

Exploring professional mental health services referral pathways

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Aims of our lunch time catch up:

To share our collective knowledge:

- Using ALGEE as a framework to explore the professional services available
- Exploring our local area
- Recognising areas of good practice and what to do when services are limited
- Refreshing boundaries as MHFA instructors and MHFAider's
- Self-care

So how do you think people who access Mental Health services see Mental Health Services?

- Use the chat box to add your thoughts:





The experiences of those who access Mental Health services can feel fragmented and

- Despite government claims to increase funding for Mental Health services
- Despite the increase of Mental Health awareness
- There is still a huge disconnect

HOWEVER

- The NHS Plan for Mental Health [NHSPlanMH](#) under pins the best practice and hopes for an improved Mental Health service ... lets explore

So what does
this mean for
us as MHFA
instructor
members ?

- **ALGEE** is the framework we encourage our MHFAider's to adhere to.
- Once we have **Approached, Assessed, Assisted** and **Listened**, we then need to decide if we: **Give Support, Encourage Professional Help** and / or **Encourage other Support**.
- It is therefore important to be familiar with **Professional and other Support options?**

The History of Mental Health Policy *(underpinning Mental Health Service Provision)*

CPA 1991

New NHS 1997
and Modernising
Social Services
1998

NSF 1999

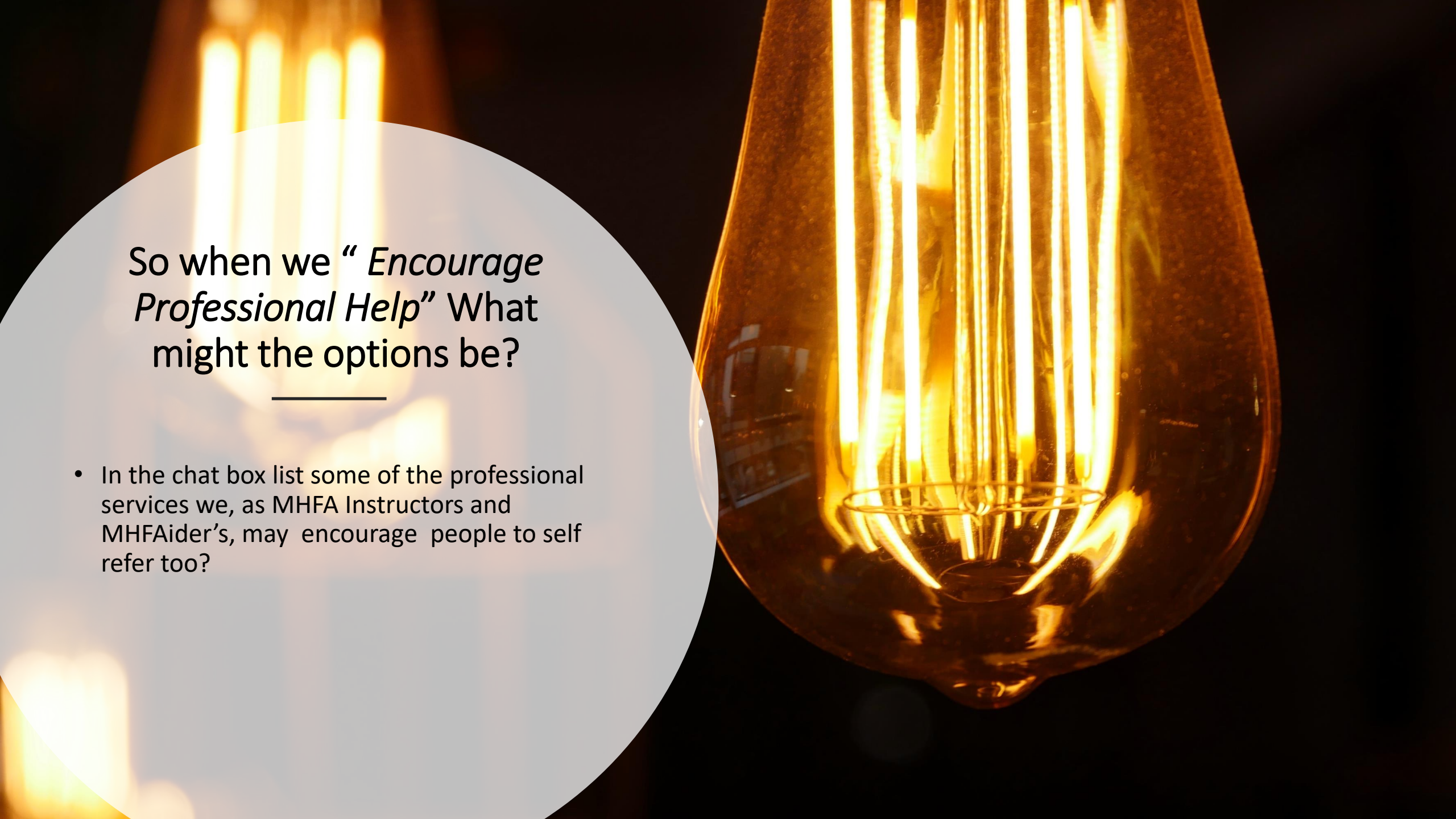
Equity and
Excellence 2011

No Health without
Mental Health
2011

Health and Social
care act 2012

Five year forward
view 2014

NHS Plan 2019



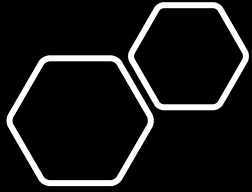
So when we “ *Encourage Professional Help*” What might the options be?

- In the chat box list some of the professional services we, as MHFA Instructors and MHFAider’s, may encourage people to self refer too?

Local Intelligence .. What's in your area

- As MHFA Instructor Members it's vital we encourage those we facilitate to become MHFAiders to have knowledge of their locality in terms of Mental Health services and Mental Health resources.
- In the UK all health provision is funded by the local CCG, this includes Mental Health care.
- Each CCG will collaboratively plan the focus for all health and have a focus for Mental Health for the locality dependant on demographics etc.
- For my local area the Mental Health priorities are:
 - 1.Flexible Access
 - 2.Whole person care
 - 3.Reduce suicides
 - 4.Reduce stigma





And of
course
Hub of Hope



A good example of access to Professional Mental Health Support (*Northamptonshire MH Collaborative with Mind*)

- **Self Referral/ presentation:**
 - GPs remain one option
 - Crisis cafes , Crisis intensive home support and Crisis houses.
