

22 December 2010

Keeping People Well: An Update

What is Keeping People Well?

Keeping People Well is a programme to help people living with mental health problems stay well and manage their own care in the wider community. NHS Oxfordshire and Oxfordshire County Council have designed two new services for Keeping People Well:

- **A Well-being service** which will provide information and advice, training, access to peer support and individualised recovery planning. This service will be open to anyone.
- **A Recovery Service** which will provide structured support to help service users progress along a recovery pathway. This service will be available to people referred from the mental health trust, TalkingSpace, Supported into Independent Living and the Well-being Service.



We have designed these new services to replace those current contracts expiring in March 2011 after listening to Service Users, Carers, current providers of day time services, clinicians and other interested parties. The key idea behind these two new services is to design a pathway that both helps prevent people becoming unwell and also can help people progress towards recovery.

Who is going to run the new services?

Two panels were formed to assess the bids for the new Recovery and Well-being services. Each panel had representatives from NHS Oxfordshire, the Mental Health Trust, Service Users, Carers, and Black and Minority Ethnic representatives. Each panel was chaired by Fenella Trevillion, Head of Integrated Commissioning at NHS Oxfordshire. We received a very high quality of bids and the Panels have now reached their decisions.

The Well-being service will be delivered by **Oxfordshire Mind**.

The Recovery Service will be delivered by **Restore**. Some of the services will be sub-contracted to other organisations including *Bridewell Organic Gardens* and *Root and Branch*.

These new services will replace the current day-time services from 7 March 2011.

How will the new services look?

The Well-being service and the Recovery service are **not** the same services as are currently provided by Oxfordshire Mind and Restore under their current contracts.

The Well-being service will provide a range of new services to help people understand mental ill-health, help them identify what keeps them well and offer practical support to help them along a pathway to recovery. It will include:

- support to prevent people becoming unwell through group training for 'at risk' groups
- information and advice to help people help themselves and learn how to get more support
- a programme of accredited short courses across the county to give people the knowledge and skills to help themselves
- peer support groups around the county to help people from particular areas, or with particular issues or interests in common, to support each other and develop recovery strategies
- 1:1 recovery planning for those people who need more help to identify what will work for them, including help developing recovery plans and putting their plans into practice in the wider community

The Well-being service will be universal: *anyone* can contact it for information and advice. If they need more help they can then be referred onto the other parts of the service. The Well-being service will operate out of a number of locations across the county, some currently used by Oxfordshire Mind, and some new ones located in the wider community.

The Recovery service will be delivered through seven locations across the county (including Bridewell Organic Gardens and Root and Branch and the current Restore sites) supported by some county wide services. Each site will provide people with the opportunity to participate in a supportive group with a focus on work and recovery.

The groups will help people to start and be supported on their recovery journey and to achieve their goals. Access to the service will be by referral from OBMH, the Well-being service and the housing providers within Supported into Independent Living. Restore will manage the referrals and assess people for places across all the sites.

Oxfordshire Mind and Restore are working with commissioners to finalise the detail of the new services. More information will be released in future newsletters.

What happens now?

The timetable going forward is as follows:

- Early January 2011 Publication of transition plan
Better Mental Health in Oxfordshire newsletter
- January 2011 Oxfordshire Mind and Restore finalise service design
- February 2011 Current service users assessed for new services
- 7 March 2011 New services commence

Planning for transition

The transition plan is being developed now. We have set up an Implementation Group which includes representatives from the Primary Care Trust, the Mental Health Trust, Service Users and Carers as well as observers from the County Council's Health Overview and Scrutiny Committee (HOSC). This group will review the transition plan at a meeting on 5th January and we aim to publish it as soon as possible after that date. Our aims are that:

- Everyone who currently uses services will have the chance to be referred to the new services
- Current service users who want to be referred will be assessed by the end of February so that people will know if they have a place in the Recovery service from 7th March 2011
- There will be a similar process for the Well-being service - this is being developed
- We will let everyone know what the new services have to offer through newsletters and events held over the period January to March 2011
- Anyone who doesn't want to use the new services or who cannot be offered a place for some reason will be helped to explore what other options are available to them
- We will co-ordinate the transition process for Keeping People Well with those for Supported to Independent Living, the redesigned housing pathway for mental health

More information and next steps

A further newsletter with the transition plan will be issued in early January 2011. That will include more details of the new services and how you can be referred to them with the help of your current provider. It would be a good idea to begin to think about what these changes might mean for you and talk to your care manager or staff at your current services about what help you might need in the coming months.

- **If you have any queries at any time you can send an e-mail to info.bmh@oxfordshirepct.nhs.uk.**
- **A Frequently Asked Questions discussion forum will also be made available on our website at <http://bit.ly/kpwservices-transition>**
- **Or you can contact the Integrated Commissioning Team at NHS Oxfordshire on 01865 334605**

