

Challenging times – working together to deliver effective rural health services

Integrating Prevention & Networks within a rural model of care

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LPFT – Fast facts

- Principal provider of NHS adult mental health and social care services in Lincolnshire.
- 77 sites
- 255 inpatient beds
- 1,878 staff
- Annual budget of £97.8m



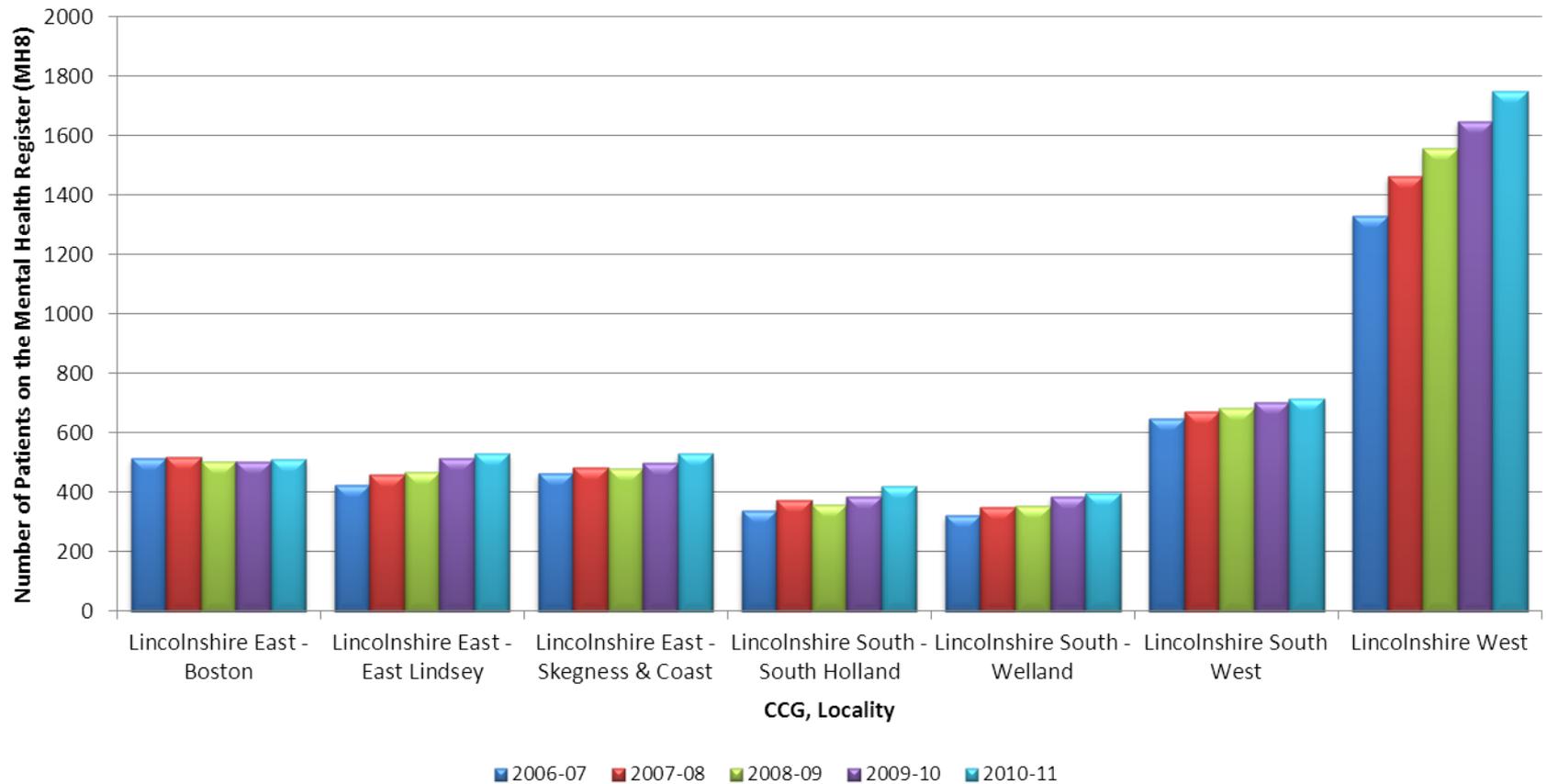
Characteristics of Rural Health

- Higher rates of suicide
- Higher rates of alcohol related disease
- Higher number of accidents
- Higher palliative care workload
- Seasonal fluctuations in population

