



Llywodraeth Cymru  
Welsh Government

## TOGETHER FOR MENTAL HEALTH

**Draft Minutes of the National Mental Health Partnership Board meeting held  
on Tuesday 14 November 2017  
[1400-1600]  
in Caerdydd 2, Welsh Government, Cathays Park, Cardiff**

### **Present**

Jo Jordan (Chair)	Health and Social Services Group, Welsh Government
Ainsley Bladon	Mental Health & Vulnerable Groups Division, Welsh Government
Jane Boyd	Chair of APHNSAG
Stewart Blyth	Welsh Local Government Association
Avril Bracey	Association of Director of Social Services
Steve Craddock	Out-of-Work Service Programme, Welsh Government
Katie Dalton	Cymorth Cymru
Dr Liz Davies	Mental Health and Vulnerable Groups Division, Welsh Government
ACC Jonathan Drake	Association of Chief Police Officers
Andrea Gray	Public Health Wales / 1000 Lives
Dr Katie Fergus	Royal College of Psychiatry in Wales - replacing Maria Atkins
Judith Hardisty	Vice Chair Representative
Ewan Hilton	Wales Alliance for Mental Health (Gofal)
Penny Gripper	Service User Member
Rob Heaton- Jones	Head of Co-commissioning, HMPPS
Warren Lloyd	Clinical Leaders
Julie Murray	Service User Member
John Palmer	Directors of Primary Mental Health
Hazel Powell	All-Wales Senior Nurses Advisory Group
Irfon Rees	Public Health, Welsh Government
Alun Thomas	Wales Alliance for Mental Health (Hafal)
Jane Treharne-Davies	Carer Member
Mandy Ware	Carer Member
Richard Hockey (Secretariat)	Mental Health & Vulnerable Groups Division, Welsh Government

### **By invitation**

John Lowes	Gofal
Noel Williams	Cyfle Cymru

### **Observers**

David Crepaz-Keay	Mental Health Foundation
Lisa McInch	Mental Health & Vulnerable Groups Division, Welsh Government

## 1 PRELIMINARIES

### 1.1 Welcome and introductions / Apologies for absence

The Chair acknowledged those present, those who were deputising for members and those members attending their first meeting:

- Judith Hardisty invited as Vice Chair representative,
- Katie Dalton as an external housing representative.

She also noted Dr Katie Fergus, who will now replace Maria Atkins as ReCPsych representative.

Formal apologies were noted from:

- Dusty Kennedy, Youth Justice Board
- Emma Williams, Welsh Government
- Albert Heaney, Welsh Government.

### 1.2 Minutes of meeting held on 15<sup>th</sup> August 2017

Mandy Ware questioned why a discussion of the Cymorth Cymru report was not on the agenda as it was an action from the last meeting. The Chair advised that Katie Dalton, Director, Cymorth Cymru had joined the group as a substantive member. Geoff Marlow, Welsh Government, Housing Directorate would also be joining the group. The Chair suggested the report be added to the agenda for a future NPB meeting.

**ACTION 1: Secretariat to include a discussion on the Cymorth Cymru report to the agenda for a future NPB meeting.**

Katie Dalton offered to speak about the report to the Service User and Carer Forum.

**ACTION 2: Ainsley Bladon to liaise with Mental Health Foundation to enquire if they would like Cymorth Cymru to speak to the Service User and Carer Forum.**

The Chair noted Penny Gripper's amendments to item 4.3 of the minutes - Paper from the National Mental Health Service User and Carer Forum on Stigma and Discrimination. Mandy Ware noted that she is a carer (not service user) rep. With these provisos, the minutes were read and ratified.

#### Actions

With regard to Action 2, Alun Thomas conveyed he had heard Richard Jones speak on his concerns that police cells could not be used as a place of safety without 30 minute health checks. He asked whether there had been conversations between the police and health about using police based health professionals. Jonathan Drake advised that the idea of placing a health professional in control rooms across Wales was being considered following the success of the Gwent pilot. He also confirmed that local policy will now reflect that s136 is a detention, not an arrest.

