

# A NEW APPROACH

ISSUE 9

DECEMBER 2018



*Dear Members*

*First of all, I would like to wish everybody seasonal greetings.*

*We've had a really full year and I thought I would summarise some of the key events. This year we completed our next phase of reorganising the Association which included relaunching our website with a fresh new look and providing more regular reporting to our members of key issues. This was done directly via emails and also via our bimonthly newsletter. I want to thank everybody who contributed towards this, particularly our editor Emma.*

*Our first conference was held at the beginning of the year and was well attended, the theme was Training for Trainers and the feedback from all of those that came was extremely positive. The event was part of our promotion on the importance of training so that we prepare clinicians to deliver high standards of care to our patients and service users. A number of organisations have since been able to use that training to deliver the CCA Training Programme, which has also had excellent feedback from those that have purchased it.*

*This year also ran the annual Art Competition and CCA Awards, we had some great applications and some real deserved winners. We are keen to build upon this in the coming year so that we have an increased number of entries.*

*Our second conference was held in June and it focused on the forthcoming review of the Mental Health Act with speakers Mark Trewin and Colbert Ncube from NHS England. Feedback on the review was formulated on behalf of the CCA by members that attended the conference, this was then submitted as part of the overall country wide submission to Professor Sir Simon Wessely, Regius Professor of Psychiatry at King's College London and president of the Royal Society of Medicine. Judy Davies and Tanveer Akhtar from the CQC gave a well-received presentation on the role of the MHA Reviewer.*

*Mark Trewin has kindly agreed to provide us with some feedback on the Review of the MHA at our next conference on the 7th February 2019, where he will also give presentations on the Integration of Health and Social Care Planning and The Community Mental Health Services Framework.*

*Can I wish everybody a wonderful Christmas and a wonderful, peaceful New Year*

*Kindest Regards, Jaswinder Basi  
Chairman of the CCA*

# CCA Good Practice Awards 2018



Entry forms can be accessed from the website

[www.cpaa.org.uk](http://www.cpaa.org.uk)

or by emailing [ccaonline@outlook.com](mailto:ccaonline@outlook.com)

## Highlighting Best Practice

The CCA has a long history of recognising best practice in health & social care across both teams and individuals through the annual CCA awards. Now in their 13<sup>th</sup> year, the CCA awards have recognised many teams and individuals for the innovative and excellent work that they do to support service users through effective assessment, care planning and care coordination processes. Each category is judged by a panel of experts who will be looking for individuals or teams who have made an outstanding contribution in each category **within** the past year. Following a shortlisting process, the panel will award one winner for each category, and may also recognise other notable nominations as Highly Commended.

## Key Dates

**Nominations open**  
17<sup>th</sup> December 2018 -  
31<sup>st</sup> March 2019

**Shortlisting of entries & finalists identified**  
w/c 8<sup>th</sup> April 2019

**Winners Announced**  
w/c 15<sup>th</sup> April 2019, awards will be presented at the CCA Event, date to be confirmed

## TEAM AWARDS

**Innovation To Support Service Development;** Innovative approaches that make a real difference to service user care through delivering better outcomes and/or improved efficiencies e.g. implementation of innovative service models & approaches or use of technology to support assessment and care planning processes.

**Improving Service User Care through Effective Learning & Development Strategies;** Supporting continued staff development by recognizing strategies that promote learning & skills development through effective and innovative approaches.

**Improving Quality and/or Service User Outcomes;** Teams / services / organisations that demonstrate a commitment to quality e.g. through the development of policies and protocols that support the implementation of quality processes; practices that embed a person-centered culture or approach such as those that seek to ensure parity of esteem.

**Embracing Service User/Carer Involvement;** Individual or a team promoting user/carers involvement in the care process, through the implementation of practices that promotes service user/carers involvement in their care, such as in care planning, peer support programs or recovery college initiatives.

## INDIVIDUAL AWARDS

**Rising Star Award:** An Individual award that recognises a trainee or student who demonstrates compassion, commitment and potential.

