Working with primary care to deliver the Five Year Forward View for Mental Health

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mind.org.uk
We're Mind, the mental health charity. We're here to make sure anyone with a mental health problem has somewhere to turn to for advice and support.
Find the words

Mind
for better mental health
Around 9 in 10 of adults with a mental health problem are treated within primary care
Mental health support in primary care right now

Only 37 per cent of people in England with a common mental health problem receive treatment.

Around One in three GP appointments involves a mental health component.

On average, GPs spend nearly a fifth of their appointment time on social issues.

People with physical long-term conditions are two to three times more likely to experience mental health problems than the general population.

61 million prescriptions for antidepressants were administered in 2015, a 100 per cent increase on 2005.

Medically Unexplained Symptoms (MUS) account for up to a fifth of GP consultations.

Half of GPs have been found to be at high risk of burnout, and 16 per cent report experiencing a significant and unmanageable amount of work-related stress.

Only 67 per cent of rough sleepers are registered with a GP compared with 98 per cent of the general population.
What is the aim?

NHS England should ensure that by 2020/21, 280,000 more people having their physical health needs met by increasing early detection and expanding access to evidence-based physical care assessment and intervention.

Our goal therefore is to
- To improve **access** to **physical health checks** for people with SMI
- To improve **access** to **follow up physical health interventions** for people with SMI **AND** To improve the **quality** of both the **physical health checks** and **interventions**, to ensure in line with NICE guidance.

CCGs are to offer NICE-recommended screening and access to physical care interventions to cover 30% of the population with SMI on the GP register in 2017/18, moving to 60% population from the following year. This is to be delivered across primary and secondary care.
1. Funding
   - In 2016 NHS E announced funding within CCG baselines from April ‘17 for improving physical health care for people with SMI

2. CCG guidance
   - But funding not ring-fenced so we need strong steers for CCGs
   - Developing implementation guidance for CCGs to support the delivery of comprehensive physical health checks for people with SMI in primary care. Includes:
     - Articulating what the physical health check consists of
     - Workforce training available
     - Best practice delivery models, e.g. Enhanced Primary care services, Bradford Tool
     - A checklist for CCGs

3. Data and transparency
   - Working with NHS Digital to re-establish data flow on provision of physical health checks in primary care

4. And a national lead on workforce development
   - HEE are developing a competency framework to support workforce development for physical health SMI.
What is the aim?

By 2020/21, NHS England should complete work with ALB partners to develop and publish a clear and comprehensive set of care pathways, with accompanying quality standards and guidance, based on the timetable set out in this report. These standards should incorporate the relevant physical health care interventions and the principles of co-produced care planning.

- NHS England and NCCMH to start work in Q3 on a care pathway for everyone in receipt of community-based mental health services, including primary care.
- Intention to publish at end of 2017/18

How to respond to needs of people who:
- Meet neither the profile for IAPT services nor the threshold for secondary care
- Require support following discharge from secondary care to sustain recovery

- Implementation guidance will include examples of positive practice in primary care mental health, recognising the additional capacity and capability required to better meet mental health needs.
- Baseline audit of capacity, activity and workforce within community-based mental health services to be undertaken, including detailed look at extent of enhanced primary care being delivered beyond core GP contract.
What is the aim?

NHS England should invest to increase access to integrated evidence-based psychological therapies for an additional 600,000 adults with anxiety and depression each year by 2020/21 (resulting in at least 350,000 completing treatment), with a focus on people living with long-term physical health conditions and supporting 20,000 people into employment. There must also be investment to increase access to psychological therapies for people with psychosis, bipolar disorder and personality disorder.

- Evidence suggests that providing integrated care to patients with LTCs and mental health problems results in better outcomes and reduced healthcare utilisation, reducing physical healthcare costs by 20 per cent.
- IAPT services to expand to enable 1.5 million people to access treatment each year by 2020/21.
- Additional 4,500 IAPT therapists to be trained by 2020, 3,000 of which to be integrated into primary care in multidisciplinary teams in general practice (GPFV).
- In 2016/17 and 2017/18 partial funding support available to CCGs in the IAPT Early Implementer Programme. Future funding from CCG allocations and from savings made in physical healthcare in hospital.
Aim to achieve 3,000 new therapists co-located in primary care.

New employment advisors supporting people in IAPT in Quarter 1, 2017/18.

Over 600 new training places available to increase skilled therapists.

Ahead of targets:
- 87.8% people entering treatment waited less than 6 weeks.
- 98.3% waited less than 18 weeks.

30,000 people will be treated in integrated settings including primary care in 2017/18.

1,000 addition people already seen.
Find the words

Everyone deserves the right mental health support from their GP practice.

What should I say to my GP?

It can be hard to talk about your mental health – especially when you're not feeling well. But it's important to remember that there is no wrong way to tell someone how you're feeling.

- Be honest and open.
- Focus on how you feel, not on whether or not you meet a diagnosis.
- Try to explain how you've been feeling over the past few months or weeks, and anything that has changed.
- Use words that feel natural to you – you don't have to say specific things to get help.
- Try not to worry that your problem is too small or unimportant – everyone deserves help and your GP or practice nurse is there to support you.

Talking to your GP or practice nurse about your mental health at an early stage can help you to stay well. They can:
- offer you support and treatments
- make a diagnosis
- refer you to a specialist service.

- Short film and guide on making the most of the time you have with your GP or practice nurse
- https://www.mind.org.uk/findthewords
Find the words

People working in your GP Practice deserve support so they can provide the best care for you.

- 88% of primary care staff experience workplace stress compared with 56 per cent of general workforce (Mind 2016)
- Half of GPs at high risk of burnout
- Call for better mental health support for people working in primary care
Training for primary care staff

- Only 46% of trainee GPs undertake a training placement in a mental health setting.
- Trainee GPs are faced with a narrow choice of training placements, and limited time and resources to complete them.
- 82% of practice nurses feel ill-equipped to deal with aspects of mental health for which they’re responsible.
- 42% of practice nurses have had no mental health training at all.
Mind's campaign asks

- All primary care staff able to access **effective occupational health services and mental health support**
- Every GP Speciality Trainee is able to undertake a **rotation in a mental health setting**
- The GMC should specify a **set proportion of annual CPD credits for GPs to undertake which have a mental health focus**
- The NMC should specify a **set number of training hours that practice nurses should spend with a focus on supporting people with mental health problems**
- GP practices should allocate sufficient funding to support **protected training time for all staff**
- Requirements for **staff training on mental health should be included within commissioning agreements for primary care services**
Any questions?

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To find out more:

www.mind.org.uk for general information