The Chair reported that Whitehall had not engaged fully with Welsh Government and it would be a challenge as the timescales were not within our control. She indicated

an update would be included with the minutes and requested that Matt Downton update the NPB on developments.

#### **CHAIR'S UPDATE**

The Home Office and Department of Health have published the non-statutory Guidance outlining the changes and the The Mental Health Act 1983 (Places of Safety) Regulations 2017 Regulations.

Commencement Date (when the new legislation comes into force is given as 11 December 2017 "subject to any unforeseen parliamentary process")

We are currently clarifying the fit of the guidance with the Code of Practice (for Wales) 2016 to the Mental Health Act 1983.

Links to the guidance are below.

<http://www.legislation.gov.uk/ukxi/2017/1036/contents/made>

<https://www.gov.uk/government/publications/mental-health-act-1983-implementing-changes-to-police-powers>

#### **ACTION 3: Matt Downton to provide an update on developments in s136 Places of Safety at a future NPB meeting.**

Avril Bracey reported her actions (3) to meet Matt Downton to discuss places of safety and conveyance and (4) to share the ADSS case studies with John Palmer were still ongoing.

#### **Matters arising**

Penny Gripper enquired whether there was service user representation on the Regional Suicide and Self Harm Fora. Ainsley Bladon advised she would discuss service user involvement with the fora and circulate the Talk to Me 2 mid-year report to the Regional Partnership Board and consider service user involvement in the review.

#### **ACTION 4: Ainsley Bladon to discuss service user involvement in the Regional Suicide and Self Harm Fora and to circulate the midpoint review of Talk to Me 2 when published (anticipated Feb 2018)**

Penny Gripper expressed that providing examples of good practice would not achieve anything and expressed that a working group be set up to assess demand and capacity. The Chair believed this would involve pooling combined knowledge and this would be an issue to consider outside this meeting.

### **1.3 Terms of Reference / Membership List**

The Chair reported the Minister had been changed to the Cabinet Secretary for Health and Social Services and that membership had been updated. She was happy to take further comments.

Penny Gripper asked whether a quorate number could be given, in order to show the meeting was quorate. The Chair maintained that now the membership had been confirmed the meeting was considered quorate when a third of external members were present, as reflected in the draft.

Jonathan Drake enquired whether the Concordat Group was a sub-group of this NPB. Ainsley Bladon confirmed it wasn't and the sub-groups were the CYPFDAG and OPDAG. The Chair recognised the Terms of Reference would need to be amended to reflect the need to co-opt members from task other groups as required.

Mandy Ware suggested the action plan needed to assess what had been delivered. The Chair informed that more formal reports would be available when a formal stocktake had been undertaken. She added the first delivery plan was about implementation of the Measure and this had been evaluated.

Ewan Hilton advocated that timescale for the midpoint report and delivery should be included as part of this group's assessment and made explicit in the Terms of Reference; this would allow the group to explore meaningful change. The Chair suggested a formal review would be independent and that the service user voice should be built into the mechanism.

**ACTION 5: Welsh Government to amend NPB Terms of Reference to include:**

- **co-opting members from other groups**
- **timescales for midpoint and delivery evaluation and reports.**

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

### **2.1 Report on Recent Policy Developments**

The Chair reported on a number of key priorities and important achievements, outlined in her paper:

**Prosperity for All:** Launched on 19 September, it signals the importance of the mental health agenda as one of the five priority areas which have the potential to make the greatest contribution to long-term prosperity and well-being. This reinforces our approach in Together for Mental Health, where we recognise that by identifying and addressing issues early, we can prevent more serious problems occurring later in life.

**Funding:** Welsh Government continues to ring-fence the funding to health boards for mental health services to safeguard our investment in this priority area. Of the additional £450m for the NHS over the next two years we will provide an additional £40m funding for ring-fenced mental health services, in line with the Budget Agreement. More detail will follow once the budget has been confirmed.

We have also secured additional recurrent funding from 2018/19 for a number of priority areas, this includes £1.1m to further improve CAMHS performance and over £5.5m to further increase access and availability to evidence based psychological therapies within both primary and secondary care.

