

HSPN Zoom Webinar Housekeeping:-

- Please mute your Microphone - unless you are speaking ('hover' – bottom left)
- 'Participants' is in the middle of the menu bar - next to 'Chat'
 - If you are new to the the Network please introduce yourself via 'Chat'
 - 'View' can be altered as you wish and is in the top right hand corner
 - Questions – please type any questions or make any comments via 'Chat' (at the bottom of the Chat box. You can also send a private message.) Questions will be read out as time allows at the end of each presentation. You can save Chat ...
 - NB This Webinar will be recorded. If you do not wish to be recorded please turn your Video Camera off now (bottom left).
 - The recording will start shortly...

NB Today's Webinar & PowerPoint will also be available via the **Community First & Gosport Voluntary Action websites by end of play **Tuesday 8 December 2020** – please let your colleagues know...**

Agenda

- Welcome, Programme & Introductions – *Angela Gill*
- **Mental Health Support & Initiatives from the Community & Voluntary Sector** - *Tim Houghton, Community First & Helen Fisher, Energise Me*
- **Hampshire Wellbeing Services** – *Elizabeth White Ripley, Solent Mind*
- **Working Across Boundaries...** – *Jonathan Foley & Amy Francis, italk*
- **No Wrong Door...** – *Jason Hope, Hants & IoW Sustainable Transformation...*
- **Mental Health & Wellbeing...** – *Mike Newman, HCC Adults' Health and Care*
- Confirm date for the next Hants & IoW Social Prescribing Network Webinar – **on Wednesday 3 March 2021 at 1-2pm**

'Mental Health Support & Initiatives from the Community & Voluntary Sector'

Tim Houghton

Chief Executive, **Community First**

tim.houghton@cfirst.org.uk

Helen Fisher

Strategic Lead for Physical Activity and Health, **Energise Me**

helen.fisher@energiseme.org

Any Questions via Chat please?



Hampshire Wellbeing Services

Elizabeth White Ripley

Head of Wellbeing, Solent Mind

ewhiteripley@solentmind.org.uk



Hampshire Wellbeing Services

Commissioned by Hampshire County Council and the Hampshire Clinical Commissioning Groups

Delivered by:

Solent Mind - New Forest, Eastleigh & Winchester, Fareham and Gosport

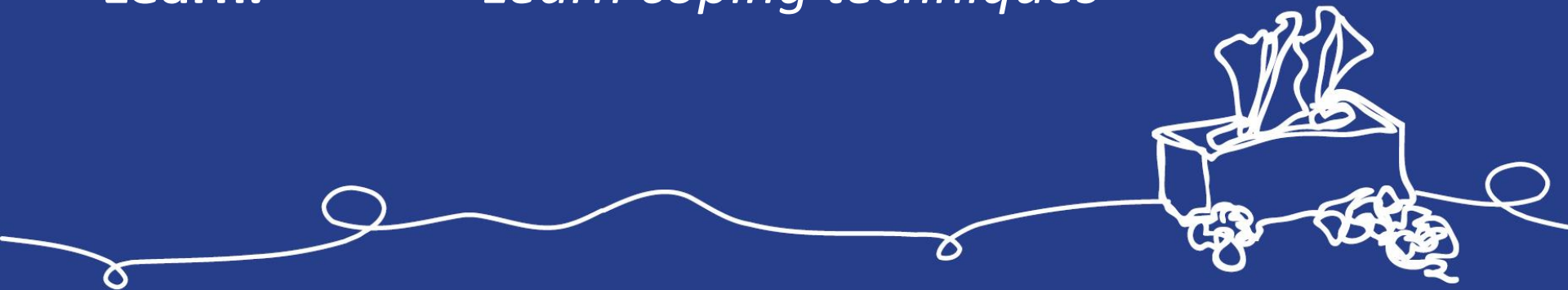
Andover Mind - Test Valley and North Hampshire

Havant & East Hants Mind - Havant and East Hampshire



5 Steps to Wellbeing

- Connect.** *Engaging and meeting new people*
- Give.** *Community skills and volunteering*
- Notice.** *Mindfulness and emotional awareness*
- Be Active.** *Physical exercise improves wellbeing*
- Learn.** *Learn coping techniques*



Recovery-focused Programme

We offer a flexible programme consisting of several recovery-based courses, teaching skills and self-help techniques to better manage mental health concerns.

Anxiety Management

Mindfulness

Self Esteem

The Decider Life Skills™

Anger Management

Confidence Building

Eastleigh and Winchester

Since the beginning of 2020:

101 clients attended groups at Eastleigh & Winchester, of which 78 of those were attending Zoom-based courses.



