

Information briefing

Report from: Strategic Director for People

Report to: Health and Social Care Overview and Scrutiny Committee

Date: Tuesday 29th September 2015

Title: Primary Care & Community Mental Health Transformation

Background

The Joint Commissioning team for mental health have been working with lead clinicians from Birmingham Clinical Commissioning Groups to outline and describe a programme of work to transform and develop primary care mental health services.

In Birmingham the CCGs recognise that we have made many changes to mental health services since the launch of the 'Better Mental Health for Birmingham' Mental Health Strategy (2011- 2016); however, the evidence is clear that we still have some further work to do to;

- Improve people's experience of services
- Increase support for people when they no longer require specialist mental health services and are discharged back to their GP practice
- Promote wellbeing
- Help people to recover and live fulfilling lives
- Make access to mental health services in the community easier
- Increase access to services
- Improve access to information about the availability of mental health services in Birmingham
- Improve partnership working between service providers to make things better for people

The scope of services included:

- Improving Access to Psychological therapies (IAPT)
The IAPT service is accessible for people who are experiencing depression and/or anxiety disorders.
- Counselling Services
Counselling services are accessible for people who may be distressed in connection with current or past life challenges and may experience depression, stress or anxiety.
- Community Mental Health Teams (CMHTs)
A community mental health team coordinates your care if you receive community-based mental health care.

- Recovery, Enablement and Prevention services

These services support people who may be recovering from a mental health condition, people who may have developed a mental health condition but may not require specialist mental health care, and provide information to the general public.

Purpose of this report:

The purpose of this report is to provide an update in relation to the progress that has been made in relation to the redesign programmes and outline the next steps. (Please see attached presentation).

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