

Mental Health Matters Public Consultation

SUMMARY DOCUMENT

CONSULTATION PERIOD

5 FEBRUARY – 2 MAY

February 2016



Time to Change – ending mental health discrimination

The NHS and the Council in Southampton support Time to Change, a national campaign led by Mind and Rethink aimed at ending the discrimination faced by people who experience mental health problems. For more information, please visit www.time-to-change.org.uk

What is happening?

This consultation document has been produced by NHS Southampton City Clinical Commissioning Group (CCG) and Southampton City Council.

Together with the Health and Wellbeing Board, we would like your views on proposals to change the way mental health services are provided in Southampton. The proposals have been developed using the feedback from service users, carers, GPs and other interested parties as a result of engagement work during August and through to October 2015.

Our proposals

Along with looking at good practice elsewhere, your feedback has helped us to shape the proposals, and we are now seeking your views to check that we have the detail right before we make any decisions.

What will the new services look like?

We believe the proposed model will provide better care for people with mental health needs.

There will be some new services, some of the services will stay the same, and others will change and be improved.

Katy Bartolomeo

Senior Commissioner
Southampton Integrated Commissioning Unit

If you need further copies of this document or need it in a different format please contact Amanda.Luker@Southamptoncityccg.nhs.uk or telephone 023 8072 5568

Get involved

Your views are extremely important and we would like you to get involved by telling us what you think of our plans.

A feedback form is included at the end of this document so that you can tell us about your views. You can get someone to help you complete this.

If you would like a copy of our full consultation document, or if you would prefer to complete our consultation online, please visit the CCG website:

www.southamptoncityccg.nhs.uk

Deadline for feedback

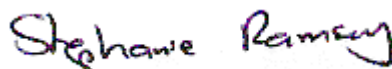
The public consultation is running from 5 February 2016 to 2 May 2016

The deadline for you to share your views is 12:00 midday on Monday 2 May 2016

What happens next?

Shortly after our consultation finishes we will publish a report telling you what people have said about our plans, and how they have been shaped to take account of your views.

We look forward to hearing your views.



Stephanie Ramsey, Director of Quality and Integration

Feedback form

Share your views

We are very interested in hearing your views; please take a few minutes to let us know what you think. You do not need to answer all of the questions; just those that you feel are **relevant to you**.

You do not have to provide your name.

To what extent do you agree or disagree with these comments?

Child and adolescent mental health services	Strongly agree	Agree	Disagree	Strongly disagree	Don't know
Child and adolescent mental health services should cover 0-25 years					
Young persons' improving access to psychological therapies service (IAPT), and community eating disorder services for young people should be developed					
Perinatal mental health which provides support for women who are at risk of developing mental health problems during pregnancy and the first year post pregnancy, as well as those considering becoming pregnant should be improved					
Services should be established for adults of working age for developmental disorders, such as ADHD, high functioning autism and Asperger's					
Mental health services shall be aligned to Better Care Southampton clusters, with care provided closer to my home					
There should be more services that support me outside of secondary care mental health services, such as in primary care or in ordinary community services					

	Strongly agree	Agree	Disagree	Strongly disagree	Don't know
Community navigators should be developed in all settings to help me access a range of services that will allow me to maintain my own health and wellbeing					
There should be improved access to local community resources, including the development of more peer support groups should be part of my care plan					
Carers should have improved access to support and access to education in their caring role, this will be achieved through community navigators and community solutions					
Service user networks and alliances should be developed and they should play an active role in improving services					
Some resources should be shifted from secondary care mental health services into services such as community navigators, peer support groups					
The proposals will improve services					
The proposals focus on the right things					

Please tell us about any other options or ideas you would like us to think about in relation to child and adolescent mental health services for the future?

To what extent do you agree or disagree with these comments?

Adult mental health services	Strongly agree	Agree	Disagree	Strongly disagree	Don't know
Mental health services should be aligned to Better Care Southampton clusters, and should be provided closer to my home in a local setting within the cluster					
There should be more services that support me outside of secondary care mental health services, such as in primary care or in ordinary community services					
Community navigators should be developed in all settings to help me access a range of services that will allow me to maintain my own health and wellbeing					
There should be improved access to local community resources, including the development of more peer support groups should be part of my care plan					
Services should adopt an 'ageless' approach, and my care should be based on my needs and not my age alone					
Perinatal mental health which provides support for women who are at risk of developing mental health problems during pregnancy and the first year post pregnancy, as well as those considering becoming pregnant should be improved					
Services should be established for adults of working age for developmental disorders, such as ADHD, high functioning autism and Asperger's					
Helping me get employment should be part of my care plan					

	Strongly agree	Agree	Disagree	Strongly disagree	Don't know
Carers should have improved access to support and access to education in their caring role, this will be achieved through community navigators and community solutions					
Service user networks and alliances should be developed and they should play an active role in improving services					
Some resources should be shifted from secondary care mental health services into services such as community navigators, peer support groups					
The proposals will improve services					
The proposals focus on the right things					

Please tell us about any other options or ideas you would like us to think about in relation to adult mental health services for the future?

Some details about you

We want to make sure that everyone has an opportunity to be part of the review and to contribute towards the design of mental health services in Southampton. To make sure we have reached a wide range of people, it would be helpful if you could provide us with a few confidential details about yourself to help us see who has responded.

Are you?

- A service user
- A carer
- A GP or Practice Nurse
- NHS Staff Member
- Other
- Representing an organisation

If you chose NHS staff member, which NHS organisation do you work for?

- Southern Health NHS Foundation Trust
- Solent NHS Trust
- University Hospital Southampton NHS Foundation Trust
- Dorset Healthcare University NHS Foundation Trust
- Other NHS organisation

What is your role?

