

TOGETHER FOR MENTAL HEALTH

Draft Minutes of the National Mental Health Partnership Board meeting held on Wednesday 11 April 2018, Harlech Room, Welsh Government, Cathays Park, Cardiff

Present

Jo Jordan (Chair)	Director of Mental Health, NHS Governance & Corporate Services, Welsh Government
Aine Gawthorpe	HMPPS
Ainsley Bladon	(NPB lead officer) Mental Health Strategy Lead, WG
Alan Lawrie	Directors of Primary Care (Cwm Taf health board)
Albert Heaney	Director of Social Services and Integration, WG
Alun Thomas	Wales Alliance for Mental Health (Hafal)
Ana Llewellyn	Divisional Nurse, All Wales Senior Nursing Group
Andrea Gray	Public Health Wales / 1000 Lives
Avril Bracey	Member for the Association of Directors of Social Services (ADSS)
Caroline Winstone	Specialist CAMHS – T4CYP representative
Dr Katie Fergus	Royal College of Psychiatry in Wales
Dr Liz Davies	Senior Medical Officer, Mental Health & Vulnerable Groups, WG
Emma Williams	Deputy Director Housing Policy, Welsh Government
Ewan Hilton	Wales Alliance for Mental Health (Gofal)
Judith Hardisty	Vice Chair representative
Julie Murray-Jones	Service User representative
Katie Dalton	Cymorth Cymru
Lisa McInch (Secretariat)	Mental Health & Vulnerable Groups Division, Welsh Government
Penny Gripper	Service User Member
Sue Beacock	Office of the Chief Nursing Officer, Welsh Government

Apologies:

Irfon Rees	Deputy Director, Public Health
Jane Boyd	Clinical director, Psychology, Cardiff & Vale UHB
Jane Treharne-Davies	Carer Member
Mandy Ware	Service User representative
Sian Stewart	National Director of Mental Health, NHS
Stewart Blythe	WLGA
Warren Lloyd	Clinical Lead representative

1 PRELIMINARIES

1.1 Welcome and introductions / Apologies for absence

The Chair welcomed those attending and apologised for any confusion with start time. Chair informed the group of new format, with a workshop at the end of the business meeting.

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

- Emma Williams, Deputy Director Housing Policy attending - Geoff Marlow has retired. Sarah Rhodes will be regular representative for housing

- Aine Gawthorpe attending as new representative for HMPPS – Rob Heaton-Jones retired
- Alan Lawrie replacing John Palmer representing Directors of primary care

Formal apologies were noted as above.

1.2 Minutes of the meeting held on 14 November 2017

Penny Gripper questioned if there were six key elements described in the Matrics Cymru and four WHO quality standards (accessibility, appropriateness, effectiveness and service user experience). Andrea Gray confirmed that this was correct.

Alun Thomas noted a mistake in section 3.2 of the previous minutes. Alun declared an interest due to Time to Change Wales. Ainsley agreed to amend the minutes.

The previous minutes reflected comments that students who obtain a Psychology degree in Wales sometimes move away or enter private practice. Penny Gripper commented that there is no shortage of psychology graduates, but reiterated the point that they could be guided into delivering psychological therapies in Wales.

Amendment to August 2017 minutes noted to lead officer ahead of NPB meeting by Penny Gripper. National Forum paper on stigma was presented by the Chair rather than by Penny. Ainsley to amend previous minutes and to update on Welsh Government webpage.

ACTION 1: Ainsley to amend minutes as above

1.3 Review the Action Log

Ainsley confirmed that the action log had been updated and circulated. Reviewed actions. Outstanding actions from previous meetings are noted below:

ACTION 6 [14/11/2017] – Welsh Government to evaluate subgroups stemming from the NPB for duplication and efficiency – AB confirmed this is in progress and it will be carried forward to NPB in August 18.

ACTION 7 [14/11/2017] – To check Department of Health engagement with service users on reform of MCA/DoLs – AB advised that this action was outstanding and that she would need to clarify with Elin Jones in Welsh Government.