**Mental Health Crisis Care Concordat:** The Concordat's task and finish group reconvened in October 2017, to consider a longer-term role for the group in providing oversight for the continued implementation of the Concordat and the impact of the changes to the Policing and Crime Act, which are expected to come in to force in December 2017. A key change is the restriction on what may be used as a place of safety which is expected to increase demand for health based places of safety.

Penny Gripper suggested that with this group becoming longer-term it was difficult for all partners to attend all meetings and groups needed to be reviewed to establish whether there duplication of work. Ainsley Bladon maintained there was an onus on members to balance their diaries. Ewan Hilton explained that the group was reconvened based on a call from WAMH when the working group was stood down. He would speak to Sara Mosely who was leading on this. The Chair called for the sub-groups stemming from this NPB to be mapped to evaluate duplication and efficiency.

**ACTION 6: Welsh Government to evaluate sub-groups stemming from the NPB to avoid duplication and to ensure efficiency.**

**Mental Capacity Act and DoLS:** The Department of Health is currently undertaking an engagement exercise with stakeholders across Wales and England in relation to the Law Commission's recommendations for reform of the Mental Capacity Act/DoLS. Penny Gripper suggested there were issues in relation to service users being subject to coercive practice and deprived of their liberty without recourse. The Chair advised that Welsh Government would look into Department of Health engagement with service users.

**ACTION 7: Welsh Government to check Department of Health engagement with service users on reform of MCA/DoLS.**

**Perinatal Mental Health:** The National Assembly's Children, Young People and Education Committee published its report on perinatal mental health services in Wales on 17 October which made a number of recommendations. The Cabinet Secretary will be providing a written response to these within the next six weeks. Welsh Government will provide a further update at the next meeting in relation to this response and action in relation to implementation of recommendations.

**ACTION 8: Welsh Government to provide update on Perinatal Mental Health Report and next NPB meeting. Secretariat to note for agenda.**

**Dementia Strategic Action Plan 2017-22:** Work is ongoing to co-produce the Action plan. NPB members will be informed when the publication date for the document has been confirmed. There will also be funding to support the Dementia Strategic Action Plan once published.

**ACTION 9: Welsh Government to write to NPB members with confirmation of the Dementia Strategic Action Plan publication date.**

**Reducing waiting times for Children's Neurodevelopment (ASD and ADHD) referral to assessment:** A working group, set up by NHS Informatics Service has

been formed to ensure all Health Boards are following the same process with regards to how 26 weeks is recorded. The group is currently discussing what counts as an assessment. The intention is to commence collecting the first data in late November. Data will not be publicly available during the first 12 months of collection to enable any unforeseen issues which may arise as a result of collection to be rectified. Thereafter data will be published to StatsWales.

Penny Gripper noted the actions on neurodevelopment centred on children and asked when adult conditions would be considered. The Chair advised other groups, led by Social Services Directorate were looking at ASD and autism as a separate strategy and it would make this NPB agenda too broad to consider under the remit of Together for Mental Health. The chair agreed to provide a future written update on the Integrated Autism Service.

**ACTION 10: Welsh Government to write to NPB members with confirmation of the Dementia Strategic Action Plan publication date.**

### **3. SPECIAL ITEMS**

#### **3.1 Wales Psychological Therapies Plan for Adult Mental Health – The National Plan (2018)**

Andrea Gray reported that in June 2017 Welsh Government wrote to the National Psychological Therapies Management Committee, chaired by Melanie Davies, Chair, Powys Teaching Health Board, asking them for an update at this meeting.

She updated that a draft action plan was produced and then revised following review by the Committee. This revision has taken place since the publication of Matrics Cymru.

She described the purpose of the Action Plan was to assist health boards and partners to delivery Matrics Cymru and the Policy Implementation Guidance for psychological therapies. Within the plan there are six key elements described in Matrics Cymru and four WHO quality standards (accessibility, appropriateness, effectiveness and service user experience). The services' model provides key questions for health boards to consider. There will be a staged approach to implementation up to 2021, but next year there will be clear plans for health boards.

