

# Humber, Coast and Vale Health and Care Partnership Mental Health, Learning Disabilities and Autism Collaborative Programme



**Annual Report  
2020-21**



# Contents

**3**

About Us

**4**

Introduction

**6**

Our Priority Workstreams

**17**

Engagement and Co-production

**18**

Clinical Engagement

**19**

The Humber, Coast and Vale Mental  
Health and Learning Disabilities  
International Conference 2020/21

**20**

Performance

**23**

Finance

**24**

What's Next

**25**

Meet the Team



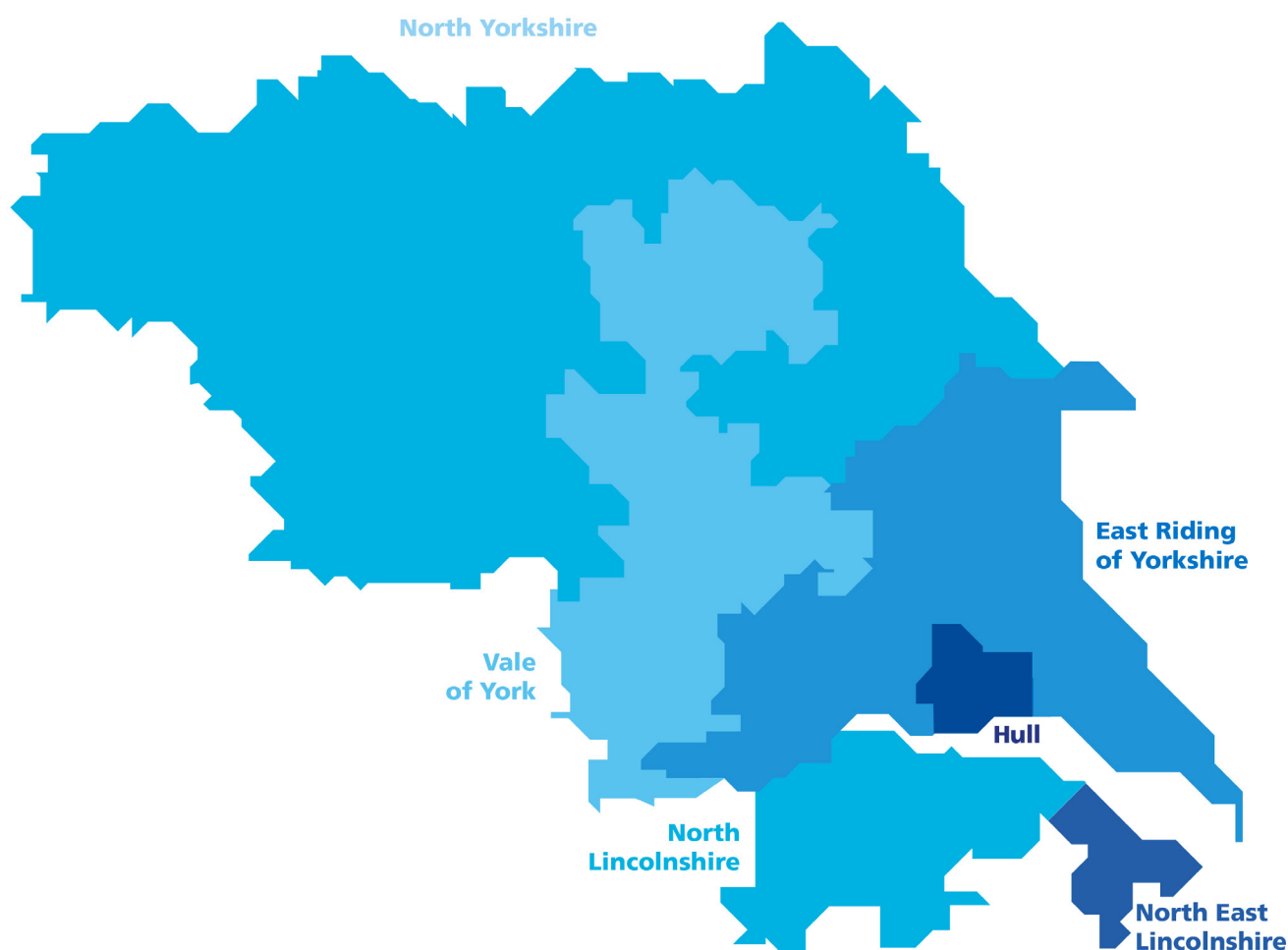
# About Us

For several years now, health and social care organisations have been working increasingly more closer together across Humber, Coast and Vale to deliver Mental Health, Learning Disabilities and Autism services.

Together we form an Integrated Care System (ICS) of [organisations](#) that are responsible for planning, paying for and providing health and care services within the area known as Humber, Coast and Vale. We serve a population of 1.7 million people all with different health and care needs.

Our partnership aims to join up services to better support our patients and make the best use of the resources at our disposal. This approach has developed to the point that we now plan collaboratively across our six local places to ensure that Mental Health, Learning Disabilities and Autism services are meeting the needs of our populations, are available to all who need them and that investment decisions are aligned to longer term strategic goals, supported by evidence-based needs.

These organisations, however, only represent part of the health and care system across our area. Across Humber, Coast and Vale there are around 230 GP practices, 550 residential care homes, 10 hospices, 180 home care companies and thousands of voluntary and community sector organisations all helping to keep our local people well. We need to all work together to provide the best services for our local populations.



# Introduction



**Michele Moran,**  
Senior Responsible Officer

20/21 has been another extremely challenging year for the health and care sector, as we continue to respond to the COVID-19 pandemic, drive to improve our services and support our populations and staff in relation to mental health, learning disabilities and autism.

Despite these challenges, we are extremely proud of the work that we have achieved as a partnership. This is a testament to the hard work and dedication of our staff. We also could not have fulfilled our aims without the valuable input provided through engagement with our service users, families, carers, and clinicians, who are central to the work that we do.

Throughout 2020/21 we focused on several priorities which were outlined in our last annual report. We expanded the scope of our programme to include Learning Disabilities and Autism. There has been a detailed review of the Learning Disabilities Transforming Care Partnership and work is taking place to provide more opportunities for joined up care for people with learning disabilities and/or autism. We have also continued to align our programme of work to ambitions outlined for mental health in the NHS Long Term Plan.



