

MENTAL HEALTH SERVICES UPDATE



**All Together
Better**
Sunderland

Edition 21 - October 2022

Useful Crisis telephone numbers for Mental Health:

Children & YP: 0191 566 5500
or freephone 0800 652 2868

Adults
Freephone: 0800 652 2867

IRS@cntw.nhs.uk

Text phone for deaf/hard of hearing: 07889 036 280

Samaritans: 0330 094 5717

CONSULTANT CONNECT:
Use this for Urgent and Non-Urgent Adult psychiatric advice
Each Practice has its own unique telephone number



The 4th edition of Sunderland MIND Newsletter can be accessed here: [Sunderland Mind Autumn Newsletter 202022](#)



WARM SPACES

Sunderland City Council and working with local communities to provide Warm Spaces across the City over the winter period. Please share this information with your patient, family, friends and colleagues.

Details of each of the spaces can be found here

<https://www.sunderland.gov.uk/article/24806/Warm-spaces>

IAPT WAITING TIMES – AS OF 6TH OCTOBER 2022

Initial triage	8 days
Step 2 computerised CBT via SilverCloud	Maximum 10 days
Step 2 Guided Self Help	Up to 32 weeks
Step 3 High Intensity Therapy	Up to 37 weeks therapy dependent

September 2022, saw a reduction in the number of referrals received but an increase in the level of access; we reached a 17.2% access rate against the national 25% target. In September, 53% of our patients made a full recovery with 72% making a significant improvement as they head towards discharge from the service.

We have now transitioned back to providing a variety of groups and classes in a face-to-face environment where patients attending these are welcome to interact or listen to the information.

15% of the patients either did not attend or cancelled their appointments with less than 24 hours' notice. This shows an improvement over the last 3 months, however this continues to contribute to our patients needing to wait longer for triage and treatment appointments.

More information about the service can be found here <https://sunderlandiapt.co.uk/>

SMI – PHYSICAL HEALTH CHECKS

September 22 saw the City achieve 53% against the national target of 60%. We are grateful for the continued support of primary care colleagues in this achievement and are hoping to reach 60% shortly.

Practices are being supported by June Pace to verify their SMI registers and identify those patients that are open to CNTW. June is working with CNTW to ensure the SMI health check data stored in CNTW clinical system is sent to GP Practices by the March 23.

BETTER HEALTH - EVERY MIND MATTERS CAMPAIGN FOR WORLD MENTAL HEALTH DAY

For World Mental Health Day on 10 October, Better Health-Every Mind Matters have launched a campaign to encourage people to be 'kind to your mind' and highlight that 'doing the small things can make a big difference to your mental wellbeing.'

Aimed at 18-34 year olds, but weighted towards vulnerable groups and those most at risk of mental health problems, the campaign will launch across Video-On-Demand, PR, online video, social and digital. Free campaign resources are available [here](#) for all colleagues to access for use.



WHO'S WHO?



Lisa Forster
Contract Manager
Mental Health Services



Sharmistha Das
P2 Programme Lead
All Together Better



June Pace
Practice Manager
Lead



Hazel Taylor
Clinical Director
Lead



Saira Malik
GP Executive



**Uma RUPPA
Geethanath**
CNTW Medical
Director



Elaine Fletcher
CNTW Nurse
Director

COMMUNITY MENTAL HEALTH TRANSFORMATION

Work continues to progress the key outputs from the recent CMHT workshop. This includes the implementation of Mental Health Hubs, with the first one scheduled for early November. MDTs will be held on a fortnightly basis and will be facilitated by the GP Alliance, Social Prescribing Team.

Work is also underway to develop Mental Health hubs out in the community to encourage and support patients to seek engagement to improve their mental health and wellbeing.

For more information on either projects, please contact Lisaforster@nhs.net

CARER SUPPORTER ROLE FOR MH

The Sunderland and South Tyneside Crisis Team have implemented a carer supporter role to work directly with our carers. This dedicated role provides separate contacts for our carers and support can be provided around education, awareness, answering queries and supporting or referring on if needed for the carers own needs. The role works closely with the locality carer associations, the Involvement team and other carer leads with the Trust.

The feedback has been positive and since the pilot began in January there has been 413 contacts, many of which have been multiple and some of the contacts continued after the service user was discharged to help best support the carer.

BRIDGING THE GAP: Optimising implementation of evidence in children and young people's mental health.

Emerging Minds Network are funding a project led by the University of Oxford in collaboration with the McPin Foundation called *Bridging the Gap: Optimising implementation of evidence in children and young people's mental health*.

The study aims better understand factors associated with implementation of evidence into practice in CYPS mental health settings. To do this, we are gathering case study data from those who work in children and young people's mental health settings as commissioners, funders, policy makers, clinicians, and researchers. Using the information collected we hope to better understand what works and what doesn't to make recommendations across clinical, commissioning, and academic settings to improve the uptake of evidence-based practice.

This research involves a 90 minute online focus group. The focus group will discuss experiences of commissioning, funding and developing policies around evidence-based practice(s) in CYPS mental health settings to help understand the drivers and challenges in routine 'real world' practice. We want to understand what would be helpful to CYPS mental health commissioners in relation to how you access scientific evidence and what we can do to help improve this.

If you would like to take part in the focus group, you can sign-up using this link: <https://oxford.onlinesurveys.ac.uk/university-of-oxford-bridging-the-gap-focus-group-sign-2>

If you are unable to attend the dates listed please use the space allocated on the form above to provide us with your email address, we are very keen to hear from you or meet you individually!