**Everyday Hero Award:** An Individual award nominated by service users / carers (group or individual) or by a colleague. This can be any member of the workforce including qualified clinicians, support or ancillary staff

# Modernising the Mental Health Act – final report from the independent review

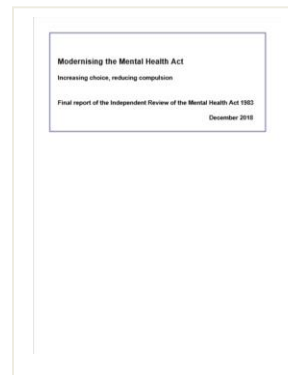
The final report was published on the 6<sup>th</sup> December 2018 and sets out recommendations covering 4 principles that the review believes should underpin the reformed Act:

- choice and autonomy – ensuring service users' views and choices are respected
- least restriction – ensuring the Act's powers are used in the least restrictive way
- therapeutic benefit – ensuring patients are supported to get better, so they can be discharged from the Act
- people as individuals – ensuring patients are viewed and treated as rounded individuals

The review looked at:

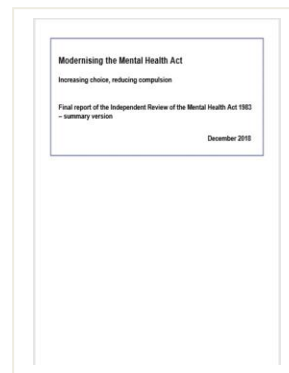
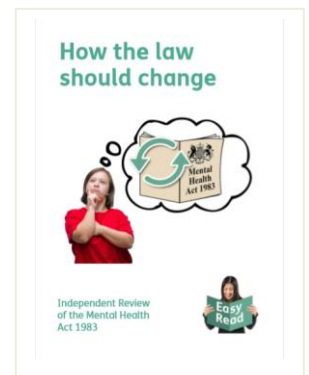
- rising rates of detention under the Act
- the disproportionate number of people from black and minority ethnic groups detained under the Act
- processes that are out of step with a modern mental health care system

## Click the Documents to Read the Reports



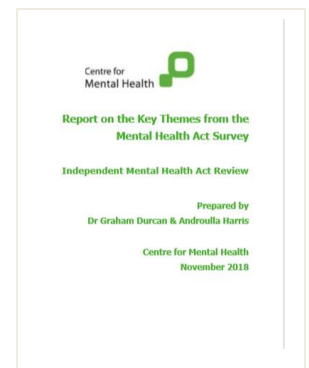
### Final Report

### Easy Read Report



### Summary

### Key Themes



## NEW FATHERS TO BE OFFERED MENTAL HEALTH TREATMENT ON NHS

NHS England has announced that new fathers will be offered mental health screenings and treatment if their partners are suffering from illnesses such as postnatal depression, anxiety and psychosis.

Research shows that one in five women will encounter mental health issues during the first year of birth, but one in 10 men will also be affected.

The new initiative, which has been described as “radical” by the NHS, aims to prevent men’s mental health problems from being overlooked and help both parents ease into family life.

“These days dads and partners are rightly expected to be more hands-on,” said Simon Stevens, chief executive of NHS England, “and NHS mental health services also need to step up and support families at times of extreme stress and anxiety.” He went on to explain how important it is to recognise the mental impact parenthood has on men and how anxieties can be severely exacerbated if their partner is suffering from mental health problems. “At what should be one of the happiest moments of our lives, caring for a partner suffering mental ill health when a new baby arrives is a difficult and often lonely experience. Alongside the backup and friendship of other new parents in the NCT [National Childbirth Trust] and other groups, the NHS has a role to play in helping support the whole family.”

Claire Murdoch, NHS England’s national mental health director, added: “The NHS has made huge strides forward in improving mental healthcare for new mums, and

ensuring their partners are properly supported, too, is the next logical step.”

The move comes after Theresa May announced the NHS will receive an extra £20bn a year by 2023. Psychiatric services for new and expectant mothers will also be expanding, with three new mother and baby units opening up this year alone and one set to open in East Anglia in 2019.

Specialist perinatal teams will be in place all around the country by April 2019, offering evidence-based psychiatric and psychological assessments for women experiencing moderate to severe mental health problems in the first year after birth. Counselling will also be offered to those who want to get pregnant and have had issues in the past.



Dr Giles Berrisford, associate national clinical director for perinatal mental health for NHS England, said: “Mental illnesses are cruel and they seem doubly cruel when they affect parents making that transition into family life. The expansion of perinatal mental health services with specialised community and inpatient beds helps to ensure mums with severe perinatal mental illnesses receive the help they need, when they need it. “It is essential to support those people who care for these mums the most: their partners. This targeted support will help to achieve this.”

