

# BASP cross cutting meeting on mental health services in Basingstoke & Deane 10 December 2015



<b>Attending</b>	
Stephen Morgan	Chief Executive BVA
Debbie Hastings	Team Manager, HCC Adults Services Substance Misuse Team
Graham Hatcher	Chief Executive Officer, Basingstoke CAB
Annie Noble	Hampshire Wellbeing Services
Marion Short	Wellbeing and Community Manager, BDBC
Karina Hutfield-Christiansen	Project Innovation Lead (Supported Housing), BDBC
Colin Godfrey	Patient Representative
Natasha Blythe	Specialist Welfare Support Officer, BDBC
John Houghton	Team Leader, Basingstoke & Deane Wellbeing Centre
Claire Leaney	Wellbeing Officer – Health, BDBC
Jess Berry	Mental Health Commissioner, CCG
Pam Bottomley	School Nurse service
<b>Apologies</b>	
Anita Taylor	Education Interventions Officer Safer North Hampshire
Barbara Hudson-Owen	CAMHS, Sussex Partnership NHS Foundation Trust
Debra Ramchurn	CEO Andover Mind (Basingstoke Dementia Advice Service)
Graham Webb	Adult Mental Health, Southern Health
Kerri Marshall	Community Independence Team, HCC
Sharon Hargreaves	Southern Health
Corrine Marsh	Proteus
Lisa Edwards	Partnerships Support Officer, BDBC
June Balcombe	Community Development, BDBC

## 1. Welcome, apologies and Introductions

Stephen Morgan welcomed all to the meeting; Stephen confirmed he had agreed to be Chair for the group following the departure of Rebecca Kennelly, the previous Chief Executive of BVA and previous chair of the group.

## 2. Minutes from August 2015 meeting and matters arising

The minutes from last meeting were agreed as correct and noted. Matters arising would be picked up with main agenda items.

## 3. Feedback from other strategic fora and groups:

### a) Health and Wellbeing Conference – October 2015

The theme of the conference was Tackling Inequalities in Basingstoke and Deane. It was well attended by a range of practitioners and organisations. Presentations were given summarising the health profile of the borough, and outcomes against the existing Partnership plan including a film showcasing the projects funded from public health grants. Dr William Bird attended to give a presentation on the theme of wellbeing through physical activity, emphasising the need to consider People, Places and Purpose in the design of health interventions.

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Four discussion sessions were held on the following topics:

- Making a difference where it is most needed
- From the patient's perspective
- We know it's bad for us but how can we change?
- Give every child the best start in life

The outcomes from these discussions had been collated and would be shared at the Health and Wellbeing Partnership meeting in January then used to inform wider discussions at BASP and other groups.

b) BASP workshop on Indices of Multiple Deprivation (IMD) data – December 2015

A presentation had been given on the IMD data for Basingstoke and Deane – information is available at: <http://www.basingstoke.gov.uk/deprivation>

The Health Deprivation and Disability indices had caused concern as B&D's relative position against other parts of the country has worsened, particularly under the Mood and Anxiety indicator. It was noted that at the BASP workshop every discussion group had highlighted that the issues around mental health needed to be better understood. BASP will be reviewing the workshop findings and asking the partnership priority action groups to consider how the data will be used.

Clarification was requested on the definition of Mood and Anxiety<sup>1</sup> and whether it is possible to drill down into the data - eg age groups, causes - to understand more about the characteristics of those affected by Mood and Anxiety issues.

**Action 1:** Marion to follow up whether more analysis of the data can be obtained.

c) Voluntary Sector Forum – December 2015

A range of presentations had been given at the recent meeting, including Hitting the Cold Spots (supporting vulnerable people in fuel poverty and with sub-standard heating) and Quit4Life (it was acknowledged there is a strong link between smoking prevalence and wellbeing).

#### **4. Mental Health support service template discussion**

Marion noted that improving mental health was a clear priority for the borough but work was needed to understand what the specific issues are, what support services already exist and where the need is for more/different interventions. The Children, Young People and Families Partnership has started to scope existing services for the 0-19 age group. This group is asked to map support services for adults and older people. The council's Community Environment and Partnerships committee has also asked to receive information on mental health support in March.

