

23 Overview of Community Mental Health Services in Wokingham

Christine Dale
**Head of Mental Health BHFT/
Assistant Director Integrated Mental Health WBC**

Agenda Item 30.



- My role in the Mental Health Services in Wokingham
- Services managed :-
 - Community Mental Health Team (adults)
 - Memory Clinic
 - Community Mental Health Team (Older Adults)
 - Home Treatment Team (Older Adults)
 - Recovery College

Berkshire Healthcare NHS Foundation provide 40 Mental Health Services

25

- Local community based services
- Specialist services
- Hospital based services
- Berkshire wide services

<https://www.berkshirehealthcare.nhs.uk/our-services/mental-health-and-wellbeing/>

Community Mental Health Team (Adults)

- Fully integrated Health and Social Care Service
- Referrals via CPE
- Severe and enduring mental health needs e.g. Schizophrenia, Bi Polar or Personality Disorders
- Single integrated process under joint management
- Psychological interventions and support
- Carers
- Funded packages of care including joint funding
- Safeguarding

Accreditation with Royal College of Psychiatry

Improving Access to Psychological Therapy –Talking Therapies Service

- Talking Therapies provide treatment for common mental health problems e.g. depression, stress, anxiety or phobias by providing:-
 - Workshops and video courses for wellbeing and stress
 - Guided self help
 - Online therapy via SilverCloud
 - Individual therapy e.g. CBT, Counselling for depression, mindfulness
 - Employment support
 - Extended sessions until 8pm on 4 days a week

Crisis Resolution Home Treatment Team (CRHTTW)

- CRHTTW have offered a 24/7 immediate risk triage assessment by the duty team
- There has been no reduction in the service that CRHTTW has been able to deliver
- CRHTT have been flexible in their approach to the pandemic
- Increase in problematic drug and alcohol use
- CRHTT work force has remained consistent throughout the impact of Covid.
- Covid brought more SI's and complex cases and psychotic presentations
- Fear of job loss following mandatory covid vaccination plans.
- Increase workload through reduced capacity of other services.

Psychological Medicine Services (PMS) Royal Berkshire Hospital

29

- PMS have offered a 24/7 face to face provision
 - Telephone Assessments
 - Since March 2022 the team has operated at full pre pandemic levels
 - The demand for psychiatric beds remains above the expected norm
 - There has been no reduction in the service that PMS has been able to deliver
 - CORE 24 response times continue to be consistently met
 - PMS work force has remained consistent
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Recovery College provided by WBC

- Prevention service open to residents and staff 18 years+
- Co-produced courses that focus on improving mental health and wellbeing. The college aims to help people become experts in their own self-care and enable family, friends and staff to better understand mental health.
- Staff are experts by experience except the College Lead
- Delivered in Community Venues
- Work with volunteers to deliver courses
- Recruited to 2 new Recovery Worker posts to expand the offer
- On line offer during Covid now operating a hybrid model

[Wokingham Recovery College - Wokingham Borough Council](#)

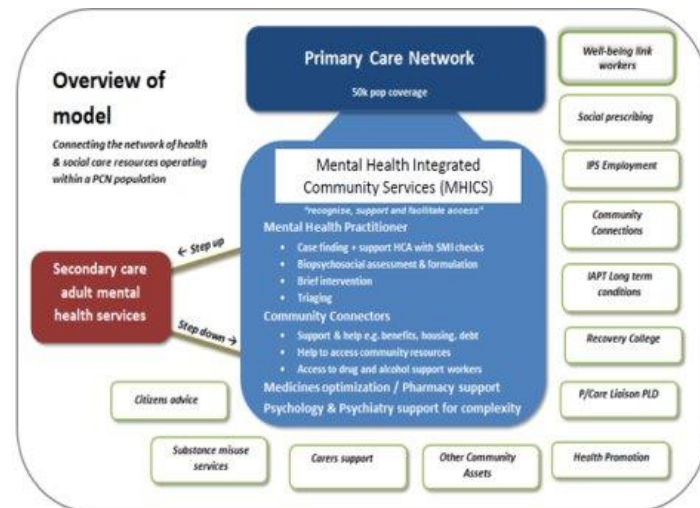
Recovery College provided by WBC

Courses are grouped into 4 main categories, which provides students with the option to focus on particular areas:

1. Wellbeing - supports a better understanding of your mental health and teaches skills for self-management. Includes a support group for those who hear voices and a support group for carers of those with mental health needs
2. Life skills - aims to increase confidence in tackling issues from everyday life
3. Creativity - allows you to explore your creative side through various mediums
4. Next steps - for anyone wishing to explore moving away from services and/or into employment

Mental Health Integrated Community Service (MHICS)

- We offer an **integrated primary-care service** to individuals who suffer from **significant mental health needs**.
- **Too complex for primary care services** (such as IAPT) or they **don't quite fit the criteria for secondary care pathways**
- Strong working links to voluntary services, primary care services, and local authorities to enable a **holistic and person-centred approach**.



Wokingham

- Linked in with PCNs, Local Authority and Voluntary Sector to aid scoping, planning and implementing
- Aiming to add support into PCNs by end of January 2023



Impact of Covid and Access to Services

- Remote Working during Covid using video consultation, phone contact and F2F when clinically appropriate
- Memory Clinic was only serviced ceased for 1st wave only
- Some staff shielding accommodated
- Control of environment for Social Distancing etc.
- PPE used
- Staff prioritised for vaccines
- Rise in numbers with psychotic illness 1st wave
- Rise in referrals for depression & anxiety due to isolation, job loss, bereavements, physical health etc.
- Evidence of some people declining to be seen

Workforce and Impact and Impact of Covid

- Peak of Covid Omicron infection impacted most between Jan- April 22
- Some redeployment of WBC staff required to support services most affected by Covid sickness absence during this period
- BHFT prioritised staffing on Crisis and Hospital services with redeployment
- Staff leaving or taking early retirement and recruitment difficult at times
- Covid continues to be one of the highest reasons for sickness absence
- Some staff are returning to work on WBC and BHFT sites, but hybrid working model remains prevalent overall
- BHFT offering F2F consultations with people now as norm
- Staff support and access to psychological support provided by BHFT
- Current rise in covid has seen a return to mask wearing when seeing people

Thank you
questions...

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