

## Useful Telephone Number and Addresses

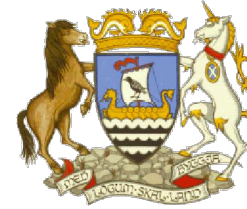
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Out of Hours Emergency  
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Advocacy Shetland  
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14 Market Street  
Lerwick  
Shetland                      Tel: 01595 743929/743940

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# Mental Health

## Mental Health

The Shetland Islands Council, Shetland NHS Board and the voluntary and independent sector continue to work together to deliver a comprehensive mental health service to meet the needs of people who require care and support as a result of their mental health issues.

*The Mental Health (Care and Treatment) (Scotland) Act 2003* came into effect in October 2005. The Act contains much more than simply legislation for new forms of compulsory power and safeguards. Its underpinning principles herald a new era of rights-based care for people who use mental health services. As well as providing care and treatment, services are now required to promote social inclusion and a wider citizenship agenda.

Delivering for Mental Health (2006) ([www.scotland.gov.uk/Publications/2206/11/30164829/0](http://www.scotland.gov.uk/Publications/2206/11/30164829/0)) set out national policy for the development of Mental Health services and the improvement of mental health in Scotland and its targets remain the focus for local services to meet within the Local Delivery Plan, specifically on

- Reducing suicide rates, supported by training frontline staff in suicide prevention;
- Reducing the increase in prescribing of anti-depressants, and putting in place alternative supports for people suffering from depression;
- Reducing the number of readmissions to psychiatric hospital;
- Improving the early diagnosis and management of patients with a dementia.

The local action plan continues to take forward work on each of these priorities to meet the local targets.

- Making links to specialists services at a regional and national level;
- Agreeing joint spending plans;
- The variety of funding sources.

The Mental Health Operational Management Team (MHOMT) and the Mental Health Forum (MHF) will provide support to the partnership. In return the partnership will feed back its results to the Management Team and the Mental Health Forum.

The partnership will promote good communication between all agencies working on mental health issues.

Agreed at the Shetland Mental Health Partnership meeting on 14<sup>th</sup> July 2005.

## THE SHETLAND MENTAL HEALTH PARTNERSHIP (SMHP)

### REMIT

The SMHP will take an over view of all mental health services in Shetland. In addition the SMHP will produce a new mental health strategy. This new strategy will be for the next three years and include the full range of mental health services. In the longer term, it will be used by the 2020 vision project.

The partnership will have a multi agency approach and include representatives from the Health Board, Council services and the Voluntary Sector, assisted by service users and carers.

The partnership will have an annual work plan, which will include overseeing initiatives such as Choose Life, the Suicide Prevention Action Plan and the Joint Local Implementation Plan (JLIP).

Responsibility for the strategy will rest with the SMHP. The SMHP will work with its partners to implement the strategy. When preparing the strategy consideration will be given to:

- Relevant national policies;
- Guidance for adults and children;
- The national framework for Mental Health services;
- The findings of national monitoring;
- The findings of recent needs assessment;
- Development of services including a local resource centre;
- Capacity within the Mental Health service;

### Needs

One in five adults in Scotland is affected by mental ill health each year. In Scotland between 25% and 30% of all General Practitioner (GP) consultations involve depression, stress or anxiety.

It is now generally accepted that good mental health underpins all other aspects of health. People with mental health problems have greater risk of, and higher rates of, heart disease, diabetes, respiratory disease and infections. They also have higher rates of smoking, alcohol consumption and drug misuse. They die younger and have a poorer quality of life.

Evidence shows that people with a mental illness are the highest 'at risk' group for suicide, with a rate of suicide 10 times that of the general population. In addition there are growing numbers of people with dementia.

### Mental Health Strategy

In 2007 the Shetland Mental Health Partnership, the local multi-agency group that is leading on the development of mental health services in Shetland, published its mental health strategy.

The strategy sets out the vision for treating and preventing mental illness while continuing to promote mental health and well-being. We include within the strategy severe and enduring mental illnesses such as schizophrenia, bi-polar disorder and dementia as well as the wider range of disorders and illnesses including depression and anxiety.

