

Fit for my future – the health and care strategy for Somerset

Dr Alex Murray



Fit for my Future and the Somerset Vision

- Fit for my Future is a joint strategy led by Somerset Clinical Commissioning Group and Somerset County Council, in collaboration with our partners across the NHS and voluntary sector and is driving the implementation of the Somerset vision.
- ***In Somerset we want people to live healthy independent lives, supported by thriving communities with timely and easy access to high quality and efficient public services when they need them.***

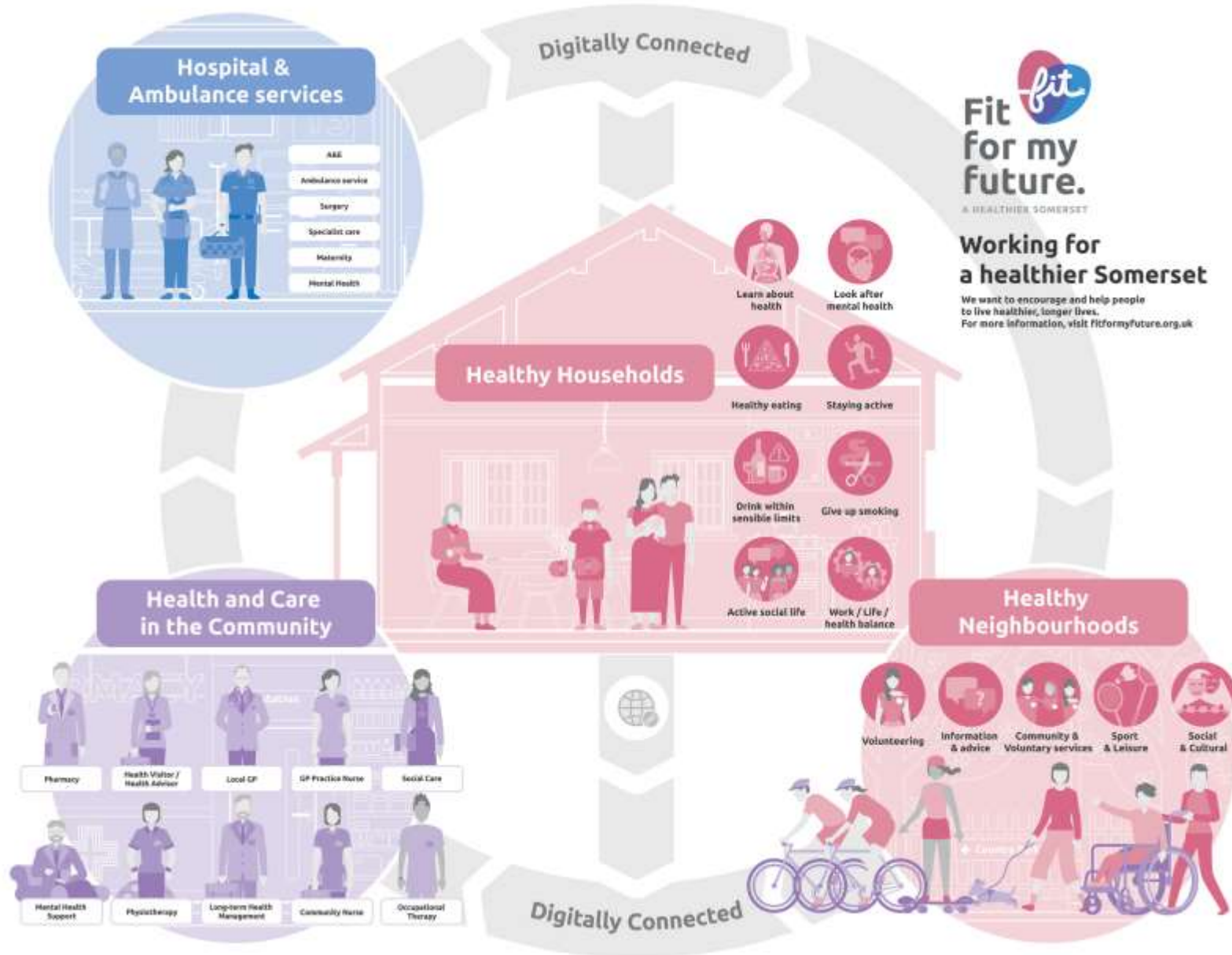
Fit for my Future

For the people of Somerset this means they will receive a different model of care within their community, as close to home as we are able to achieve, that is safe, effective and equitable wherever people live within the county. We will achieve this by:

