Welcome to the third newsletter for the programme for Better Mental Health in Oxfordshire (BMHO). We’d like to take this opportunity to update you 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

Where we are now...

Keeping People Well

Over the past year, commissioners have worked with providers, service users, carers and many others to develop a pathway of services. The resulting model consists of two aspects:

- **A well-being service** which provides universal information, training, access to peer support and individualised recovery planning
- **A recovery service** that provides structured support to help people progress along a recovery pathway

The total contract value of the services over 3 years is about £5.3 million. A tendering process is currently underway to buy services that will be in place by March 2011. At the same time we are developing plans to support service users and their carers through this period of transition. This is being overseen by a group which includes service user and carer representation.

Supported to Independent Living

Through the partnership with the Supporting People team, District Councils, service users, carers and the Mental Health Trust, an accommodation and housing pathway has been developed from Intensive to floating support.

The total contract value over 4 years is about £16.1 million. This is made up of substantial funding from NHS Oxfordshire, Oxfordshire County Council Adult Social Care and Supporting People budgets. A tendering process is currently underway to buy services that will be in place by the beginning of the next financial year.

Maximising Recovery Interventions and Outcomes (MaRIO)

Commissioners are working closely with clinicians from Oxfordshire and Buckinghamshire Mental Health NHS Foundation Trust and GPs to map pathways for people using services predominantly provided by OBMH. The outcome for service users will be greater clarity on the journey through services, with an emphasis on enhancing recovery.

The work on this pathway will be integrated with the plans for ‘Payment by Results’ for Mental Health services which is due to be in place by April 2012. This work will be concluded with new specifications for the MaRIO services in place for April 2011.

A strategy to support people with Asperger’s syndrome

Those with Asperger’s syndrome are more vulnerable to developing mental health problems. An expert with experience in this area has been working with mental health and learning disability commissioners, clinicians, providers and people living with Asperger’s syndrome to document current practice and need in Oxfordshire. A draft strategy which summarises the need, the current services and what people want the commissioned services to look like in the future has been completed. The final document will be circulated at a workshop in November. Services are to be developed during the first half of next year.
More updates...

**Improving Access to Psychological Therapies (IAPT)**

TalkingSpace now has a fully expanded and qualified (in Cognitive Behavioural Therapy) workforce which delivers the service from 24 GP practices. In addition, counselling has remained in the majority of GP practices. During the first year of the combined service 8,304 referrals were received of whom 5,016 were treated. This is double the number in the previous year; in 2010/11 this should rise to 7,000.

Whilst access to talking therapies has increased considerably, demand has also risen by 50% over the past year resulting in some long waiting lists. Measures are now being implemented to address this and will include people being able to access TalkingSpace and counselling directly via GP ‘self’ referral.

The service has been extremely successful and received national acclaim. It has achieved the following key performance indicators:

- The service is in the top quartile in the country regarding recovery rates
- The target of helping 29 people back to work has been exceeded and totals 120
- Extended choice through offering different group programmes
- Service user satisfaction (‘satisfied’ and ‘very satisfied’ with service) = 92%

Service users have fed back the following positive experiences:

“It's been the best thing that I could have done. These sessions have done more than any medications I had previously.”

“When I started I felt worthless and now I feel in control of my life again.”

Following a counselling service review and stakeholder feedback, counselling services are currently being re-commissioned to retain delivery of practice based counselling; a draft service specification has been approved by the Enhanced Clinical Executive this month. The service will be tendered and a new Provider in place by April 2011. The full report from the consultation is available at: [https://consult.oxfordshirepct.nhs.uk/consult.ti/IAPT/consultationHome](https://consult.oxfordshirepct.nhs.uk/consult.ti/IAPT/consultationHome)

**Older People’s Mental Health Strategy**

The needs of people with mental health problems change as they become older. Over a third of older people in the UK experience symptoms of mental health problems.

Older people make up around 15% of the total population in Oxfordshire and this is projected to grow to 20% by 2018. This increase in the elderly population is also expected to fall unevenly across the county.

These are just some of the reasons that have led to the development of a draft strategy for Older People’s Mental Health. The strategy is designed to provide direction for the future of mental health services for older people until 2015. Our vision is for Oxfordshire’s older people to be mentally healthy, feel empowered and remain as independent as possible for as long as possible. Details of the consultation are available at: [https://consult.oxfordshirepct.nhs.uk/consult.ti/oldermentalhealth/consultationHome](https://consult.oxfordshirepct.nhs.uk/consult.ti/oldermentalhealth/consultationHome)

The closing date for submitting your feedback is 1 November 2010.

### Key Dates - 2010

- **Autumn** - SIL and Keeping People Well contracts to be awarded
- **4 October (Oxford)** - Public Consultation on the Older Peoples Mental Health Strategy
- **4 October** - ‘Sounding Board’ A time for people affected by Mental Health to express their views. 1pm—5pm, Kennington Village Hall, Kennington, Oxford.
- **10 October** - World Mental Health Day
- **12 October (Banbury)** - Public Consultation on the Older Peoples Mental Health Strategy
- **1 November** - Closing date: Older Peoples Mental Health Strategy consultation
- **3 November** - National Stress Awareness Day

**How we will know we’re on track**

We will continue to gather and use feedback from people on what makes a difference.

**To get involved or to find out more, contact:**

Email: talking.health@oxfordshirepct.nhs.uk  
Web: www.oxfordshirepct.nhs.uk  
Phone: 01865 334626