

## Good Mental Health Strategy 2023 – 2028: Action Plan

	Outcome	Measured by:	Actions	Who will do this:	By when:	Also links to outcomes:
<b>1</b>	<b>Everyone can look after their own mental well-being and find support in their communities when they need it.</b>	Number of support organisations and number of care navigators attending Network meetings.	<ul style="list-style-type: none"> <li>Identify opportunities to improve the ability of people to find suitable support in their communities by establishing a regular, local network for sharing up to date news and activities by grassroots organisations supporting mental health and wellbeing with care navigators.</li> </ul>	SCC Chris Stanley	First network meeting by End of October '23	2
		Number of people accessing the revised IAG pages.	<ul style="list-style-type: none"> <li>Actively Promote the "Five Ways to Wellbeing" through improved IAG, campaign and promotion through "Let's Talk about Wellbeing" Shobnall project.</li> </ul>	SCC Chris Stanley	By Dec '23	5,6
		Number of workplaces and number of individuals receiving workplace mental health training.	<ul style="list-style-type: none"> <li>Commission programme of training around mental wellbeing and resilience targeted at SMEs to tackle poor mental wellbeing in the workplace.</li> </ul>	SCC Chris Stanley	By Oct '23	6
		Increased numbers of Adults and Older Adults accessing Talking Therapies whilst maintaining waiting time and treatment standards.	<ul style="list-style-type: none"> <li>Promoting IAPT (Increasing Access to Psychological Therapies) to populations that will benefit from IAPT interventions, including those who are currently under-represented.</li> <li>Updating the IAPT brand to ensure the public understand and can benefit.</li> </ul>	Mental Health Programme Board  ICB Lead - Nicky Bromage  ICS Lead - Sarah Watts (MPFT)	Mar-24	2,4

		<ul style="list-style-type: none"> <li>Developing a trusted assessor model for referral to Talking Therapies.</li> <li>Increased integration with physical health pathways to deliver on Talking Therapies Long Term Conditions commitment.</li> </ul>			
	Activity data from digital solutions such as websites and apps Referral data from providers where available Customer feedback.	<ul style="list-style-type: none"> <li>Co-produce an approach that allows people that are seeking support to know what's available and how to access it, establishing the best methods of communicating the mental health support offer for adults and for children and young people.</li> </ul>	SCC Chris Stanley and Jan Cartman-Frost ICS CYP MH System Improvement Board Service Delivery Working Group - SCC Karen Coker	Apr- 25	2,3,4,5,6
	Increase in schools reporting that they are implementing a Whole School Approach to Mental Health.	<ul style="list-style-type: none"> <li>Action plan to be developed in response to the Emotional Wellbeing survey carried with staff in all schools across Staffordshire in Autumn 2022 to improve workplace mental wellbeing in schools and support implementation of Whole School Approach to Mental Health.</li> <li>Implementation of Action Plan responding to findings of schools Emotional Wellbeing survey during academic year 23 / 24.</li> </ul>	SCC Sandra Webb  SCC Sandra Webb	October 2023  July 2024	1, 6

		Expand Mental Health Support Teams in schools; enabling all schools in all districts to have access to support.	<ul style="list-style-type: none"> <li>September implementation in Lichfield.</li> <li>January implement additional capacity in Cannock, Stafford, and South Staffs.</li> </ul>	Pan-Staffordshire MHST Steering Group ICB Lead - Kevin Day ICS Lead - Deb Hargreaves (NSCHT) Sarb O'Brien (MPFT)	Sept- 23 January -24	6
2	<b>People have access to services when needed.</b>	Increase the numbers of children and young people accessing mental health support (at least one contact) in line with annual trajectories.	<ul style="list-style-type: none"> <li>Promote self-referral processes via a digital front door improving accessibility, responsiveness, and choice.</li> <li>Grow the CAMHS workforce to respond to more CYP's and provide timely access; monitoring waiting times for CYPs to ensure access is timely.</li> <li>Increase numbers of children and young people accessing emotional resilience programmes in schools through Mental Health Support Team's (MHST).</li> </ul>	Mental Health Programme Board  ICB Lead - Nicky Bromage  ICS Lead - Josey Gaitley (NSCHT)  ICB Lead - Nicky Bromage  ICS Lead - Josey Gaitley (NSCHT)	Mar-24	5,6
		Publish the CYP Mental Health Transformation Plan.	<ul style="list-style-type: none"> <li>Refresh / update the annual CYP Mental Health Transformation Plan; aligned with those for children and young people with learning disability, autism, special educational needs, and disability (SEND), children and young people's services, and health and justice.</li> <li>Publish the updated version on the ICB website.</li> <li>Development of joint agency plans; an opportunity to be transparent about and</li> </ul>	Mental Health Programme Board ICB Lead Nicola Bromage	Oct-23	4,5,6