## Aims

In developing the strategy, we aim to achieve a single plan for local comprehensive mental health services; and to use the resources employed in the delivery of existing mental health services in the most effective way, avoiding gaps and overlap. This involves health, social care, housing, education, employment, voluntary and other agencies in working jointly in the provision of complementary services for people with mental health issues.

### In delivering this aim, we commit to the following principles:

- Wherever practicable and possible, the local service will be provided as a home-based service or in small facilities as close as possible to an individual's home. Points of access to specialist secondary health services should be reviewed, simplified, and widely publicised.
- Service users are central to their own care, treatment and recovery. Patients and carers should therefore be partners in designing and delivering services.
- We should provide systematic support for people with long-term conditions
- We should actively manage admissions to and discharges from hospital in order to minimize the incidence of delayed discharge and inappropriate readmission and to ensure that patients are provided with appropriate support.

ACTION	EXPECTED OUTCOME	TIMING	COST	AGENCIES INVOLVED <sup>1</sup>
Review and develop crisis support services including review of Out of Hours mental health services and Psychiatric Emergency Plan (PEP)	Improved support for people in crisis, improved inter-agency working and enhanced availability of services out of hours	Ongoing	WER	<b>Shetland NHS Board</b> , Social Care, <b>Voluntary sector - Shetland Link-Up</b>
Work on a regional basis to ensure service provision throughout 2009/10 for <ul style="list-style-type: none"> <li>• Children &amp; young people</li> <li>• Mentally disordered offenders</li> <li>• People with eating disorders</li> </ul>	Enhanced outcomes for patients	Ongoing	WER	<b>Shetland NHS Board</b> , Social Care, voluntary sector

<sup>1</sup>Lead agency in bold

<b>ACTION</b>	<b>EXPECTED OUTCOME</b>	<b>TIMING</b>	<b>COST</b>	<b>AGENCIES INVOLVED<sup>1</sup></b>
Implement the mental health strategy action plan through Shetland Mental Health Partnership	Improved co-ordination of services across agencies and the voluntary sector & developing services to meet identified needs and gaps	Through 2009 / 10	WER	<b>Shetland NHS Board, Social Care, voluntary sector, Housing</b>
Meet local targets based on National Mental Health Delivery Plan.	Enhanced services for patients	Ongoing	WER	<b>Shetland NHS Board, Social Care, voluntary sector, Grampian NHS Board</b>
Continue with work on Integrated Care Pathways (ICPs) as per national curriculum of requirements	Establish clear roles and responsibilities for services with smooth pathways and good information about patient journeys	2009 and beyond	WER	<b>Shetland NHS Board, Social Care, voluntary sector, Grampian NHS Board</b>

- The strategy includes:
  - An inclusive approach
  - The range of services from prevention to treatment and care
  - A lifespan approach
  - A range of models including wellness / recovery / treatment models
  - An individual / family / community focus
  - Services that are integrated and co-ordinated
  - Evolutionary redesign
- We need to address the stigma attached to mental illness, and treat all people with dignity and respect.
- We should use the evidence on what works in organising services and delivering treatment to improve outcomes.

The strategy is now being implemented through the agreed action plan. As well as meeting the national targets, four strands of work are current priorities: developing the range of psychological therapies available locally, developing crisis support services, co-ordinating and developing training and developing Integrated Care Pathways (ICPS).

### **Current Services**

A range of agencies both statutory and voluntary provide current services in Shetland. The main services for people with mental health problems are included here.

## HEALTH AND SOCIAL CARE SERVICES

**The Community Mental Health Team (CMHT), which is based in Lerwick** includes:

Consultant Psychiatrist  
Community Psychiatric Nurses (CPN)  
Child & Adolescent CPN  
Specialist Social Worker

The CMHT provides both office based and home appointments, with out-patient clinics being held in all Health Centres throughout Shetland.

A local Consultant Child and Adolescent Clinical Psychologist is in post.

There is a visiting Consultant Child & Adolescent Psychiatrist service provided via NHS Grampian.

Specialist in-patient provision is provided via NHS Grampian.

