



BRISTOL OVERVIEW AND SCRUTINY

Report of the People Scrutiny Mental Health Working Group

February 2016



1. Executive Summary

Bristol City Council's Scrutiny function plays a key role in helping the Mayor to develop policies that will improve services for citizens. The People Scrutiny Commission opted to undertake a review of mental health services as part of their work programme for 15/16 in order to ascertain whether there were additional opportunities to raise the profile of mental health issues and join up provision citywide.

It was agreed that due to the scale of provision, this piece of work would focus mainly on adult mental health services, and would not specifically address dementia, which was the focus of a number of existing priorities.

The full recommendations from the Working Group can be found in section 4 of this report, but the headline findings can be summarised as follows;

1. There was a need to develop a Mental Health Strategy for the whole city and enhance partnership working.
2. There were a number of quick wins that the City Council could do to raise the profile of mental health at local and national level
3. Additional steps should be taken to increase communication around the full range of mental health services available and how they could be accessed

2. Background and Context

There is growing awareness regarding the scale of mental health issues and the myriad of problems that can occur when conditions are left untreated. This has led to a nationwide initiative to improve both prevention and care.

Mental health services have gone through a radical transformation over the past 30 years. A model of acute and long-term care based on large institutions has been replaced by one in which most care is being provided in community settings by multidisciplinary mental health teams. These teams support most people in their own homes but have access to specialist hospital units for acute admissions and smaller residential units for those requiring long-term care.

Mental health services in Bristol are overseen by the City Council in conjunction with the Clinical Commissioning Group (CCG) and NHS England. In the spring of 2011, NHS Bristol, with the support of the then shadow Bristol CCG, took the decision to re-commission Bristol's mental health services following feedback from patients, primary care professionals and clinicians. The new mental health services were co-designed with all key stakeholders with the overarching objective of promoting quicker access to support and whole person approached care.

In November 2013, the Mayor launched his vision for the city and identified 'A healthy and caring Bristol' as one of his six priorities, highlighting mental wellbeing as a particular priority.

The People Scrutiny Commission felt it was timely to take a detailed look at services around mental health and opted to hold two workshop sessions where they could learn more about the range of provision available and identify any opportunities for change. One of these workshops focussed on the Lawrence Hill area of the city as a case study, which proved to be



an effective way to gain a deep understanding of how services fit together in one area.

Public Health is located within the Neighbourhoods Directorate and the Chair of the Neighbourhoods Scrutiny Commission was invited to attend the working group meetings. Full details of the programmes for each of the Working Groups can be found at Appendix 1.

3. Background Papers

A pack of information was provided to all attendees in advance of the event, which included a broad range of relevant reports to help delegates to prepare. The papers detailed key facts and figures regarding the local housing situation and also Bristol City Council's relevant policies and frameworks. The full papers can be found by following the web link below;

Web link – [Background Papers](#)

4. Recommendations

The People Scrutiny Commission identified the following recommendations;

A Strategy for the City and Partnership Working;

- R1 - Develop a Mental Health Strategy for the city, including a focus on public mental health and wellbeing, and ask the Health & Wellbeing Board to consider this as a priority within its Strategy refresh process. The strategy should take into account other recent data and intelligence.
- R2 - Use the Mental Health Strategy as the mechanism to strengthen relationships with key partners including the Police and the Universities. One specific example was that the Health & Wellbeing Board should be asked to add representation from Avon & Somerset Constabulary to its membership.
- R3 - Bristol City Council to facilitate a mental health summit for Bristol to bring all key partners together to identify gaps in provision and opportunities for additional joined up working. This could take place on 10th October 16 to coincide with International Mental Health Day.
- R4 - Avon & Somerset Constabulary to be invited to work with Bristol City Council's scrutiny function to monitor the appropriateness of use of the S316 Suite (accommodation used for those admitted or detained on mental health grounds).
- R5 – A review of the support available for the voluntary sector to be undertaken to develop a whole city approach and link all partners together and maximise opportunities, particularly for those providing social prescribing services. Where new initiatives are successful best practice should be shared more effectively.

Opportunities for the City Council

- R6 - Bristol City Council to use its influence to press for changes regarding national policy in respect of mental health by lobbying the government to introduce statutory Personal Social and Health (PHSE) teaching in schools.