If you chose representing an organisation, please state the organisation:

Please tell us your postcode (first four digits only)

Are you? Male Female Rather not say

What is your age?

- Under 20
- 20-29
- 30-39
- 40-49
- 50-59
- 60-69
- 70-79
- 80-89
- 90+
- Rather not say

How would you describe your ethnic group?

White: British Irish Any other white background

Mixed: White and Black Caribbean White and black African
 White and Asian Any other mixed background

Asian or Asian British: Asian Indian Asian Pakistani Asian
 Bangladeshi Any other Asian background

Black or Black British: Black African Black Caribbean
 Any other Black background

Other ethnic groups: Chinese Other ethnic group
 Rather not say

Thank you for your feedback. The key themes compiled from all the responses will be one of the pieces of evidence that we will consider when making decisions about next steps.

Please return your form to:

Amanda Luker
Integrated Commissioning Unit
NHS Southampton City Clinical Commissioning Group and Southampton City Council
NHS Southampton HQ
Oakley Road
Southampton
SO16 4GX

Comments can also be emailed to: Amanda.Luker@Southamptoncityccg.nhs.uk
The deadline for feedback is 12:00 midday on Monday 2 May 2016.

Thank you for your comments.

Privacy

Any personal information you give to us will always be processed in accordance with the UK Data Protection Act 1998. We will only use the personal information you provide to deliver the services you have requested, or for our lawful, disclosed purposes.

We will not make your personal details available outside our organisation without your consent, unless obliged by law. Please be aware that any comments given on this form may be published in the report. However, Southampton Integrated Commissioning Unit will endeavour to remove any references that could identify individuals or organisations.

Glossary

We have tried to make sure that we have not used any jargon or unfamiliar words in this document. However, you may come across some words you are not familiar with and may hear some of the following terms used in discussions about the proposals:

Acute - a disorder or symptom that develops suddenly. Acute conditions may or may not be severe and they are usually of short duration.

Adults of working age - adults aged 18-65.

Assessment - a process to identify the needs of an individual and evaluate the impact of their condition on their daily living and quality of life.

Better Care Southampton – health and social care, along with community and voluntary organisations and other partners are working on a programme to join up your care.

Carer - a relative or friend who voluntarily looks after someone who is unwell, disabled, vulnerable or frail, on a part-time or full-time basis.

Child and adolescent mental health services (CAMHS) - services for children and young people under the age of 18 who experience a mental health problem.

Clinician – someone who provides healthcare and treatment to patients, such as a doctor, nurse, psychiatrist or psychologist.

Cluster - services delivered around GP practice populations (called clusters) close to your community.

Commissioners – a team of people responsible for identifying what healthcare services local people want and need and for

commissioning (which means arranging and buying) these services on their behalf from providers such as Southern Health NHS Foundation Trust. The term is usually used to refer to Clinical Commissioning Groups (CCGs).

Community solutions – is an initiative, part of Better Care Southampton, which aims to join up health, social care and the voluntary sector. It is made up of organisations and individuals from across city communities, from residents groups to local charities providing services, support groups and clubs that can enhance health and wellbeing.

Crisis - a mental health crisis is a sudden and intense period of severe mental distress.

Governing Body – the decision-making group representing the GP membership of Southampton City CCG. It is made up of a clinical chairperson, and accountable chief officer, accountable chief finance officer, two lay members, a nurse lead and a secondary care lead.

GP – stands for general practitioner, the doctor based in your local community.

Health and wellbeing board – brings together the local NHS, public health, adult social care and children services to plan how best to meet the needs of local people, and tackle health inequalities. They are hosted by the local authority and members include elected councillors and Healthwatch (see definition below).

Healthwatch – provide information to service users, carers and the public about local health and care services and how to find their way around the system. It represents the views and experiences of service users, carers and the public on health and wellbeing boards (see definition above).

Health Overview and Scrutiny Panel (HOSP) – a Southampton City Council committee made up of local councillors who are responsible for studying the details and implications of decisions about changes to health services, as well as the process used to reach those decisions.

Independent / Voluntary sector – care providers that are private companies, social enterprises, charities or run by volunteers.

Inpatient services – services where the patient/service users stay in hospital accommodation on a ward, and receive treatment there from specialist health professionals.

Outcomes – the result or visible effect of an event, intervention or process; any change in a person's state of health after a period of treatment, ideally improvement in symptoms or resolution of a problem.

Perinatal mental health services – provide support for women who are at risk of developing mental health problems during pregnancy and the first year post pregnancy, as well as those considering becoming pregnant.

Psychotherapy or psychological therapies – treatment of mental and emotional problems such as anxiety, depression or trauma by psychological methods. Patients talk to a therapist about their symptoms and problems with the aim of learning about themselves.

Primary care – services which are the main or first point of contact for patients, usually GPs and pharmacies.

Rehabilitation services – therapy and support designed to restore independence and confidence and reduce disability. Rehabilitation may include occupational therapy to help with the domestic and vocational skills that people need to live independently.

Right Care programme - looks at information that measures the investment, activity and outcomes. This information can tell us which areas are in need of improvement.

Secondary care – hospital or specialised care that a patient is referred to by their GP or other primary care provider.

Service user – this is someone who uses health services. Some people use the terms patient or client instead.

Stakeholder – anyone with an interest in what we do. Stakeholders are individuals, groups or organisations that are affected by the activity of the business.

Stigma – society's negative attitude to people, often caused by lack of understanding. Stigma is a major problem for people who experience mental ill health.

Therapeutic community – therapeutic communities are structured, psychologically informed environments – they are places where the social relationships, structure of the day and different activities together are all designed to help people's health and wellbeing.