- Shifting our focus towards prevention
- The promotion of positive health and wellbeing and tackling inequalities
- Moving to more integrated, holistic services based on the need of the individual and supporting their independence
- Recognising that mental health is as important as physical health
- Shifting resources from hospital inpatient services towards community based services, supporting people in their own homes
- Providing the right care at the right time by the right person, properly resourced



Fit for my future



Fit for my Future – the process

We are currently reviewing the health and care services provided to Somerset's population. Around 580,000 people are registered with Somerset GPs.

In all of our work we are focussing on the need to bring care as close to home as is practical, investing in and resourcing community based resources along the lines of the NHS Long Term Plan, while reviewing and consolidating where necessary our inpatient bed base.

We will be talking to you later today about the wider community model for health and care services.

Right now, we're here to talk to you about mental health services and listen to your views. Our work on mental health services is the most advanced and we want to share with you our new model of care and get your views on the potential future location of our adult acute inpatient beds.



Public consultation on the future location of adult acute inpatient mental health beds

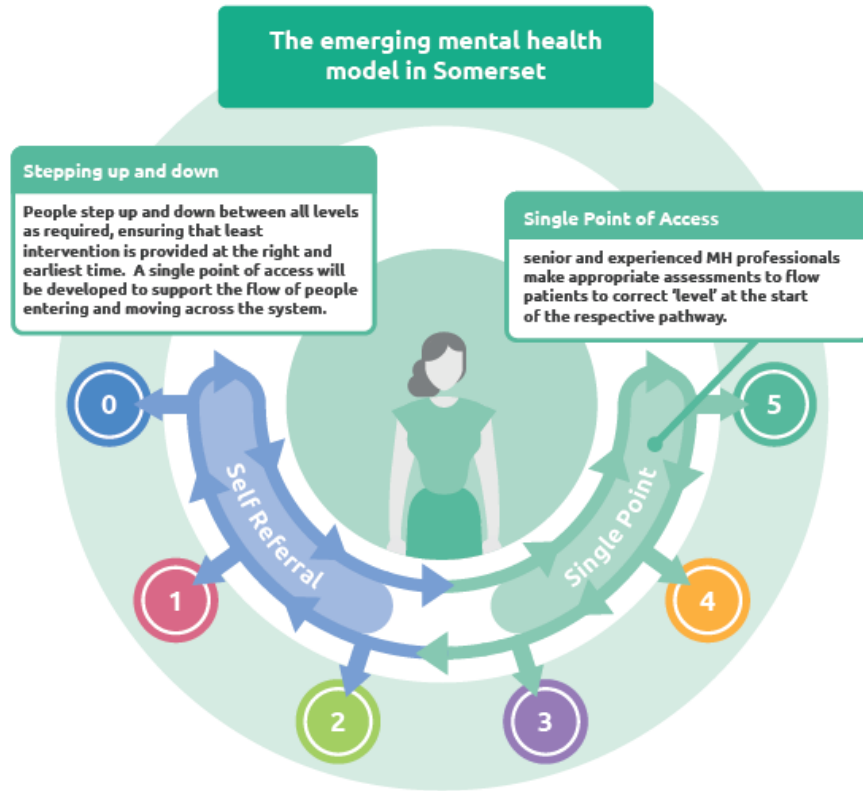
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Why do we need to focus on our mental health services?

