# Inverclyde council

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| **Report To:** | **Policy & Resources Executive Sub-Committee** | **Date:** | **2nd June 2020** |
| **Report By:** | **Louise Long Corporate Director, (Chief Officer) Inverclyde HSCP** | **Report No:** | **SW/28/2020/LL** |
| **Contact Officer:** | | **Contact No:** | **01475 712722** |
| **Subject:** | **Inverclyde Mental Health and Wellbeing Update** | | |

## 1.0 PURPOSE

1.1 The purpose of this report is to update the Sub Committee on actions taken to support Inverclyde Mental Health and Wellbeing during the COVID19 emergency.

## 2.0 SUMMARY

2.1 Services for mental health have continued to provide a service throughout the response pandemic, albeit there has been a reduction due to adhering to social distancing requirements. The increased use of technology has supported the people in a different way, with blended contact through telephone, Near Me technology, clinics and visits.

2.2 Inverclyde Community Action Response Group has formed a communication platform used by third sector, voluntary organisations and community groups who have come together to offer a wide range of support that helps people to feel cared for and support wellbeing.

## 3.0 RECOMMENDATIONS

3.1 The Sub Committee:

    a) note the actions taken to date to mitigate the effect of the COVID19 on the mental health and wellbeing of the population
    b) note that the Mental Health Service have continued to be delivered.

**Louise Long**
**Chief Officer**

## 4.0 BACKGROUND

4.1 At the Policy and Resources Committee on 5th May members requested an update on Mental Health Service and support being provided within the Inverclyde community.

## 5.0 COMMUNITY

5.1 Inverclyde Community Action Response Group was formed at the end of March. The HSCP Local Resilience Management Group requested that CVS lead the work to bring together services funded by HSCP and Council to look at how they could use all their collective resources to support communities.

5.2 Initially linked to having processes/support in place for those on the Shielded list, providers have come together to expand this and to provide extraordinary response to the communities needs.

5.3 A range of support is provided through Your Voice and Compassionate Inverclyde and have delivered 3533 keeping in contact calls to support people by being neighbourly and reducing social isolation. In addition Mosaic have supported keyworkers with mental health support.

5.4 Together Your Voice, Compassionate Inverclyde, Salvation Army and Mind Mosaic have offered support to those have experienced loss through bereavement.

5.5 A number of providers provide food, shopping and prescription pick-ups will have no doubt contributed to supporting peoples wellbeing, the feeling of being cared for by others.

5.6 A review of the providers support alongside communities feedback on responses during the pandemic will be included in Humanitarian Recovery Groups. This will also include feedback from other key providers such as Barnardos, Women Aids, Support Living Providers who have all continue to provide support to vulnerable people and their families.

5.7 **Community Mental Health Hub**

Although the Community Mental Health Service is working in a different way,   access is still available through the usual referral routes to different parts of the service: Primary Care Mental Health Team (PCMHT); the Adult Community Mental Health Team and Older People's Mental Team.

5.8 **The Primary Care Mental Health Team**

The Primary Care Mental Health Team is for non-urgent common mental health problems such as depression, anxiety and adjustment issues.  Brief psychological therapy is available to support self-help strategies in the management of these common mental health problems. Interventions such as CBT can accessed via individuals' own smart devices to maintain social distancing. GPs can refer for this and increases the overall system capacity to provide this low intensity level of intervention.

5.9 **Adult and Older Adult Services**

Provide interventions for individuals experiencing severe/enduring mental health problems including dementia. There is a multi-disciplinary team approach to evidence based assessment, treatment and care provision. This incorporates commissioned supported living services and close collaboration with the partner agencies in review of ongoing interventions provided.

Therapeutic work is being prioritised to ensure those at most risk of deterioration and considered higher risk continue on their treatment plan via telephone or the use of technology.  Attend Anywhere is a web based platform rolled out by NHS GGC to enable face to face consultations to take place by video and provide "business as usual" for day to day

operations.

For individuals who have the most severe and complex mental health needs, the service is continuing to provide essential care and treatment based on risk, vulnerability, resilience and protective factors. This includes collaboration with the Humanitarian Centre reflecting that there are service users and carers known to the service who are shielding or self-isolating.

