation Programme we are rolling out new integrated mental health teams into all of our Primary Care Networks – they are called General Practise integrated Mental Health Service teams (GPiMHS).

With regards to people living with a bi-polar illness, the teams offer:

- Low level interventions (such as psychoeducation, relapse prevention).
- Bridging into additional resource and support (such as BipolarUK which we agree is excellent).
- Additionally, the teams help people access additional services (e.g. if someone has had a first episode of Bipolar with delusional content, they would be entitled to support through the Early Intervention in Psychosis Service - EIPP) as well as supporting individuals to access secondary care if this is needed.
- The teams would also help identify carer needs, and additional community or social care resources that may support an individual’s recovery. This could be facilitated through aspects of care such as community connector support, mental health enablement workers, peer support workers, Citizens Advice Bureau and Employment support workers.
- By recognising the many social determinants of mental health and wellbeing, and identifying a personalised plan of care we can continue to support someone with complex mental health needs either through being early preventative support, or step-down support following secondary care or specialist services high intensity support.

As referred to above, if a person requires more specialist input this would be provided by our Community Mental Health Recovery Teams. We are developing an integrated pathway between primary and secondary care which enables people to

access this higher intensive support and treatment in a much more timely and easier way.

As part of the community transformation programme we have been participating in a research programme called PARTNERS3: an evidence informed intervention for working with individuals with who have severe and enduring mental health difficulties. This study is aimed at staff who are working across primary and secondary care mental health services working with people who may have fallen into the gap between services or are stable enough be transferred from secondary to primary care. The programme has been highly regarded and we are planning to roll-out this out to all of our GPiMHS teams.