Welcome to the second newsletter for the programme for Better Mental Health in Oxfordshire (BMHO). Through this newsletter we will be keeping you up-to-date with all the work streams under BMHO, key milestones and any related events and engagement activities. We’d like to take this opportunity to invite you once again to get involved as we move further forward in each of the work streams and take the next steps towards achieving the aims of BMHO. The aims of BMHO are to provide a setting for adults by 2012 in which:

- People can stay well
- When people become unwell they will get better quicker
- Services will deliver effective, timely and appropriate interventions

Time to get involved again!

Keeping People Well
From consultation to procurement

After reviewing lots of feedback from service users, carers and other stakeholders from the public consultation held earlier this year, NHS Oxfordshire has concluded that it will commission (buy) two key services for Keeping People Well:

- The Oxfordshire Well-being service, and
- The Structured recovery service

A service user and carer reference group has helped to develop the draft service specifications which will be used as part of the procurement (buying) process. NHS Oxfordshire is advertising these service specifications during July and contracts will be awarded in November with the intention that services will be in place from February 2011.

Managing the change process
With the help of service users we are developing a plan to help people who currently use services to understand what might change and when, what it might mean for them, and how they can prepare for the transition.

Self-directed support
NHS Oxfordshire has also identified funds to support Keeping People Well through grants for service user led initiatives and money to invest in self-directed support. We will be involving service users in the development and eventual distribution of the grants programme.

Supported to Independent Living
Shortlisting suppliers

We are currently shortlisting potential suppliers that responded to the Pre-Qualification Questionnaire for Supported to Independent Living (SIL). This shortlist will go through to the next stage of buying these services (the tender.)

The 5 service types for SIL:

- Intensive Supported Housing - for people needing 24 hour support
- Transitional Supported Housing - to integrate people back into community living
- Floating Support - supporting people in their own homes
- Complex Needs Floating Support - for people who need a lot of help to engage with services
- Longer Term Supported Housing - for people who will need longer term housing and support and cannot easily re-integrate into community housing

Next Steps
Over the summer, NHS Oxfordshire will be visiting projects and assessing potential suppliers for SIL. New contracts will be awarded in the Autumn, and there will be an extensive transition period for new suppliers to get services established and to inform service users of any changes. New services will start operating early in 2011.

Other News

Two local organisations, Elmore and Response, were successful in bids to the Strategic Health Authority (SHA) to work to help people move out of mental health housing services and into mainstream housing, and we congratulate them on their innovative projects which will begin later this year.
More updates...

Delivering Equality in Mental Health

What has happened so far
- A review of black and minority ethnic (BME) community experiences on adult inpatient wards
- Awareness sessions for BME people on relevant topics e.g. Mental Capacity Act and Personalisation
- Mental Health First Aid Training in BME communities and for faith leaders
- Promotion of services for women, carers etc

Next Steps
- Production of a BME Mental Health service directory
- Work with OBMH and voluntary organisations to ensure appropriate training and development of policies that promote equality in mental health

Maximising Recovery Interventions and Outcomes (MaRIO)

Aim
The aim of the Maximising Recovery Interventions and Outcomes (MaRIO) project is to create clear pathways for care within adult mental health services that can be understood and navigated by users of services, their families, carers and professionals.

Engagement
A stakeholder workshop was held in Oxford on the 17 June for clinicians, staff and other professionals to look at the mental health care pathways from a number of different perspectives.

Next Steps
A period of engagement will take place over the summer to gather views and feedback on the proposed mental health care pathways. Service users and carers will have an opportunity to consider the options discussed with professionals in June. This will help us to make sure that the proposed care pathways are as clear as possible and can be understood and navigated by users of services, their carers and the professionals caring for them. To get involved, visit http://bit.ly/mario­oxon

Improving Access to Psychological Therapies (IAPT)

What is IAPT?
Improving Access to Psychological Therapies (IAPT) aims to improve access to evidence based talking therapies in the NHS. It is a service provided by primary care and is aimed at those people with mild to moderate depression and/or anxiety.

Engagement
As part of an ongoing development process, NHS Oxfordshire are reviewing what the IAPT counselling services might look like in the future and options for redesign. We would particularly like to hear from GPs, counselling staff and any users of these services - past or present. A stakeholder document is available for review with the service options and we would like to know your preferences. To see the document and give us your views visit http://bit.ly/iapt

Improving Mental Well-Being for All

Good mental well-being is feeling positive, satisfied, realising your potential, being productive, able to cope with daily stresses and survive difficult situations.

‘Turn a frown upside down’
This public health project, launched in May, is focused on Barton and Rose Hill in Oxford, and Neithrop and Grimsbury & Castle in Banbury. Working with community partners, its aim is to help individuals to take simple steps to improve their own mental well-being e.g. spend time with friends, keep active, get outside. It combines community work, supported by targeted advertising:
- Cognitive Behavioural Therapy (CBT) based support groups for people in the Oxford areas
- Motivational Brief Advice delivered by community workers in the Oxford areas
- Information packs for community workers
- Postcards delivered to houses in the targeted geographical areas
- Advertising at bus stops, on buses and in community locations such as Children’s Centres and local shops

For more information, visit: www.oxfordshirepct.nhs.uk/tunafrownupsidedown

How we will know we’re on track
We will continue to gather and use feedback from people on what makes a difference. This is fed into the BMHO Commissioning Programme Board which reports to the board of NHS Oxfordshire and Oxfordshire County Council’s cabinet to ensure that the projects described are on track to deliver what they said they would do.

To get involved or to find out more, contact:
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