Eastleigh & Winchester Wellbeing

eastleighwellbeing@solentmind.org.uk

winchesterwellbeing@solentmind.org.uk

New Forest Wellbeing

nfwreferrals@solentmind.org.uk

Fareham & Gosport Wellbeing

afg@solentmind.org.uk



Any Questions via Chat please?





Hampshire Psychological Therapy Service italk

“Working across boundaries”

‘Core’ and ‘Long Term Conditions’ Service Provision

Jonathan Foley and Amy Francis
Clinical Leads and Service Managers





Who are we?



- italk is an IAPT (Increasing Access to Psychological Therapy) service
- We cover Hampshire (excluding Southampton, Portsmouth and the Aldershot / Farnborough area)
- We are commissioned by the Clinical Commissioning Groups (CCGs) and have have been going since 2010
- Delivered in partnership between Solent Mind (Step 2) and Southern Health NHS Foundation Trust (Step 3)
- 3 areas:
 - italk Core
 - italk Health
 - italk @work
- We receive on average 1800 referrals a month. We have treated over 92,000 patients over the last 10 years



What do we offer?



- Free, evidence based psychological treatments for common mental health problem

- To anyone over the age of 16 who is registered with a GP in one of our localities:

Alton, Andover, Basingstoke, Bordon, Eastleigh, Fareham, Gosport, Havant, New Forest, Petersfield, Romsey and Winchester.

We offer a range of treatments including:



Groups



Online



Telephone



One to one

Common mental health problems



Conditions we treat in italk:



- Depression
- Generalised Anxiety Disorder
- Panic Disorder
- Health Anxiety
- Social Anxiety Disorder
- Obsessive Compulsive Disorder
- Body Dysmorphic Disorder
- Post Traumatic Disorder
- Long term health conditions impacting on an individuals' mental health

Conditions treated in other services:

- Schizophrenia
- Bipolar disorder
- Personality Disorder
- Eating disorders
- Substance misuse

The Stepped Care Model



Who is responsible for care?	What is the focus?	What do they do?
Step 5: Inpatient care, crisis teams	Risk to life, severe self-neglect	Medication, combined treatments, ECT
Step 4: Mental health specialists, including crisis teams	Treatment-resistant, recurrent, atypical and psychotic depression, and those at significant risk	Medication, complex psychological interventions, combined treatments
Step 3:  italk High Intensity	Moderate or severe depression	Face to Face, Accredited Psychological Therapists, NICE Evidenced Based Interventions CBT, IPT, Couples, CAT,
Step 2:  italk Low Intensity	Mild to Moderate Depression or Anxiety <small>italk</small>	GSH, brief psychological interventions, CBT, Anxiety disorders such as GAD, specific phobias & Panic, telephone, group
Step 1: GP, practice nurse	Recognition	Assessment





Some treatments can be direct booked. Or you can speak to a clinician for a telephone assessment. Next steps after a telephone assessment



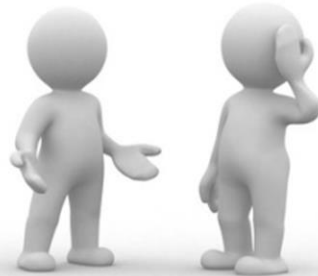
Signposting Advice



Psycho-education Groups & Workshops



Computerised CBT (Silvercloud)



**Face-to-Face CBT, IPT
Couple Therapy for Depression**



Guided Self Help



Refer to other Services

Which psychological treatments do we offer?

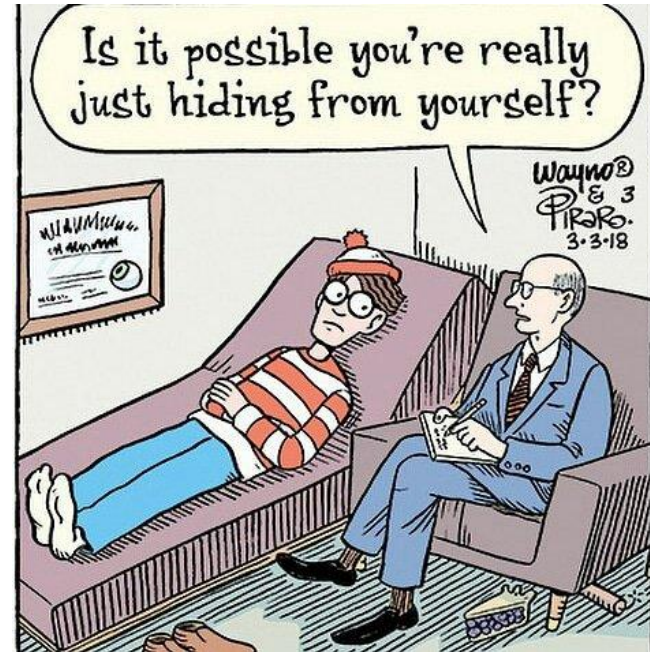


Predominantly:

- Low intensity CBT
- High intensity CBT

But we also offer:

- Interpersonal Psychotherapy (IPT)
- Cognitive Analytic Therapy (CAT)
- Couples Therapy for depression
- Mindfulness-based Cognitive Therapy (MBCT)
- Eye Movement Desensitisation and Reprocessing (EMDR)
- Comprehend, Cope & Connect (CCC)
- Compassion Focused Therapy (CFT)
- Counselling for Depression (CfD)





italk ↔ Physical Health

- Increase awareness of mental wellbeing and psychological therapies within communities
- overcome barriers of access between physical & mental health services
- Treat patients holistically
- LTC have always been able to access italk and can continue to access 'core' offer
- LTC pathway - working to remove barriers to engagement - following recognition that patients who have a long term condition may not see themselves as having a psychological problem
- Adaptations – physical health condition at the centre, mind-body link, language – symptoms and wellbeing, integrated working with physical health teams
- “No health without mental health” – supported by research
- Integration with Physical health team; co-delivering workshop, MDT working
- Education / training
- Direct bookings / streamlined referral processes

Intervention	Information	Access
Computerised CBT (Silvercloud)	cCBT for patients to access support flexibly when they need it: <ul style="list-style-type: none"> - Coronary Heart Disease with Depression & Anxiety - Chronic Pain with Depression & Anxiety - Diabetes with Depression & Anxiety - Lung Conditions with Depression & Anxiety 	Direct booking via website. Direct referral from Physical Health Teams / other professionals AVAILABLE NOW
One-off Workshops	Currently offered for Diabetes, Respiratory, MSK (Chronic Pain). Other Long Term Conditions will be added as part of the LTC expansion.	Direct booking via website Direct referral PRE-BOOKING FOR 2021 courses available shortly
Psycho-education group (webinar)	<i>'Building resilience with Long Term Health Conditions'</i> Psycho-education group exploring the interaction between physical and mental health conditions. Transdiagnostic group - working across conditions. 6 weekly sessions, 1.5 hours (with a break). < 100 participants	Direct booking via website Direct referral LAUNCHING JAN 2021 Pre-booking available via website shortly.
Guided Self-help (GSH) (CBT based support)	Brief individual CBT based input. Supported by a PWP. Focuses on LTC and wellbeing. Delivered via telephone, video platforms or face to face.	AVAILABLE NOW Accessed via telephone assessment. This can be booked directly via website or by calling italk 02380 383920.
Carers Group	<i>'Self Care for Carers'</i> class teaches ways to look after yourself when you look after someone else as an unpaid family carer.	Direct booking via website. Direct referral. AVAILABLE NOW
Step 3 Long Term Conditions group (Experiential therapy group)	<i>'Living Well with Long Term Health Conditions'</i> Trans-diagnostic CBT therapeutic group, integrating third wave approaches, exploring ways that people can live well alongside their long term conditions. More complex presentations. 2 prep sessions, 10-12 weekly group sessions, 1.5 hours (with a break). 10-14 patients per group.	Referrals from physical health team , or professionals, following discussion in MDT. Or via assessment of patient needs on LTC pathway. LAUNCHING MARCH 2021
Psychological Therapy	Individual psychological therapy with LTC trained practitioners. Evidence based CBT focussing on interaction between physical and mental health.	AVAILABLE NOW Suitability assessed via telephone assessment. This can be booked directly via website or by calling italk 02380 383920.

The consequences of not being able to access psychological therapy are...



The people of Hampshire do not get the psychological treatment they require



Untreated Depression and Anxiety



Poorer Physical Health & Mental Health



Impact on Family & Work

italk @ work



italk ↔ Employment

- Employment advisors are an integral part of the italk model
- They work directly with patients, and link with employers to create awareness of how mental health can impact on people in the work place
- **italk@work** has been developed to increase awareness and provide skills for managing stress in the workplace
- Future growth and expansion

Partnership Working Between...



Orthopaedic
choice



Family Nurse
Partnership



SilverCloud
MAKING SPACE FOR HEALTHY MINDS

Diabetes UK
CARE. CONNECT. CAMPAIGN.

Community First
making life better for everyone



Portsmouth Hospitals
NHS Trust

10 Minute CBT
Practical training for busy health professionals



HAMPSHIRE
FIRE AND
RESCUE
SERVICE



Digital
Therapies



trinity
winchester
support change aspire



Hampshire
County Council

Andover



Southern Health
NHS Foundation Trust



Havant and
East Hants

Hampshire Hospitals
NHS Foundation Trust

University Hospital Southampton
NHS Foundation Trust

professional
italk
grateful
support
happy
Fantastic
thank really
pleased
great
Service
CBT
helpful
change
confidence
life
recovery
marriage
BIG
Supportive
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Helped
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huge
Crucial
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Sensitive
Continued
felt
Excellent



Any Questions?