<https://www.independent.co.uk/life-style/health-and-families/nhs-mental-health-fathers-anxiety-depression-parent-a8664611.html>

## Care Programme Approach in Mental Health Care: past, present and future – time to move on?

**Sara Sewell attended the CPA Conference in East London in November, organised by East London NHS Foundation Trust. Here she reflects on a few of the presentations from the day.**

The first presentation was from Prof. Tim Kendall (Mental Health National Clinical Director for NHS England and NHS Improvement). Tim spoke about the national mental health care context, with a specific focus on the Five Year Forward View for Mental Health (FYFVMH). He provided an overview of the priorities for 2020/21:

- 70,000 more **children** will access evidence based mental health care interventions
- Intensive home treatment will be available in every part of England as an alternative to hospital. **Older People**
- No acute hospital is without all-age mental health liaison services, and at least 50% are meeting the 'core 24' service standard. **Older People**
- At least 30,000 more **women** each year can access evidence-based specialist perinatal mental health care
- 10% reduction in suicide and all areas to have multi-agency suicide prevention plans in place by 2017. **Older People**
- Increase access to evidence-based psychological therapies to reach 25% of need, helping 600,000 more people per year. **Older People**
- The number of people with SMI who can access evidence based Individual Placement and Support (IPS) will have doubled.
- 280,000 people with SMI will have access to evidence based physical health checks and interventions. **Older People**

- 60% people experiencing a first episode of psychosis will access NICE concordant care within 2 weeks including **children**.
- Inappropriate out of area placement (OAPs) will have been eliminated for adult acute mental health care.
- New models of care for tertiary MH will deliver quality care close to home reduced inpatient spend, increased community provision including **children** and young people.
- There will be the right number of CAMHS T4 beds in the right place reducing the number of inappropriate out of area placements for **children** and young people.



Tim then spoke in more detail about the specific piece of work he is leading on within the FYFVMH: suicide prevention, the aim being to reduce suicide by 10% nationally by 2020/21.

He then spoke of healthcare services being at a crossroads with the reconfiguration of health services e.g. STPs (sustainability and transformation partnerships) with commissioners and providers working together as well as Trusts working more collaboratively rather than competing against one another. Tim described the future of health services becoming more cohesive. He spoke of 'integrated care organisations' which combine

Primary, Secondary, Physical Health care, Mental Health care and Social care services.

Tim stated that the FYFVMH doesn't really cover community mental health care, but assured attendees that community care is going to be a central focus over the next year or so. He emphasised the importance of community care, particularly with the review of the Mental Health Act already underway. The review of The Act focuses more on how we currently use it, rather than fundamentally changing it.

The presentation was concluded with Consideration as to where the CPA framework fits into the new service framework. Tim highlighted the need for key elements of CPA (care co-ordination and care planning) to remain relevant but need reinvigoration, modernising and linking to the drive around personalised care.

East London Foundation Trust presented their new care plan which is based on the statements of the Patient Reported Outcome Measure they use - Dialog. The Trust has created an electronic system which pulls information from the statements into a person-centred care plan. The new care plan was piloted in 2016 and the evaluation report was compiled at the end of 2016. The results show an increase in both staff and service user satisfaction from using the new care plan. Attendees heard how the new care works in practice first hand from Expert by Experience Sidney Millin. Sidney spoke about his personal experience of using mental health services and how he is so much more than his mental health diagnosis. He stated he is a father; an activist, journalist, and sports fan and he spoke of the things that matter most to him. He stated that he has felt more involved in his care planning since the introduction of the new care plan in his Trust which has empowered him to achieve his goals.

The CPA conference was really interesting and it was great to hear from both national clinical leaders as well as what Trusts are doing locally to improve care planning and care delivery.

