



**TOGETHER FOR MENTAL HEALTH  
NATIONAL MENTAL HEALTH PARTNERSHIP BOARD**

**Wednesday 7<sup>th</sup> August 2019, 1.00pm – 4.00pm  
Caerdydd 2, Welsh Government, Cathays Park**

**Present**

Jo Jordan (Chair)	Director of Mental Health, NHS Governance & Corporate Services, WG
Ainsley Bladon	NPB lead officer Mental Health Strategy Lead WG
Deb Austin	T4CYP
Stewart Blythe	Welsh Local Government Association
Avril Bracey	Member for the Association of Directors of Social Services (ADSS)
Tracey Breheny	Deputy Director of Mental Health, Substance Misuse and Vulnerable Groups, WG
Steve Clarke	WAST
Ruth Conway	Deputy Director Support for Learners, WG
Jason Davies	Police
Dr Liz Davies	Senior Medical Officer, Mental Health & Vulnerable Groups, WG
Julie Denley	Directors of Primary Care
Andrea Gray	Public Health Wales / 1000 Lives
Penny Gripper	Service User Member
Richard Hockey	Mental Health & Vulnerable Groups, WG
Lynzi Jarman	Youth Justice Board Cymru
Elin Jones	Mental Health Legislation Manager WG
Gareth McRae	Service User
Shane Mills	National Collaborative Commissioning Unit
Sara Moseley	WAMH
Adrian Neal	Aneurin Bevan University Health Board
Hazel Powell	Senior Nursing Group
Stuart Silcox	Public Health Wales / 1000 Lives
Oliver Townsend	Cymorth Cymru
Jane Treharne-Davies	Carer Member
Clare Van Bohemen Hunter	Whole School Approach, WG
Dave Williams	CMO CAMHS Advisor WG

**Apologies:**

Katie Dalton (KD)	Cymorth Cymru
Aine Gawthorpe	HMPPS
Albert Heaney (AH)	Director of Social Services and Integration, WG
Alun Thomas	WAMH (Hafal)

## **1. PRELIMINARIES**

### **1.1. Welcome and introductions / Apologies for absence**

The Chair welcomed everyone to the meeting and noted apologies (as above).

The chair noted the following deputies attending:

Stuart Silcox for John Boulton

Julie Denley for Alan Lawrie

Gareth McRea for Julie Murray Jones

Oliver Townsend for Katie Dalton

### **1.2. To AGREE minutes of the meeting held 10 April, 2019**

The minutes were accepted as accurate and ratified without amendment.

### **1.3 To REVIEW Action Log**

Ainsley Bladon reviewed the action log and provided the updates as below

#### **1.3.1. Completed actions**

1 – The Mental Health Network Board papers were circulated with minutes of the April 2019 meeting

2 – Welsh Government received the CPN police control room Cwm Taf (Morgannwg) operating manual from Alan Lawrie. The manual indicated two phases to the independent evaluation, one in April 2019 for six weeks and a second scheduled at six months.

The Gwent independent evaluation by carried out by Swansea University is taking longer than anticipated as it was delayed to ensure appropriate co-production. It is expected in the summer.

Welsh Government has no details yet on the North Wales pilot independent evaluation.

All independent evaluations are being monitored by Crisis Care Concordat Group to consider the findings. Welsh Government will share these findings with the Board when available.

3 – Discussion on the Crisis Care Concordat / Access Review is on the agenda for this meeting. Shane Mills will give an update at item 3.1

4 - BCU improvement reports can be accessed from the homepage of their health board website <http://www.wales.nhs.uk/sitesplus/861/home>

5 – Lived experience and co-production in future reports going to the Board it has been noted throughout the policy paper.

6 – The WAST presentation on mental health was circulated with the minutes of the April 2019 meeting.

7 – The MSc Psychology student feedback on the value of having a lived experience perspective as part of health professional education was circulated with the papers for this meeting.