ACTION 13 [14/11/2017] – Ewan Hilton/Gofal to evaluate the Work-star Tool and to provide and update at a future NPB meeting – Ewan confirmed that he had spoken to John Palmer in Welsh Government and asked for it to go on the Steering Group agenda (complete). Ewan noted that he felt there were soft outcomes that may have been lost in the process

Outstanding actions from previous meetings

ACTION O-1 [August 2016] – It was agreed by group that they would discuss this action in the workshop in terms of what good looks like. Chair suggested a review of all actions over the past 12 months to ensure none have been missed.

ACTION 14(O-2) [April 2017] – Alistair Davey to provide response paper - Alun Thomas advised that he would follow this up with Alistair and bring the paper to the next NPB meeting. The approach to working with carers has changed following the publication of Prosperity for All

ACTION 5(O-3) [November 2017] – John Palmer to liaise with Directors of Primary Care to provide a list of health setting places of safety across Wales – The Chair asked if this had been circulated more widely. Alan Laurie agreed to share the list with Ainsley, who will then circulate.

ACTION 11 (O-4) [November 2017] – DWP consultation. Ainsley advised that Community Partners have now been put in place and could provide an update on work with Job Centre / DWP staff around supporting people with mental health issues. For consideration at future meeting. UK government paper still outstanding.

ACTION: 2 Ainsley to review and update the action logs for August meeting

1.4 Matters arising from the minutes

The Chair noted that an update of the delivery plan is to be discussed in the workshop after the business meeting. No other matters arising noted.

2 CHAIR'S POLICY REPORT

2.1 Overview from Chair on recent policy developments

The Chair reported on a number of key priorities and important achievements. The highlights from the policy report are listed below:

Parliamentary Review – The Chair reported that there were 10 high level recommendations and supporting actions, and that a report from Welsh Government is expected in late spring 2018 with next steps.

Funding – The Chair advised the group that an additional £20m has been added to the mental health ring fence from 2017/18. £13m of the funding will be allocated to health boards via uplift. £7m will be going into a transformation fund, with particular emphasis on out of hours and crisis care. An additional £5.5m in recurring funding has been provided by Welsh Government to support health boards to improve their offer of psychological therapies, with a detailed breakdown in the policy paper about how these monies will be directed. Health boards will need to produce a plan before monies released.

Alun Thomas welcomed the additional funding but questioned whether upcoming changes to Agenda for Change pay rates would affect where monies go. The Chair noted that decisions were awaited, and that any changes would affect all services, so unable to comment further at this time. It was noted that up to 78% of the NHS budget goes towards staff pay.

Online cCBT / self help for mental health conditions - Welsh Government has already supported the Wales-wide implementation of online cCBT for children and adults aged 16+ through extension of Powys SilverCloud pilot project to all health board areas (10,000 licenses purchased). Katie Dalton asked if online cCBT materials could be shared outside the health board. Ainsley advised that Powys Local Health Board were leading on this but this could be something

they could link into. DWP has also expressed an interest. Alan Lawrie asked about rollout plans across Wales, and that the Directors of Primary Care be involved

ACTION 3: Ainsley to discuss rollout of cCBT program with Powys leads for feedback to Directors of Primary care / third sector and DWP colleagues

Book Prescription Wales – Ainsley detailed plans to launch dementia booklist in July 2018, and adult common mental health conditions booklist in Summer 2019. Welsh Government has partnered with the UK Reading Agency to deliver new service. Avril Bracey noted that it will be important to communicate information about how to access the scheme through DEWIS / CALL etc. Ainsley noted that unlike previous BPW scheme, this will be more open access, and promoted widely. Penny Gripper noted a difference in the types of publications available (e.g. self help/clinical) and expressed that some self-help materials can contradict what is offered through clinical services. Care should be discussed with care coordinator where this occurs.

All-Wales Trauma Service – this programme is in the early stages of development. Penny noted that there are some examples of good practice where need is being met. Ewan advised that new materials are in the design stage, Jon Bisson is leading. Stakeholders will be consulted about program as it develops.

