Better Mental Health in Oxfordshire

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 we’re doing

Keeping People Well
Helping people to know how to manage their own mental health and know what measures to take to avoid becoming unwell

Improving Mental Well-being for All
Promoting positive mental well-being and preventing mild or moderate mental ill health among everyone in Oxfordshire

Delivering Race Equality
Enabling everyone to access services whatever their race, gender, colour, age, faith, sexual orientation or disability

Maximising Recovery Interventions and Outcomes
Creating clear care pathways for adult services that can be understood and used by people, their carers and professionals

Supported to Independent Living
Setting up a single care pathway and managed referral route for people with housing and support needs

How we’ll know we’re on track

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

This is fed to the Better Mental Health in Oxfordshire (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.

To get involved or to find out more, contact: talking.health@oxfordshirepct.nhs.uk
Delivering race equality in mental health

Aim
To ensure a personalised and equally high standard of mental health service for people and their carers, irrespective of their race, gender, colour, age, faith, sexual orientation or disability.

What we’ll do
- Fund services that support understanding of people from diverse backgrounds
- Review services to ensure they offer equal chances of progression to independence and recovery
- Engage with communities and their leaders to assess people’s needs
- Ensure that feedback from people and their carers shapes new services
- Create forums for sharing good practice
- Work in partnership to develop and establish good practice
- Use all activities to inform actions towards service improvement

What this will provide
- Services informed by people who represent the diversity of the local people
- Fewer inequalities within the mental health system and better services for people from diverse backgrounds
- Less stigma associated with mental illness
- A forum for minority ethnic carers to support one another and have a collective voice
- Better access, by raising the level of trust minority people have in the mental health system

What this means for you
- Higher quality of services
- Better experience through the pathway of care
- Greater confidence in mental health services
- Better mental health

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Keeping People Well is a project to support adults affected by mental health problems. It aims to:

- Prevent people becoming so unwell that they need to use specialist mental health services
- Promote recovery so that people can manage their own health, living as independently as possible in the wider community

What’s involved

- Education, giving vulnerable people and communities the knowledge to help keep themselves well
- Information, so people who need help can get what they need, when they need it
- Promotion of well-being, so people understand how to improve their own health and how to plan their own recovery
- Structured support for people, so they can move on and access mainstream services in the wider community
- Support for people who want to work

What has been done so far

We have asked people what they think helps them manage recovery. We have also engaged and consulted widely on a draft service model for new services from October 2010.

Next steps

We will work with people, their carers and clinicians to develop the services that we will commission (buy) from October 2010, and will work in partnership to manage the transition from current to new services for Keeping People Well.

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Maximising recovery interventions & outcomes

Aim
The Maximising Recovery Interventions and Outcomes (MaRIO) project will create a clear mental health clinical pathway for adults of working age – from initial contact with health and social services to recovery and independence – so that it can be understood and navigated by users of services, their carers and professionals.

What this will provide
- A common understanding of the concept of ‘recovery’, shared by everyone, to support informed choices along the pathway
- Clear care pathways to deliver this shared view of recovery, which can be easily understood and navigated by people, their carers and professionals
- An understanding of need, based on data collected and analysed to consistent, defined standards
- Modernised mental health services that provide high-quality, efficient and, where possible, evidence-based care in the most-suitable setting
- A pathway that puts greater focus on community-based services to promote early intervention and recovery, reducing the need for people to spend time in in-patient and continuing-care placements
- Sustainable and deliverable services, with clear guidelines for referral, and appropriate and fair methods for the management of demand

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Aim

Supported to Independent Living (SIL) is a project designed to meet the housing and support needs of those people in Oxfordshire with mental health problems.

What’s been done so far

- Engagement and consultation with people on what they think can be improved in current services and systems
- Design of a pathway of services, so people know what is available and how to progress to independence
- Creation of a framework, so that all organisations who work with us to provide these services know what they can expect of each other
- Development of a strategy to let everyone know what we will do to improve services over the next three years
- Joint work with Oxfordshire and Buckinghamshire Mental Health NHS Foundation Trust (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

- Work closer with OBMH and Oxfordshire County Council to ensure people get the services they need, when and where they need them
- Commission (buy) a whole new range of housing and support services to match up with the new pathway, framework and strategy
- Develop simpler ways for people to understand, apply to and access information about services that are available
- Work with district councils to improve access to independent accommodation and ensure we work together to meet people’s needs

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What we’ll do

Oxfordshire has many strong partnerships that influence mental well-being, such as Oxfordshire Safer Communities Partnership and Oxfordshire Housing Partnership. We will identify how the work of our partnerships improves mental well-being, continue it and extend it, ensuring that mental well-being becomes a focus.

In addition we will:
- Run a campaign to raise vulnerable people’s knowledge of how to improve their own mental well-being
- Train staff working with vulnerable groups in ‘mental health first aid’

What this means for you

- Greater ability to cope with emotional stresses
- Stronger communities, where there are fewer negative influences on mental well-being and more positive factors, such as spending time in green space, social support and participation in learning
- People feel happy, confident and satisfied with their lives
- More happy, healthy and productive environments in workplaces, schools and prisons
- Less stigma and discrimination towards people with mental health problems

Aim

To promote mental well-being and prevent mild/moderate mental ill health, which we know can often be avoided, among people living in Oxfordshire. Good mental well-being is about feeling positive, satisfied, realising your potential, being productive and able to cope with daily stresses or difficult situations.

What this means for you

- Greater ability to cope with emotional stresses
- Stronger communities, where there are fewer negative influences on mental well-being and more positive factors, such as spending time in green space, social support and participation in learning
- People feel happy, confident and satisfied with their lives
- More happy, healthy and productive environments in workplaces, schools and prisons
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