 - 24 professional Mental Health phone line (5900 call per month)
 - IAPT
 - AE Liaison
 - Op Alloy and soon to be Op Paramedics
-



All of the previous services mentioned have direct access to further professional referral if needed:

Following an assessment in one of the services discussed, if appropriate, the individual can then access/ be referred to:

- Secondary care (*inpatient or community*)
- Crisis intervention – home treatment (*24 hour professional led care*)
- Short term Crisis house (*linked to crisis intervention team*)
- In patient admission for assessment or treatment (*informal or under the Mental Health Act*)
- Community Mental Health Teams (*usually a 9-5 service*)
- Specialist or tertiary care (*CAMHs, Eating Disorder team, Personality Disorder team, Forensic team, Maternal Mental health team, ADHD team, Older Person team, Early Intervention team*)

However services are stretched

- We can not always access what we, or others may need
- Or
- Others may not wish to accept **Professional support** or acknowledge that it is needed.
- *Our role as MHFA instructors is to ensure we facilitate confidence in doing what we can to support others and keep ourselves and others safe.*



Boundaries

- It is so important as **MHFA Instructor Members** that we thread the importance of boundaries throughout our facilitated sessions.
 - Its important that they are familiar and confident with their role as a **MHFAider's** and mindful of their limitations.
 - *Having confidence in the Professional Support available should help this.*
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Self Care

- This is why, as **MHFA Instructor Members** and to support our **MHFAider's**, we must really encourage and normalize self care.
- This will help them and us to maintain boundaries and minimize burnout.
- As *MHFA Instructor Members* we need to support our *MHFAider's* to set up their own support system or access MHFA England support options.

...inhale...

...exhale...

@LauraJaneIllustrations



Questions

Resources

- <https://www.nhs.uk/mental-health/talking-therapies-medicine-treatments/talking-therapies-and-counselling/nhs-talking-therapies/>
- <https://www.gov.uk/government/publications/suicide-prevention-cross-government-plan>
- <https://hubofhope.co.uk/page/what-is-the-hub-of-hope>
- <https://www.nhs.uk/service-search/mental-health/find-an-urgent-mental-health-helpline>
- <https://www.england.nhs.uk/mental-health/taskforce/imp/mh-dashboard/>



- <https://www.centreformentalhealth.org.uk/>
- <https://www.england.nhs.uk/our-nhspeople/>
- <https://www.nhscc.org/ccgs/>
- <https://www.gov.uk/government/news/mental-health-recovery-plan-backed-by-500-million>



Thank you!

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Thank you

To share any comments or ideas,
please email:

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