**Below are some of our many achievements throughout 2020/21:**

- We launched a [Resilience Hub](#) in February 2021, which is open to all health, care and emergency service staff across the region. The Resilience Hub has been a success and has recently been shortlisted as a [Bright Star in Health Awards](#) finalist.
- We were successful in gaining funding to develop a Keyworker Service for Children and Young People. The service means that all children and young people with autism and/or learning disabilities admitted to or at risk of admission to a mental health inpatient unit will have an allocated keyworker.
- We were selected as one of only 10 areas in England to develop a pilot [maternal mental health service](#) – which will help an estimated 300 women in the region who have previously not been eligible for specialist mental health support.
- Over the past year, suicide rates in the Humber, Coast and Vale area have reduced for the first time in several years. Over 10,000 people across HCV have now received [suicide awareness training](#).
- Launch of [Qwell for Men](#) – a free, anonymous online counselling and emotional wellbeing service for men aged 18+.
- Our Community Mental Health programme continued to develop and further funding has been secured to support work linking community mental health services closely to other community services, such as GPs, social care and therapy services as part of the “Primary Care Network” approach.
- We have established a Clinical Assembly which comprises of knowledgeable and passionate clinicians across HCV to ensure that their expertise is used to strongly influence and shape our programmes of work.

Mental health is now rightly at the forefront of the health and care sector’s efforts to maintain the health and wellbeing of the people we serve and we have seen some recognition of this over the past year, with increased national funding for Mental Health, Learning Disabilities and Autism being announced to support delivery moving in 2021/22 and beyond.

As the Humber, Coast and Vale Integrated Care System moves towards full integration, our programme will work collaboratively to drive the delivery of, not only the national objectives but also the things that we know will make a difference to our local populations.

This annual report showcases the significant progress of our programme over the past year in more detail.

# Our Priority Workstreams

The following pages provide information relating to our priority workstreams including their achievements, priorities for the coming year and feedback from staff and service users.

## Learning Disabilities and Autism

During 2020/21 our programme was expanded to include Learning Disabilities and Autism. Despite the challenges of Covid there have been several key developments.

### Successes 2020/21

- Recognising the need to ensure that all people with a Learning Disability are offered an annual health check, we have been working with Primary Care colleagues to improve access and address anxieties around vaccinations.
- We commissioned our first Learning Disability only covid vaccination clinic supported by TEWV, this enabled that practice to be 100% compliant with Annual Health Checks and but also to do vaccination for their LD population.
- North Yorkshire and York Annual Health Checks achieved the national target of 75%.
- We have continued to work more closely as part of the Transforming Care Programmes to move patients who should not be in hospital into community care.
- We worked in partnership to support the CQC Provider Collaborative Themed Review which explored how services caring for people with a learning disability living in the community were delivered during the pandemic.

### Priorities 2021/22:

- Safe Space development – we are scoping and looking at developing safe space models for people with learning disabilities and autism who are in crisis.
- Fulfilling the themes described with the aim of making a substantial impact on people's lives outlined in 'The National Strategy (and implementation plan) for autistic children, young people and adults 2021 – 2016':
  - Improving understanding and acceptance of autism within society.
  - Improving autistic children and young people's access to education, and supporting positive transitions into adulthood.
  - Supporting more autistic people into employment.
  - Tackling health and care inequalities for autistic people.
  - Building the right support in the community and supporting people in inpatient care.
  - Improving support within the criminal and youth justice systems

## Children and Young People's Mental Health

Work continued throughout 2020/21 to ensure that we achieve our aim of wanting children and young people (CYP) to have better access to services and more support both at home and school. Unfortunately, due to the impact of COVID-19 there has been a national increase in the need for children and young people's mental health services especially for those requiring an inpatient stay or CYP's Eating Disorder service. We are using additional funding and working hard together as a health and care system to enhance services to support CYP with their mental health.

### Successes 2020/21

- We have been successful in securing additional national funding to develop 11 more Mental Health Support Teams (MHST's) across the patch. MHST's are independent of specialist CAMHS and will employ staff specifically trained as Educational Mental Health Practitioners (EMHPs) who will work across education and healthcare to provide mental health support for children and young people in schools and colleges. The aim of the MHST is to work closely with school staff and support early intervention and identification.
- We were successful in our bid to NHSE/I to gain funding to support the development of a Keyworker Service. The service means that all children and young people with autism and/or learning disabilities admitted to or at risk of admission to a mental health inpatient unit will have an allocated keyworker.
- We engaged an online counselling platform, 'Kooth', for children and young people, to ensure that they had access to emotional wellbeing and mental health support when schools and colleges were closed.

### Priorities 2021/22

Our priorities are to ensure we meet the requirements of the NHS Long Term Plan and this will include:

- Continued expansion of our 24/7 urgent and emergency MH response for CYP.
- Additional intensive home treatment.
- Ensuring the ICS meets the waiting time standards for eating disorder referrals.
- Having a focus on improved services for 18-25 year olds.
- We have recently been selected as one of 8 national vanguard sites to deliver the youth justice framework for integrated care which aims to build trauma informed care and provide an evidence-based, whole system approach to providing integrated support for some of the most vulnerable children and young people. This will allow us to continue to build closer relationships with our voluntary sector partners.
- We are continuing to develop more integrated work with our local authority colleagues and are developing a joint monitoring dashboard.

## Community Mental Health

Humber Teaching NHS Foundation Trust has completed a two-year early implementer pilot programme of new Community Mental Health models. This means people in Hull and the East Riding of Yorkshire are among the first in the country to access these new models of care.

The HCV region has now been successful in securing transformation funding to span the next three years and expand the transformation of community mental health services across the whole of the Humber, Coast and Vale patch, delivered by NAViGO CIC, Rotherham, Doncaster and South Humber NHS Foundation Trust, and Tees, Esk and Wear Valleys NHS Foundation Trust.

### Hull Primary Care Mental Health Network Transformation Peer Support

The Peer Support Team consisting of 6 Peer Support Workers have played a key role in the wider CMHT Transformation Programme.

This team support people with mental health needs to create personal recovery plans, based around their individual needs, and ensure those they support can access additional services to improve their quality of life.

