

Bedfordshire Community Mental Health Services

News Update: December 2017



A redesign of community mental health services is continuing in the Bedfordshire Mental Health and Wellbeing Service.

The changes are being made to deliver a more sustainable model of community services and new ways of working to meet the needs of the local population.

The focus will be on early intervention and prevention, short term interventions, and greater recovery and independency through self-management.

A key element is also to strengthen integration between primary and secondary care services.

Below is a summary of progress and changes.

LATEST NEWS:

ADULT CMHTS

A new Community Mental Health Team (CMHT) has been created for Bedford.

The new Bedford North CMHT team will work alongside colleagues from Bedford East and Bedford West CMHTs.

The changes have also seen the assertive outreach function for people with severe and enduring mental health problems move from being provided in dedicated Assertive Outreach Teams (AOTs) to being provided through the Bedfordshire CMHTs.

The former AOT telephone numbers are no longer in operation.

Updated contact details:

CMHT	CONTACT NUMBER	EMAIL ADDRESS FOR REFERRALS
Amphill	01525 758400	Elt-tr.amphillcmht@nhs.net
Bedford East	01234 880422	elt-tr.bedfordtriagecmht@nhs.net
Bedford North	01234 880411	elt-tr.bedfordtriagecmht@nhs.net
Bedford West	01234 880433	elt-tr.bedfordtriagecmht@nhs.net
Biggleswade	01767 224922	elt-tr.biggleswadecmht@nhs.net
Dunstable	01582 709200	elt-tr.dunstablecmht@nhs.net
Leighton Buzzard	01525 751133	elt-tr.leightonbuzzardcmht@nhs.net

WEEKEND DROP-IN SERVICE FOR SERVICE USERS

A weekend drop-in service is being piloted at the Bedford CMHT base at Florence Ball House at Bedford Health Village every Saturday from 11am-1pm for service users within the CMHTs using the assertive outreach model. This has proved valuable for this service user group to date and has consequently been expanded to include other service users on the CMHT caseload not in mental health crisis but who require some additional support at weekends.

If this pilot continues to be successful we will explore how we can develop a similar facility in Central Bedfordshire.

OLDER PEOPLE'S CMHTS

Current models of providing the Older People's CMHTs, including the Memory Assessment Services, are being reviewed with a view to ensuring the teams continue to meet best practice standards of care. This piece of work has just begun and events involving service users and key stakeholders are taking place.

NEW MANAGEMENT STRUCTURE

A series of appointments have been made to the restructured community services management model. Details are included in the attached chart

EXPANSION OF PRIMARY CARE MENTAL HEALTH TEAM (PCMHT)

The Trust is expanding the 3 Primary Care Mental Health Teams (PCMHTs) from four staff to nine. Recruitment to the new posts has been completed with 8 of the 9 staff now in post and the final new worker starting in January. The key principles of the service are to work with service users and carers closer to their home to deliver highly accessible and responsive interventions within primary care to promote a truly integrated, holistic approach to care.

The service has a clear focus upon prevention, early detection and intervention with the PCMHT promoting self-management through empowerment and partnership working with service users, embracing the person centred approach to recovery.

The Primary Care Mental Health Workers work mainly in GP Surgeries and operate from three hubs in the following localities:

- * Bedford Borough
- * Ivel Valley & West Mid Beds
- * Chiltern Vale and Leighton Buzzard

The Team Manager is Michael Farrington who can be contacted at Michael.Farrington@elft.nhs.uk or 07899 068298 if you would like further information about this service.

RECOVERY SERVICE

A new Recovery Service has been developed including the Recovery College, Individual Placement Support Team (Employment Advisors), Arts Therapists, People Participation Leads, and the Break The Stigma Campaign.

The Recovery College continues to expand across Bedfordshire and new partners continue to engage to provide mental health promotion and other workshops.

WORKFORCE DEVELOPMENT

A workforce development group has begun which will define core and enhanced roles and skills for adult CMHTs, PCMHT workers and the Recovery College. The group is also exploring how the Peer Support Worker role can best be developed in the adult CMHTs.

Further updates will be shared as the service redesign progresses.

In the meantime, please don't hesitate to contact Paul Rix, Deputy Director for Bedfordshire Mental Health & Wellbeing Service, on paul.rix@nhs.net if you would like further information on these developments.