

National Mental Health Taskforce Report Published

NHS England's taskforce on mental health – independently chaired by Mind's Chief Executive Paul Farmer – launched its report on February 15th setting out a detailed five-year plan for NHS mental health services, as well as other bodies and services involved in the support of people with mental health problems.

Over 20,000 people who live with a mental health problem or work in the mental health sector told the taskforce they want timely access to good quality mental health services, their mental and physical health needs to be treated equally and a bigger focus is placed on preventing mental health problems. They also said that a decent place to live, a job and good quality relationships in their local communities were crucial to their ability to stay well.

The key recommendations are:

- ★ By 2020/21, one million extra people will be provided with support for their mental health problem.
- ★ People facing a crisis should have access to mental health care 24/7 – right care, right place, and right time.
- ★ People's mental and physical health should be treated equally – including people with severe mental health problems, women in the perinatal period, children and young people.
- ★ All areas of society, such as schools, workplaces and community organisations need to contribute to the promotion of good mental health and prevention of mental health problems – in all areas of people's lives.
- ★ Too many people from Black and Minority Ethnic communities have problems accessing good quality mental health care and have lost faith in services. The taskforce demands urgent action to ensure that everyone gets the help they need, irrespective of their background or the communities they belong to.

Paul Farmer said, "This is a landmark moment for mental health care in this country, a once-in-a-generation opportunity to transform services and support for people with mental health problems. We are saying to the NHS, to government,

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to industry, to local leaders and to the public that mental health must be a priority for everyone in England. We need to prevent problems in the first place, and to respond to people's mental health problems at the earliest possible opportunity. As part of this, the NHS can and should be a world leader in care which treats people's minds and bodies equally well."

Kim Willson, Carers Project Co-ordinator at RB Mind comments, "Although this report lays out some very good recommendations I was disappointed that there was so little mention of mental health carers and the importance of their role within mental health services for people with severe mental health problems. The progress made through the Triangle of Care, a national initiative for carer inclusion that has been making a real difference to how services work with families wasn't even mentioned - I believe this was a lost opportunity"

Ruth Hannan from the Carers Trust, the national lead for the Triangle of Care wrote, "There it was, that word, the word those of us who work with and represent carers dread: and. 'And carers'. That fatal term that places carers second, that doesn't recognise their unique needs, the impact caring has on their wellbeing, the need for involvement and the need for support. The fact that they are the person with mental health problems come as a package, that what happens to one affects the other and vice versa."

Following concerns raised through twitter about the lack of carer inclusion following publication, the taskforce highlighted it was the role of the National Carers Strategy to look at the needs of carers, **see over page**. Link to full report online: <https://www.england.nhs.uk/mentalhealth/taskforce/>

If you would like a copy of the newsletter in large print or you need any help accessing information from the internet - please let us know.

Opportunity for you to influence National Carers Strategy

Thank you to everyone who took part in our recent consultation for the London Borough of Richmond upon Thames Carers Strategy. We would now like to encourage you to take part in the current consultation for a new national Carers Strategy. The National Carers Strategy will inform and shape future local strategies having a direct impact on the services you receive and how policy for working with carers is shaped over the coming years.

The role of mental health carers is often very different from other caring roles and there is a need for mental health carers to speak about the services and support that they need which will help them in their caring role.

What do I need to think about in responding to the survey? Below are a few areas you might want to think about when responding to the survey.

Specialist support service. Whilst generic carers services can be very helpful, we believe the specific issues that impact on mental health carers often require specialist knowledge, understanding and services. This requires specialist training for carer support workers and services that respond directly to the specific demands of the mental health caring role.

Triangle of Care. We frequently find that one of the areas which can help mental health carers most is when there is good practice embedded within mental health services. We have an excellent national framework for promoting good practice which is the Triangle of Care, this initiative is led by The Carers Trust. There has been huge progress over recent years across the country in the delivery of the Triangle of Care but there need to be strong national drivers to keep up the momentum for change. As mentioned on page 1, it was disappointing that this important initiative was not embedded within the recent report from the national Mental Health Taskforce.

Respite. Whilst most caring roles have respite opportunities for carers built into service provision, there is currently no recognised model for delivering respite for mental health carers. We believe there needs to be equity for mental health carers in the delivery of respite provision.