The Friends and Family Test results are consistently giving 100% positive feedback and reflect the impact that the peer support role has on the individuals they support. Comments on the Friends and Family Test include:

*"Very high quality of support"*

*"I feel more positive than before this support"*

*"My peer support worker is amazing"*

*"Supportive, caring, empathetic, friendly"*

*"So far I have found this the most beneficial service I have accessed"*

### Priorities 2021/22

- Supporting new place based and integrated models of primary and community care, linked to the Long Term Plan (LTP) with a focus on personality disorders and eating disorders.
- We will continue to drive the transformation work across Humber, Coast and Vale and strengthen joint ownership at a local place.
- Continue to improve joined up working with Health & Wellbeing Boards to recognise local needs.



## Severe Mental Illness (SMI) Physical Health Checks

This has been a high priority during 20/21 where we have brought partners together from all places to address the low levels of completion of physical health checks for people on the SMI register. We have recently been successful in achieving funding to better support digital solutions and improve interoperability. This funding will help us to further improve the number of health checks completed.

### Priorities 2021/22

- Developing key principles/milestones to be implemented in new models at place to improve engagement, collection of data and ongoing interventions.
- To work alongside NHSE/I to ensure each place is improving the physical health of people living with SMI plans which features within strategies and improvement plans.
- To develop credible plans and trajectories to meet / exceed the national standard.



## The Resilience Hub

The Resilience Hub was launched on 22nd February 2021. The Resilience Hub aims to provide vital mental health and wellbeing support services for front line and care staff affected by the Covid-19 pandemic across the region. The launch of the hub is a great achievement, providing support to our staff to help them cope with the pressures of working and living through a pandemic.



## Feedback from Resilience Hub Service Users

*This is my first ever support group and found it so helpful and supportive. The members and those who led it were all respectful and made a difference to me*

*I have found my therapist so beneficial so far. Excellent work and such efficiency of service*

*How quick I was able to access support and speak to someone who really seemed to understand*

*Of over 50 participants surveyed 98% said they would recommend the hubs training and support to other teams*

*The group members and facilitators have become such an important part of my long-covid recovery. I look forward to the group sessions*

*Thank you, to you all for all you are doing for us. Inviting guest speakers and organising everything. This group has increased my quality of life tremendously*

## Priorities 2021/22

- Bigger scoping exercise to make sure the Resilience Hub is consistently integrating the voluntary and community enterprises.
- Growth of the Trauma Informed Care (TIC) process to develop TIC strategy, vision, engagement and concordance, fidelity and quality.
- Grow research, teaching & facilitation arm of hub to incorporate multitude of opportunities of service evaluation.
- Utilising community assets.



## Suicide Prevention



2020/21 was again a year of significant progress for suicide prevention communications and engagement activity across HCV. The #TalkSuicide campaign continued to go from strength to strength and the campaign is now well established as a key suicide prevention campaign in the region, so much so, that our campaign has also attracted interest from other Integrated Care Systems across the UK and other partners are wishing to replicate our work.

### Successes 2020/21

- From January 2021, men aged 18 and over living in North Yorkshire, York, Hull, East Riding, North Lincolnshire, and North East Lincolnshire were able to register to use [Qwell for Men](#) – a free, anonymous online counselling and emotional wellbeing service which can be accessed anywhere using a computer, smartphone or tablet device. Men can visit Qwell to access one-on-one online sessions with qualified Counsellors, receive and provide peer-to-peer support through moderated online forums, and read and contribute to articles. There are no waiting lists or thresholds for use, so men can use the free service as soon as they register.
- North Yorkshire County Council, on behalf of Humber, Coast and Vale Health and Care Partnership, has commissioned a not-for-profit provider to deliver a 2-year coproduced programme to help shape a specification for the development of a new **non-clinical self-harm support service** as part of the wider suicide prevention programme. In January 2021, the contract was awarded to North Yorkshire Hospice Care Harrogate.
- The **‘Together Bereaved by Suicide Service’** provides support to those affected by suicide. The service currently has 16 active volunteers who support individuals weekly. Volunteers can spend between 1 and 2 hours supporting an individual every week, although some individuals may not require support one week.

Together Service – results from launch in May 2020	
Total number of referrals	285
Total number of people accepting support	120
Total number of active volunteers	16

The service is now in its second year of delivering support to individuals of all ages who have been affected, witness to or bereaved by a death due to suicide, or suspected suicide.

Upon completion of support, when possible, individuals are asked for feedback of the support they have received and the overall provision of the service. This provided us with the following information:

- 100% of those asked felt that everyone they spoke to within Hull and East Yorkshire and/or North East Lincolnshire Mind acted with compassion and understanding
- 100% of those asked were happy with the timescale of being offered the support
- When asked of areas of improvement within the service, nobody was able to identify any areas, with one person stating: "Nothing, you all do an amazing job and don't get enough credit."
- Navigo's Suicide Triage Model (NSTM) - Navigo have implemented a service-wide, systems-level approach to suicidal risk namely Navigo's Suicide Triage Model (NSTM). NSTM is a hierarchically supervised, individual-specific real-time suicide risk assessment and care planning process that seeks to assess suicide risk and intervene accordingly, including rapid access to a range of evidence-based treatments for individuals presenting with life-threatening behaviours. This ensured a multidisciplinary and holistic, whole-systems and multiservice/stakeholder approach to care planning and management of suicide risk, which was operationalised within all services. Since April 2018, over 8,000 triages have been completed at Navigo, and the model has been nominated recently for 2 national awards.

### Priorities for 2021/22

- Children and Young People.
- Women.
- Development of Emotional Wellbeing Hubs.
- Developing the self-harm service in collaboration with those with lived experience.
- To collate self-harm and suicide attempt data to develop services across the patch.

