

# NEWSLETTER

Living Well Derbyshire Derby Wellbeing

## In this issue...

- **Background**
- **Living Well Derbyshire**
- **The service model**
- **Localities updates**
- **Key messages**
- **Further information**

## Background

### The Community Mental Health Framework

The overarching aim of the Community Mental Health Framework is to provide high-quality mental health care and support within a community setting. The Framework emphasises an aim to improve people's quality of life, including supporting individuals to contribute to and participate in their communities as fully as possible, connect with meaningful activities, and create or fulfil personal hopes and aspirations.



## Living Well Derbyshire – a local approach to delivery of the Framework

Living Well Derbyshire is a service model which builds on existing Community Mental Health Teams (CMHTs) to encompass a multi-agency team, consisting of colleagues from the Voluntary, Community and Social Enterprise (VSCE) sector, social care, health and the voice of lived experience.

The model offers short term care packages (up to 12 weeks) for people who may be too unwell to be supported by existing primary care teams, but do not meet the threshold for current Community Mental Health Team (CMHT) intervention.

We know this has been an area of improvement that has been needed for some time to support our community services in assisting those who fall through our 'gaps', or people who need support with different aspects of their life that can affect their mental health, such as housing advice, loneliness support or physical healthcare needs.

This is a needs led, person-centred, non-medical approach to supporting people within the community.

This service model was piloted in the High Peak in 2022. The learnings and feedback received from colleagues and those using the service has enabled the teams to develop local launches.

## The service model

The new Living Well service will encompass both a shorter-term and longer-term offer. The service will be accessed by a multi-agency service single point of access (SPOA) which will enable an easy step up/step down approach and also receive referrals from primary care. The multi-agency team includes Peer Support Workers, Wellbeing Coaches, Social Care Practitioners, Occupational Therapists and Community Psychiatric Nurses.



## Localities updates

### High Peak

The multi-agency High Peak Living Well Community Mental Health Team (CMHT) launched on 22 August 2023 following a period of preparation and planning.

### Derby Wellbeing

Through a series of engagements, and as part of the ongoing expansion, the Derby Wellbeing team realigned into two teams, both with shorter-term and longer-term offers, on Monday 4 September 2023. The **huddle** has been in operation for a year now where system partner relationships and approaches have been developed. As part of the further expansion and mobilisation work, the huddle will separate on Monday 11 September to form two huddles, some of which are based within venues across Derby city.

## Chesterfield

The team in Chesterfield are preparing to launch on 9 October 2023 and are eager to progress with mobilisation. The multi-agency team is in a strong position, with a full workforce from health and the VCSE sector.

## North East Derbyshire and Bolsover

Pre-mobilisation planning meetings have commenced with the service managers from North East Derbyshire & Bolsover, which will see two CMHTs coming together under one Place Alliance umbrella. The Living Well single point of access (SPOA) function continues to be developed to enable the new ways of working together. The teams continue to work with VCSE colleagues, building on the pilot from earlier in the year. The Living Well service model is due to launch December 2023/January 2024.

## Derbyshire Dales

All DHCFT roles will be recruited to by October 2023, whilst VCSE partners continue to recruit to positions. An expected launch for the Dales is 26 February 2024.

### What's a huddle?

Each day multi agency teams (MATs) will meet in a daily huddle to discuss new work and support each other with current work.

In the new model, the daily huddles are a really key part of Living Well to ensure staff feel connected to one another, they mean that individual staff aren't left carrying risk or individual cases until the next multi disciplinary meeting (MDM).

Amber Valley

South Derbyshire

Erewash

**Wave three**—sites have now been allocated funding to start recruiting into essential posts. Pre-launch planning meetings, with the service managers, will begin within the coming weeks with learning being taken from other localities that have already mobilised.

### Key messages

A number of key messages have been developed for the Living Well model.

### Team members

This offers a chance to work in new ways by using the support from the short-term offer team. In addition to providing people with a wider range of support, this approach should have a positive impact on referral numbers to the traditional CMHTs and be an opportunity to reduce caseload numbers by supporting people who require a shorter-term intervention.

### Patients/people

A person won't have to tell their story more than once. This is something people have told us they find difficult when they are supported by different services and will therefore improve the experience of people accessing care. It will also enable a faster flow through services for people with fewer cliff edges when moving through the system.

### Carers

The short-term offer should increase community resilience, allowing carers to harness the support of local services. In turn this should create less pressure solely for those who provide care, increasing wellbeing of both the person accessing care and the carer.

### Further information

For further information, please visit [www.livingwelderbyshire.org.uk](http://www.livingwelderbyshire.org.uk) or follow us on Twitter [@Livingwellteams](https://twitter.com/Livingwellteams)

