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To: Adult Social Services Policy Overview and Scrutiny Committee –  
30 March 2010

Subject: **LIVE IT WELL – MENTAL HEALTH STRATEGY FOR THE  
NEXT 5 YEARS**

Classification: Unrestricted

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Summary: To inform Members of the 5 year strategy being developed by the lead Primary Care Trust (PCT) commissioning team for mental health; in collaboration with Kent Adult Social Services (KASS) and to invite comments.

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## Introduction

1. (1) This initiative sets out the strategy for delivering Kent's mental health services for the next 5 years. It is a more personalised approach which focuses on prevention, health and wellbeing and improving access and reducing discrimination and stigma.

(2) Preparatory work for this strategy has been taking place over the last 2 years.

- It is based on what service users and carers say they need. There was an extensive public consultation, as outlined below.
- It is based on what is known about local need, through a comprehensive Joint Strategic Needs Assessment.
- It is a statement of the vision for the next five years which was developed with service-users, carers, and health and social care professionals.
- It contains 10 key commitments to improve services and the actions that will be carried out to achieve them.

(3) Live it Well has the aim of creating a single identity for the transformation in mental health, both in PCT commissioned services and those commissioned by KASS. This complements both Active Lives in KASS and the wider Strategic Health Authority commitments in "Healthier People, Excellent Care". Its focus on outcomes also complements the developing approach from the Care Quality Commission (CQC) and is consistent with "New Horizons".

## Policy Context

2. (1) The 10 year National Service Framework for mental health has just come to an end and will be replaced by "New Horizons" which is a less target-driven, more holistic vision for mental health. Statutory bodies are required to refresh their overall spending strategic commissioning programmes and this is an opportunity to ensure that a clear and forward looking mental health programme is included, which puts far greater emphasis on helping people to stay well, as well as making substantial improvements to the support and treatment they receive when they are ill.

## **Rationale**

3. (1) The key messages from the extensive consultation exercise were that service users and carers want services to be locally delivered in community settings where possible; timely, without long waits; personalised, with alternatives to medication and the right to arrange care themselves; and in ways that are non stigmatising.

(2) The Joint Strategic Needs Assessment identified that in Kent, as elsewhere, there is a strong correlation between deprivation and poor mental health and that more emphasis needed to be placed on building social capital and promoting healthy lifestyles in planning for mental health services.

(3) As a result of these clear messages, 10 commitments to transform services have been created. These aim to develop a mental health system that:

- Promotes positive mental health and well-being,
- Intervenes early,
- Provides personal care, and
- Focuses on helping people to recover.

(4) This strategy is closely linked to the performance management framework that has been developed by NHS Medway (the lead PCT) in conjunction with the Kent & Medway NHS and Social Care Partnership Trust (KMPT). Performance indicators are related to key aspects of the strategy, which has also been reflected in the outcome measures incorporated in the KASS service agreements with independent providers.

## **Other Considerations**

4. (1) The broad financial position for public services is well known and the strategy will have to be met within existing budgets. It will facilitate greater coherence between the resources from KASS the expenditure of PCTs. In line with "Total Place", KASS are working with the PCTs to identify opportunities for sharing accessible premises.

(2) This strategy will improve equality of access to services. There has been substantial involvement with service users, carers and the public and professional, throughout 2008 and 2009 to produce the current strategy.

(3) KASS and the PCTs have developed services targeted to BME communities and other hard to reach groups such as deaf mental health service users; and their experiences have also contributed to the proposals for improving access to services in this strategy.

## **Implementation Proposals**

5. (1) There has been close liaison between KASS and the PCT lead commissioning team for mental health team in developing this strategy. Implementation is likely to see more collaboration and joint commissioning.

(2) KMPT, the major provider of mental health services in Kent, are also developing new ways of working based on the values in "New Horizons". KASS and the PCT lead commissioning team have worked closely with key staff from KMPT, through the joint commissioning arrangements for mental health, to ensure that the KMPT redesign of services fits well with the strategy.

(3) Following extensive public consultation the strategy is now in a late draft version. The next few weeks will provide the final opportunity to comment and to seek amendments, where these are needed. Organisations will then endorse the final strategy which is expected to be published by July 2010.

(4) The Strategic Management Team for KASS has already made a number of points to include in the final version. This will be in the areas of housing support and accommodation: employment initiatives; strong and direct links with Children & Adult Mental Health Services (CAMHS) commissioners to ensure better transitional arrangements; and more emphasis on the use of innovative technology as outlined in "New Horizons".

## **Recommendations**

6. (1) Members are asked to NOTE the attached draft strategy and to CONSIDER any further comments to be made before publication.

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