Mind  
Cymru  
calls on  
Welsh



## Government to review effectiveness of mental health legislation

**As an independent review into the Mental Health Act published its recommendations, Mind Cymru calls for the Welsh Government to look at how the Act is applied in Wales.**

Mind has welcomed the review and the recommendations of the panel. Responding to the publication of the Review, Simon Jones, Head of Policy & Influencing at Mind Cymru, said:

*"While the Mental Health Act applies in Wales, mental health services are devolved and operate under a different framework. Some of the review's recommendations are already statutory obligations in Wales under the Mental Health Measure. These include improved access to independent advocacy and a requirement to develop care and treatment plans for patients receiving support from secondary mental health services. However, we know from a recent review conducted by the NHS Wales Delivery Unit that care and treatment planning is not being used as intended and there is little evidence that it is improving outcomes.*

*"We are calling on the Welsh Government to review the effectiveness of mental health legislation, policy and practice in Wales. We would want this review to engage directly with people with experience of using mental health services in Wales and consider the effectiveness of the Mental Health Measure, the recommendations of the Mental Health Act Review and how the two pieces of legislation interact in a Welsh-context."*



# Mental Health Act review recommendations published

The review has looked at how the legislation is used and makes recommendations to Government.

The independent review of the Mental Health Act 1983 has been published. The Act sets out when people with a mental health problem can be detained and treated in hospital against their will.

The review was established by Prime Minister Theresa May last year to look at how the legislation is used and what needs to change. Recommendations include minimising the numbers of people being held against their will; strengthening the rights, dignity and wellbeing of people who are in extremely vulnerable situations; and dealing with racial inequality in the use of the Act.

Mind was part of the steering and working groups for the review and Steven Gilbert, who has lived experience of the Act and is also trustee at Mind, was the vice-chair of the board.

## **Responding to the review, Paul Farmer, Chief Executive of Mind, said:**

"Mind welcomes the review and the recommendations of the panel. This outdated legislation has seen thousands of people experience poor, sometimes appalling, treatment, who still live with the consequences to this day. We are pleased to see that many of our concerns – and those of the people we represent and have supported to feed into the review – have been heard.

"The recommendations to strengthen people's rights, empower them to question decisions about their care, choose their treatment and involve friends and family have the potential to make a real difference to those who are in an extremely vulnerable situation. We back the call for people on mental health wards to have a legal right to an independent advocate and agree that people who have been detained should be able to choose which family members and friends can make decisions about their care and treatment.

"It's good to see the review address racial inequalities. We know that black people are disproportionately sectioned, are more likely to be restrained, and are most likely to be put on a Community Treatment Order. These orders have been proven ineffective in reducing hospital readmission. Tightening the rules for imposing them is a small step in the right direction but we are disappointed that the review has not called to scrap them. Likewise, we back the promotion of race equality in mental health services and in the use of the Act but this must come with concrete commitments, including that the NHS builds relationships with local communities.

"The Government now needs to take this review forward as soon as possible so that people with mental health problems get the support they need. A key test of the recommendations will be their impact on racial inequality and we look forward to the NHS long-term plan which will set out how mental health care will be transformed. These recommended changes are much needed but detentions will only reduce when people have access to quality, culturally relevant and timely care, so that fewer people end up in a mental health crisis."

## Talkback: Autumn 2018

Three times a year, the Mental Health Foundation produces an update for its supporters, outlining its current research, projects and fundraising activity.

Inside the Autumn 2018 edition:

- Why do you wear the green ribbon pin?
- New mentoring scheme for refugees launched in Scotland.
- In conversation with...Fiona Garwood.
- New Standing Together project in Wales.



Download for free <https://www.mentalhealth.org.uk/publications/talkback-autumn-2018>

# CCA Conference and AGM 2019

Our next CCA Conference and AGM will take place on Thursday 7<sup>th</sup> February 2019 in Leeds, the theme of the day will be Implications of the Review of the Mental Health Act.

In the morning Mark Trewin from NHS England will deliver a presentation on the integration of health and social care care planning and will also give an update on the community mental health services framework.

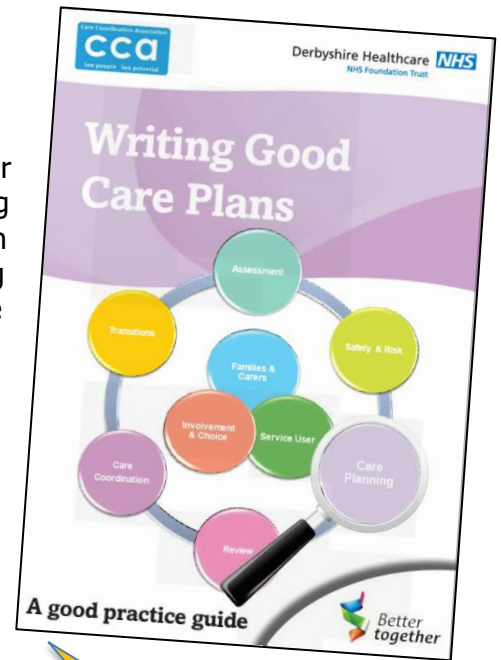
In the afternoon, Jaswinder will lead the AGM and will then deliver a presentation on the review of the Mental Health Act. Attendees will have an opportunity to formulate a group response to the review which will be feedback on behalf of the CCA.