Andrea Gray agreed to bring the completed Action Plan back to the NPB at the next meeting. It will be disseminated to local PTMCs for feedback. The focus of the work is improving the service user experience.

**ACTION 11: Andrea Gray to include an update on the Wales Psychological Therapies Plan for Adult Mental Health – The National Plan (2018) at the next NPB meeting. Secretariat to note for agenda. Action Plan presentation to be circulated with minutes.**

The Chair highlighted that increasing access to psychological therapies was still a top priority for Welsh Government, to which it had provided significant investment. She perceived that services were being driven by access targets and that more

outcome based targets should be considered along with ways of getting psychological therapies into health boards IMTPs.

Judith Hardisty voiced concerns over the shortage of training and the shortage of key professionals. The Chair commented that consideration could be given to using some of the psychological therapies funding for training.

Penny Gripper highlighted that some students who gain a psychology degree in Wales move away or enter private practice. It would be a good opportunity to guide these students into psychological therapies in Wales upon graduating.

Jane Boyd declared that training should sit centrally with health boards as a priority in their IMTPs. She added it would be possible to have a workforce trained in Matrics Cymru, but this would take funding to achieve. Ainsley Bladon highlighted wider workforce issues in retaining existing staff. The Chair felt the new Health, Education and Work body for Wales should co-ordinate this. Jane Boyd raised concerns that staff were finding it hard to partake in dedicated practice time, which was leading to staff attrition as they can no apply what they have learned.

### **3.2 Presentation on the Stigma and Discrimination paper**

Before the presentation started, Alun Thomas declared an interest as Hafal is involved in the delivery of Time to change Wales. The Chair noted his declaration.

Penny Gripper presented. She maintained that stigma and discrimination were borne out of, among other things, ignorance, lack of openness, negative attitudes and bigotry. People with mental health problems are more likely to get into conflict and excluded from services and that difficult behaviour should not be assumed as bad behaviour.

She suggested that doing nothing would cost money and lives. She cited the 'Treat Me Fairly' training and called for Service User and Carer Forum members to evaluate it.

Penny Gripper advocated setting up of a stigma and discrimination workshop and a working group to explore the agenda and membership. Avril Bracey asked for clarity on the purpose of the workshop. The Chair felt it would be about identifying the big items that can be moved forward.

Penny Gripper intimated that the people around the table can influence on stigma and discrimination by recognising the practices within their organisations. The Chair felt this would be too focused on organisations and this needed to be considered on a wider societal / community level. David Crepaz-Keay noted that England have identified descriptive markers of discrimination, i.e. employment rates, arrest rates and people could consider these markers with their organisations. Rob Heaton-Jones cited a Ministry of Justice awareness programme as a powerful tool that gave staff the confidence and support to be able to honestly declare their mental health issues.

Mandy Ware suggested that stigma was a 'hearts and minds' challenge but discrimination was more immediately measurable as it was enshrined in law. This would allow a working group to bring organisations to account.

Irfon Rees noted it would be timely to have this debate and a working group would be useful to bring perspectives to bear on current activity.

Judith Hardisty indicated all organisations and authorities have equality law so the workshop could explore what was already in place and whether it is working.

John Palmer maintained that that some of the response had to be on the harder items to achieve, such as equal access to housing or Tier 0 access or the causal issues such as drugs and suicide with which public services have to contend.

Katie Dalton suggested involving the Public Health Wales ACEs Hub in the workshop to get an understanding of what lies behind peoples' experiences.

The Chair proposed holding a workshop in the New Year and encouraged NPB members to be involved although exactly who was to be involved in planning the workshop was still to be agreed. A working group may come out of these decisions. She summed up suggesting a plan had to be developed and high level actions agreed. She asked those members with suggestions to consider how to expand them into the workshop.

<b>ACTION 12: NPB members to consider planning, agenda and attendance at Stigma and Discrimination workshop. To request expressions of interest for a working group when circulating minutes</b>
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### **3.3 Data Update**

This item was deferred to next meeting (standing item)

### **3.4 Out of Work Service update**

John Lowes (Gofal) and Noel Williams (Cyfle Cymru) provided an update. The service started in August 2016 for those ages 25+ and in November 2016 for the 16-24 cohort. 15 month figures were quoted at the meeting although these have not yet been validated.