Follow italk Hampshire on facebook or
@italkhants on twitter
Or visit www.italk.org.uk for more information

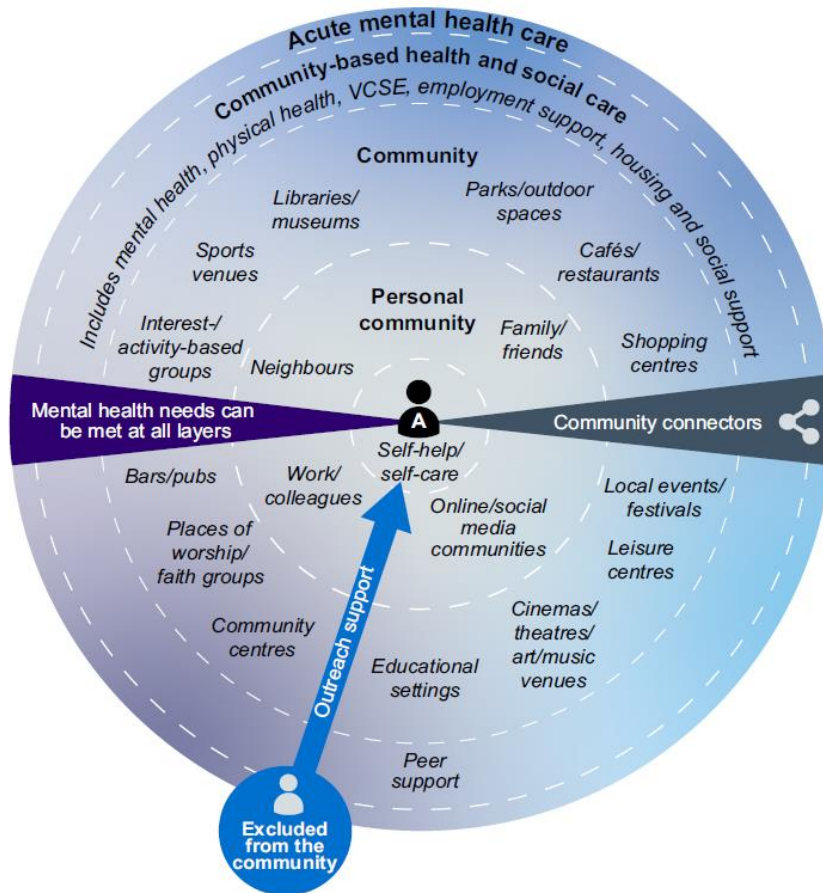
Any queries please email:
jonathan.foley@southernhealth.nhs.uk
amy.francis@southernhealth.nhs.uk

No Wrong Door, Community Mental Health Transformation Programme 2020 – 2024

Jason Hope - Programme Management Lead
Hants & IoW Sustainable Transformation Partnership

jason.hope@nhs.net

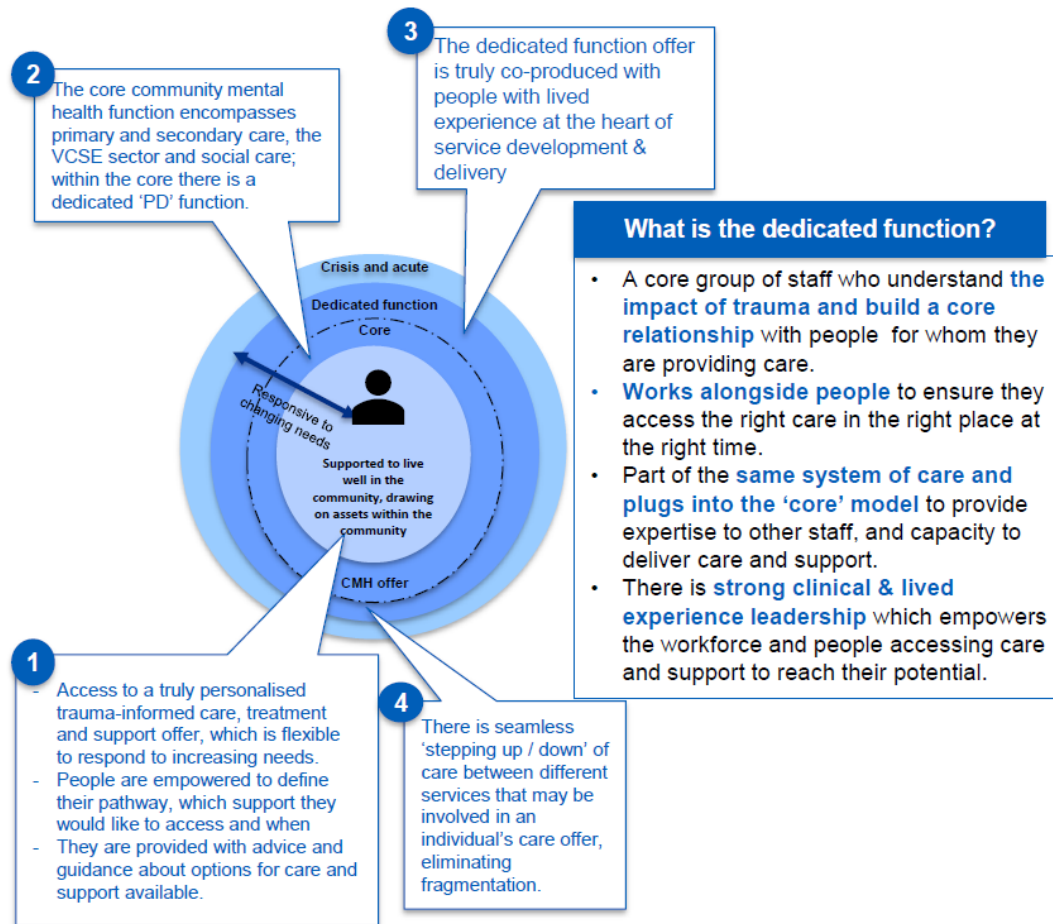
Community Mental Health Transformation Programme