## Writing Good Care Plans: A Good Practice Guide

Produced by the CCA, the guide is intended for use by any practitioner or student who is writing, coordinating, or reviewing care plans for anyone using health or social care services and for anyone who has a care plan. It can support training programmes, particularly if bought on a licensing arrangement allowing personalisation to your organisation. The good practice guide considers ethical, legal and practical issues in writing good care plans, and takes a person-centred approach.

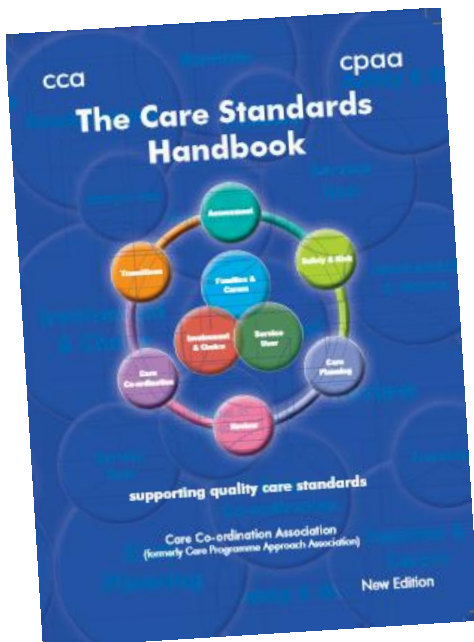


**'This is a brilliant training tool, I will use it with all our care coordinators'**  
 CPA Manager and Trainer

## Care Standards Handbook

Produced by the CCA, this handbook has been produced as a guide, and is structured around the standards included in the Care Programme Approach and the Mental Health (Wales) Measure, and other relevant care planning processes. The standards covered are: Assessment; Care Planning; Risk; Review; Transitions and Care Co-ordination. The areas of involvement and choice, service users, and families and carers are essential in all of these, and are woven through the sections.

**Cost £5 + postage  
 50% discount for  
 member of the CCA!**



To order any of our products please contact  
[ccaonline@outlook.com](mailto:ccaonline@outlook.com)

## Care Planning Training Package

This training package has been developed nationally by the CCA based on best practice and national standards. The package has a template programme, so can be used off the shelf, but can also be used in a flexible way to focus on local concerns and priorities. It allows for the use of local policies and structures, while emphasising national requirements and good practice. The package includes trainers notes, session plan, suggested programme, hand-outs, case studies, presentations, templates and guidance notes.

**Cost £499 for  
 members, £1,000  
 for non-members**



**Sara Sewell, Leeds and York Partnership NHS  
Foundation Trust asked**

“Have any trusts successfully implemented and embedded a PROM(s) in older peoples services (including dementia services)? If so, would you please let me know which tool you are using as I’m really struggling to find a suitable measure!”

**Lynn Dunham, Derbyshire Healthcare NHS  
Foundation Trust**

“We are looking at service user and carer involvement and payments for involvement. It would be good if anyone would be happy to share their policies/protocols with us but we would also like to hear from any other trusts that are having issues with this area of work and how they are planning to tackle it.”

**Sara Sewell, Leeds and York Partnership NHS  
Foundation Trust asked**

“Will people please share their CPA care plan templates? I will be updating our care plan template and I thought it would be useful to see what format other Trusts are using so we can share our learning.”

## MEMBERS AREA

If you have a query that you think other members might be able to help with, why not send it to us?

We will circulate your query to other members of the Association and all members will be copied into any responses that we receive!



## Dates for your Diary

Thursday 7th February 2019 - CCA National Conference and AGM, Leeds

31<sup>st</sup> March 2019 - Closing Date for the CCA National Good Practice Awards

May 2019 – Annual Art & Photographic Competition



*The CCA wishes you a very Merry Christmas and a Happy New Year, see you in 2019!*

**Care Coordination Association**

[www.cpaad.org.uk](http://www.cpaad.org.uk)

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