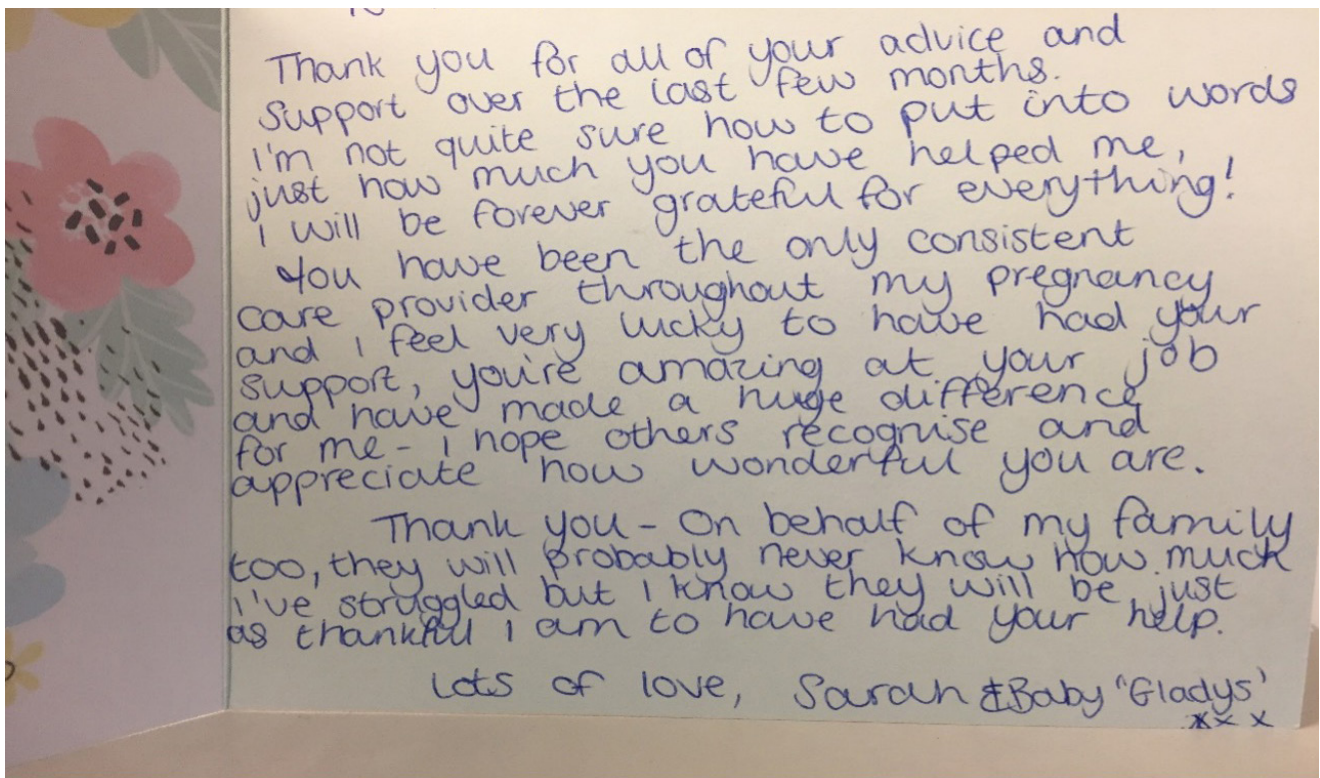


## Perinatal Mental Health

### Successes 2020/21

- We have continued to work towards the national access rates of 10% of the birth rate, however due to the pandemic we have seen a reduction in the number of referrals. As a result of this, we have recently developed a wider promotional plan.
- We have continued to increase the offer of psychological interventions by commissioning and supporting existing staff to access specialist training and by employing additional roles such as Occupational Therapists.
- Continued to scope the offer of a mental health assessment to dads and partners.

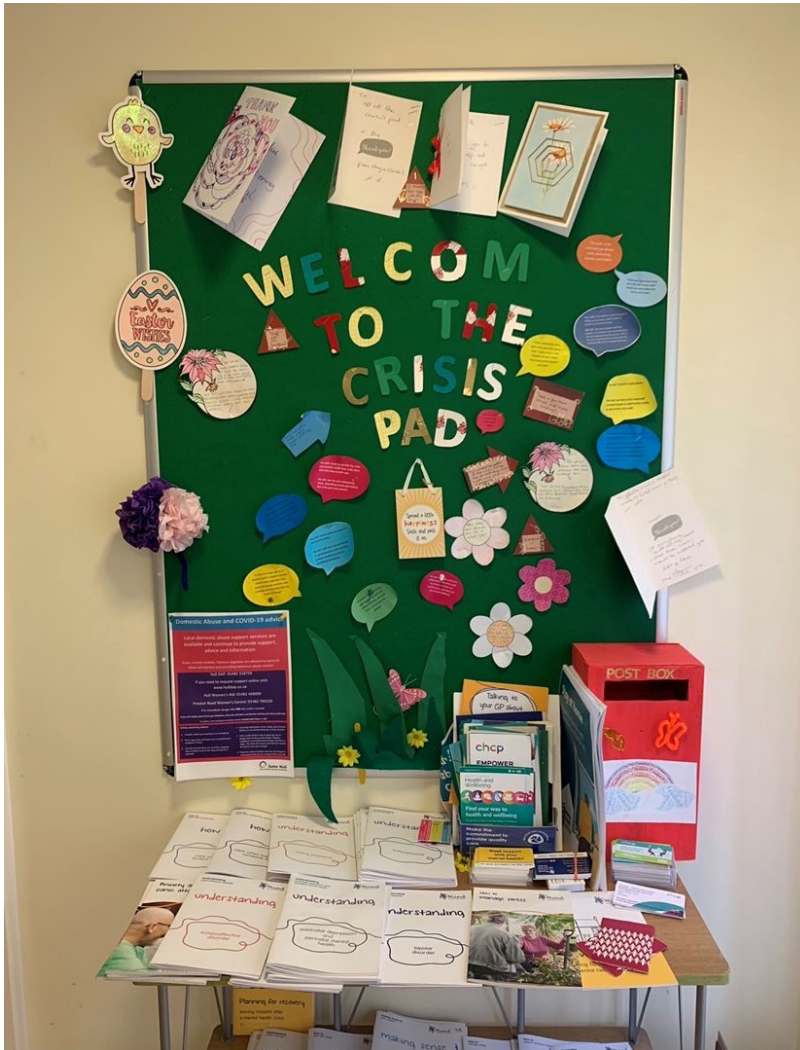
### Feedback from a service user



### Priorities 2021/22

- Extend the offer of care from 12 months post-partum, to 24 months post-partum.
- Build on the work done to offer of a mental health assessment to dads and partners and signpost to appropriate services.
- Establish Maternal Mental Health Services (MMHS) - which will combine maternity and psychological therapy for women experiencing moderate to severe and complex mental health problems arising from their maternity experience. As an ICS, we are thrilled that HCV was selected as a 'fast follower' to develop this much needed service in our area during 2021/22. Plans are in place, with implementation well underway. It is anticipated that women and families will be able to access this service in early 2022.