- Across Hampshire and Isle Of Wight
- Integrating PCNs with CMHTs
- Developing a wider team with VCSE, Local Authority and Public Health services
- Step up and Step down model for complex care, with no thresholds
- Increased access to psychological therapies for people with a serious mental illness and older people
- Designed, Delivered and Managed through co-production approaches
- Embedded programme to tackle health inequalities, particularly around SMI
- Will integrate services at many levels, referral, care planning, delivery, information sharing, reporting and performance management

National Model

CMHT and Primary Care Network Integration

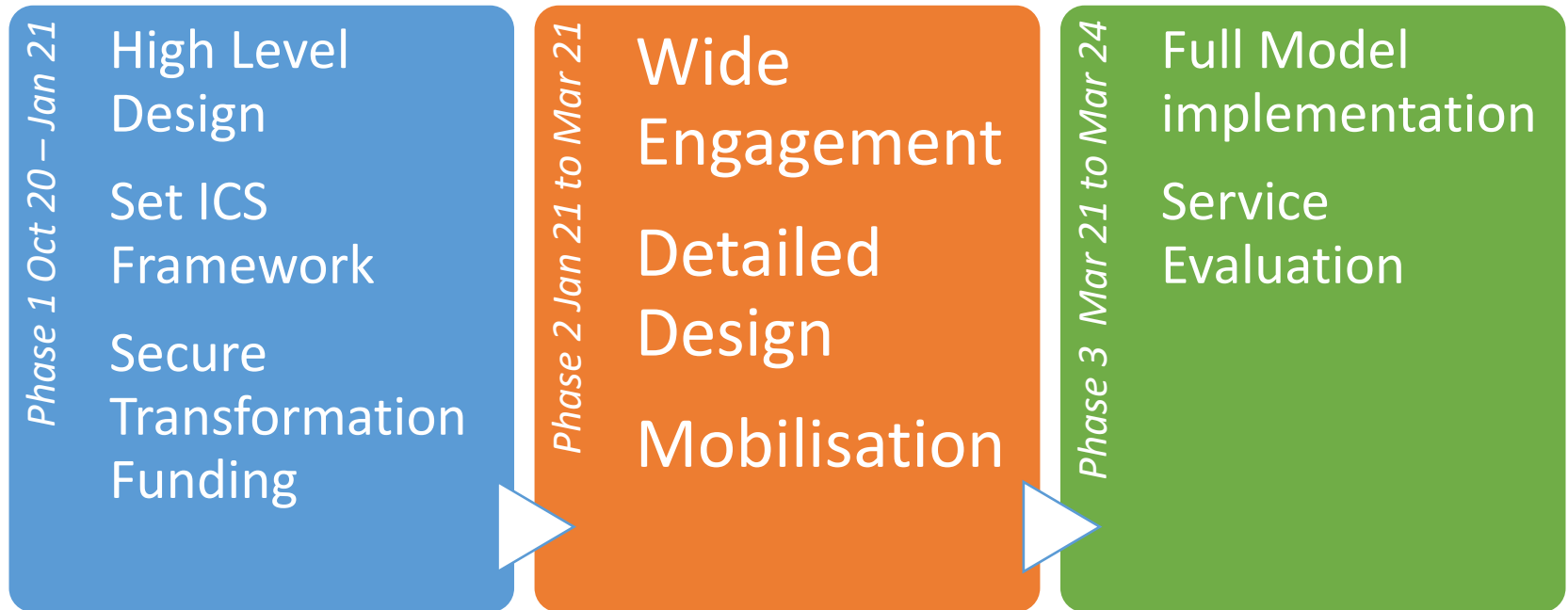


First contact, the most important touch point in the care journey of a person experiencing mental illness. At a time when a person is most anxious they will face choices and decisions of who, where and how they access care. When a person finally begins treatment we know they may face a fragmented, and often delayed journey through to recovery.