- We know there is inequity in provision and spending between physical and mental health services
- It's thought that over 70,000 of people in Somerset have a mental health problem at any one time:
 - Approximately 46,000 people are registered with their GP as having depression
 - Around 2,400 people are in touch with specialist treatment services
 - On average 620 people are admitted to an acute adult mental health inpatient unit (just over 0.1% of our population) in any one year
- Mental health conditions are becoming increasingly complex, and sadly suicide rates are rising
- Patients, carers and staff say it's difficult to get access to the right services at the right time
- We need to place a greater focus on prevention and recovery with the needs of the person at the centre

The Mental Health Model in Somerset

Long term conditions, including frailty, are health conditions that can't at present be cured but can be controlled by medication and other treatment or therapies.



What does each levels means?

Offer 0	Building and supporting inclusive communities, understanding what makes people ill, tackling social issues leading to health inequalities eg life expectancy.	Thriving
Promoting positive mental and emotional wellbeing		

Offer 1	Community based support including social and leisure activities that promote emotional wellbeing, often provided by people who have experience of mental health issues.	Coping
Emotional Wellbeing Support		

Offer 2	Improving access to psychological (talking) therapies for anxiety and depression including the use of digital technology. Supporting people with long term conditions and symptom management to meet physical and mental health needs.	Getting help
Timely support and early intervention		

Offer 3	Additional support for people with more complex needs eg experience of previous trauma, who would benefit from specialist talking therapies.	Getting help
Specialist Therapies Service		

Offer 4	Specialist recovery-focused multi-disciplinary mental health support for people with higher level mental health needs including psychosis, severe depression and personality disorders.	Getting more help
Community Services		

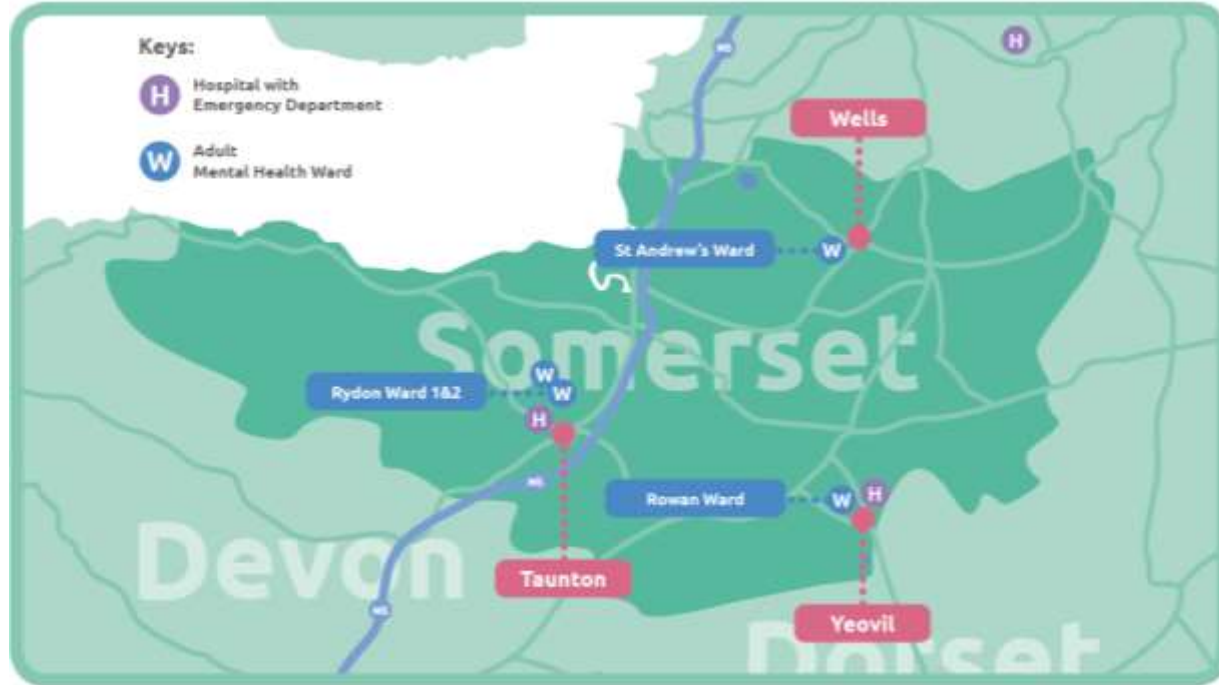
Offer 5	Crisis and urgent care support to avoid admissions to hospital eg Crisis Cafes and Home Treatment Teams. Inpatient beds for those who require support in a hospital setting.	Risk Support
Acute/Urgent Care including Home Treatment and inpatient beds		

