East Kent Mental Health Team News

October 2019

Every Mind Matters Campaign

The national #EveryMindMatters campaign has launched. Every Mind Matters is a campaign to help you manage and maintain your own mental health and support others. There is a film on YouTube to introduce the campaign and a short quiz that creates your own mental health action plan tailored on your responses. Every Mind Matters has information about common problems and there are also more in-depth modules on stress, sleeplessness, anxiety and low mood. Each module contains information on what can cause changes in people’s mental health, possible signs to look out for, advice on things you can do and importantly, explain what’s OK and when people should seek further support. To find out more or to take the quiz go to: https://www.nhs.uk/oneyou/every-mind-matters/ or search for Every Mind Matters in your search engine.

Mental Health Local Care Service

Following on from a competitive procurement we are now working with the new provider – Invicta Health a not for profit community interest company, to mobilise the new comprehensive Mental Health Local Care service. This new service will improve mental health support at local levels across east Kent and will provide support and consultation to both the Community Mental Health Teams and GPs to bridge the gap between Secondary and Primary Care and to ensure consistent treatment and care to the individual and sustained management in Primary Care. This new service is planned to go live in January 2020.

In addition to the Mental Health Local Care Service we will also be working with the new service to ensure that people with mental health needs have physical health checks.

Mental Health Support in General Hospitals

Mental Health Support in general hospitals also known as liaison psychiatry is going to be expanded in east Kent. The Queen Elizabeth the Queen Mother hospital in Margate already has full specialist mental health support around the clock, seven days a week and funding has been received to extend the service currently available at the William Harvey hospital so it is also available 24/7. The current liaison psychiatry service also provides ‘outreach’ support to Kent and Canterbury Hospital. It is anticipated that this extra support will be in place in Ashford in spring 2020.
High Intensity User Project

We are working on a pilot high intensity user project which will focus on working differently with the top 50 attenders at hospital emergency departments in east Kent. The project will work with these individuals using a social prescribing approach to connect people to local resources and address loneliness and social isolation. The pilot project aims to begin in November and will be run by the British Red Cross. Although this is not a mental health specific service it is likely that the majority of the 50 people will have mental health related issues. To find out more about other similar projects go to: https://www.england.nhs.uk/rightcare/workstreams/high-intensity-user-programme/

Additional Mental Health Support for Students

We are increasing the hours of mental health support for students at Kent University and the service will also now be able to provide support to students at Christ Church University. This expanded service will be fully in place by the end of 2019. To find out more go to: https://www.kent.ac.uk/studentsupport/wellbeing/

Additional Investment in Community Mental Health

We will be working with Kent and Medway NHS and Social Care Partnership Trust to develop what additional investment should focus on. Specifically we are looking to reduce waiting times for referrals as well as reduce the number of people who find themselves in mental health crisis.

Alzheimers Research UK Survey on Shaping Future Dementia Treatments

Alzheimer’s Research UK are asking the public to give their views on what they want to see from future dementia treatments. The online survey is open to anyone over the age of 18, with or without experience of dementia. The ultimate aim is to gain a better understanding of what people would value most, to help charities, researchers and organisations tasked with making decisions about new treatments. To take part go to: https://shapefuturetreatments.org/

Carers Action Plan 2018 – 2020 1 Year Progress Review

The carers action plan 2018 to 2020: 1-year progress review sets out the progress that has been made towards fulfilling the commitments in the carers action plan 2018 to 2020. To read the 1 Year Progress review go to: https://www.gov.uk/government/publications/carers-action-plan-2018-to-2020-1-year-progress-review

Children and Young Persons Mental Health – Tier 4 Inpatient Provision

Following a two year period of discussions and planning with South London and Maudsley NHS Foundation Trust (SLaM) and NHS England, NELFT NHS
Foundation Trust are delighted to announce the contract award for Kent and Medway Tier 4 inpatient mental health beds for children and young people. The standalone Unit situated at Woodlands House in Staplehurst Kent is currently run by SLaM and will transfer to NELFT on 1 April 2020.

NELFT is the current provider for Children and Young Peoples Mental Health Services within the community in Kent and as such, this is a significant opportunity towards enabling the complete management of a mental health pathway for children and young people in Kent and Medway.

Plans for the unit include availability of 11 inpatient beds and an intensive home treatment offer for 3 young people as day patients. There will be a significant investment to refurbish some of the facilities in Woodland House to create a new Section 136 suite which will also be managed by NELFT.

This contract presents NELFT with a great opportunity to provide better patient outcomes and improve care for service users in Kent and Medway.

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**Local Mental Health Information**

For information and about support to help you improve your mental health and wellbeing please go to your local CCG Mental Health pages:

[Ashford CCG](#) | [Canterbury CCG](#) | [South Kent Coast CCG](#) | [Thanet CCG](#)

If you have any additional suggestions or ideas for your local mental health pages please email Louise or Sarah at the email below, thank you.