In Hampshire and Isle of Wight our intention is to transform this experience in three fundamental ways, a programme of transformation we are calling '**No wrong door**'.

- First, we will ensure that at the start of a person's recovery there will be **no wrong door**. Wherever, and however a person accesses care they will be greeted with compassion, understanding and assessed holistically.
- Second, we will integrate delivery to better enable multidisciplinary decision-making and effectively step up and down care as needed. The aim being wrapping the right care around an individual quickly and compassionately, helping them to lead their recovery.
- Third, we will provide an education, career development, and support structure for the people across the services ensuring we deliver a sustainable and continually improving service, offering life-long recovery skills.

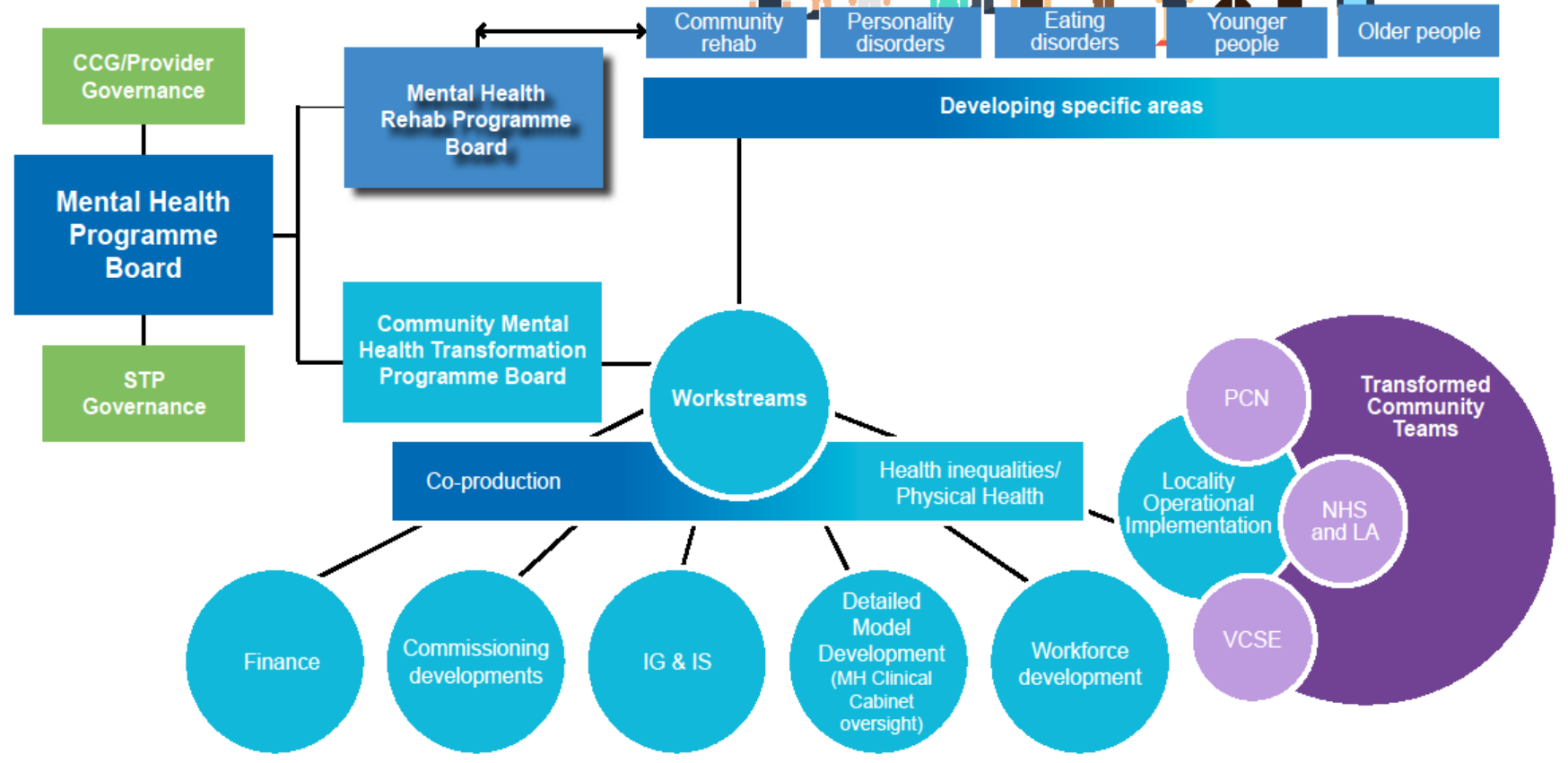
Programme Phases – Currently in Phase 1



High Level Design

- Generating 1st draft involved 6-8 weeks of significant engagement with people who use services, clinicians, managers across HloW
- Around 15 questions have been answered with a high level statement of ambition in a few hundred words
- The finance section has some early working figures and make some assumptions that need support, detail is being generated locally
- 19 of the 42 PCNs have been entered into the first year programme
- Portsmouth and Southampton will proceed with an incremental role out across all PCNs in 3 years
- In other areas an in depth transformation will take place around PCNs
- Changes expected from both NHSE/I review and co-production with experts by experience as more detail and evidence emerges to support decisions.

Mental Health Programme Board



Any Questions via Chat please?



'Mental Health and Wellbeing Resources'

Mike Newman

Senior Public Health Practitioner,
HCC Adults' Health and Care

mike.newman@hants.gov.uk

Extract example of mental health & wellbeing guides

Mental Health and Wellbeing Support Guide for Adults



What's in this guide and who is it for?

This guide is to support your mental health and wellbeing. Here you will find helpful tips and links to a range of resources, including information on where to find specific support and urgent care if needed.

Looking after your mental health and wellbeing

Having good mental health helps us relax more, achieve more and enjoy our lives more. Evidence shows there are 5 key elements which contribute to mental wellbeing:



Five ways to wellbeing

- Connecting; with the people around you
- Be active; by building activity into your everyday routine
- Keep learning; to gain self-confidence and learn new skills
- Give; helping others can boost wellbeing
- Take Notice; by taking focus of our thoughts and feelings

hants.gov.uk/socialcareandhealth/publichealth/fiveway-stowellbeing



Every Mind Matters

Every Mind Matters offers expert advice and practical tips that cover the 5 ways to wellbeing and other topics such as; what to do if your worried about coronavirus, sleeping better and managing difficult thoughts and feelings.

nhs.uk/oneyou/every-mind-matters/



One You