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<sup>1</sup> Mood and anxiety disorders indicator: A composite based on the rate of adults suffering from mood and anxiety disorders, hospital episodes data, suicide mortality data and health benefits data.

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Marion shared a draft template for collating information which was discussed and suggestions made for enhancing the information collected. Some initial discussion was held about the types of services offered by or known to those organisations present:

- CAB: Offers specialist advice for the Over 65's / care navigator at the hospital / Macmillan advisor / Local crisis line
- ITalk: Step 2 and Step 3 counselling support
- Secondary care services: Southern Health, Advocacy, Carers service
- Inclusion: counselling
- St Michaels hospice: Counselling
- Basingstoke Counselling Services: counselling
- Wellbeing Centre: limited counselling offer; commissioned wellbeing services
- Cruse: Bereavement counselling
- YPI: counselling for young people
- Relate: relationships counselling, including safeguarding issues and suicidal
- Mental Health Crisis Care Concordat group – psychiatric liaison group/high intensity users relating to emergency admissions to hospital - looking at repeat patients at emergency departments and GPs
- Workplaces – employer wellbeing scheme and occupational health services
- BDBC: health, leisure and community - wellbeing projects and programmes

General observations:

- We need to understand what are normal life course anxieties and improve personal resilience through self help and peer support opportunities
- A common understanding of what is meant by mental health / mental wellbeing / mental illness would be helpful
- Focus on prevention and early intervention to reduce risk of need for clinical services
- Reducing social isolation / promoting socialisation is key
- Specialist service pathways mean that support is only available if certain criteria is met - what happens to those below the threshold or who have multiple conditions / needs?

**Action 2:** Marion to update the template and circulate

**Action 3:** All to complete and return the template

## **5. Information Sharing and Updates**

- Graham: CAB is focussing on housing allocations as a priority
- Annie: Hampshire Wellbeing Services – developing a wellbeing action plan / befriending project / adult mentors for young people ; also Wellbeing Group is looking at mental health and will report findings at next meeting.
- John: Wellbeing Centre – 100 currently active using the service; finding there is pressure from mental health services to discharge when not quite ready; runs a group support programme 6 days per week and 1-1 counselling; looking to run courses where there is childcare on offer ; supporting getting people back into work

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- Karina: Social Inclusion Partnership – Launching Making Every Adult Matter (MEAM) in April; Homelessness Health Audit being conducted 1 January by housing officers – will report back to HWP
- Colin: Healthwatch is running an ‘What is the NHS and how does it work’ session
- Claire: BDBC – Health and wellbeing – commissioning Healthy Bodies Healthy Minds sessions – uptake increasing, looking at other options with the Sports Centre; also Relax Kids - supports mental health, emotional wellbeing and physical health through a combination of mindfulness, storytelling and exercises, stretching, breathing, massage along with positive affirmations, visualisations, and relaxation– running through the Supporting Troubled Families in schools
- Marion: CYPF Partnership – a task and finish group has been established to map mental health provision; the HWP network will include engagement with HCC Public Health on mental health issues (including links to Suicide Prevention plan)
- Debbie: Substance Misuse team anticipates significant impact of Winchester closing hostel with 24 beds; also anticipates an upsurge in availability and use of cheap psychoactive substances as ‘legal high’ shop closures are enforced in March
- Pam – school nursing service is now with Southern Health; reviewing services for 16-19 age group; focus primarily on mental health and emotional first aid
- Natasha – Community Independence team is working on a new service framework

## **6. Issues and Priorities for the subgroup**

The group agreed the priorities for the group remain as set out in the last minutes:

- Mapping an individual’s journey through the various services (case studies)
- Young people & cyber bullying / internet safety
- Drugs
- Improving joint working
- Homelessness and mental health

The group also wished to add:

- psychoactive substances
- maternal and peri-natal mental health

## **7. Future arrangements and date of next meeting**

There was consensus that there was value in the group continuing to meet and share information. It was agreed to reconvene in February to review the outcome of the mapping exercise and to explore solutions.

**Action 4:** Marion to liaise with Stephen on date and to schedule the meeting