			accountable for improvement plans that are embedded into and/or align with wider strategic documents and core governance.			
		Increased numbers of people accessing perinatal mental health services and Maternal Mental Health services (MMHS).	<ul style="list-style-type: none"> <li>Recruitment in line with indicative 2023/24 workforce profile, including clinical, VSCE roles and peer roles.</li> <li>Increase in psychological professions staffing, delivering evidence-based psychological interventions, including: <ul style="list-style-type: none"> <li>Parent-infant work.</li> <li>Couples &amp; family work.</li> </ul> </li> <li>Understanding and improving equalities of access and care provided.</li> </ul>	Mental Health Programme Board ICB Lead - Nicky Bromage  ICS Lead - Jo Heaney (MPFT)	Mar-24	6
<b>3</b>	<b>A timely response to crises.</b>	Reduction in suicide rates	<ul style="list-style-type: none"> <li>Review structure and governance of Staffordshire and Stoke on Trent Partnership to ensure activity driven by evidence from Real Time Suspected Suicide Surveillance.</li> </ul>	SCC Chris Stanley	Nov-23	
			<ul style="list-style-type: none"> <li>Establish a working group to consider the development a system wide approach to consistent person-centred risk assessment/safety planning</li> </ul>	SCC Chris Stanley	Nov-23	
			<ul style="list-style-type: none"> <li>Commission and launch Postvention (Suicide Bereavement) Service across Staffordshire and Stoke on Trent (NHS funded)</li> </ul>	SCC Chris Stanley	Service launched by Nov '23	
			<ul style="list-style-type: none"> <li>Adaptation of existing online commissioned Suicide Prevention Awareness Training to target people working with young people</li> </ul>	SCC Sarah Tunnicliffe	Nov-23	6

		<ul style="list-style-type: none"> <li>Revise or recreate suicide prevention awareness training to be made suitable for Gypsy Roma Traveller Communities.</li> </ul>	SCC Chris Stanley	Mar-24	4
	<p>Improve the speed of access to mental health crisis services for all ages through the expansion of services.</p>	<ul style="list-style-type: none"> <li>Establish a single point of access including through 111 to crisis support, advice, and triage.</li> <li>Crisis assessment available within the emergency department and in community settings.</li> <li>24/7 crisis provision for CYP which combines crisis assessment, brief response, and intensive home treatment functions.</li> <li>Ambulance Response - Increase the provision of alternatives to A&amp;E and admission &amp; improve the ambulance MH response.</li> <li>Increase options for alternative forms of provision for those in crisis such as crisis houses, safe havens, and crisis cafes.</li> </ul>	<p>Mental Health Programme Board ICB Lead - Nicky Bromage</p> <p>ICS Leads - Josey Gaitley (NSCHT) Lyse Edwards (MPFT)</p>	Mar-24	5,6

		<p>Reduced avoidable long lengths of stay in adult acute mental health inpatient settings, so that people are not staying in hospital any longer than necessary, including people with a learning disability and autistic people in mental health inpatient settings.</p>	<ul style="list-style-type: none"> <li>• Improved therapeutic offer from inpatient mental health services by enhancing access to therapeutic interventions and activities.</li> <li>• Increase the level and mix of staff on acute mental health inpatient wards, including improving access to peer support workers, psychologists, occupational therapists, social workers, housing experts and other relevant professionals during admission.</li> </ul>	<p>Mental Health Programme Board</p> <p>ICB Lead - Cath Marsland</p> <p>ICS Lead - Lisa Agell (MPFT) Rachael Birks (NSCHT)</p>	<p>Mar-24</p>	<p>2,4,5</p>
<p>4</p>	<p><b>There is equal access to support to improve mental well-being and services to manage mental health problems.</b></p>	<p>Numbers of people with lived experience involved in the co-production of actions in 22/23 and refresh of the action plan for 24/25.</p>	<ul style="list-style-type: none"> <li>• Promote involvement of people with lived experience in the design of support and services associated with the GMH strategy.</li> <li>• Establish joint opportunities with NHS and other partners for people with lived experience to regularly contribute to the design of tools, pathways, and services.</li> <li>• Ensure report from Healthwatch deep dive on mental health of care experienced young people informs action plan 24/25.</li> <li>• Adapt GMH strategy action plan considering what people with lived experience have told us.</li> </ul>	<p>SCC Jan Cartman-Frost</p>	<p>Mar-24</p>	<p>1,2,3,5,6</p>