5.10 **Roll out of Distress Brief Intervention (DBI)**

DBI is a national programme which offers a person-centred response to those in distress but who do not need a clinical response to a situation. Through the Inverclyde Mental Health Programme Board, Action 15 funds and resource from Primary Care have been identified for this financial year to work with a third sector provider to deliver this intervention which will enable a range of partners to directly refer . Work is underway with the National Co-ordinator to develop the timescale for roll-out in Inverclyde.

In addition, the Scottish Government have provided NHS 24 Mental Health Hub with additional resources to expand the DBI programme across the NHS GG&C area to provide a compassionate response (Level 1) and the offer of a guarantee of support within 24-hours by an identified third sector partner to provide compassionate, problem solving support, wellness and distress management planning, supported connections and signposting for a period of up to 14 days – reducing both immediate distress and empowering ability to manage future distress (Level 2) . https://www.dbi.scot

5.11 **Suicide Prevention**

A suite of resources have been developed by Health Improvement in response to the context of Covid -19 and the potential impact on the public. A range of resources to support staff across health, social care and helpline settings has been rolled out across the HSCP and partner agencies along with public information leaflets. Across the HSCP as part of recovery strategy all staff are being asked under take First Aid Mental Health training.

5.12 **Supporting Carers**

Inverclyde Carers Centre are responding to the Mental Health Needs of Carers at this time by contacting all registered carers on a monthly basis by email, text or telephone to offer support. Principle supports at this time are expanding the Carer Befriending Project, increasing provision of alternative Short Breaks, providing weekly online group activity and encouraging emergency planning thereby addressing isolation, alleviating continued pressure of caring, and preparing for periods of increased stress.

The above supports are a reflection of the range that are in place to support the community during this period and these are under continual review as we progress with service delivery on a day to day basis whist planning for service recovery.

5.13 **Mental Health Inpatients**

The Mental Health Inpatient facility has remained opened throughout the pandemic. Initial sickness levels were high however quickly recovered. Consultants and staff have worked well to meet the needs of the patients.

5.14 **Strategic Planning**

The Inverclyde Mental Health Programme Board met on 20th May 2020 to consider the services response to COVID19. The programme is multi-disciplinary with representation from Police Scotland, Education, Health, HSCPs. Inverclyde Mental health providers, CVS and representation from people who use the service.

Overall feedback was positive about the use of technology to support people, clinics being run using Near Me, Police Scotland reported a reduction in people in distress. The Programme Board agreed that Your Voice should undertake a survey with the wider community and

Programme Board Reference Group will make contact with those using mental health services to ascertain their views on what has worked well and how we could improve.

Between the Humanitarian Recovery, HSCP Recovery Groups and Mental Health Programme Board the mental health and wellbeing of the population is a priority. Any recovery strategy will need to consider the impact of COVID19 and supports available.

## 6.0 IMPLICATIONS

**Finance**

6.1 <u>Financial Implications:</u>

One off Costs

| Cost Centre | Budget Heading | Budget Years | Proposed Spend this Report | Virement From | Other Comments |
|---|---|---|---|---|---|
| N/A | | | | | |

Annually Recurring Costs/ (Savings)

| Cost Centre | Budget Heading | With Effect from | Annual Net Impact | Virement From (If Applicable) | Other Comments |
|---|---|---|---|---|---|
| N/A | | | | | |

**Legal**

6.2 There are no Legal implications other than as noted within the report

**Human Resources**

6.3 There are no Human Resources implications other than as noted within the report

**Equalities**

6.4 <u>Equalities</u>

(a) Has an Equality Impact Assessment been carried out?

| | YES |
|---|---|
| x | NO – This report does not introduce a new policy, function or strategy or recommend a substantive change to an existing policy, function or strategy. Therefore, no Equality Impact Assessment is required |

(b) <u>Fairer Scotland Duty</u>

If this report affects or proposes any major strategic decision:-

Has there been active consideration of how this report's recommendations reduce inequalities of outcome?

| | YES – A written statement showing how this report's recommendations reduce inequalities of outcome caused by socio-economic disadvantage has been completed. |
|---|---|

| x | NO |

(c) <u>Data Protection</u>

Has a Data Protection Impact Assessment been carried out?

| | YES – This report involves data processing which may result in a high risk to the rights and freedoms of individuals. |
| x | NO |

**Repopulation**

6.5 All of the steps undertaken by officers seek to support the long term interests of Inverclyde economy and support the health and wellbeing of the population

## 7.0 CONSULTATIONS

7.1 The Corporate Management Team endorses this report

## 8.0 BACKGROUND PAPERS

8.1 None