

Innovation Type and Reference Number; 5.34

Title of Innovation; Mind in the Vale

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Project Aim; Access to tier zero mental health in Central Vale through collaboration with Mind the Vale (Third sector provider) to deliver psychological therapies for mild to moderate mental health problems

Strategic Theme; Improving Access and Quality; Managing Care in the Community; Primary Care Support; New Roles within Primary Care Team and Enhanced MDT working

Component of new Primary Care Model; Enhanced MDT working in Primary Care; Evidence-based pathways to support safe patient care closer to home; Effective cluster working; Improve access and moving services out of hospitals into community settings

Objectives / Value within whole system model for PC in Wales;

Early Outcomes; Following excellent year one outcomes, and additional commitment to invest by MIV, C&V MH have now taken up ongoing funding in Central Vale.

Summary of First Evaluation; Significant improvement in Recovery Star outcome indicators, reduced referrals to PMHSS and CMHT. Excellent feedback from GPs in terms of effective alternative service. Excellent feedback from MIV staff and most importantly from patients. Considered good VFM by UHB MH services.

Updated Outcome Findings; Interventions are per project outline and expanded and extended with further funding

Status / Additional Comments; The service has been considered successful, efficient and effective and has now been mainstreamed within routine Mental Health provision in Cardiff and Vale following a successful tender process.

Evaluation; Yes, please see below;



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Evaluation.docx



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