8 – The work on the Stigma Subgroup is ongoing and an update is on the agenda at item 5.1

### **1.3.2. Outstanding Actions**

O1 – As completed action 2 above. The evaluations are in progress and will be considered by the Crisis Care Concordat Group.

O2 – A legislation substantive update was circulated in the policy paper for this meeting and Elin Jones will provide an update at item 2.1.

O3 – a link to the Wellbeing of Future Generations Wales Audit Office Reports was circulated with the papers for this meeting.

<http://www.audit.wales/search/node/future%20generations%20examination>

All actions were marked as complete

### **1.4 To CONSIDER any matters arising**

There were no other matters arising.

## **2. CHAIR'S POLICY REPORT**

### **2.1 To RECEIVE an overview report from the Chair on recent policy developments**

The Chair provided the following highlights:

#### **Together for Mental Health Delivery Plan**

The Delivery Plan is currently out to public consultation until 30 August. Links to the consultation were circulated with the papers for this meeting. [Links attached]

Welsh: <https://llyw.cymru/law-yn-llaw-iechyd-meddwl-cynllun-cyflawni-2019-i-2022>

English: <https://gov.wales/together-mental-health-delivery-plan-2019-2022>

Public consultation events are being held throughout August across Wales. A final progress report will be published in the autumn for the 2016-19 delivery plan.

Penny Gripper highlighted the transparency of how service users were engaged in the development of the Delivery Plan, showing the stages of involvement and level of co-production. She cited the perinatal service pool as an example of good practice. She however raised concerns that Aneurin Bevan University Health Board did not have two service user and carer representatives on their LPB, and that some RPBs don't have mental health service representation or citizens boards so there is no input to the Boards through these. The Chair advised that crisis care co-production, which will be discussed as part of Shane Mills' presentation, would bring representation of the experience of living with crisis to the Boards. The Chair advised that Welsh Government would check how service user and carer feedback is picked up by Boards and asked Penny Gripper whether she would be involved in this work. Service users expressed being pleased with new addition to policy paper highlighting coproduction for each section.

**ACTION: Welsh Government to assess service user and carer representation on Regional Partnership Boards.**

## Funding

Updates on the allocation of £100m Transformation Funding, administered through Regional Partnership Boards. to projects approved by the Minister can be found online A link has been circulated in the paper for this item. Attached again here: <https://gov.wales/health-and-social-services-transformation-fund-projects>

Health boards are to submit plans on how they will use the service Improvement funding towards delivering improvements in the following areas:

- Children and adolescent mental health services
- Further development of perinatal mental health services.
- Increased access to psychological services (all ages)
- Crisis care / out of hours provision (all ages)
- Eating Disorder Services

A full summary of projects will be provided at the December NPB.

**ACTION: Welsh Government to provide a summary of projects funded by the Service Improvement Fund to the December 2019 Project Board meeting**

An additional £1m has been made available to support complex needs and housing projects through Area Planning Boards, particularly for those with co-occurring substance misuse and mental health problems. Oliver Townsend noted that those with a housing need are a key ministerial priority. Ainsley confirmed that this is additional funding to the Housing First investment recently announced.

## Reading Well

The adult common health conditions book scheme was launched in June and is available in all libraries.

## **Co-Occurring Substance Misuse / Mental Health**

A 'deep dive' workshop was held in July to explore barriers to delivery across a wide range of stakeholders. The notes from this workshop will be shared with NPB members when they are available.

<p><b>ACTION: Welsh Government to share the notes of the Co-Occurring Substance Misuse / Mental Health 'Deep Dive' workshop with NPB when available.</b></p>
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## **Crisis Care Concordat**

From September the CCC Chair will be Emrys Elias. The section 135/136 dataset is now in a pilot phase. The urgent access review is on the agenda at item 3.1.

## **Mind Over Matter**

The latest Welsh Government update to the CYPE Committee was circulated with the paper for the April 2019 NPB meeting. The Whole School Approach implementation framework is in development. Welsh Government intend to publish guidance for schools on suicide in September.

