

The Transformation Bulletin

A bimonthly round up of how **community mental health services** are transforming across **Berkshire West**.

Issue #1, February 2023

Hello and welcome

Welcome to the first issue of the **Berkshire West Transformation Bulletin**.

This newsletter will feature everything you need to know about the **Community Mental Health Transformation Programme (CMHTP)** taking place in Berkshire West.

Here you'll find news and updates from us and our partners in the local authority and voluntary sector.

This issue includes a reminder of what the **Community Mental Health Transformation** is, updates on our progress so far and what's still to come.



What is the Community Mental Health Transformation?

You've probably heard about the **Community Mental Health Transformation Programme**, but if you're unfamiliar, here is a brief overview.

In 2019 NHS England submitted their Long Term Plan and Community Mental Health Framework. This outlined an exciting opportunity to transform community mental health focussing on:

- Communities and social determinants of mental illness
- Adopting a collaborative, interagency approach
- Creating smoother transitions for patients
- Integrating mental health services and physical care for people with SMI

With these principles in mind, the programme will deliver a new community mental health offer for Berkshire West.

Why is the transformation needed?



People with SMI have a shorter life expectancy

On average people with Significant Mental Illness (SMI) live 15-20 years less



Socioeconomic deprivation is a cause & a consequence of SMI

There is a higher prevalence of SMI in deprived areas



People with SMI have an employment rate of 8%

Compared to the national 75% average of the general population



Change is needed now

The way we provide support and treatment for SMI needs to change to a more holistic, person centred model that addresses the determinants of mental illness in conjunction with treating the symptoms.

The transformation means that services will be set up to provide the right support, in the right place at the right time to ensure that people with SMI can live full and happy lives.

How will things change?

New services

Treatment for SMI is too often delivered at a point of crisis when service users are admitted to a Secondary Care facility. We are creating new services to offer early interventions for SMI in a Primary Care setting to prevent the need for escalation. This enables the person using our service to have the least possible disruption to their lives and hopefully a faster recovery.

Improvements to existing services

A crucial part of the transformation is co-production. People who use services, their carers and people who deliver services are all inputting on how what improvements can be made using their valuable experience and expertise.

No wrong door approach

Sometimes people with SMI may need support and advice from a range of different professionals, people and organisations. If the local services and systems don't link up, it can feel like they're coming up against closed doors. The new model will remove these doors and ensure our local authority, voluntary sector and NHS professionals work collaboratively to provide joined up support.



So, what's the latest?

Berkshire West launched the programme in Autumn 2021 and has already made positive changes. Read more about what we've achieved so far.

Mental Health Integrated Community Services (MHICS)

MHICS consists of small, multi-disciplinary teams providing earlier access to people with significant mental illness in a primary care setting.

MHICS has now been launched across all 7 PCN's in Reading and 3 PCN's in Wokingham as of January 2023. The remaining PCNs in Wokingham and Newbury will launch later in 2023.

[Read more about MHICS on our website.](#)



The Reading MHICS Team



The Wokingham MHICS Team

One Team

The One Team Project is underway across Berkshire to eliminate unwarranted differences between East and West Berkshire Mental Health Services. This project aims to support the transformation's goal for smoother transitions for patients.

Personality difficulties (PD)

Psychologically informed consultation & training (PICT) has been launched across Berkshire. This is a small team of psychological therapists who support primary care practitioners with patients with personality difficulties.

[Read more about PICT](#)

Service user networks (SUN) have also been set up. These are groups to support people to manage their ongoing difficulties through regular peer support, opportunities to discuss concerns and develop their own safety plans.

[Read more about SUN](#)

The managing emotions programme (MEP)

is another part of the PD offering. This is a co-designed and co-delivered service which aims to increase service users' understanding and emotion management skills. We are delivering this programme in partnership with Together UK from Spring 23.

Status update continued...

Let's Connect

A new initiative called the Let's Connect Wellbeing Network has been launched to support wellbeing, by helping to connect people, organisations, services, and opportunities in the community. Regular meetings are held in Reading and Wokingham to help people build a social network. The group also offer up to six individual meetings to help people consider their goals and ambition for their life.

[Read more about Let's Connect.](#)

Voluntary sector partnerships

[Sport in Mind](#)

Sport in Mind provide Community Activator roles to Berkshire West who help support people with significant mental illness engage in physical activity.

[Citizens Advice Wokingham](#)

We are supporting the Living with EUPD project, which provides free, confidential and impartial advice, information and support to people living with Emotionally Unstable Personality Disorder.

[Together UK](#)

Our Managing Emotions Programme will be delivered by Together UK from Spring 23.

[Elmore](#)

Elmore will be providing long term support for people who haven't engaged with other mental health services. This work begins in Spring 23.

[Mind in Berkshire](#)

We are working closely with Mind in Berkshire to identify ways to collaborate in the near future.



18-25's Mental Health Services

A workstream lead has been appointed to start work reviewing mental health provision for 18-25 year olds – particularly looking at improving the transition from CAMHS to adult mental health services.

Older Adult Mental Health

Another area of focus for the transformation includes improvement to services for older adults. A workstream lead has been appointed to start in Spring 23.

Eating disorder services (ED)

In Berkshire there has been a focus on improving access to ED pathways. The First Episode Rapid Early Intervention for Eating Disorders (FREED) pathway is live to help offer early intervention for people with an eating disorder.



In the next issue...

More news and updates plus a focus on the MHICS Teams.

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