What does this mean for the people in Somerset?

We are:

- **Improving partnerships and joint-working with voluntary and social enterprise organisations** - such as the Village Agents, MIND, Rethink and others, increasing the support available earlier in communities and through primary care
- **Increasing the skill mix and capacity of community based mental health teams, home treatment teams, and psychiatric liaison teams in our acute hospitals**— more psychiatrists, psychologists and community psychiatric nurses, enabling safe and effective care for more people at home
- **Appointing ‘Recovery Partners’** – people with lived experience to work alongside Community Mental Health Teams and Home Treatment Teams
- **Developing two Crisis Cafes, one in the Wells/Mendip area, the other in Bridgwater**- to provide safe spaces for people experiencing mental health distress, and support for people at or before they reach crisis point; they’ll be open at times of peak need.

The current provision of acute mental health inpatient beds in Somerset - a county wide service



Wards	Rowan (Yeovil)	Rydon One (Taunton)	Rydon Two (Taunton)	St Andrews (Wells)	TOTAL
Bed Numbers	18	15	15	14	62

- Adjacent to the Rydon Wards in Taunton is a psychiatric intensive care ward, a S136 place of safety suite, and the two older people's mental health wards.
- Adjacent to Rowan Ward in Yeovil is a S136 place of safety suite
- At the time people are admitted with a mental health crisis, they will be admitted to the ward best able to safely meet their need.

Why we need to review acute inpatient beds: the critical Issues

- 1. 'Stand alone' wards:** There are no other inpatient ward staff close by to support in times of crisis: Rowan and St Andrews Wards are 'stand-alone' wards (not adjacent to another ward) and rely on the police to support ward staff in times of difficulty.
- 2. Medical cover out of hours:** medical cover is provided 24/7 at Taunton and Yeovil, but 9am-5pm Monday to Friday at St Andrews Ward. As a result patients can't be admitted to Wells after 3pm Monday to Friday or at weekends, and there's no facility for acute psychiatric assessment outside of these hours (psychiatric telephone support only). High risk patients or patients unknown to the service need to be admitted and either remain in Taunton or Yeovil, or transferred back to Taunton or Yeovil in times of crisis, regardless of where they live.
- 3. Distance from an Emergency Department and acute medical support:** Patients admitted to acute inpatient mental health wards are at potentially high risk of harming themselves or others, and at greater risk of medical emergencies than the general population. St Andrews closest ED is at Bath RUH, 22 miles / 45 minutes by ambulance compared to just minutes for Taunton and Yeovil wards. The time taken to reach the nearest acute medical facility can impact on survival and long term recovery from a serious event. High risk patients are admitted & remain at either Taunton or Yeovil.

Which wards are being considered in the consultation?

- **Rowan Ward, Yeovil:** 18 beds, plus s136 Place of safety
- **St Andrews Ward, Wells:** 14 beds

Both Rowan Ward and St Andrews ward are 'stand alone' mental health units i.e. they have no other mental health inpatient unit near by.