Launch of Dementia Strategic Action Plan – The Dementia Action Plan was launched on 14 February. The Cabinet Secretary for Health and Social Services announced £10m a year from 2018-19 onward to support the delivery plan and to begin the step change needed in this area. Money will be directed through Regional Partnership Boards

Refugee and Asylum Seeker Consultation – Ainsley agreed to send out the guidance with the minutes.

ACTION 4: Ainsley to send Refugee and Asylum Seeker Consultation guidance out with the minutes

Service User/Carer – Ainsley Bladon advised that Welsh Government is ending section 64 (short term) funding, and exploring better ways of engaging with a wide range of service users and carers, including children and young people, older people and other existing organisations. The forum will remain in its current form, and Mental Health Foundation (MHF) will support June meeting until new arrangements in place. Penny expressed that the forum should be involved in discussions about the future, and Ainsley advised a workshop would take place in the June meeting. It was agreed that MHF would step out of the room for this portion of the meeting. General support for new direction.

Mental Health Crisis Care Concordat – Avril Bracey noted there continue to be examples of poor care for those detained in Police custody. The Chair advised that Chief Constable of Dyfed Powys Police has written to the Minister Nick Hurd with a number of case studies. A meeting with Chief Executives will take place to discuss this. Chief constable will be invited. Avril noted the shortage of approved mental health professionals (AMHPs). Elin Jones legislation manager Welsh Government is taking paper forward.

CAMHS – The Chair updated the group on CAMHS. Awaiting outcomes of the scrutiny report.

Review of Eating Disorder Framework – The Chair noted that proposed framework is currently under review. Ewan Hilton added that there will be a design workshop for service users and carers. Ainsley Bladon is to distribute a survey to stakeholders via survey monkey.

ACTION 5: Ainsley to distribute a survey to stakeholders via survey monkey

3 SPECIAL ITEMS

3.1 National Psychological Therapies Management Committee (NPTMC) Report – Implementation of Matrics Cymru

Andrea Gray provided an overview of final NPTMC report. Questions were raised around the priorities and outcome measures and how these may differ for the health boards, in line with WG expectations. Over the next year, health boards will be supported to embed outcome measurement in practice. Alan Lawrie noted that report seems quite sensible and straightforward. Point around language used in report service user experience vs. acceptability, and Penny noted that there may be some resistance to the way service user choice of intervention is worded ie. it is important to be clear about who makes the choice around therapies – the service user or the clinician. Andrea noted this feedback. Those in attendance were generally supportive of plan, and were in agreement with proposed way forward. Ainsley noted that this plan is to support the Matrics Cymru for adults, and that a children’s version is currently in development.

ACTION 6: Ainsley to circulate NTPMC plans to LPBs for discussion. LPBs will need to sign off health board additional funding plans.

Alan Lawrie advised that some health boards do not have skillset to do formal capacity and demand analysis suggested in the plan (p.10), and may require support to undertake this work. It was noted that Hywel Dda and BCU health boards have been undertaking some work in this area, and there might be learnings from their experience. The CAPA implementation work may also be useful.

Action 7: For discussion at Directors of Primary Care Group (Alan Lawrie)

3.3 Data Update

Ainsley noted that Welsh Government will be writing to health boards requesting detailed plans on how monies will enhance psychological therapies, with ongoing monitoring of spend. Local PTMCs will lead on the work, which will be signed off by Local Partnership Boards. The NPTMC report acts as a guide to evaluate current offer of service and to identify areas for development.

Dataset work continues via the steering group with sign off of items to go through WISB anticipated at the April meeting.

4 TALK TO ME 2 MIDPOINT REVIEW

4.1 Update on the Talk to Me 2 Midpoint Review and Welsh Government suicide inquiry

Ainsley Bladon confirmed that the link to the review that has been produced and published by National Advisory Group (NAG) was sent out with the meeting papers.

