

BSOL CCG

Mental Health

System response

The Covid-19 pandemic has coincided with a period of significant transformation of mental health services.

Some areas of transformation have been paused while others have been accelerated.

There has also been an opportunity to try new ways of working and strengthen partnerships.


The process of restoration and recovery is therefore to be approached with care. Given the transformational context in which the pandemic occurred, 'restoration' does not mean a wholesale return to 'the way things were'. Rather, this is an opportunity to restore provision differently – in line with our existing principles but in response to the changing need and our collective learning and experience.



Mental Health Impact of Covid-19: areas of risk 2

Diagram 1 below shows potential mental health impacts of COVID-19 across the life course. There will be additional impacts for people with a learning disability and/or autism which will need careful consideration. Students and frontline staff are likely to have additional impacts too.

Mental Health Impact of COVID-19 Across Life Course

					
	Pre-Term	0-5 Years	School Years	Working Age Adults	Old Age
Key issues to consider	<ul style="list-style-type: none"> • Anxiety about impact of COVID on baby • Financial worries • Anxiety about delivery and access to care • Isolation 	<ul style="list-style-type: none"> • Coping with significant changes to routine • Isolation from friends • Impact of parental stress and coping on child 	<ul style="list-style-type: none"> • School progress and exams • Boredom • Anxiety or depression or other MH problems • Isolation from friends • Impact of parental stress 	<ul style="list-style-type: none"> • Balancing work and home • Being out of work • Carer Stress • Anxiety about measures and family or dependents or children • Financial Worry • Isolation 	<ul style="list-style-type: none"> • Isolation and disruption of routine • Anxiety from dependent on services • Financial worry • Fear about impact of COVID if infected
Staff/ Vols	Cumulative load of stress from significant changes. Traumatic incidents. Isolation from work colleagues. Having to manage working from home. Potential bullying from or to others as part of not coping				
Loss	Loss of loved ones dying may be particularly severe and grieving disrupted because of inability to do normal grieving rites eg as be physically close to dying person, have usual funeral rites, attend funeral etc				
Specific Issues	Impact of delayed diagnoses and treatment (eg chronic conditions,surgery, people living in pain). Suicide and self harm risk for most at risk populations. Members of faith communities may feel disconnected during closure of premises. Domestic abuse may be issues across lifecourse. Drug and Alcohol issues .People reliant on foodbanks or on low incomes or self employed may have additional stress.				

BSOL CCG Strategic Commissioning Outcomes Framework for Mental Health Services

- The MH Outcomes framework has been produced in response to the NHS Long Term Plan for Mental Health and the Birmingham and Solihull 'Live Healthy, Live Happy' Strategy. It has been refreshed from its original draft in light of the Covid-19 pandemic to reflect the impact of the pandemic on population mental health and the financial and operational context in which the System finds itself.
- The Framework is set in the context of a wider programme of work delivered by local authorities and voluntary sector organisations. It is presented through a coordinating model of care which describes the approaches to meeting people's needs from prevention through early intervention to admissions to hospital and rehabilitation.



The **Covid-19 pandemic** has represented a significant challenge to public services, the voluntary sector and private enterprise. System partners working in the Mental Health System have responded to the challenge by working both collaboratively and at pace putting in place a number of measures to adapt services in light of restrictions on movement and face to face contact.

Further the System has sought to put in place provision to meet need created as a direct impact of Covid-19. Measures have included:

The launch of a 24/7 mental health crisis and support line.. The initiative is run in partnership between NHS and Voluntary and Community Sector (VCS) organisation

The opening of a **Bereavement Support Service** across Birmingham and Solihull. The Service is run by Cruse Birmingham. The Service responds to the burden of bereavement as a result of Covid-19 but offers support to people of any age experiencing the loss of a loved one – including those bereaved by suicide.

Birmingham Children's Partnership have funded the expansion of **Kooth – an online mental health support service** for young people aged 11-25

Greater use of technology to deliver care and support across all providers. Many more contacts with citizens have taken place by phone or online. We know that this has increased the number of contacts many people are having and are working to understand the impact of this approach.