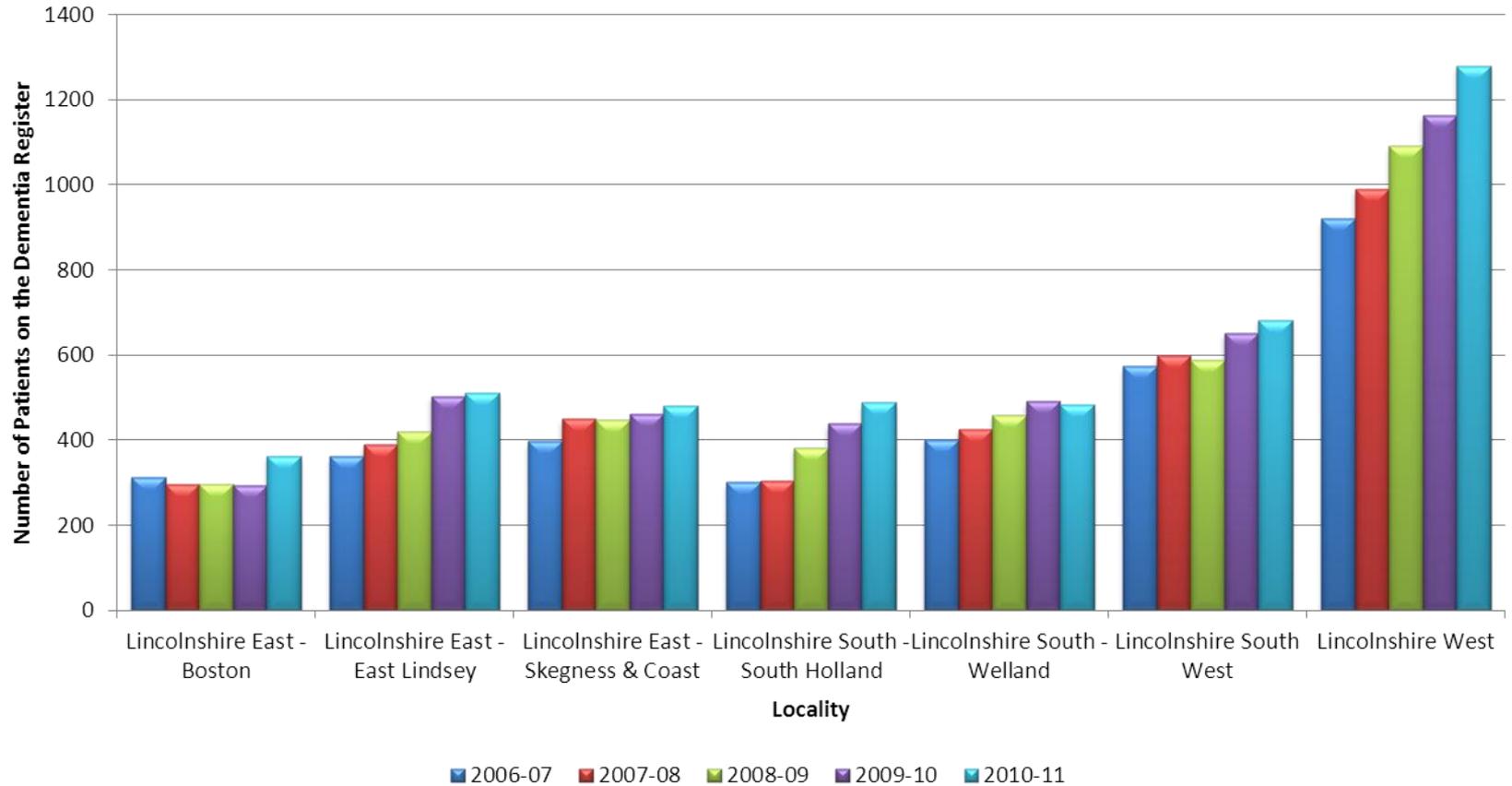
Health in Lincolnshire

Wider Determinants of Health		Local value	Eng. Ave.	Eng. Worst	England Range	Eng. Best
1	Percentage of 16-18 year olds not in employment, education or training	4.70	5.98	11.40		2.70
2	Episodes of violent crime, rate per 1,000 population	11.63	14.78	35.06		6.35
3	Percentage of the relevant population living in the 20% most deprived areas in England 2010	11.80	19.77	82.99		0.27
4	Working age adults who are unemployed, rate per 1,000 population	55.63	64.24	120.38		32.60
5	Directly standardised rate for hospital admissions for alcohol attributable conditions, rate per 1,000 population	14.93	17.43	31.14		8.49
6	Numbers of people (aged 18-75) in drug treatment, rate per 1,000 population	3.94	5.46	0.88		16.26
Risk Factors						
7	Homeless households rate per 1,000 population	1.48	2.03	10.36		0.13
8	Percentage of the population with a limiting long term illness (based on 2001 census data)	18.18	16.93	24.35		10.25
9	Percentage of pupils participating in physical activity 5-16 year olds	86.50	86.36	57.94		100.00
10	Percentage of adults (16+) participating in recommended level of physical activity	13.23	11.45	5.76		16.93