- R7 - Schools to be encouraged to purchase the Jigsaw teaching resource (for PHSE) and work towards gaining the Mayor's Award for Excellence as a Health Improving School.
- R8 – The City Council's Overview and Scrutiny Management Board to be asked to make provision for scrutiny of mental health services city wide and across all related areas to take place at least annually. The holistic approach should include health and public health, but also other services such as planning, housing, pollution control and transport etc.
- R9 - The Mayor and elected Members to be asked to sign up to;
 - The Local Authority Mental Health Challenge (<http://www.mentalhealthchallenge.org.uk>) thus becoming a champion for mental health across the area; and
 - Time to Change (<http://www.time-to-change.org.uk>) which is the campaign to challenge mental health stigma and discrimination.
- R10 - Recognise the positive relationship between adult learning and mental health and recommend that the Learning City Partnership develop a targeted programme linking education, employment and training.

Communication and Increasing Access to Services

- R11 – Renew approaches towards communication regarding mental health services across all providers, including web resources but should include traditional hard copies to reach all audiences.
- R12 – Develop a social prescribing pathway to enable residents to access services from voluntary and community groups, and promote the benefits amongst both potential service users and providers, including the Neighbourhood Partnership Wellbeing Grants Panels.
- R13 – Produce commissioning guidance for safe use of mindfulness for use in schools, workplaces and communities.

5. Next Steps

The draft report will be formally ratified at the first meeting of the People Scrutiny Commission in the 16/17 municipal year, before being referred to meetings of the Cabinet and the Health & Wellbeing Board. Where recommendations are accepted by the Mayor, an action plan for implementation will be produced and monitored by the Scrutiny Commission as appropriate.

6. Appendices

Appendix 1 – Working group 1 agenda front sheet

Appendix 2 – Working group 2 agenda front sheet

Appendix 3 – Web link to papers - [Mental Health Working Groups Agendas and Presentations.pdf](#)



Bristol City Council Overview and Scrutiny – Working Group

Mental Health Services in Bristol

8th December at 9.15 am

Brunel House, St George's Road, Bristol BS1 5UY.

Agenda

9.15 am Refreshments

9.30 am Introductions by Cllr Lesley Alexander, Chair of the People Scrutiny Commission

9.35 am Update from Public Health (30 mins)

Leonie Roberts - Consultant in Public Health

10.05 am Question and Answers (15 mins)

10.20 am Bristol Mental Health – new mental health services in Bristol (45 mins)

Catherine Wevill, Programme Manager MH and LD - Bristol Clinical Commissioning Group and Will Hall, System Clinical Leader, Bristol Mental Health

11.05 am Questions and Answers (20 mins)

11.25 am *Refreshment break (15 minutes)*

11.40 am Care Management and Commissioning (10 mins)

Sue Waring, Service Manager

11.50 am Questions and Answers (10 mins)

12.00 pm Employment, Skills and Learning (20 mins)

Jane Taylor, Employment and Skills Service Manager & Jenny Wilkes, Team Leader - Recruitment and Innovation

12.20 pm Questions and Answers (15 mins)

12.35 pm Discussion and Planning for Working Group 2 (25 mins)

1 pm End



Bristol City Council Overview and Scrutiny – Working Group (Part 2)

Mental Health Services in Bristol – A Detailed Look at Lawrence Hill

1st February 2016 at 10am

Brunel House, St George's Road, Bristol BS1 5UY.

Agenda

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| 9.45 | Refreshments |
| 10.00 | Introduction to the session – including a summary of the first workshop (Sue Waring) |
| 10.05 | Demographics of Lawrence Hill and how it compares to other parts of the city (Leonie Roberts) |
| 10.20 | Mindfulness (Kate Conlan) |
| 10.35 | Social Prescribing (Leonie Roberts) |
| 10.45 | Overview of services provided; <ul style="list-style-type: none">▪ Health (CCG/Bristol Mental Health) – 10.45 to 10.55▪ Schools (Julie Colthard) – 10.55 to 11.05▪ Learning (Jane Taylor/Jenny Wilkes) – 11.05 to 11.15▪ Community Based (Mohammed Elsharif) – 11.15 to 11.25▪ Police (Chief Inspector Rowlands) – 11.25 to 11.35 |
| 11.35 | Comfort Break |
| 11.45 | Community Access Support Service (CASS) – Monira Chowdhury |
| 12.00 | Case Studies; <ul style="list-style-type: none">• Elaine Flint and Rhian Loughlin, Wellspring - 12.00 – 12.30 |
| 12.30 | Discussion – Q&A and an opportunity for Members to consider any recommendations |
| 13.00 | Close |

