

NHS England Long Term Plan for Mental Health

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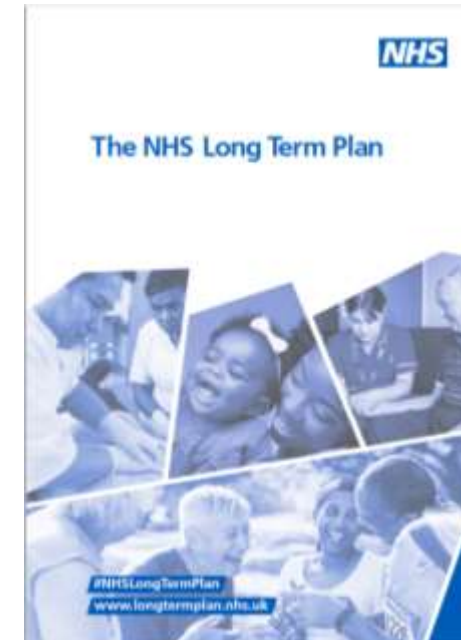


Mental health in the Long Term Plan

Our headline ambition is to deliver ‘world-class’ mental health care, when and where children, adults and older adults need it.

The NHS Long Term Plan published on 7 January 2019 commits to grow investment in mental health services faster than the overall NHS budget. This creates **a new ringfenced local investment fund worth at least £2.3 billion a year by 2023/24**. Further, the NHS made **a new commitment that funding for children and young people’s mental health services will grow faster than both overall NHS funding and total mental health spending**. This will support, among other things:

- Significantly **more children and young people from** 0 to 25 years old to access timely and appropriate mental health care. NHS-funded school and college-based Mental Health Support Teams will also be available in at least one fifth of the country by 2023.
- People with **moderate to severe mental illnesses** will access better quality care across primary and community teams, have **greater choice and control** over the care they receive, and be supported to lead fulfilling lives in their communities.
- We will **expand perinatal mental health care** for women who need specialist mental health care during and following pregnancy.
- The NHS will provide a single-point of access and timely, age-appropriate, **universal mental health crisis care** for everyone, accessible via NHS 111.



The detail: integrated primary and community care for adults & older adults with moderate to severe mental illnesses

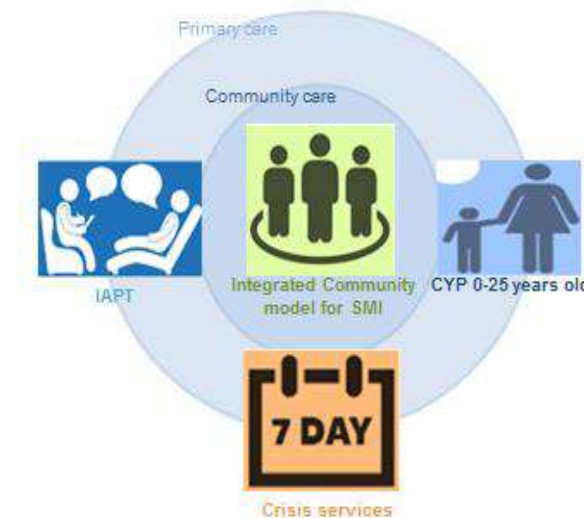
We will establish new and integrated models of primary and community mental health care to support at least 370,000 adults and older adults per year who have severe mental illnesses by 2023/24, so that they will have greater choice and control over their care, and be supported to live well in their communities.

A new generic community-based offer based on redesigning community mental health services in and around Primary Care Networks will include: improved access to psychological therapies, improved physical health care, IPS/employment support, **personalised and trauma-informed care**, medicines management and support for self-harm and coexisting substance misuse.

This includes maintaining and developing new services for people who have the most complex needs including EIP, '**personality disorder**', rehabilitation and adult eating disorders.

Through transforming the model of care and investing in new workforce we will be providing:

- better care for people already receiving mental health support in the community
- increase access to these services over a 10 year period, including testing a new **four-week waiting times standard**
- increase the number of people with severe mental illnesses receiving **physical health checks** to an additional 110,000 people per year
- support an additional 35,000 people to participate in the **Individual Placement and Support programme** each year by 2023/24.



What does this mean for trauma informed care?

Trauma informed care will be central to NHS England's new 'personality disorder' programme. We want to:

Ensure people with lived experience are at the heart of efforts to design, develop and implement these ambitions

Shape the future by listening, being honest and recognising the reality of the past and present

Through the transformation of **core community** services ensure that (generic) teams are equipped with the **right staffing, knowledge, understanding and skills** to be inclusive and provide high quality evidence-based interventions for people with complex mental health difficulties who are diagnosed with a 'personality disorder'.

Ensure co-designed and -produced **dedicated community services** are available for those with more **complex needs**, ensuring they fulfil their secondary function of educating and upskilling generic services.

What does this mean for trauma informed care?



NHS England will work with NHSI and HEE to equip the mental health **workforce** with capacity and competency to:

- deliver NICE-recommended **psychological therapies for PD** with nationally funded courses being delivered from 2019/20 academic year
- shape what new, fair, safe and supported **peer support roles** could look like and how they could be implemented
- deliver **trauma-informed care** and ensure a **minimum level of understanding** around 'PD' for the **entire NHS MH workforce** through updating and supporting implementation of the Knowledge and Understanding Framework

NHS Operational Planning and Contracting Guidance 2019/20 states that as LTP funding for MH starts to flow into CCG baselines in 2019/20, CCGs in association with STPs and ICSs must:

“Use additional 2019/20 baseline funding to stabilise and **bolster core** adult and older adult community mental health teams and services for people with the most complex needs, including people with diagnoses of **personality disorder**... Alongside this, undertake preparatory work for the mobilisation of a new integrated primary and community model as part of the Long Term Plan”

- The transitional year of the LTP will allow for:
- planning and defining new programme to improve care for those with the most complex needs, workforce development requirements, and to inform deployment of new monies in future years
- Learning from:
 - existing national TIC initiatives such as secure care women's pathways, perinatal services, women's offender pathway
 - local TIC initiatives to inform LTP implementation- *What is out there? What are the key features? What does the evidence say?*

Thank you

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