## **Local Primary Mental Health Support Services (Children and Young People)**

The NHS Delivery Unit work being is finalised and should be published shortly

## **Suicide and Self Harm**

Four leads are being recruited to drive forward improvements in the three regions and nationally. An action plan is being developed with the NAG to maximise the impact of new funding

## **Prisons**

There are two inquiries underway around health and social care in prisons and mental health in police custody. The Assembly is reviewing evidence and reports are anticipated in the next couple of months.

## **Legislation.**

Elin Jones provided an update on legislation and the implications for Wales.

## **Mental Capacity Amendment Act 2019 (MCAA)**

The MCAA received Royal Assent on 16 May 2019 to reform the current Deprivation of Liberty Safeguards. The UK Government has announced it will come into force on 1 October 2020. There is still work to do on strengthening the understanding of the Mental Capacity Act in implementing the Liberty Protection Safeguards and the findings from the last MCA/DOLs meeting will inform this work.

When drafting the Code, there was difficulty in engaging people who lacked capacity to give a lived experience perspective. Welsh Government has taken the learning from this and will undertake a strategic implementation of the Mental Capacity Act.

Avril Bracey highlighted local authority concerns about the potential for a huge growth in assessments. Elin Jones advocated the need for fuller impact assessments, to consider the resource and workforce implications. The Chair advised that the Group would have an oversight on the work taken forward and that Welsh Government would welcome views on the structure. This is work across government and a governance process was needed to keep this Board informed and advise Ministers. She noted that although the final decision rests with UK Government, Wales would want to have substantial input. As the timetable was set by others it is not in our control.

### **Independent Review of Mental Health Act**

Elin Jones reported the UK Government intends to publish the formal review later this year. We are waiting on UK Government's formal report on the changes needed. There is debate as to whether it is the Act or the system it operates within that needs to change. Avril Bracey maintained the system was not person-centred, that there are no person-centred considerations of bed availability and conveyancing. Avril also noted that Wales was losing AMHPs. Elin Jones reported that the Delivery Plan was looking to take these issues forward ahead of the Review of the Mental Capacity Act. Sara Moseley suggested that a workforce impact assessment is needed, and welcomed discussions about the impact. Elin Jones advised that the Delivery Plan was looking to take forward the Duty to Review recommendations but this may be hindered by the MCA Review. Consistency across these two pieces of legislation was needed going forward and Members of this Group would be identified to help consider this work, which will form a regular item on future agenda.

Elin asked those keen to be engaged to identify themselves, though the NPB will be consulted throughout as appropriate.

## **3. SPECIAL ITEMS**

### **3.1 To RECEIVE an overview of the Mental Health Access Review**

Shane Mills reported that the Review he had been tasked with will review how individuals are accessing public services in an emergency (health, police, fire, coastguard etc) to determine:

- How often people with mental health issues are accessing services
- Whether those accessing crisis care are already known to services
- The rate of substance misuse issues
- Whether those accessing services are going to the most appropriate place for their needs

The review will consider data, including from emerging practice such as the GP out of hours pilots and the placement of nurses in police control rooms.

There had been engagement with WAMH to help the understanding of why people have contacted services and their experiences. Shane also cited a YouGov poll of people who had contacted public services and their experiences, whether positive or negative.

The review will also consider conveyancing, wait times and method of transport (whether via ambulance, police or other method).

The Review will generate a single report to go to the Crisis Care Concordat Group in March 2020 for consideration of whether the right services are in place or better ways of working are required..

The Chair noted the complexity of the review, using data not collected before. It was noted that there will be different types of data definitions across organisations, which will need to be aligned. The Chair highlighted additional investment to health boards to extend crisis care.

