

**Appendix 1 The Joint Strategic Principles for Improving Mental Wellbeing and Creating effective, Safe and Recovery Focused Mental Health Services in Kent are:-**

- **Excellent Leadership** – it is the responsibility of each organisation to appoint senior clinical, political and commissioning leads that will take strategic and needs led decisions on mental health and mental wellbeing and to ensure agencies work co-operatively together.
- **A Public Mental Health Plan (that includes Suicide Prevention) will be in place.** This plan will form part of each CCG's mental health strategy. Importantly Kent public health services must show how they are tackling people's mental wellbeing within the delivery of core public health services, including parenting programmes, training in mental health awareness to non-professionals, ensure that public health services are equitably accessed by those with serious mental health needs.
- **There is Commitment to reducing health inequalities** both across Kent and within local areas. Acknowledging that stress and accumulation of risk factors exacerbate mental health needs, targeting the most vulnerable groups is a priority. Also commitment to providing effective preventative health care to those with mental health diagnosis is a priority.
- **We will demonstrate our commitment to improve the life expectancy and the physical health of those with severe mental illness:** ensuring the same access to physical health services as people without mental health needs. In addition, the following actions should also take place across Kent: A health check to be conducted annually as part of CPA, Medication reviews are carried out on regular basis, public health services, e.g. stop smoking and physical activity are prioritised, vascular disease should be monitored regularly as part of structured treatment.
- **The mental health needs of people with physical conditions will also be recognised, alongside access to appropriate treatment.**
- **A joined up and clear approach to Dual Diagnosis (drug/alcohol & mental health) services** across NHS and KCC services. These improvements will be led by the commissioners of substance misuse services in Kent and the mental health commissioners in the CCGs. The Kent Drug and Alcohol Partnership will monitor progress. Providers will agree to work together to agreed policies and share expertise.
- **Effective, ambitious and joined up commissioning:** High quality data and needs assessments, opportunities for efficiency, use of incentives where appropriate e.g. CQINS, forging good relationships with providers and front line staff, use of quality and performance measures will all be part of clear commissioning strategies. Where possible health economies across Kent will co-operate for the benefit of the public's health. The Health and Well Being Board for Kent will monitor progress on outcomes.
- **The mental health system will serve the whole population:** Primary Care, Secondary Care, those in criminal justice system, vulnerable groups (e.g. LGBTQ), migrants, maternity and motherhood, as well as the general population will be served in acknowledgement that everyone has mental as well as physical health.
- **Working together across agencies will get the transitions between services right:** Where a person has to move across services, e.g. from a CAMHS service to adult service, or to a Criminal Justice service, or as people age – these transitions will be organised efficiently and with minimum disruption to the service user. This is also a key principle for effective working between the mental health and physical health services.
- **Use the highest quality guidance to improve quality and safety:** All partners will assess NICE , health and social care research and evidence base and other advisory groups in

service delivery, design and commissioning. Learning will be shared across the health and social care economy.

- **Commission to intervene early:** All commissioners will take opportunities to co-commission with public health, children's services, early help services and adult mental health services across a range of agencies to ensure people can access services at the earliest opportunity e.g. maternity, children's centres, early intervention for psychosis, early intervention for conduct disorder.
- **Strengthen community resilience and use the assets in the community to improve community wellbeing:** Commissioners to work with their district council and other partners locally to ensure wellbeing of the community and the best use of resources are made.
- **Ensure that commissioned acute and crisis care services are based on humanity, dignity and respect.** Where at all possible, avoid out of area placements, ensure that there are places of safety and families and carers are involved.
- **Commission for recovery, quality and choice of services.** Acknowledging the NHS constitution where a patient has the right to choose care and treatment within the boundaries of safety and probity, these choices will be made available. Recovery will be at the heart of the design of the mental health system in Kent.