## Urgent and Emergency Care



### Successes 2020/21

- We now have 24/7 access to crisis telephone helplines across Humber, Coast and Vale. This has been developed in partnership with Hull MIND and our local mental health providers.
- We have continued to expand our mental health crisis teams and liaison services working in collaboration with our Emergency Department services.
- Our work with Humberside Police and Yorkshire Ambulance Services under the Right Care, Right Person model has continued to be developed.
- Better access for children and young people who are in crisis and more children's crisis and community teams in place.

### Priorities 2021/22

- We will be reviewing the feasibility of the implementation of a street triage model of care.
- We will be working with the local crisis care concordats and sharing good practice.

## Individual Placement Support

### Successes 2020/21

In 2020/21 our Individual Placement Support services continued to grow and provide support to people with serious mental illness to find and maintain employment. It has been a difficult year for all employment support services, as throughout the pandemic, many employers were not at full capacity and so opportunities to engage and find suitable placements for the people we support were very limited. Despite this, our teams have achieved a good level of job starts and outcomes. All our services have been working with IPS Grow (the nationally agreed model of provision) to ensure that services fully align to the IPS grow model and have conducted fidelity reviews to identify areas of good practice and areas for improvement.

### Individual Placement Support services - feedback service users in North Yorkshire and York

"I am in recovery from a lot of bad mental health and therapy. I have struggled with employment in the past.

My Employment Advisor has bolstered my confidence and helped me to become self-employed. I am now feeling in control of my own life and working as an actress which is a lifelong ambition.

I am currently working at a fairy forest with St Nicolas and Lady Winter. It's so enjoyable. More doors are opening to me through self-employment which I never believed I was good enough to manage until working with my Employment Advisor

This is another step towards running my own company which my Employment Advisor and I are working towards. :)

I feel I've been given the reassurance and advice to take my life back."

"As with any form of rehabilitation, making a first step is by far the most important thing; making contact with my IPS Employment Advisor was my commitment to trying to get back on track and start the ball rolling again. I went from feeling like I had lost everything (including confidence in my own ability), to then finding a path that would ultimately lead me to landing what is essentially a dream job in the current circumstances.

You will be made to feel like there is something wrong with you, you are not well, you are at risk of relapsing etc, but it's all in your head, in every possible sense of the expression. Back yourself, believe in yourself and trust yourself, because those that have experienced psychosis know that the mind can make you do some incredible things. It's an unwanted gift and a lesson in perception. To have gone through it and come out the other side intact, is an achievement and a valuable experience in the power of the mind; harness it and the world suddenly becomes much more exciting and beautiful. My IPS Employment Advisor was my start point in the 'race'"

### Priorities 2021/22

- To build on fidelity reviews and alignment with the IPS model.
- To work more effectively with the emerging primary care networks to ensure pathways are joined up and people are supported for as long as they need support.



# Engagement and Co-production

## Families and Carers

Families and carers (our 'experts by experience') are key in the development of our work, their input is fundamental to every stage of our process.

We're proud to have a strong track record of engagement and co-production across our workstreams. Local engagement events take place for services users, carers and staff throughout the development and implementation of all our pathways, ensuring a wide range of views are able to shape our mental health services. We invite 'experts by experience' to be part of steering groups, ensuring strategic decisions are well informed, reflect service users' needs and models of care are co-produced.

Below you can find a testimonial from someone with lived experience and who has been involved in the development of some of our work.

We believe it is vital to continue to work with people who have first-hand experience of both using and delivering mental health, learning disabilities and autism services to co-produce the solutions that will support people in the HCV for years to come.



"Towards the end of the care I received from the perinatal mental health service in Hull, I was asked to share my experiences of perinatal mental health difficulties at an event with NHS England and at a service user involvement event in Leeds for Yorkshire and the Humber.

"This felt like a big step in my recovery journey - to be able to acknowledge what I had been through and to speak openly about the care I had received. I enjoyed turning something negative into a positive and using my experiences to improve the services for others.

"Speaking openly to professionals and the public helped me to challenge assumptions and also helped me to make peace with the times I had experienced the stigma that unfortunately still exists around mental health difficulties.

"This was a real confidence boost and led to me becoming a volunteer and ambassador for Mind which then led to employment, gathering patient experiences to develop mental health services.

"Whilst it can sometimes be upsetting to retell what were difficult times, it was both therapeutic and liberating. I enjoyed feeling a part of something positive, and having my voice heard when in the past I have felt my thoughts and opinions didn't matter.

"It felt good to be a part of something where both professionals and patients were on the same level, working together for the same goal. I wouldn't be where I am now if it wasn't for the care I received from the perinatal service, but it is their inclusion of my voice and my experiences in their work which gave me the belief in myself that I had lost and the drive to move forward in life and reach my potential."

**Hayley Williamson-Escreet**  
**Perinatal Mental Health Steering Group Member**



# Clinical Engagement

## Mental Health, Learning Disabilities and Autism Clinical Assembly

The Clinical Assembly was established across the Mental Health, Learning Disabilities and Autism Collaborative Programme in July 2020. The aim was to promote clinical engagement across the Programme between clinicians of all disciplines and from all partner organisations (including NHS providers, primary care, local authority and voluntary organisations).

Clinical engagement has been promoted by informing clinicians about the work of the Collaborative Programme, sharing good practice (nationally and locally) and discussing key issues. The assemblies have also allowed clinicians to voice their views on strategy and service developments.

In total 12 clinical assemblies have been held between July 2020 and September 2021.

Topics have included:

- mental health and primary care,
- improving the physical health of people with Severe Mental Illness (SMI),
- trauma informed care,
- eating disorders: gaps in service provision.

In addition, we held 4 workstream updates between October and December 2020 to allow clinicians to be informed about the workstreams within the partnership.