Parent Carers. We have identified a gap in our local service provision with commissioners for parent carers when they are supporting someone under 18 with mental health problems. This appears to be a national gap in service provision as we are aware of only one service in the country delivering a service for mental health parent carers.

The survey is open until June 30th and can be completed online using the following link:

<https://consultations.dh.gov.uk/carers/how-can-we-improve-support-for-carers>

If you do not have access to the internet and would like to complete the survey, please contact the Carers in Mind team

Richmond
Carers
Centre

Carers

Conference 2016

Due to the current changes in the project management for Carers in Mind, RB Mind will not be holding a mental health carers conference during Carers Week this year. For this year we will be working in partnership with Richmond Carers Centre in the delivery of their Carers Conference and we are delighted to invite you to attend.

This year's Carers Conference will take place on Wednesday 8th June 2016 during National Carers Week and will be held at York House, Richmond Road, Twickenham, TW1 3AA.

The Conference will bring together organisations from across the borough who each offer services to carers that can improve emotional, physical, mental and financial health and wellbeing.

Carers can wander around the Carers Market Place, book onto a Carers Wellbeing Workshop, receive a health check, hand massage or benefits and IT advice.

The Carers Conference invite will be released with Richmond Carers Centre Summer newsletter on 3rd May and will also be available to download from the 'What's on for Carers?' page on their website www.richmondcarers.org.

Please let us know if you would like to attend or you can contact Richmond Carers Centre directly.

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Clinical Commissioning Group



Open Dialogue is a model of mental health care pioneered in Finland that involves a consistent family and social network approach where all healthcare staff receive training in family therapy and related psychological skills. All treatment is carried out via whole system/network meetings which always include the patient.

The Open Dialogue approach is a different approach to much of mental health care in the UK, but it has been discussed for several years with interest by several NHS Trusts around the country. Open Dialogue was pioneered in Finland and has since been taken up in a number of countries around the world, including much of the rest of Scandinavia, Germany and several states in America.

International results Some of the results so far from nonrandomised trials are striking. For example, 72 per cent of those with first episode psychosis treated via an Open Dialogue approach returned to work or study within two years, despite significantly lower rates of medication and hospitalisation compared to treatment as usual.

The Open Dialogue model itself centres around regular network meetings. These involve the patient, together with his or her family members, as well as extended social network. The network meetings are the only forum where decisions are made, with the client remaining at the centre of the process. This enables a strong emphasis on independence and long-term recovery from day one.

A further core element of the model — as used in services such as New York — involves the inclusion of peer workers within each team. Peer workers are seen as experts in their own right, working with patients and extending social networks where necessary, and they also work locally to cultivate a wider supportive peer community.

Open Dialogue Values

Dialogue: The approach thinks of mental health difficulties as expressions of distress and trauma that haven't found words and meaning. The aim of the meetings is to develop a dialogue, giving a voice to all concerned putting the person at the centre. We won't rush to find solutions but listen responsively to you.

Authenticity: We will come together as fellow human beings. We recognise that we all have struggles and difficult times in our lives. We do not see the world as divided between those who have mental health problems and those who don't, not "them" and "us."

Openness: We will be accepting, respectful and trusting of you and aim for us to have an equal relationship together. Colleagues working with you will respond respectfully within the sessions and

will speak about what they are thinking as part of the process within the meetings.

Tolerating uncertainty: one of the seven basic principles of Open Dialogue, we are taught to behave in a way that increases safety among the family and the rest of the social network. It is important to make contact with each person early in the meeting and thus, acknowledge and legitimize their participation.

The Carers in Mind team has been actively engaging with the Open Dialogue conferences over the last year. The approach offers an advanced model of working with the whole family and uses key principles that reflect the work we have developed locally over the years. The current trials may well influence developments in mental health services in years to come depending on the evidence from the current trials. Although not widely available the following service is available from North East London NHS Foundation Trust (NELFT):

Open Dialogue Service

NELFT is leading on a national multi-centre Open Dialogue pilot that seeks to transform the model of health care provided to patients with major mental health problems in the UK. It involves working with the whole family or network, rather than just the individual, and equipping staff of all disciplines with the key skills to do this, and thus effect change at deeper levels.

