

Theme 3 - Ensure provision of mental health care & treatment

TH wants to achieve

How TH will do this

People to be able to access mental health care and support in a timely manner when they most need it

- Work to ensure waiting times for mental health services are minimised, publishing waiting times for key services as part of our commitment
- Ensure advocacy services are available so that people with a serious mental health issue who use our services know what choices are available to them locally, what they are entitled to and who to contact when they need support
- Review our referral and diagnostic pathway for people with Autism Spectrum Disorder who are not eligible for mental health services, expanding access to those with a prior diagnosis in need of support
- Offer Mental Health First Aid training to staff across the partnership so staff are able to identify and respond to the first signs of mental ill-health. We will ensure all front line housing staff receive training in this and suicide prevention

Better and improved access to community based mental health support

- Review the existing model for day provision and information and advice community services to increase personalisation and the integration of health and social care
- Review our resettlement and rehabilitation team pathways to ensure our supported housing, residential and nursing care providers for people with mental health problems - including dementia - have access to specialist support

People to have access to good quality inpatient services when they need them

- Work across East London with our partners to consider the current in-patient footprint, identifying any options for the future design of services that optimise safety and outcomes for service users
- Review the current in-patient services for older adults with continuing health care needs related to dementia so that, where appropriate, we reduce the length of a hospital stay through adequate and appropriate community services and care homes that are able to meet the needs of people with dementia

Support to be personalised and recovery orientated, with people having greater access to peer support and employment

- Expand access to support for people with mental health issues to access and sustain employment
- Expand the provision of peer support in all of our statutory and voluntary sector services
- More firmly embed peer support for people with Autism Spectrum Disorder who are not eligible for mental health services

People to experience more holistic treatment of their mental and physical health and more people with mental health problems to have good physical health

- Develop new integrated models of primary and community care, increasing access to a greater number of people with mental health issues to ensure people's holistic needs are met in one place
- Increase the number of people with serious mental illness who access enhanced physical health checks; ensuring we target initiatives to promote physical health to those in most need

More young people transitioning from Child and Adolescent Mental Health Services into adulthood to have a positive experience of services

- Improve and expand the transition pathway for children and young people into adult mental health services
- Improve and expand access to support for young people who do not go on to access adult secondary mental health services

Mental health care and support to be co-designed and delivered by the people who use them

- Work with partners and our voluntary sector groups to embed co-production in the design and delivery of our services
- Plan, carry out and monitor this strategy with people who have experience of mental health problems

Improved support for people with a dual diagnosis of substance misuse and mental health problem

- Work with the Drug and Alcohol Action Team, to consider the design of future support for people with a dual diagnosis including a serious mental illness and a substance misuse and/or alcohol problem