

Mental Health and Wellbeing 'Plan on Page'



Why is the project needed?

The pandemic and social distancing measures have impacted the mental well-being of people in Wales with arguably disproportionate impact on the already most vulnerable. This has potential to affect the health and wellbeing of future generations and increase health inequalities.

The project aligns to the *National Mental Health Programme Board* and the *Building a Healthier Wales Co-ordination Group Mental Well-being* priority.

What is the scope of the project?

Initial scoping to date has identified the following areas to be progressed:

- All-age functional mental well-being at Tier 0/1 level
- Self-help and referral pathways and services within a primary cluster footprint

Note:

Mental Health Measure Part 1 Primary Mental Health Services are out of scope as referral pathways and service directories are already in place across Wales. This project will focus on the range of self-help and wellbeing support services for individuals to build and maintain well-being

Key deliverables

Initial, staged deliverables include:

1. Mapping of tier 0/1 mental wellbeing services (on a cluster footprint)
2. Understanding variation/best practice approaches for PCMH
3. Toolkit of resources (web based) to support clusters and key strategic partners to increase the breadth and range of tier 0/1 mental wellbeing services for the cluster population
4. Exemplar approaches to Shared Care Models (stage 2 scoping); including rebalance of resource from secondary care into primary care and links with population closer to home

Products & Outputs:

- Publication (and ongoing review) of the three products:
 - Mapping of mental wellbeing services (cluster footprint)
 - Toolkit of resources
 - Understanding demand at Primary Care level by condition/need (NCCU)
 - Exploring the benefits of investment in MH Primary Care services (NCCU)
 - Mapping of pathways from mental wellbeing services to third sector (NCCU)
 - Understand the variation in approaches for Primary Care Mental Health services (NCCU)
 - Understanding the interface between Primary Care mental health and Local Primary Mental Health Support Services (DU)
- MH proactive involvement in clusters regularly with a view to using above to develop a shared blueprint for Tier 0/1 access and explore opportunities for the development of a common framework for commissioning 3rd sector services
- Increase in the number/range of mental wellbeing services available on a cluster footprint

Intended outcomes & success criteria:

- Right Response, Right Place, Right Time for people seeking help with mental health issues
- Seamless primary and mental health responses
- Improved outcomes for people accessing mental wellbeing services digitally and F2F in clusters

When will the project be delivered?

- Dec '21: Mapping of mental wellbeing services (cluster footprint) currently used by Primary Care
- Jan '22: activity pathways and understanding 3rd sector spend. Review of the benefits of delivering mental health care at primary care level
- Feb '22: understanding the various approaches to primary care mental health services across Wales
- March '22: demand and service availability mapping at population level
- Apr '22: launch of web-based toolkit/first suite of resources (ongoing reviews & update - frequency TBC)

Who will be delivering the project?

DPCC Lead: Julie Denley Co-Lead: Shane Mills Project Manager: Kelly King

Last reviewed: January 2022