Penny Gripper voiced concerns that the review focus is on priority or at risk groups, which may detract from those who are not part of those groups. Penny felt that there is also a need for an easy read version of the Help is at Hand document for those bereaved by suicide. It was suggested that the NAG should reconsider the risk assessment tools. Further, that there may be some gaps in membership at the regional suicide forums. Ainsley agreed to feed these comments back to the Chair at the next NAG meeting in June.

Avril suggested that Talk to Me 2 actions could have raised profile via the Regional Safeguarding Board.

ACTION 7: Ainsley /Avril to feed back comments to the national advisory group in June, when consideration to the wider recommendations and next steps will take

5 SUBGROUPS

5.1 Receive unconfirmed minutes of the CYP DAG 25 January 2018

The Chair advised that minutes of the last CYP DAG were sent out with the meeting papers. It was noted that there had been an improvement in waiting times for CAMHS following assessment clinics, and that this performance must now become sustainable. Deb Austin is now in post replacing Kathryn Davies as a Together for Children and Young People lead, and will attend the NPB going forward. Caroline Winstone attended today on her behalf.

Judith Hardisty made reference to a proposed Mental Health Clinical Network. The Chair noted that this is a positive proposal, but in the very early stages of planning, with more information to come. It is hoped that the network will offer opportunity to streamline structures and to reduce meetings / boards that may have some duplication. Vice chairs made proposals in meeting with Cabinet Secretary recently around a Wales wide approach to CAMHS work to ensure consistency.

6. Future Agenda Items

6.1 Homelessness

The Chair suggested that for the next NPB meeting there could be an item around Housing and the links between Mental Health. Katie Dalton noted that the Welsh Government is in the process of looking at the Housing First Model and the overlap between mental health and substance misuse. Ana Llewellyn reinforced the issue around housing when patients with mental health problems are admitted to hospital also the impact that homelessness has on the Crisis Teams' abilities to make emergency assessments and/or deliver home treatment interventions.

Ainsley Bladon suggested that the DWP could attend the next meeting to discuss work being undertaken by new Community Partners who are supporting DWP staff to work with people who have mental health conditions.

ACTION 8: Secretariat to put Homelessness on August agenda

7. Future Meetings

7.1 Meeting dates for 2018

- Wednesday 29 August 2018, 13.00 – 16.30
- Tuesday 13 November 2018, 13.30 – 17.00

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

PART II WORKSHOP

8. Stigma and Discrimination

8.1 To receive update on the Stigma and Discrimination Workshop

The working group gave a short presentation on the Anti Stigma workshop that was held in City Hall on 20 March 2018. It was noted that the workshop was well attended, with a range of delegates from the NPB, service user forum. The day included an overview of the law, and small working groups to look at actions individuals, organisations, and government could take to improve attitudes and the policy agenda around stigma and discrimination. Through interactive discussions (wall charts, talking, writing ideas etc) a large number of ideas were collected from those in attendance. A paper will be produced summarising themes.

The NPB discussed the way forward and possible next steps. The following points were noted:

- There is need to highlight what is working well and what the barriers
- The NPB agreed that a working group would be very helpful to keep things moving forward
- NPB members felt that a refinement of the purposes of the stigma group is needed – whether it will be a short term task and finish group to identify ‘quick wins’ or a longer term forum to address some of the ‘hearts and minds’ issues.
- Sue Beacock suggested establishing a link between stigma and workplace professionals
- Judith Hardisty suggested a task and finish group to look at themes and sectors
- To look at psychological minded approaches and how this would impact on interaction with services
- Avril Bracey noted that the Time To Change Wales programme is now moving into phase 3, with funding due to end in April 18.
- Penny Gripper noted that we would require strong support from cross government strategy
- Judith Hardisty informed the group that she was a Corporate Health Standard advisor. Contractors working with Public Sector organisations are told that they are required to comply with the Standard, which has a mental health element.
- Using a ‘logic model’ approach can be helpful to refine themes.