Our physical health impacts how we are feeling. One You provides easy steps on how to make changes that that can fit your lifestyle: nhs.uk/oneyou/
National advice from Public Health England on how to look after your physical health in the home is also available: publichealthengland.exposure.co/health-and-wellbeing-at-home



Apps

These mental health and wellbeing NHS approved phone apps include findings ways to exercise and practical ideas for healthy meals. Your also find free apps and tools that can help lift your mood: nhs.uk/oneyou/apps/

Visit our Coronavirus Resource Page for a range of useful information and links to support you throughout the coronavirus pandemic www.connecttosupporthampshire.org.uk/coronavirus

Extract example of mental health & wellbeing guides

Additional Support

Support available from your GP

If you do not require urgent support but are still concerned about your mental health, contacting your GP is a good place to start. *They may check that your symptoms aren't being caused by other conditions.*

Local talking therapy services

You can access your local talking therapy service which offers a range of free treatments for people aged over 16 who are experiencing symptoms of stress, anxiety, depression or low mood.

iTalk is a service for people registered with their GP in the following areas of Hampshire: Alton, Andover, Basingstoke, Bordon, Eastleigh, Fareham, Gosport, Havant, the New Forest, Petersfield, Romsey and Winchester. You can self-refer online or by telephone **023 8038 3920**.

TalkPlus is a service available to people who are registered with a GP in the following areas of Hampshire: Yateley, Fleet, Farnborough, Blackwater, Aldershot or Farnham. You can self-refer online or telephone **01252 533355**.

If you don't live in Hampshire you can find local talking therapy services in your area at: nhs.uk/service-search/find-a-psychological-therapies-service/ or contacting your GP.

Local Support at the Wellbeing Centres

Mind runs wellbeing centres in Hampshire's towns and cities to provide short-term, outcome-focused support. The centres provide workshops, courses and other support on many mental health issues.

Contact your nearest centre to find out more about their programme: Aldershot, Andover, Basingstoke and Romsey – **01264 332297**.

Eastleigh, Fareham, Gosport, New Forest and Winchester – **023 8202 7810**. East Hampshire and Havant – **02392 498916**.

connecttosupporthampshire.org.uk/mentalhealth
(select wellbeing centres)

Samaritans offer confidential emotional support. Call for free on **116 123** available 24 hours a day, 365 days a year, email jo@samaritans.org.uk or visit www.samaritans.org



support



listen



talk



Extract example of mental health & wellbeing guides

How to get urgent help if needed

If urgent help is required;

- If you think someone is in immediate danger, help them to get to A&E or call an ambulance on **999**. You can do this whether you are with them in person or not. You will need to be able to give a location.
- Stay with the person if you are able, and continue to talk with them, if you can. It may help to ring Samaritans on **116 123**.