Penny Gripper suggested it would be useful to ask these questions of the Service User and Carer Forum. She raised concerned about (adult) missing middle and suspected people are contacting emergency services as they aren't getting provision elsewhere. Sara Moseley endorsed this view, maintaining that distressed people contact police in crisis situations. The Chair held that this was what the Review sought to establish, but it may not necessarily be a health response and the work needed to be tested and better organisation of the existing services was needed. The Chair cited the pilot in North Wales in Emergency Department for people in crisis as an important piece of work. Sara Moseley reported WAMH works with the police, nurses and other public sector workers to help them understand crisis and where to send people appropriately.

Gareth McRea felt that a longer term commitment to starting from a grass roots understanding of embracing communities and treating people as individuals were needed. The Chair advocated work to establish what is missing in communities, considering safety nets. The Aneurin Bevan early intervention work will generate more examples of good practice. Liz Davies held that it can be disheartening for the workforce to be seeing people coming to them in distress but having nothing to offer or know where to send them.

The Chair suggested the Youth Engagement Panel should also comment. Ruth Conway highlighted the investment this year to improve children and young person's engagement to keep them in touch with the public sector.

Penny Gripper asked Shane Mills if he was aware of the 'Stretch' research from Swansea University on people using emergency services. Shane Mills confirmed he was aware but was happy to take examples of other research or good practice and that his contact details could be made available.

Shane can be contacted at [shane.mills2@wales.nhs.uk](mailto:shane.mills2@wales.nhs.uk) regarding the review

The Chair asked that progress on this be reported to the Board at future meetings.

## 4. NATIONAL FORUM UPDATES

### 4.1 To RECEIVE update and paper from the forum: Suicide Prevention

Jane Treharne Davies reported that a sub-group had been formed to gather ideas of what was important to take to the full forum. Feedback on the sub-group findings was expected soon but the main emerging themes were:

- the unique perspective that service users and carers can provide
- the importance of public and public sector awareness of suicide and professional understanding of available services.

Avril Bracey felt it was for Local Partnership boards to identify what is available in a crisis. Sara Moseley reported that WAMH was being told that traditional drop-in befriending services provided by local grass roots organisations are under pressure and service need to understand and value these organisations. The Chair maintained this would be part of the work to establish existing services. She suggested the need for service directories of what is available in the area to be available for all health professionals, not just emergency staff. Ainsley suggested each LPB could provide a quick reference guide about what to do in a crisis (ie. information on a card about who to call / where to go)

Jane Treharne Davies highlighted other comments arising from the sub-group:

- the recent focus on middle age men may take focus away from other groups.
- services providers to have a greater empathy with those in distress.
- the need for a safe place and access to housing.

She continued that determining themes was difficult because of the complexity of suicide, but the following had been suggested:

- person should not be judged
- break the myths around suicide (e.g. that people are attention seeking)
- the person not public health risk should be seen
- people need to feel valued, listened to, believed and understood
- engage service users into training professionals
- take early action
- self-service intervention for service users whilst waiting for professional input.
- education in schools
- changing attitudes and stigma
- Intervention is a mix of strategies not a single strategy
- improve community resilience

Gareth McRea felt it was fundamental when discussing suicide to consider the use of language, specifically that the term 'commit suicide' is out-dated and implies criminality.

The Chair felt this was a powerful report and asked Jane Treharne Davies to share it with members when available.

**ACTION: Forum to share the report with NPB (via Secretariat) once available.**

## **5. OTHER UPDATES**

### **5.1 To RECEIVE an update on stigma and discrimination subgroup**

Ainsley Bladon reported the Stigma Discrimination subgroup is going well. The Equality and Human Rights Commission has developed a set of surveys, which were circulated to NPB members and have received good response rate to date. Please share widely within your networks. Surveys close 15 September 2019. Sara Mosely indicated WAMH would be able to share the evidence from the Time to Change Wales campaign in support of the subgroup. She has connected with Ruth Coombes who is leading on this work and a meeting is planned.