Approach

NELFT aim to provide a non-hierarchical, person-centred approach to care. We believe that every person within the meeting has an equal voice — no person's opinion is more important than another, be it the patient, doctor, mother support worker and so on. Family members and significant others and the team are partners in a person's recovery.

How to access the service

- NELFT accepts referrals from all over the UK
- NELFT meet with people who are not in crisis, and who are not currently under the care of a mental health team
- These meetings are held at NELFT (in North East London/Essex) in our group and family therapy rooms
- NELFT will meet with you and your family /significant others as regularly as you want to
- Continuity of care is a guiding principle — the same two team members will meet with you throughout your time with the service
- The timing of discharge from our service is guided by you and your family/ significant others — not by NELFT

As it is an out-of-area service, NELFT cannot provide in-patient care or home visits.

They accept referrals from primary care (your GP) via the *E Referrals* system for outpatient/community treatment. Your GP will be able to access the referral from via this system, they may ask you some questions about your mental health before filling it out and sending it to NELFT.

Carers in Mind Update

We are currently recruiting a new permanent project manager for Carers in Mind and will let you know when they are in post. As an interim arrangement we are delighted that Susan Gilchrist from the RB Mind Wellbeing Centre is joining the team for May and June. Susan will be working Wednesday and Thursday with Agnes who is now working Tuesday, Wednesday Thursday and Friday to provide you with support, information, advice and guidance. Please contact the office if you would like to speak to Agnes or Susan and they can arrange to meet with you or discuss your concerns on the phone.

LBRuT is obliged to make large savings during this financial year. We have been asked to make savings of 5% by local commissioners and we would like to thank the RB Mind trustees for approving a deficit budget for the project this year.

Due to these financial constraints we are introducing the following changes in the project:

- ★ The newsletter will be sent out electronically by email unless you contact us and ask us to send you a postal copy. This will make considerable savings in printing and postal costs.
- ★ When we are paying for trips we will be asking for a £5 contribution towards the cost of the trip. We have a bursary scheme if anyone is experiencing any financial difficulty as it is vital no one is excluded from outings due to cost - please just talk to a member of the team in confidence if you have any concerns about this. We will still be providing free trips if there is no cost to the project.

Friends of RB Mind

We are very excited to announce the launch of our new Friends of RB Mind scheme! As a member you will be making a small donation to help us to continue to run our valuable services and will be showing that you support RB Mind and those who are experiencing mental health problems and their families and friends who support them.

You will receive a membership card, a special 'members edition' of our newsletter and priority booking and invitations for our events. Membership is £15 for waged and £5 unwaged.

Membership runs from April-March. You can become a member for one year by making a one off payment or if you'd like to become a member indefinitely please set up a standing order with your bank. If you join for the year we will send you a reminder when it is time to renew.

More details, including the membership form and payment details, can be found on our website at: <http://www.rbmind.org/become-a-friend-of-rb-mind.asp>

Contact emma.reeves@rbmind.org or 07557 669143 for more details or you can ask a member of the Carers in Mind team.



It's not about waiting for the storm to pass, it's about learning to dance in the rain - farewell! love Kim xxxx

RB Mind Jazz Afternoon



Following your feedback that you would like to have social events for yourselves and the person you are supporting with mental health problems we are delighted to invite you to our jazz afternoon! Senior Street Sextet is playing an afternoon of Jazz music from 'The Great American Song Book' on Sunday, 22 May from 3-5.45pm at The Home Guard Club, 76a Richmond Park Road, East Sheen, SW14 8LA to raise money for Richmond Borough Mind. The afternoon promises to be an enjoyable one and is open to all.

RB Mind will serve cakes and teas and other drinks can be purchased at the bar. We are asking people who would like to attend to make a donation of their choice to RB Mind by visiting <http://goo.gl/7y51D3> and following the instructions there. If you would prefer to make a cash donation or pay by cheque please contact Emma Reeves on 07557 669143 or emma.reeves@rbmind.org to arrange this.

On the day we will be selling tickets for a raffle which will be drawn during the interval. Prizes include meal vouchers, hair-dressing vouchers and gift sets. RB Mind would like to say a massive thank you to all the local businesses that very kindly and generously donated prizes for the raffle.