		Increased numbers of adults with SMI receiving physical health checks (PHC).	<ul style="list-style-type: none"> <li>• Incentivising full Physical Health Checks (PHC).</li> <li>• Increased investment in to Outreach. Using core20Plus5 community connectors and tech pilots to deliver PHC remotely.</li> <li>• Increase access &amp; making every contact count (MECC).</li> <li>• Improve the quality and emphasis of follow up interventions.</li> </ul>	Mental Health Programme Board ICB Leads – Waheed Abbasi/Murray Campbell	Mar-24	1,2,5
5	<b>People with severe mental health problems are supported to live in the community and have good quality, integrated care.</b>	Increased numbers of adults with SMI accessing Individual Placement and Support services by 2023/24.	<ul style="list-style-type: none"> <li>• Increase the number of employment specialists in line with increased trajectory. Embed IPS into the Community Mental Health Transformation.</li> <li>• Mental Health Services Data Set review.</li> </ul>	Mental Health Programme Board ICB Lead - Kevin Day ICS Lead - Gavin Hicks (NSCHT)	Mar-24	1,4,6
		Increase in the number of people with SMI accessing transformed models of integrated primary and community care (at least two contacts) in line with annual trajectories.	<ul style="list-style-type: none"> <li>• Full PCN coverage of care model including dedicated provision for groups with specific needs (including care for people with eating disorders, mental health rehabilitation needs and a 'personality disorder' diagnosis).</li> <li>• Achieve a 5% year on year increase in the number of adults and older adults supported by community mental health services.</li> </ul>	Mental Health Programme Board  ICB Lead - Nicky Bromage ICS Lead - Angie Upton (MPFT)	Mar-24	2

		<p>Less people with mental health problems living in nursing accommodation.</p> <p>More people will receive care and support from a CQC 'Good' or 'Outstanding' provider.</p> <p>Feedback from people's reviews on individual outcomes.</p>	<ul style="list-style-type: none"> <li>• Ensure that the needs of people with mental health problems are reflected in the specification for recommissioned residential and nursing care arrangements, so that people with complex needs can be supported through recovery and maintain living within the homes.</li> <li>• Specification for accommodation-based care is strength based with a focus on enablement.</li> <li>• Feedback from people with lived experience are incorporated into the recommissioning of residential and nursing care.</li> </ul>	SCC Deborah Cooper	Apr 25	1,2,6
		<p>Increasing the numbers of adults who are in contact with secondary mental health services living in their own homes.</p>	<ul style="list-style-type: none"> <li>• Work with housing and care providers to ensure peoples supported living arrangements are appropriately funded and the rent costs can be met.</li> </ul>	SCC Jan Cartman-Frost/Sarah Taylor	Oct-24	1,2,6
			<ul style="list-style-type: none"> <li>• Work with health, district and borough councils and other relevant partners to ensure appropriate housing is offered to people on discharge from hospital to support recovery.</li> <li>• There is adequate support for people to maintain their tenancies wherever possible.</li> </ul>	SCC Jan Cartman-Frost	Oct-24	1,2,6
			<ul style="list-style-type: none"> <li>• Ensure the Housing with Care strategy for working aged people with disabilities reflects the needs of people with mental health problems.</li> </ul>	SCC Chidi Okeke	Dec-23	1,2,6
			<ul style="list-style-type: none"> <li>• Consider potential options for moving groups of people who wish to remain living together from residential and nursing care to alternative independent living arrangements.</li> </ul>	SCC Jan Cartman-Frost	Jun-24	1,2



			<ul style="list-style-type: none"> <li>Feedback from people with lived experience are incorporated in to, and the needs of people with mental health problems are reflected in, the specifications and tendering of recommissioned supported living arrangements.</li> <li>Supported living services tailored to meet the needs of people with mental health problems is implemented.</li> <li>People will be supported to move to the new supported living arrangements.</li> </ul>	SCC Kate Harrold/H&C Supported Living Programme	<p>Aug 23</p> <p>April 24</p> <p>July 24 - Oct 24</p>	1,2,6
6	<p><b>More integrated, good quality services for young people that focus on achieving independence in adulthood.</b></p>	Higher % of more appropriate psychological assessments for C&YP where these are directed / ordered by the courts.	<ul style="list-style-type: none"> <li>Implement utilisation of regional framework to procure court ordered psychological therapies, ensuring the right actions for children and young people.</li> </ul>	SCC Becky Murphy	Jul-24	2
		Reduction in placement breakdowns linked to unmet mental health & emotional wellbeing needs.	<ul style="list-style-type: none"> <li>Develop a Risk Register of children and young people where their placement breakdown is caused by unmet mental health needs.</li> <li>Agree a process with partners to agree / provide support to mitigate against placement breakdowns due to CYP's unmet mental health needs.</li> </ul>	SCC Eddie Birch	Jul-24	1,2,3,4

