

Transforming Community Mental Health in Leeds

Information and discussion sessions



Welcome

Mark Clayton and Eddie Devine

Housekeeping

- Please mute your microphone unless you're speaking.
- Too many people for questions as we go along. Please put them in the chat or save them until the break-out sessions later. We will also tell you how to get in touch if you have questions or feedback after today.
- We will be recording the session for note taking purposes.
- All voices matter in the conversations today.



Plan for today

Time	What?
18.00 - 18.05	Welcome
18.05 – 18.25	What do we know about community mental health services now and what do we need to improve?
18.25 – 18.40	How do we improve? Transforming community mental health in Leeds
18.40	Introduction to break out discussions
SHORT BREAK	
18.45 - 19.45	Break out discussions
19.45 - 12.00	Next steps and close

**What do we know about
community mental health services
now and why do we need to
improve?**

Mark, Jen and Aya

Eddie

Mental Health in Leeds

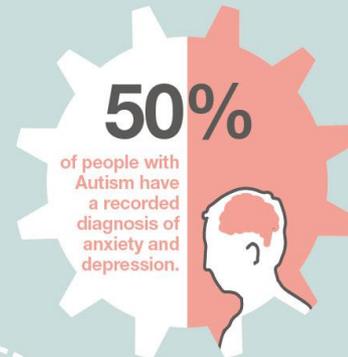


Hospital admissions due to self harm are higher in Leeds than the national average.



16,000

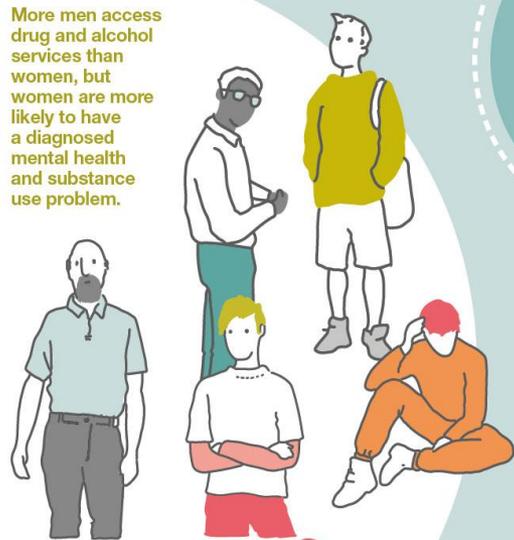
estimated young women in the city who may have self harmed, with a higher proportion in more deprived areas.



50%

of people with Autism have a recorded diagnosis of anxiety and depression.

More men access drug and alcohol services than women, but women are more likely to have a diagnosed mental health and substance use problem.



16,323

older people in the city are estimated to have depression, of whom 85% will not receive treatment.



16%

of people in Leeds have sought help from a GP for anxiety and depression



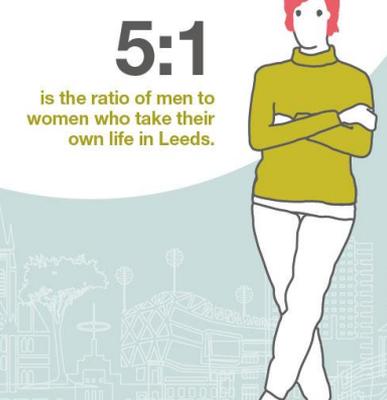
13,000

estimated young women in the city with eating disorders (mild-severe)



1,500

women a year have a mental health problem during pregnancy or in the following year.



5:1

is the ratio of men to women who take their own life in Leeds.



1.6

times more likely from an Asian ethnic background



2

times more likely from a Black ethnic background

People from BAME ethnic backgrounds are more likely to be detained under the Mental Health Act when in mental health crisis compared to people of white backgrounds.



2.5

times more likely from an Mixed Race ethnic background



10%

of the 250,000 people in Leeds under the age of 25 are likely to have a mental health problem or need support with their emotional wellbeing.



1/3

of people using mental health crisis services in Leeds weren't known to mental health services.

Who are we trying to improve care for?

Adults and older adults who have ongoing and complex mental health needs.



What do we already know about what needs to improve?

We need to provide support for people's physical and mental health needs.

Waiting times to access services are too long

We need more services to be available locally.

Services need to be more joined up and people shouldn't have to keep telling their story.

Communication needs to be better so we know what services are available and how to access them.

What do we already know about what matters to people?

