## What is still to come?

### Delivering Race Equality in Mental Health

We plan to:

- Fund services that support people from diverse backgrounds
- Review services to ensure they offer equal chances of progression to independence and recovery
- Engage with communities and leaders to assess people’s needs
- Ensure that feedback shapes new services
- Create forums to share good practice
- Work in partnership to develop good practice
- Use all activities to inform service improvement

### Maximising Recovery Interventions and Outcomes (MaRIO)

This project will create a clear clinical pathway for adults of working age—from initial contact with health and social services to recovery and independence — which will be understood and useable by users of services, their carers and professionals.

This will provide:

1. A common understanding of what ‘recovery’ is
2. Clear care pathways to support an individual’s recovery
3. An understanding of need
4. Modernised mental health services to provide services in the most suitable setting with evidence based care
5. Sustainable and deliverable services
6. Clear guidelines for referral
7. A pathway that puts greater focus on community based services
8. Promotion of early intervention
9. Promotion of recovery

## 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.

**We will:**

- Run a campaign to raise people’s knowledge of how to improve their own mental well-being
- Train staff in Mental Health First Aid / Train vulnerable groups in stress awareness/management
- Provide “Unwind Your Mind” self-help books in libraries
- Create mentally healthy workplaces
- Run a programme to challenge stigma and discrimination

**This will achieve:**

- Increased emotional resilience to cope with stress and to manage life-changing situations
- Stronger communities to improve negative influences on mental well-being
- Happier more confident people who feel satisfied with their lives
- Healthy and productive environments in workplaces, schools and prisons
- Reduced stigma and discrimination towards people with mental health problems

## 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: talking.health@oxfordshirepct.nhs.uk www.oxfordshirepct.nhs.uk
Better Mental Health in Oxfordshire

Newsletter
March 2010

Our aim

Our aim by 2012 is to provide a setting for adults in which:

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

What has happened so far?

Keeping People Well
Consultation

NHS Oxfordshire embarked on a period of engagement from 1st Jan – 1st Feb inclusive, to engage and involve all those affected and interested in shaping the current stage of the development of Oxfordshire’s mental health services. This included public consultation events at various locations around the county, visits to existing service providers and voluntary organisations, online engagement methods on the ‘Talking Health’ website, and feedback via email or by phone.

This period of engagement is now complete and the consultation report is available on our website (http://tinyurl.com/kpwreport).

Next Steps:
We will work with people, their carers and clinicians to develop services that we will commission (buy) from October 2010, and we will work in partnership to manage the transition from current to new services. The findings of the consultation will inform the development of these proposed services.

Supported to Independent Living
Consultation

A consultation took place at the end of 2009 to find out what people think can be improved to meet the housing and support needs of people in Oxfordshire with mental health problems.

- A pathway of services has been designed so people know what is available and how to progress to independence.
- A framework has been established so that all organisations who work with us know what they can expect from each other.
- A strategy is currently being developed.
- Partnership working with OBMH to review people whose needs have changed and to reduce the number of people who have had to move out of Oxfordshire to get the services they need.

Next Steps:
We will commission (buy) new housing and support services to match the new pathway, framework and strategy.