If the person can keep themselves safe for a short while, but is still in need of urgent help, you could;

- Dial **111** on your phone. It is a free service and is open 24/7.
- Contact their GP surgery and ask for an emergency appointment. Many surgeries are offering these remotely during the coronavirus pandemic.

For further information and links to additional support go to the Every Mind Matters [Helping others](#) page.



Extract example of mental health & wellbeing guides

Top tips to look after your mental health and wellbeing

There are simple things we can do to help take care of our mental health and wellbeing during times of uncertainty. Doing so will help us think clearly, and make sure we can look after ourselves and those we care about. For further information search [Every Mind Matters](#).



Stay connected

Maintaining healthy relationships with people we trust is important for our mental wellbeing. If you can't meet up in person stay in touch by phone, video call or social media.



Do things you enjoy

Focusing on a hobby, relaxing or connecting with others can help with anxious thoughts and feelings. If you cannot do the things you normally enjoy, think about how you could adapt them, or try something new.



Talk about your worries

It's OK to share your concerns with others you trust – and doing so may help them too. If you cannot speak to someone you know or if doing so has not helped, there are plenty of [helplines](#) you can try instead.



Stay on top of difficult feelings

Try to focus on the things you can control, such as your behaviour and who you speak to. [Try some ideas](#) to help manage such as: listening to an audio guide. Seek further support if needed by calling NHS 111 or talking to your GP.



Look after your body

Our physical health has a big impact on how we feel. Try to eat healthy meals, drink enough water and exercise. Going for a walk or run can help lift your mood and clear your mind.



Stick to the facts

Find a credible source you can trust – such as [Keep Hampshire Safe](#) and the [NHS](#) – and fact-check information you get from newsfeeds, social media or other people.



Feel prepared

As the outbreak continues, it can help to work through what changes to government guidelines mean for you. It can help to think through a typical week: how will you continue to be affected and what will you need to do to solve any problems.



Focus on the present

Focusing on the present, rather than worrying about the future, can help with difficult emotions and improve our wellbeing. Relaxation techniques such as [mindful breathing](#) can also help some people deal with feelings of anxiety.



Support and help others

Helping someone else can benefit you as well as them. Try to think of things you can do to help those around you.



Look after your sleep

Good-quality sleep makes a big difference to how we feel mentally. See these [helpful tips](#) on how to make a change.

Source: adapted from Every Mind Matters: [10 tips to help if you are worried about coronavirus](#)
Hampshire County Council Mental Health and Wellbeing Guide

6



Mental Health and Wellbeing Training



- Public Health England's Psychological First Aid training provides tips on supporting the mental health and wellbeing of others during this challenging time www.futurelearn.com/courses/psychological-first-aid-covid-19
- Connect 5 training now available on Zoom, equips learners with the skills to offer 'guided self-help' support to improve a person's mental health and wellbeing, improve their resilience and ability to self-manage: www.easthantsmind.org/training/connect-5/
- Zero Suicide Alliance provides an understanding of the signs to look out for and skills required to approach someone who is struggling. Course length 10-20 mins per module: www.zerosuicidealliance.com/training
- The 'We Need To Talk About Suicide' prevention course aims to consolidate existing skills in suicide prevention. Course length approx. 60-90 mins: <https://portal.e-lfh.org.uk/Component/Details/544924>

Any Questions via Chat please?



Thank you!

- **Thank you** to all our presenters, Lin and the audience too!
- **If you didn't** have time to ask your question please email the presenter
- **Please feedback** via 'Chat' or to Lin by email – thank you for your Social Prescribing Webinar theme ideas to date, please continue to share these
- Do **email** Lin Dudman relevant **SP information to share** &/or for the February **HSPN Newsletter** by **Friday 22 January 2021**
- This **Webinar**, the PowerPoint and corresponding documents will be available via the **Community First** and **Gosport Voluntary Action** websites by end of play on **Tuesday 8 December 2020**

Hants & IoW SP Network Webinar 2021 Dates...

- Wednesday 3 March, 1-2pm
- Wednesday 16 June, 1-2pm
- Wednesday 15 September, 1-2pm
- Wednesday 8 December, 1-2pm



Wishing you all a Happy and Healthy Lockdown Christmas!

Website Addresses:

- ✓ Community First:- www.cfirst.org.uk
- ✓ Gosport Voluntary Action:- www.gva.org.uk

HSPN:- Lin Dudman - Lin.Dudman@cfirst.org.uk