An exciting programme is being planned for 2022 and this programme has been based on clinicians' requests for various topics. These topics include:

- mental health inequalities,
- eating disorders update plus
- training session aimed at primary care clinicians,
- mental health question time – meet the ICS leaders.

The Clinical Assemblies have been popular amongst clinicians and reasons for the successes are likely to be the desire to attend rich and vibrant dialogue, and a commitment to listen and respond to what clinicians have to say.



## The Humber, Coast and Vale Mental Health and Learning Disabilities International Conference 2020/21

On the 27th November 2020, over 300 mental health colleagues joined guest speakers in attending the Humber, Coast and Vale Health and Care Partnership's virtual mental health and learning disabilities annual conference.

The Partnership's second annual international conference, entitled 'Stepping Stones to Success: Building Resilience during a Pandemic' discussed the impact of Covid-19 on the mental health of patients and was successfully delivered virtually to an audience from across the globe, with significant engagement from delegates through interactive question and answer sessions.

The event featured the following keynote speeches:

- Claire Murdoch CBE (National Director for Mental Health, NHSE/I) – provided update on national picture for mental health.
- Ray James CBE (National Director for Learning Disability and Autism, NHSE/I) – provided update on national picture for learning disabilities.
- Alastair Campbell (writer, communicator, strategist) – spoke of own experiences of mental health and presented his new book 'Living Better: How I Learned to Survive Depression'.
- Prof Nav Kapur (Prof of Psychiatry and Population Health, University of Manchester) – presented his talk on preventing suicide and self-harm at a time of Covid-19.

Alastair Campbell spoke of his personal experiences of mental health and depression: "We all know someone with depression. There is barely a family untouched by it. We may be talking about it more than we did, but we still don't talk about it enough. There is still stigma, and shame, and the feeling that admitting to being sad or anxious makes us weak. I passionately believe that the reverse is true and that speaking honestly about our feelings and experiences is the first and best step on the road to recovery. Through the conference and their hard work every day, health professionals across Humber, Coast and Vale are helping to provide vital support, to raise the profile of mental health and to reduce this stigma. Well done to all those involved."

Other speakers included: Professor Stephen Eames CBE, System Lead and Independent Chair for the HCV Partnership; Michele Moran, Senior Responsible Officer, Mental Health and Learning Disabilities Collaborative Programme, HCV Partnership, and Chief Executive, Humber Teaching NHS Foundation Trust; and Alison Flack, Programme Director, Mental Health and Learning Disabilities Collaborative Programme, HCV Partnership.

Michele Moran said: "This year has been extremely challenging for many people, and the conference has highlighted our many successes, including improved bereavement support, individual placement support services, [Kooth](#) – our online counselling platform and the HCV Mental Health Provider Collaborative. We are ambitious to do more and are striving to increase the focus on mental health and the impacts of the pandemic. We recognise that pre-Covid we were seeing an increase in the demand for support and that sadly this continues to grow. Thank you to everyone involved in the event, and to all the team for working tirelessly this year to make a difference to so many lives."

# Performance

2020/21 has of course, been a very challenging year for delivery of all health and care services and this applies equally to mental health, learning disabilities and autism services. Below you can see Humber, Coast and Vale's performance against some of NHS England and Improvement's core indicators.

	Current Standards	Aug-20	Sep-20	Oct-20	Nov-20	Dec-20	Jan-21	Feb-21	Mar-21
<b>Children and Young People</b>									
CYP Access Rate (2+contacts) – reported up to Mar021	NA								38.9%
CYP Access (2+contacts) – reported up to Mar-21	NA								11,970
CYP Access (1+contacts)	NA	16,285	16,385	16,410	16,560	16,490	16,305	16,250	16,055
CYP Eating Disorder Waiting Time – Urgent	95%		71.2%			70.6%			58.2%
CYP Eating Disorder Waiting Times – Routine	95%		75.8%			79.2%			76.6%
<b>Perinatal</b>									
Perinatal Access	NA	570	585	580	595	605	605	600	590
Perinatal Access Rate	Q17.5%	3.3%	3.4%	3.4%	3.4%	3.5%	3.5%	3.5%	3.4%
<b>Adult Mental Health</b>									
Discharges Followed Up Within 72 Hours	80.0%			89%	86%	88%	87%	85%	88%
Community Mental Health Access (2+contacts)	NA	14,170	14,105	14,015	13,940	13,960	13,845	13,770	13,705
EIP Waiting Times – MHSDS	60%	80.8%	71.4%	65.5%	56.3%	58.3%	63.0%	66.7%	59.4%
SMI Physical Health Checks	60%		18.7%			16.0%			17.3%
OAP Bed Days (Inappropriate Only)	0	1,285	1,490	1,475	1,730	2,020	2,505	2,595	2,555
Out of Area Placement % External (Inappropriate Only)	NA	68.9%	58.1%	63.4%	69.7%	75.2%	75.8%	73.2%	69.5%
Individual Placement and Support	NA	235	280	315	345	370	405	445	480
Admissions With No Prior Contact (All Inpatients)	NA	19%	19%	18%	18%	16%	15%	15%	16%
Admissions With No Prior Contact (White British)	NA	17%	17%	16%	15%	13%	12%	13%	14%
Admissions with No Prior Contact (Black, Asian & Minority Ethnic)	NA	28%	36%	31%	32%	24%	25%	28%	30%
Adult Acute Long Length of Stay (60+ Days) – rolling quarter	8.0	3.9	4.7	4.9	5.2	4.5	5.0	4.9	5.1
Older Adult Acute Long Length of Stay (90+ Days) rolling quarter	10.75	5.9	5.3	6.2	6.7	6.7	7.0	6.7	5.6