Lynzi Jarman noted that the terms in the delivery plan should be appropriate for people in the youth justice system to avoid labelling. Ainsley Bladon asked members to highlight appropriate terms in their response to the consultation.

The subgroup will present to the December 2019 National Partnership Board.

### **5.2 To RECEIVE an update on the mental health learning disability core dataset**

Ainsley Bladon reported work on the Core Data Set is progressing well.

The Outcomes Workstream, supported by 1000 Lives, is working with the nine pilot teams looking at outcome focused training. Aneurin Bevan UHB is currently in negotiations with the supplier to confirm go live date on the WCCIS.

Welsh Government is making improvements to the Stats Wales website, so that it is easier for the public to see the data.

There has been agreement across Wales for consistent care and treatment planning, review and assessment forms. These will be subject to a six month review cycle. Teams should be piloting forms and considering which existing forms can be retired to free up admin time for staff going forward.

Dave Williams suggested that care plans have to be consistent and transportable into the ALN forms. Ainsley Bladon confirmed work had involved all areas of practice to establish a set of common form requirements.

### **5.3 To RECEIVE an update on the National Youth Stakeholder Group & T4CYP / CAMHS network**

Clare Van Bohemen Hunter and Deb Austin provided an update.

The National Youth Stakeholder Group came out of Mind over Matter stakeholder group. The first meeting was held in January with 25 members. These meetings share between the Whole School Approach and T4CYP and works with the Childrens Commissioner on Regional partnership boards.

Deb Austin : The T4CYP Stakeholder Group was structured to look at personal and group development. It helped to shape the T4CYP Programme before the Childrens Commissioner involvement.

It is the establishment of a broader youth engagement voice. It has been very active, calling for a live question time with providers, looking at analytics that make a difference and consideration of different methods of communication and engagement.

The Early Help conference of youth engagement generated a wealth of resource to consider

Stakeholder Group members want to interview key stakeholders, e.g. Childrens Commissioner, Chair of the CYPE Committee and Minister for Health and Social Services.

<b>ACTION:</b> Ainsley to circulate presentation with minutes
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The meeting closed 14:50 and moved into the workshop section.

## **6 WORKSHOP**

### **6.1 To DISCUSS Draft Together for Mental Health Delivery Plan Consultation**

Ainsley talked through each of the priority areas and themes within the draft delivery plan. The group provided feedback, summarised below:

- To include Blueprints for youth justice and to consider language ie. people accessing justice system rather than 'offenders'
- To reference new curriculum
- More explicit links to legislation
- To feature children and young people in the secure estate To reference school-based counselling
- To emphasise research (such as for psychological therapies and emerging practices including open dialogue)
- Importance of peer support
- To focus on mothers with severe mental illness
- To be clearer in role of local authorities / avoid reference to just health boards where actions are joint
- Suggestion of CYP audit of care plans (rather than just adult CMHTs)
- To emphasise role of the third sector
- To focus on all inpatient units (rather than just secure)
- More focus on transitions
- To consider older people in prisons due to ageing population
- To include people with neurodevelopmental / dual diagnosis
- To include people with long term physical health conditions and co-occurring mental health difficulties.
- To include more emphasis on housing options

- To consider re-wording vulnerable groups section (ie. people who have additional needs / those who experience gaps in service) rather than being specific about particular populations – many people have more than one so unhelpful to put into silos

All are encouraged to respond to the online consultation (or via postal submission) before the deadline of 30 August 2019. The links are as below:

English: <https://gov.wales/together-mental-health-delivery-plan-2019-2022>

Welsh: <https://llyw.cymru/law-yn-llaw-iechyd-meddwl-cynllun-cyflawni-2019-i-2022>

## **7 FUTURE MEETINGS**

### **7.1 Upcoming meeting dates for 2019 are:**

Wednesday, December 4, 2019 13.00 – 16.00 at Welsh Government, Cathays Park

Dates for 2020 will be circulated after the August NPB – diary invites to follow