*Following the meeting, Steven Craddock provided 12 month validated figures for inclusion in the minutes [next page]*



**ESF results at the end of Year 1 (July 31<sup>st</sup> 2017) of the Out of Work Service**

- Over 2,600 participants to the Out of Work Peer Mentoring Service in Year 1
- Over 2,100 or 80% of these recovering from both substance misuse and mental ill-health or recovering from mental ill-health only
- The total number gaining a qualification upon leaving at the end of Year 1 were 607
- The total no of participants who entered employment, including self-employment, upon leaving at the end of Year 1 were 105; and
- The total no of participants completing work experience placements or volunteering opportunity by the end of Year 1 were 273.
- The Cabinet Secretary will be reporting some of these figures in his speech at the Peer Mentoring Conference on Thursday 16 November.

The Chair asked how this Out of Work Service which sits alongside mainstream services differed from the usual ESF provision. John Lowes reported that by using peers who had had experience of the system, and had come through it, other people gained an awareness that positive change can happen.

The Chair further asked what mechanisms were in place to measure 'softer' service user benefits. John Lowes confirmed the service used the Work-star Tool to measure personal improvement. Ewan Hilton advised that when the Work-star Tool had been evaluated the evidence could be shared with the NPB.

**ACTION 13: Ewan Hilton / Gofal to evaluate the Work-star Tool and provide an update at a future NPB meeting.**

Steve Craddock reported the service had been asking suppliers to evidence 'soft' outcomes, asking service users to feed back on their experiences and outcomes that brought them closer to the job market. John Lowes added the suppliers were looking to ensure there was a balance between meeting targets and making lives better for people; and it was also about putting the right people into the right job, not just into a job to meet targets. This was the ethos that Welsh Government supported.

Jane Treharne-Davies queried whether the service worked with employment benefits and/or support benefits and asked if mental problems became apparent, would there be sign-posting to other services. Penny Gripper referred to some courses where concerns had been raised that the peer qualification had not been appropriate. She further asked whether there had been engagement with employers to create more jobs. The Chair suggested that the providers should give a presentation to the Service User and Carer Forum to explore these issues in more detail.

**ACTION 14: Out of Work Service providers offered to give a presentation to the Service User and Carer Forum. Ainsley to enquire about upcoming dates**

John Lowes acknowledged the service had been slower to engage with mental health than substance misuse. Ewan Hilton suggested that referrals to the service from the Wales Alliance for Mental Health were quicker than health referrals. Alun Thomas lauded the service, maintaining it provided an equitable service whoever the provider and it had been able to share examples of good practice across Wales.

#### **4. DELIVERY PLAN**

##### **4.1 Update the 3 year Delivery Plan (2016-2019) to support ‘Together for Mental Health’**

Ainsley Bladon drew the group’s attention to the summary action paper. She asked for member’s thoughts on the 13 actions proposed as complete, as disagreements needed to be noted. She reported that the LPBs would be making a public facing statement on 27 November, 2017, along with submission of annual reporting template to Welsh Government. LPBs should be signing off the actions with the agreement from partners that they reflected their work, progress and action.

The Chair recommended the next meeting should concentrate on those actions with which we are ‘off pace’. Penny Gripper suggested that:

- the work needs more service user involvement,
- there should be more information – a compendium of acronyms
- more training on mental health was needed to get a better response from GPs.

There was discussion about how best to reflect completed actions. It was agreed that further discussion on ‘how do we know when we’re there’ would be useful. No actions were signed off during meeting. Ainsley Bladon noted that WAMH and the National Mental Health Forum are feeding their thoughts into the WG annual report, due to be published in February 2018.