	Current Standards	Aug-20	Sep-20	Oct-20	Nov-20	Dec-20	Jan-21	Feb-21	Mar-21
<b>IAPT</b>									
IAPT Access (monthly)	NA		2,615	2,560	2,510	2,270	2,725	2,475	2,675
IAPT Access (rolling quarter)	NA				7,685	7,340	7,505	7,470	7,875
IAPT Access Rate (rolling quarter) – Report up to Mar-21	NA	3.89%	4.07%	4.26%	4.41%	4.21%	4.30%	4.29%	4.52%
IAPT Recovery Rate (monthly)	50.0%		57.0%	55.0%	56.0%	57.0%	58.0%	58.0%	59.0%
IAPT 6 Week Waits (monthly)	75.0%		90.0%	92.0%	92.0%	93.0%	93.0%	93.0%	95.0%
IAPT 18 Week Waits (monthly)	95.0%		99.0%	99.0%	99.0%	100.0%	99.0%	99.0%	100.0%
IAPT 1st to 2nd Treatment >90 days (monthly)	10.0%		6.0%	6.0%	6.0%	4.0%	6.0%	5.0%	8.0%
<b>Dementia</b>									
Dementia Diagnosis Rate	66.7%	60.5%	59.7%	60.1%	59.6%	59.0%	58.3%	58.2%	58.5%
<b>Data Quality</b>									
Data Quality – Coverage	85.0%	61.5%	61.5%	61.5%	76.9%	76.9%	76.9%	76.9%	69.2%
Data Quality – Consistency	NA	29.1%	43.6%	58.2%	76.4%	80.0%	83.6%	87.3%	81.8%
Data Quality – Outcomes	40.0%	16.2%	18.5%	15.4%	20.6%	20.3%	17.3%	18.7%	18.2%
Data Quality – DSQMI Score	80	68.8	68.3	67.8	77.4	79.3	76.9	78.0	73.3
Data Quality – SNOMED CT	85.0%	15.3%	15.3%	15.1%	14.7%	15.8%	16.7%	17.6%	18.6%

We have some areas where we are performing well against these indicators, such as:

- Reducing length of stay for adults and older adults in inpatient settings.
- Supporting people who have been discharged from inpatient settings.
- The quality of our IAPT services and supporting people through recovery from common mental health problems.
- Supporting people with serious mental illness to gain and maintain employment.

However, we also have some significant challenges to address including improving the level of physical health checks being done in primary care for people who have serious mental illness, increasing the rate of dementia diagnosis and reducing waiting times for children and young people requiring support with eating disorders.

We have plans in place to address these areas and below you can see an extract from the Humber, Coast and Vale Mental Health, Learning Disabilities and Autism Strategy, which describes some of our key priorities.

## HCV Mental Health Learning Disabilities and Autism Vision

### “Start Well, Live Well, Age Well”

We want people of all ages who experience mental health problems have learning disabilities and or autism to live healthy lives be able to achieve their goals and be accepted and supported in the communities they live in.

### Key outcomes for our populations

My life expectancy is not lower than average simply because I have a mental health issue, learning disability and/or autism	I know what help and support is available to me in my community	I am supported by services and staff that understand my needs	I can get help urgently if I need it
I have the same access to health and care support as everyone else	Services are easy for me to navigate	I am given the opportunity to access services using technology but if I can't I am supported to do this in other ways	I feel accepted and confident within my community

### Our programmes of work

Community Mental Health (IAPT, Physical health checks etc.)	Children and Young Peoples Mental Health	Older Peoples Mental Health	Perinatal Mental Health
Suicide Prevention	Learning Disabilities and Autism	Urgent Care (Mental health)	Staff Mental Health Resilience

### Enabling Work

Financial and workforce planning digital strategy coproduction with service users and system partners voluntary sector playing a key role in delivery

### Some key projects that will deliver our outcomes

- Mental health support teams in schools
- Key workers for children with learning disabilities and autism
- Integrated community mental health teams
- Physical health checks for people with SMI and LD annual health checks
- Expansion of perinatal mental health services
- Supporting people in MH crisis (Right Care, Right Person)
- Suicide prevention programme - bereavement support service online counselling for men
- Increased access to IAPT for older people
- Improving dementia diagnosis rates



## Finance

The Partnership has been successful in securing new investment across the geography. Examples of some of the successful bids submitted to support the wider partnership are summarised in the following table:

Scheme	Value (£m)
Mental health support teams	2.39
Crisis alternatives	0.86
Community mental health	4.88
Maternal mental health services	0.59
Children and young peoples mental health	3.82
Discharge	2.37
Call 24 hour	2.31
Health and justice	1,371

The Partnership will continue to work together to identify future funding or investment opportunities to maximise patient care for our population.





# What Next?

Working in collaboration with our partners we will continue to implement the priorities as laid out in the NHS Long Term Plan for mental health, learning disabilities and autism highlighted in this report, and we will also focus on:

- Improving dementia access rates
- Improving Access to Psychological Therapies
- Implementation of the Health and Youth Justice Integrated Framework

**We will also be:**

- Continuing our work around understanding our workforce challenges and putting plans in place with partners to address them.
- Continuing to work towards our strategy and our delivery plan for 21/22.
- Further building on our integrated governance and assurance processes to enable the transition to full Integrated Care Status during 21/22.
- Addressing our performance challenges through jointly agreed recovery plans, where this is necessary.

# Meet the Team

Our team is composed of staff from different backgrounds, and there are a variety of time commitments given to the programme, ranging from 1 day a week to full time. We are all committed to improving health care outcomes for the population of Humber, Coast and Vale.



**Michele Moran**  
Senior Responsible Officer

Michele is a nurse, midwife and health visitor with more than 30 years' experience in NHS management and care. Michele is the Senior Responsible Officer for the HCV HCP Mental Health, Learning Disabilities and Autism Collaborative Programme, and Chief Executive of Humber Teaching NHS Foundation Trust. Michele plays an important role in leading the Transformational work across Mental Health, Learning Disabilities and Autism services. Michele is passionate about working in collaboration with the wide range of partners who represent the large geography of Humber, Coast and Vale to ensure the whole population has equal access to services when needed.



**Alison Flack**  
Programme Director

Alison plays a pivotal role in the HCV Partnership Mental Health, Learning Disabilities and Autism Collaborative Programme as the Programme Director. She is passionate about making a difference to people's lives and ensuring our partners across the patch work together collaboratively to improve outcomes for everyone in our area. Alison has a wealth of experience working at a senior level in health and care organisations and is proud to be part of a team transforming and improving mental health, learning disability and autism services for our communities.



**Pete Beckwith**  
Chief Finance Officer

Pete's role as finance lead for the partnership sees him coordinate the sharing and reporting of financial information across partners. This includes the coordination and monitoring of investments to support national planning priorities. Pete is passionate about directing investments to the most beneficial areas to ensure people receive high quality treatment and support.