At the end of workshop the following actions were agreed -

ACTION 9: NPB members to email Ainsley or Penny / Ewan with any further suggestions. Working group to meet to try to refine purposes / consider production of paper summarising workshop findings

Ainsley to circulate presentation from working group

8.2 To receive an update on the progress against Together for Mental Health actions and to discuss closure process

Ainsley provided an overview of the Delivery Plan timeline 2018-2019 including Welsh Government Progress Report (May 2018), Plenary in July 2018, development of new Delivery Plan 2019-2022 etc. August's work was to develop the next Delivery Plan.

Action 10: Timeline to be circulated with minutes

Ainsley provided an update on the Together for Mental Health actions, and a report on some items which could be considered 'green'. The group were asked to comment on the progress of each action. The following points were raised:

There needs to be acknowledgement that few actions are ever really 'complete' that is, there will always be a 'what next' element to work that is being undertaken.

It was agreed that some items could be considered 'green' based on factual completion, however the next steps should be built into the new delivery plan to make sure that work is carried through and implemented to making meaningful change.

It was agreed that when considering outcomes in the next delivery plan, careful thought will need to be given to ensuring these are meaningful ie. the 'so what'. If a paper is drafted or pathway produced, we need to be able to show that this has changed the ways services are provided. Given the weaknesses in current data collection right now, there was agreement that the progress of the mental health core dataset over the next couple of years will be pivotal to delivering.

Examples of Specific Action Discussions:

1.1 i) Health boards to provide or commission effective accessible lower level interventions (Local Primary Mental Health Support Services (LPMHSS) and Tier 0), such as anxiety management and mindfulness, in community settings across Wales by March 2017. (Chapter 2)

All health boards confirm that they are offering lower level interventions. Examples include Stress Control, Mindfulness, CBT-based groups. Many of these interventions are open access. Some examples of innovative practice. It is expected that more Tier 0 interventions will develop and this will continue to be monitored following the publication of Matrics Cymru.

Penny Gripper noted that this was an area that required improvement. Ewan Hilton questioned whether the evidence provided was making any difference.

3.1 ii) Health boards and trusts to ensure as far as possible that all healthcare staff have undertaken the Treat Me Fairly equalities training e-learning package, of relevant vulnerable groups on a rolling programme, developed by the NHS Centre for Equalities and Human Rights (CEHR) and NHS Wales by December 2016. (Chapter 5)

All health boards report having training in place and available to all staff. Many have made it mandatory. Compliance rates for 2017 were 86% average of 75% target. Monitoring continues through Public Health Wales.

It was noted that whilst positive that meeting target for training, what matters is whether staff have changed behaviour as a result.

6.3 (iv) WG to help improve personal outcomes of children and young people in the secure estate, exploring what improved early intervention / preventable action can be taken by March 2017

WG published action plan in July 2017 'Looked after Children and the Criminal Justice System in Wales: Responding to the Laming Review' Monitoring to be undertaken by Ministerial Advisory Group on Improving Outcomes for Children on a quarterly basis. Ongoing

The group were unsure of the progress that had been made and whether there had been any improvement. It was decided by the group that this action should be marked as Amber, and they require updates on a quarterly basis.

8.9 i) Health board mental health prison in-reach services to deliver services for prisoners across Wales, as defined within policy implementation guidance issued in June 2014, to enhance support and treatment for those with mental health needs by March 2017. (Chapter 3)

All health boards that have prisons confirm that in-reach services are available to support those with mental health needs.

It was noted that the in-reach services should be available to every prisoner. There doesn't seem to be any data available in prisons, this is something that is being looked at. It was noted that CCIS is working on data and this is an area that will go into the delivery plan. There needs to be quality attached to each action. The group has to be mindful of what is measurable and if it is realistic.

It was suggested that some actions need to be re-graded to 'yellow' or 'in progress' status given that more will be achieved during this delivery plan.

8.3 Annual Statement

Ainsley Bladon circulated the draft progress report for information. Ainsley confirmed that she is happy to take comments ahead of publication in May.