If you have any questions about this study, or would like to know more, please contact Dr Holly Bear: holly.bear@psych.ox.ac.uk



Toby Sweet
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Counselling
Services



Trish Cornish
Sunderland
MIND



Jackie Reeves
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MIND



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Commissioning
Manager Learning
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Kimm Lawson
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Integration for
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Commissioning Lead



David Newell
Directorate Manager
with Business Lead
Mental Health
Services, STSFT



Rachel McDonald
Prevention & Self-
Care, Maternity
Commissioning
Manager

To add information to the
next newsletter email
June.pace@nhs.net

INVITATION: ANTIPSYCHOTICS TOOLKIT LAUNCH + CONVERSATION SESSIONS

Appropriate prescribing of antipsychotic medication in dementia has been developed by London Clinical Networks and Yorkshire and Humber Clinical Networks, with input from a range of stakeholders including the Royal College of General Practitioners and NHS England's Medicines Safety Improvement programme. The toolkit aims to support appropriate prescribing and deprescribing of antipsychotic medication.

The resource has been developed to provide guidance and information to address:

- uses, risks and alternatives to antipsychotic medication
- risk reduction in antipsychotic prescribing
- support for local systems to deliver best practice in antipsychotic prescribing and de-prescribing where appropriate

NB: final approval for publication is awaited and there may be minor changes.

The toolkit will be made available on the [National Dementia Programme Futures platform](#) and is intended to support Integrated Care Systems working with providers: GPs, GP practice pharmacists, Primary Care Network (PCN) pharmacists, Trust clinicians, staff in care homes, acute hospitals, Memory Assessment Services (MAS) and Community Mental Health Teams (CMHTs). It may also be a useful source of information and support for people living with dementia and carers.

Following the main launch there will also be a series of sessions targeted towards particular health care professional groups. The dates and joining links are below:

[Thursday 20th October 12.00 to 1.00pm - Conversation session for Pharmacists](#)

[Tuesday 25th October 12.00 to 1.00pm - Conversation session for Mental Health Providers](#)

[Thursday 10th November 12.30 to 1.30pm - Lunch and Learn for GP's, Community Staff and Care Home Managers](#)

MENOPAUSE WEB UPDATES

[Menopause - You're Not Alone - Wellbeing Info](#)

Our webpage has recently been updated to include diet and exercise information to support women during menopause. Please take the opportunity to review the information available.

You can now access the Menopause webpage via the Sunderland Primary Care CSI system and we are working on adding the page to the Arden's Template within EMIS to support clinicians during their discussions with patients.

Research has revealed that 70% of women using the **Balance App** say that their mental health has improved. The app aims to educate and help a woman monitor their menopausal symptoms. You can find a link to the app on our webpage.

CHILDREN & YOUNG PEOPLE'S MENTAL HEALTH SINGLE POINT OF ACCESS

Work is underway to develop a Single Point of Access for CYPS and a number of Primary Care Clinicians have given comment on the proposed operating model. This information will be fed into the Task and finish Group to aid future development of communication and service delivery for referrers. June Pace and Saira Malik are representing Primary Care in this project.



A not-for-profit bar and café has opened its doors in Sunderland city centre and is serving up more than simply food and drink. Diego's Joint, in Sunnyside, will provide job and training opportunities to those that have found themselves furthest from the job market – for a variety of different reasons.

A first-of-its-kind concept for the region, Diego's' will serve an array of sustainably sourced soft, hot and alcoholic drinks. The venue will also provide events space for community groups as well as food and snacks made from local produce. Situated in the heart of Sunnyside, an up-and-coming creative quarter on the edge of the city centre, the social enterprise is an offshoot of Media Savvy, which was founded by Dan back in 2010 and is headquartered above the Norfolk Street venue. Whereas Diego's will serve up hospitality training and job opportunities, Media Savvy has been providing digital training for the past 12 years to some of society's most marginalised, helping hundreds of people improve their lives.

Speaking about the launch, Dan said: "We came up with the idea behind Diego's a few years back, however, it wasn't ready to go until just before Covid struck, so it's fair to say it's been a far bigger slog and expense than we'd initially anticipated.

"We knew the Media Savvy model worked, as we'd seen the organisation help scores of people over the past 12 years, so we thought 'why not extend it to have an even deeper impact?' "For some of the people we work with, it's about maintaining, for example, stopping them being hospitalised or re-offending, but that's just a small percentage.

"A larger proportion have had a dip, for whatever reason, and now want to get back into work, which is where we can really help them. Most of them are more than capable of holding down a job and achieving great things, however, they lack education and experience to do it, which is where Diego's comes in."

"Most of those we work with have either never worked or have spent a long time away from work for a variety of reasons, be it health issues, social mobility challenges or criminal records, which means many employers won't give them an opportunity as they can't prove that they have recently held down a job. We're helping put an end to that. By helping them prove they can hold down a job with little-to-no sick days, the relevant training to take up their new roles and the confidence to hit the ground running from day one. The impact it could have is huge and there's no reason this model can't succeed elsewhere. For us, this is only the beginning."

Diego's Joint has received support from the Business Investment Team at Sunderland City Council and the Innovate for Good programme delivered by the North East BIC, both of which are committed to nurturing and growing the city's social enterprise and cooperative sectors.

Diego's Joint will be open seven days a week, 8am – 11pm and 1am on Fridays and Saturdays.

For more information about the service that Media Savvy provide to support mental health and wellbeing please take a look at social media pages whilst their website is under development <https://www.facebook.com/mediasavvycic/>