### **Annsbrae House Supported Accommodation & Mental Health Community Support Service**

Annsbrae is integrated within the CMHT under Joint Future. Annsbrae House provides 8 supported tenancies and one respite place for people with mental health problems throughout Shetland. An outreach service is provided from Annsbrae which can be accessed through the CMHT. Outreach work can help people with daily living skills and provide support with and monitoring of their mental health. It is proposed that there will be ongoing development of services based at Annsbrae.

### Next Steps / Priorities

- Delivery of the Mental Health Strategy through the local action plan supported by the Mental Health Regional Collaboration Network.
- Review and develop crisis support services including out of hours mental health cover across health and social care.
- Increase the range of psychological therapies available locally.
- Co-ordinate and develop the range of training on mental health and illness available locally.
- Continue with programmes to promote mental health and well being to raise awareness of mental health and mental health problems, and to tackle stigma.
- Ongoing regional work as part of the North of Scotland on forensic mental health service provision, and to develop other specialist services such as in-patient children and young people's services.
- Ongoing regional work as part of the obligate network supported by the Joint Improvement Team (JIT).
- Early diagnosis and management of dementia through primary care services.
- Implement the NHS Quality Improvement Scotland (QIS) Integrated Care pathways on dementia.

## Funding

### Mental Health

▪ Community Mental Health Nursing	250,000
▪ Community Support Service	399,000
▪ Consultant Psychiatrist	TBA
▪ Specialist Advocacy for People with Mental Health issues	22,000
▪ Self Advocacy for People with Learning Disabilities	TBA
▪ Mental Health Officers	166,000
▪ Viewforth	1,724,000
▪ Mental Health Services Management & Admin	64,000
▪ ASSIST Training	8,000
▪ Shetland Link Up, including Art Therapy	120,000

The Skills Centre at Annsbrae provides personal and social skills training to those with mental health problems. Various groups are also held at Annsbrae e.g. hearing voices group, anxiety management group.

A multi-disciplinary management team has been established to ensure the ongoing development of mental health services at Annsbrae. This brings together Community Care, Housing, CMHT management and meets monthly. There is also a tenant's forum to address housing needs.

### Primary Care Counselling Services (PCCS)

The primary Care Counselling Service which is based in Lerwick includes a Team Manager and a ratified counsellor.

The PCCS provides counselling sessions across Shetland in a variety of settings.

The Counselling Service Manager is taking a dynamic role in increasing the range of Psychological therapies available locally.

The PCCS provides its own non-medicatory approach to mental health issues, whilst also complementing more traditional psychiatric interventions.

## **Dementia**

Dementia is the name given to a form of organic psychiatric / mental illnesses that affect the normal working of the brain. Characteristics of these illnesses are memory deterioration and a reduced cognitive function.

A dementia redesign project was published in 2005. It highlighted that the number of people in Shetland who will develop dementia will increase.

There are a number of services currently available that support people with this condition. There are also a number of new initiatives that will be commenced during 2009/12. One of the most important of these will be the Stirling University / Alzheimer Scotland Pilot, which aims to improve post diagnosis support for people diagnosed with this condition and their carers.

## **Mentally Disordered Offenders**

The number of violent mentally disordered offenders in Shetland is small. There is an inter-agency approach involving Social Care, Health and the Police to working with both violent and vulnerable mentally disordered offenders.

## **VOLUNTARY SECTOR SERVICES**

**Shetland Link Up** - provides support, advice, outreach and drop in facilities to those with mental health issues throughout Shetland. Shetland Link Up is in the process of providing a crisis support service funded by Fairer Scotland.

**Advocacy Shetland** – provides independent advocates to support and represent vulnerable people. There is a specialist support service for those with mental health problems.

**Supported employment schemes - Moving On** identifies work placements and provides support to people on the scheme who have a wide range of needs including mental health difficulties.

**Depression Alliance** - is a self-help group who have regular fortnightly meetings and are now based at Annsbrae House.

**SAS (Sexual Abuse Survivors) Group** - is a self-help group, facilitated by a professional care worker, which meets monthly at Annsbrae House and provides a telephone helpline.