**ACTION 15: To discuss action completion status at a future meeting. Update next meeting to focus on actions causing concern**

#### **5 TOGETHER FOR CHILDREN AND YOUNG PEOPLE & 6 SUB-GROUPS OF NATIONAL PARTNERSHIP BOARD**

The Chair asked members to take these items as written reports

#### **7. FUTURE MEETINGS**

##### **7.2 Meeting dates for 2018**

- Wednesday 14 March 2018
- Tuesday 17 July 2018

All meetings will be held in Welsh Government offices, Cathays Park, Cardiff

<b>ACTION LOG</b> <b>National Partnership Board</b> <b>14 November 2017</b>		
Ref	Action	Outcome
1	<b>Secretariat</b> to include a discussion on the Cymorth Cymru report to the agenda for a future NPB meeting.	
2	<b>Ainsley Bladon</b> to liaise with Mental Health Foundation to arrange for Cymorth Cymru to speak to the Service User and Carer Forum.	
3	<b>Matt Downton</b> to provide an update on developments in s136 Places of Safety at a future NPB meeting.	
4	<b>Ainsley Bladon</b> to discuss service user involvement in the Regional Suicide and Self Harm Fora and the review of Talk to Me 2.	
5	<b>Welsh Government</b> to amend NPB Terms of Reference to include: <ul style="list-style-type: none"> <li>• co-opting members from other groups</li> <li>• timescales for midpoint and delivery evaluation and reports.</li> </ul>	
6	<b>Welsh Government</b> to evaluate sub-groups stemming from the NPB for duplication and efficiency.	
7	<b>Welsh Government</b> to check Department of Health engagement with service users on reform of MCA/DoLS.	
8	<b>Welsh Government</b> to provide update on Perinatal Mental Health Report and next NPB meeting. <b>Secretariat</b> to note for agenda.	
9	<b>Welsh Government</b> to write to NPB members with confirmation of the Dementia Strategic Action Plan publication date.	
10	<b>Welsh Government</b> to write to NPB members with confirmation of the Dementia Strategic Action Plan publication date.	
11	<b>Andrea Gray</b> to include an update on the Wales Psychological Therapies Plan for Adult Mental Health – The National Plan (2018) at the next NPB meeting. <b>Secretariat</b> to note for agenda.	
12	<b>NPB members</b> to consider planning, agenda and attendance at Stigma and Discrimination workshop.	
13	<b>Ewan Hilton / Gofal</b> to evaluate the Work-star Tool and provide an update at a future NPB meeting. <b>Secretariat</b> to note for agenda.	
14	<b>Out of Work Service providers</b> to give a presentation to the Service User and Carer Forum.	
15	<b>NPB Members</b> to discuss action completion status at a future meeting. <b>Welsh Government</b> to focus update next meeting on actions causing concern	

**OUTSTANDING ACTIONS  
PREVIOUS MEETINGS**

Ref	ACTION	DATE	OUTCOME / UPDATE
O1	<b>Ainsley Bladon</b> to write to LPB's to ask them to map services supporting meaningful day in their area, giving examples of good practice	Aug 2016	Ongoing. Workshop held at SU forum Sep 17 to consider progress. Early ideas shared. Hywel Dda doing a piece of work on this.
O2	<b>Alistair Davey</b> to arrange meeting with SU/Carer forum re. carer's strategy consultation, and to circulate paper when finalised	Apr 2017	Carer's strategy consultation has been put on hold due to publication of Prosperity for All. Louise Hicks to provide details of dates / venues to National MH forum when available
O3	<b>Avril Bracey</b> to share Association of Directors of Social Services case studies with John Palmer to use at Director's meetings	Aug 2017	Ongoing (Nov 17)
O4	<b>John Palmer</b> to liaise with Directors of Primary Care to provide a list of health setting places of safety across Wales	Aug 2017	Ongoing (Nov 17)
O5	<b>John Roche</b> to send consultation report to secretariat once available	Aug 2017	Not yet available. Improving Lives Green Paper has not been published by UK Government. A 'roadmap' of activities due to be published by year end. WG officials have a follow up meeting with Work and Health unit to discuss (Nov 17)
O6	<b>Welsh Government</b> to meet with DWP leads	Aug 2017	The 3 District Community Partners have been appointed and are setting up teams. Officials are planning an initial meeting and will feedback at a future one