## Good Mental Health Strategy 2023 – 2028: Future Actions

	Outcome	Area of activity	Outline Actions	Who will do this:	By when:	Also links to outcomes:
1	<b>Everyone can look after their own mental well-being and find support in their communities when they need it.</b>	Establishment of revised Supportive Communities Programme.	<ul style="list-style-type: none"> <li>Align Public Mental Health and Wellbeing planned activities with the evolving iterative action plan from the review of the Supportive Communities Programme</li> </ul>	SCC Chris Stanley/Tilly Flanagan	TBC	
		Self-reported Loneliness/Social isolation.	<ul style="list-style-type: none"> <li>Deliver actions identified within Staffordshire Loneliness &amp; Social Isolation Reduction Plan 2022 -2027</li> </ul>	SCC Vicky Rowley	TBC	4
		Partnership CYP Mental Health - Prevention Action Plan.	<ul style="list-style-type: none"> <li>Develop partnership CYP Mental Health - Prevention Action Plan with the aim of improving community resilience, empowering communities to be environments where children, young people and their families can thrive, achieve, and maintain good emotional wellbeing and mental health. Action Plan will link to activity around early help and Family Hubs and include a focus on developing community resilience.</li> <li>Implement partnership CYP Mental Health - Prevention Action Plan (in line with 23 / 24 Mental Health Transformation Plan).</li> </ul>	ICS CYP MH System Improvement Board, Prevention Working Group SCC Becky Murphy	Oct 23  Oct 24	1,6

2	<b>People have access to services when needed.</b>					
3	<b>A timely response to crises.</b>					
4	<b>There is equal access to support to improve mental well-being and services to manage mental health problems.</b>	Mental health and mental wellbeing of carers.	<ul style="list-style-type: none"> <li>Consider the mental wellbeing needs of carers and young carers in the development of the SCC and ICB joint all age carers strategy 2024-29.</li> <li>Incorporate the lived experience of carers and young carers in the development of strategies and services.</li> </ul>	SCC Jackie Averill	Apr-24	1,2,6
5	<b>People with severe mental health problems are supported to live in the community and have good quality, integrated care.</b>	Implementation of Right Care, Right Person (RCRP) national partnership agreement following publication of guidance. (Metrics for this scheme are still to be confirmed / published).	<ul style="list-style-type: none"> <li>Assess readiness for implementing Right Care, Right Person (RCRP) national partnership agreement; this includes existing practices and approaches which aim to reduce or improve police involvement in mental health incidents.</li> <li>Review data currently collected which could inform monitoring of approach.</li> </ul>	Mental Health Programme Board  ICB Lead - Nicola Bromage	Mar-24	2,3
6	<b>More integrated, good quality services for young people that focus on achieving</b>	Preparing For Adulthood (PFA).	<ul style="list-style-type: none"> <li>Programme currently being developed. Project deliverables and actions expected to support delivery of the GMH strategy.</li> </ul>	SCC Christine Wheeler/PFA Programme	TBC	1,2,4,5

	<b>independence in adulthood.</b>	<p>Improve the mental health outcomes of care experienced children and young people.</p>	<ul style="list-style-type: none"> <li>Identify gaps and barriers in mental health support using findings from professionals and those with lived experience.</li> <li>Mapping activity completed, findings reported to strategic partners and actions identified to address gaps.</li> <li>Develop partnership approach for addressing these, including commissioning additional services where required.</li> </ul>	SCC Becky Murphy / Karen Coker	Jul-24	1,2,4,6
			<p>A targeted prevention offer which meets the needs of children and young people who may be more vulnerable / have higher risk of experiencing mental health difficulties.</p>	<ul style="list-style-type: none"> <li>Develop partnership CYP Mental Health - Prevention action plan which includes focus on targeted prevention.</li> <li>Implement partnership CYP Mental Health - Prevention Action Plan (in line with 23 / 24 Mental Health Transformation Plan).</li> </ul>	ICS CYP MH System Improvement Board Prevention Group SCC Becky Murphy	<p>October 2023</p> <p>October 2024</p>