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Briefing paper to: All Members of the Health and Wellbeing Board

Purpose: This Briefing Note provides an update on NHS commissioned mental health services in Medway.

### **Mental Health Activity in Medway**

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## **Medway Mental Health Highlights**

### **KMPT Medway services**

All KMPT services based in Medway are in the process of moving to a new base at Britton Farm. Britton Farm has been risk assessed to be Covid compliant and will be occupied at 50% to 60% capacity.

Both Medway Community Mental Health Team and the Older Peoples Mental Health Service are moving to the new site from 27<sup>th</sup> July onwards. The Crisis Resolution Home Treatment Team will remain at Medway hospital for the next few months to allow for Covid compliance in the building.

### **Community Mental Health Team (CMHT)**

In response to Covid, Medway CMHT increased their hours to cover 8am to 8pm Monday to Friday and Saturdays 9am to 5pm to offer additional support. The team carried out consultations virtually and urgent patients were seen face to face if necessary. The team have now moved to Britton Farm and are able to see patients there.

Referrals dropped through lockdown and the CMHT are now seeing an increase in referrals to pre Covid levels (359 referrals were received in July). The service saw a significant decrease in DNAs from April to July.

Medway CMHT is supporting the rough sleepers' initiative with Medway Council and has dedicated 0.5 of a mental health nurse to this project.

### **Community Mental Health Service for Older People (CMHSOP)**

Due to Covid, the CMHSOP service was paused to protect service users and some staff members were redeployed to acute mental health units. CMHSOP have a recovery plan in place and services will commence again late July or early August.

### **KMPT Mother and Infant Mental Health Service (MIMHS)**

The MIMHS service continued to work during Covid, working remotely where possible by offering telephone or video support and if necessary face to face visits have taken place using appropriate PPE. A bid application is being developed for submission to NHSEI for the service to become an early implementer and provide a maternity mental health service.

### **Liaison Mental Health Services**

The Medway and Swale liaison psychiatry service based at Medway Hospital was funded by Medway CCG in March 2020 to be "core 24".

The service has now recruited a second consultant and two more nurses. The service will be recruiting a Clinical Psychologist and a trainee advanced clinical practitioner in the next couple of months. The service will respond to ED within an hour and within 24

hours to the inpatient wards. The service also offers training to acute hospital staff on mental disorders, de-escalation and Mental Health Act training.

The service in collaboration with Medway Hospital will be supporting a prehab clinic pilot for patients who are awaiting major surgery.

### **Medway and Swale Crisis Pathway**

An all-day Kaizen event to review and improve the crisis mental health pathway for Medway and Swale is being planned for September.

### **MCH Dementia Crisis Service**

The Dementia Crisis Service has continued to work during Covid, seeing the most vulnerable service users face to face with appropriate PPE. The service has worked remotely where possible, using online platforms or telephone to make contact with service users and carers.

### **Medway Safe Haven**

The Medway Safe Haven is located in the Age UK building on Woodlands Road, Gillingham and opened virtually in April and face to face on Monday 10<sup>th</sup> August. The service has been risk assessed and is Covid compliant.

The Safe Haven is open every day between the hours of 6pm and 11pm and is run by Mental Health Matters. The service is non-medical and supports people in a mental health crisis from the age of 16 upwards. There are four other Safe Havens in Kent, Canterbury, Maidstone, Thanet and Folkestone. The Folkestone Safe Haven is run by Hestia.

### **Medway Talking Therapies (MTT)**

MTT continued to offer IAPT services virtually. The CCG is working with them on a plan to restart face to face sessions once it is safe to do so.

MTT saw a large drop in referrals during lockdown and used this period to reduce the numbers on their waiting list. MTT saw a significant decrease in the number of DNAs. To increase referrals, MTT completed a leaflet drop and have further advertising planned. Referrals are increasing with 711 referrals received in July.

### **Megan**

Prior to Covid-19, Megan CIC were running a varied programme of peer support, with specific groups for: Personality Disorder, Depression, Anxiety, Bipolar, and social groups to improve mental wellbeing and reduce social isolation.

As face to face groups have been unable to take place, Megan CIC has adapted to provide tailored support through: wellbeing phone calls, online group meetings, and the use of private social media pages to offer peer support.

### **Wellbeing Cafe**

The contract for the Medway Wellbeing Café at the Sunlight Centre has been extended until 31<sup>st</sup> March 2021.

### **Mental Health Nurses**

The Medway Physical Health Nurse Service is a new service that supports patients on the Serious Mental Health Register (SMH) with their physical health needs. The service went live on 27<sup>th</sup> June 2020 and is hosted by Medway Community Healthcare (MCH). The service consists of three mental health nurses who are based in GP practices and supports patients on both the Serious Mental illness and Dementia Registers. The nurses will carry out the annual review, physical health checks and also provide support for GPs with patients with mental health concerns.