**Dr Stella Morris**  
Clinical Lead

Stella is a consultant psychiatrist with over 30 years' experience of working in mental health services. In collaboration with Dr Steve Wright, she is focusing on improving clinicians' engagement with the work of the ICS and has established the Mental Health, Learning Disability and Autism Clinical Assembly. In addition, she contributes to the wider programme and strategic work.



**Dr Steve Wright**  
Clinical Lead

Steve is a psychiatrist and Interim Medical Director with Tees, Esk and Wear Valleys (TEWV) NHS Foundation Trust. Alongside his role as a clinical lead for mental health in Humber, Coast and Vale, he is Clinical Lead for Adult Mental Health with Yorkshire and Humber Clinical Networks.

He has worked in early intervention services since their introduction and in recent years he has been working with international collaborators to support a "whole person, whole life, whole community" approach to mental health including developing a system-wide learning partnership with Trieste, Italy, and their widely acclaimed model of mental health care.



**Doug Flockhart**  
Head of Performance and  
Programme Delivery

Doug has worked in health and care organisations across the Humber, Coast and Vale patch since 2007. He became increasingly interested in the wider health and care system, particularly what can be achieved when partner organisations work collaboratively. Over the past few years, Doug has focused on integration and system development work, taking up a programme lead role in the HCV HCP Mental Health, Learning Disabilities and Autism Collaborative Programme in 2018.

Mental Health is now rightly receiving the focus and attention it deserves and, through the work of our programme, Doug wants to ensure all of our residents have access to the support they need in a way that works for them and their families.

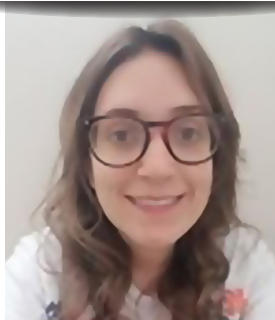




**Nicola Wood**  
Finance and  
Performance Manager

Nicola has recently joined the team from outside the NHS coming from a corporate background with extensive finance experience. Mental Health and Learning Disabilities are subjects close to her heart after seeing the impact that the challenges surrounding accessing the right services, not only in the NHS but in the wider social care and local authority arena, has placed on her loved ones over her lifetime. She believes that good Mental Health is a priority for all and rightly deserves de-stigmatisation.

Her role is diverse and she enjoys working closely with the Programme Leads and the wider HCV partners in the development, delivery and monitoring of the Mental Health and Learning Disability and Autism services of today and tomorrow.



**Rachel Clannachan**  
Senior Administration  
Officer

Rachel leads the admin team and provides support to the senior management team. She is passionate about supporting the team to ensure transformation work takes place to improve mental health, learning disability and autism services provided to the population served by the Humber, Coast and Vale Health and Care Partnership.



**Rebecca Cracknell**  
Administration Assistant

Rebecca provides administration support to various programme leads across the partnership. Rebecca has only been in her role for a short time but is already enthused by the service that HCV provide and looks forward to playing a small part in developing the services in the future.



**Kelly Toes-Smith**  
Senior Administration  
Officer

Kelly provides administrative support to the programme. She feels lucky to be part of a passionate team and have the opportunity to support the various workstreams. Kelly enjoys being able to assist the programme leads and help contribute to improving the mental health care for the local community.



**Debbie Wilson**  
Senior Administration  
Officer

Debbie provides support to the HCV Partnership (Mental Health, Learning Disabilities and Autism) Senior Management Team. She enjoys the variation in her role, and the opportunities to play a part in helping to shape the future of mental health, learning disabilities and autism services across the Humber, Coast and Vale.



**Jo Kent**  
Suicide Prevention  
Programme Lead

Jo is passionate about working within our communities to reduce the stigma around suicide, and to support individuals and organisations to prevent suicides from occurring.

Favourite quote: "Never doubt that a small group of citizens can change the world; indeed, it's the only thing that ever has." - Steve Jobs.





**Jack Moore**  
Communications and  
Engagement Officer  
(Suicide Prevention)

Jack supports the Suicide Prevention Programme and helps to promote free suicide prevention training available at [www.talksuicide.co.uk](http://www.talksuicide.co.uk). Since February 2020, over 12,000 individuals have completed the free training across Humber, Coast and Vale.

Jack is passionate about working with a range of partners to raise awareness of mental health and help to prevent suicide.



**Michelle Hagger**  
Learning Disability and  
Autism Programme Lead

Michelle's role is to provide leadership to the HCV ICS learning disability and autism programme. I provide assurance on delivery of the programme and work closely with all partners across the HCV footprint to ensure linkages with the other programmes of work such as Transforming Care Programme and Health Inequalities in the ICS. I am responsible for developing and agreeing the key objectives of the programme, and work on behalf of the ICS and represent the collective views of the ICS.

I am passionate about my role because I work closely with service users, clinicians, local communities, as well as providers, all of whom have a passion about making difference to the lives of some of the most vulnerable people in our community.



**Katy Marshall**  
Strategic Workforce and  
Cultural Lead

With a background of engagement and organisational development, Katy joined the team to provide strategic direction on workforce and culture. She is passionate about working collaboratively and believes this is the best way to shape how we move forward as one workforce. Being part of the ICS enables her to support positive change on a wide scale, work with lots of great organisations and support amazing people that look after the needs of our local populations.



**Lynnette Robinson**  
Mental Health  
Programme Lead

Lynnette leads on the Community mental health transformation, including the specialist area of developing the annual physical health check for patients with Severe Mental Illness (SMI).

Lynnette set up and support the HCV Resilience Hub which centres on Covid-19, our regional mental health response which supports key workers who have experienced distress related to Covid-19 pandemic by providing early help, and intensive evidence-based therapeutic interventions in a timely way.



**Georgie Thrippleton**  
Perinatal Mental Health  
Programme Lead

Georgie is passionate about improving mental health support for mothers and families in the perinatal period. By ensuring mother's mental health needs are met early, this greatly improves outcomes for babies and improves relationships. Georgie wants to work with women, families and all partners to reduce the stigma surrounding mental health as new parents as mental illness at this time is very common and with the right support outcomes for families are positive.

If you would like to find out more about the work of the  
Humber, Coast and Vale Health and Care Partnership,  
please get in touch.

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