- I am more than a mental health diagnosis. Treat me like an individual human being.
- I may rely on family and friends to stay well. Give them support, information and respect.
- I want to be heard and included, regardless of my identity. Offer me accessible and culturally competent support.



What do we already know about what matters to people?

- I may be facing more than just a mental health challenge (e.g. substances including alcohol or a physical condition). Respond to these creatively and without judgement.
- I will know the name of the person responsible for my support. Show me that you are a human being too.
- I have a story to tell. Share information effectively, with my permission, so I don't have to repeat myself.



Our vision for Leeds

Create a radical new model of joined-up primary and community mental health that responds to local populations' needs and will remove barriers to access, so that people can:

- Access care, treatment and support as early as possible
- Live as well as possible in their communities.



How do we improve?
**Transforming community
mental health in Leeds**

Liz Hindmarsh and Pip Goff

About the Community Mental Health Transformation programme

This video gives an overview of the Community Mental Health Transformation Programme.

- <https://www.youtube.com/watch?v=8x-WxYcSBo8>

Shared approach to move from this...

Don't come to A&E



I need help



No diagnosable mental health problem.



You don't meet our criteria



Not sure what I can do in 10 minutes

Sorry, we are full



You're too unstable



to this...



Let me help you



I need help

Discharge

Interventions complete

Regular check-ins

Carry through interventions

Support to attend appointments

Co-ordinated referrals

Age appropriate support

Holistic assessment

Agree course of action

Named worker to contact

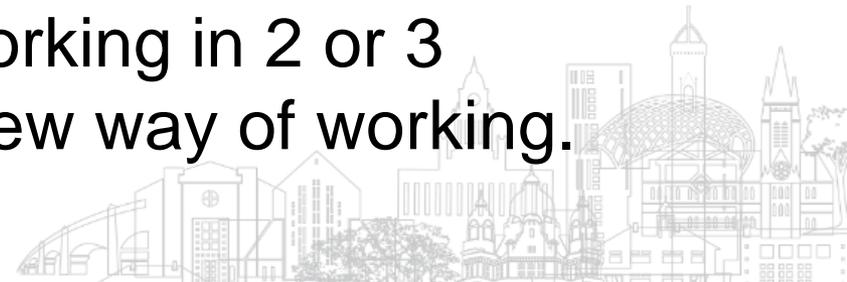
How will we do this in Leeds?

- In 2021/22 we are going to be working with 2-3 Local Care Partnerships to develop and test new forms of care and support for people. These include:
 - West Leeds (Pudsey)
 - Leeds Student Medical Practice and the Light
- We will then gradually increase this to about half of Local Care Partnership areas in 2022/23 and then across the rest of Leeds in 2023/24.

*'Local Care Partnerships' is the term adopted in Leeds to describe the model of joined-up team working to improve health and care delivery to local people. They bring together voluntary and community organisations, Housing and elected councillors alongside Primary Care, other NHS health care services and children and adult social care. We have 15 Local Care Partnerships aligned to different neighbourhoods in Leeds.

How can you get involved?

- We will be working in partnership with people who use and provide services.
- We will have an Involvement Lead to make sure we involve people and communities every step of the way.
- There will be different opportunities to get involved in the work and we will share these with you over the next couple of months.
- In the first year we will be working in 2 or 3 communities to try out the new way of working.



Introduction to break out discussions

- We will put you into break out rooms in groups of up to ten
- Each group has a facilitator
- The facilitator will guide you through 3 questions for discussion and take notes.
- We will all come back together at 19.45 for a summary and to talk about next steps.



10 minute Break

Please stay logged in – we will be putting you into breakout rooms during the break.

Discussion questions

1. What do you think about the improvements we want to make?
 - What excites you about the changes we'll be making?
 - What might be some of the challenges?
2. How do we best involve different groups of people and communities in working with us to improve community mental health services in Leeds?
3. If we get this right, what will be different in three years time?



Summary and next steps

Next steps

- Slides from today will be shared.
- We will write up the feedback from today into a report.
- We will share the report and tell you what the next steps are going to be.
- We will do that by the end of the summer.
- We will let you know how you can continue to be involved.



Summary

- This is just the start of the work and how we engage and involve people.
- We will also be going to speak to forums and group across the city.
- We want your feedback on today's session – please visit:

<https://www.leedsccg.nhs.uk/get-involved/your-views/transforming-comm-mh-2021/>



Thank you and close

Mark Clayton