Three options were considered

Option 1 – stay the same

Keep all four wards in the same locations with the same functions and bed numbers; invest in buildings to bring them up to modern standard

Option 2 – Relocate Wells service to Yeovil

Relocate St Andrews Ward, Wells, and create two wards using existing ward space at Rowan Ward / Holly Court; would require some refurbishment to enable the change

Option 3 – relocate Yeovil service to Wells

Relocate Rowan Ward, Yeovil, and create two wards, refurbishing or rebuilding the existing Phoenix Ward adjacent to St Andrew's Ward

The preferred option is option 2 – the relocation of the Wells inpatient service to Yeovil, determined through stakeholder deliberative workshops, including review of the evidence and discussion with clinicians, providers, service users and member of the public

The move from Wells to Yeovil is our preferred option – why

Distance from an Emergency Department:

- St Andrews Ward is 22 miles / 45 minutes away from the nearest ED at Bath RUH; Rowan Ward is 1 mile away from Yeovil Emergency Department

Availability of out of hours cover:

- Yeovil and Taunton have psychiatric cover on site at all times, including out of hours, and accredited Clinical Practice Supervisors to oversee training
- Wells doesn't have 24/7 psychiatric cover and doesn't have accreditation due to its size and isolation

Risk management and safety:

- Even were there to be two wards at St Andrews, Wells (Option 3), a number of patients with high risk of self-harm or complex physical conditions would still need to stay at Taunton to be close to an Emergency Department
- For the same reason the S136 suite couldn't be moved to Wells; capacity of these units is already stretched at times

Other key considerations in our thinking

Travel and transport

We analysed the travel times of 321 patients who used Wells and Yeovil services in 2018/19 to compare the options:

- **Transferring Wells beds to Yeovil** – **77** patients would face longer journey time; **28** of them an increase of more than 20 minutes
- **Transferring Yeovil beds to Wells** – **145** patients would face longer journey time; **111** of them an increase of more than 20 minutes

Workforce:

- The size of St Andrews Ward and lack of supporting infrastructure make it less appealing for senior consultant psychiatrists
- Wells can't provide placements to trainee psychiatrists because there are no accredited Clinical Practice Supervisors to oversee their training, and the lack of infrastructure means there isn't the breadth of experience for trainees to develop the full range of competencies and skills they need, this impacts on our ability to recruit and retain staff for the future

Affordability and value for money:

- Whilst the proposal is not about saving money, the move from Wells to Yeovil is financially more sustainable both in capital and revenue costs

Implications of moving St Andrews beds to Yeovil

- This option will create two wards of 16 beds, including two extra care areas that can be used to support particular additional requirements at times of greatest need.
- The wards will be equal in size, have round the clock medical cover and be affordable from within existing resources.
- The existing s136 place of safety provision will continue unaffected by these changes, and one of the new extra care areas can function as a section 136 suite in times of need.

What does this mean for people in South Somerset?

- The community mental health services for South Somerset will be **expanded and enhanced** through our additional investment in community mental health services.
- This means more people will be able to access help and support when they need it.
- There will be **new** services to support more people who traditionally didn't meet the criteria for services, reducing the need for crisis support and admission to an inpatient unit as people are supported earlier.

What does this mean for people in South Somerset?

- We will have a greater focus on both prevention and recovery, supporting people to stay well, recover well, and live well .
- If a person needs admission to an acute mental health inpatient unit, they would be admitted to Yeovil. If their carer or family need support with transport to visit them, this will be discussed and we will connect them to organisations who can help support with this.

Why we are going to public consultation

We want to:

- Understand what is most important to people about mental health services in Somerset
- Understand the issues and challenges people experience in the way our mental health care system works now.
- Share the opportunities we have and why we think making changes will give people better community and ward based services.
- Check out our thinking so far and hear people's views; we want to know whether there is anything we have missed, not thought of, or could do differently.

Next steps

The consultation will run until 12 April 2020. We hope as many people as possible will give us their views.

All your feedback will be independently analysed by an organisation called Participate Ltd. They will produce an independent report which we will publish this summer.

Next steps

This report will go to Somerset Clinical Commissioning Group's Governing Body who will make a final decision on whether the proposals should go ahead.

We will publish the final decision on our website: www.fitformyfuture.org.uk and will share this decision widely.

Thank you – Any questions?



fitformyfuture.org.uk