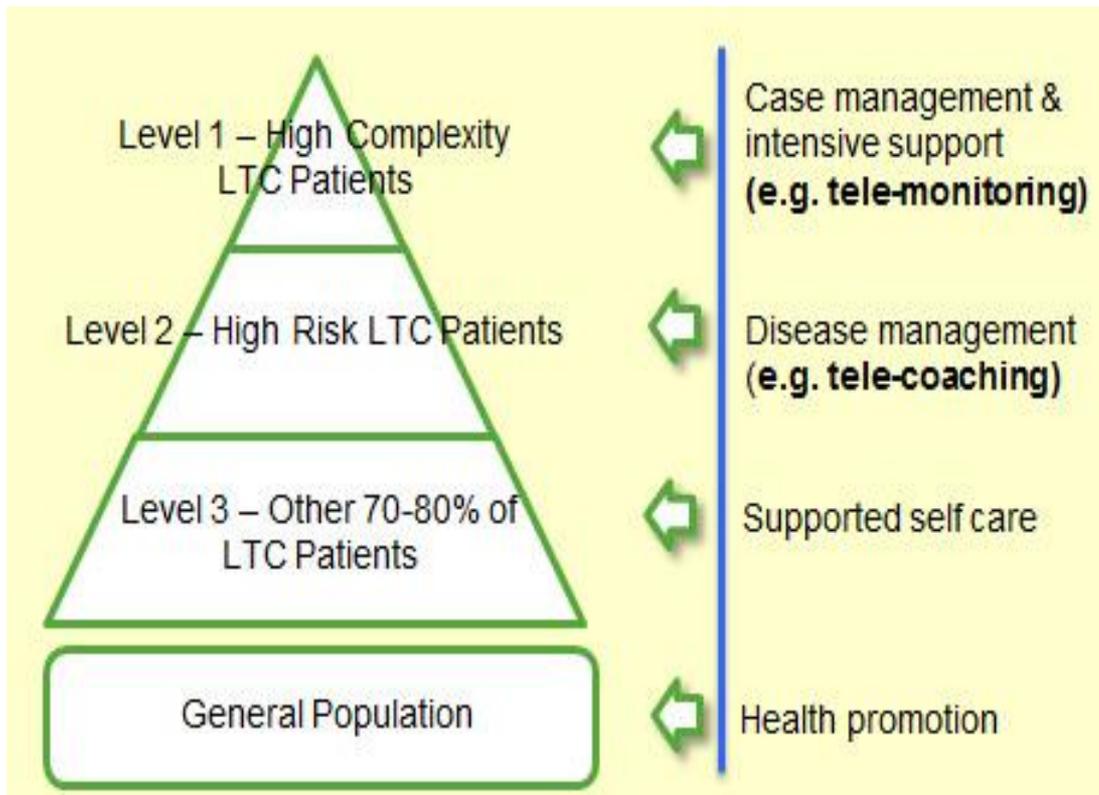
Lincolnshire - Mental Health Register (MH8) - 2006 - 2011



Lincolnshire - Dementia Register - 2006 -11 by Locality



Our Challenge; Our Strategy



- The strengthening of voluntary services to provide on-going support to service users
- Collective and collaborative response within communities to promote independence

Extended Community Care Model

- Community Resilience
- Self Care
- Anticipatory Care
- Long term Condition Management
- Planned Care, Emergency Care & Out of Hours

SHINE & Managed Care Network

- **The Managed Care Network** is supported by the Mental Illness Prevention Fund, administered by LPFT on behalf of Lincolnshire County Council. The Managed Care Network can be described as a co-ordinated, managed and integrated network of groups and organisations providing preventative support and services to people with mental health problems.
- The **SHINE** Mental Health Support Network has been established as an independent, unincorporated association of groups and organisations interested in supporting people with mental health problems and their carers.

Mental Illness Prevention Fund

- **Launched by Lincolnshire Partnership NHS Foundation Trust & Lincolnshire County Council in 2012, now in the 2nd wave of funding (£575k in total).**
- **Supports people recovering from ill health or experiencing problems for the first time.**
- **The fund invests in projects run by community groups and voluntary & other organisations.**
- **The first wave currently supporting around 33 community based projects to benefit over 1750 local people**



33 Projects, 64 Groups and Organisations, 1750 people helped



Formal & informal learning, skills and qualifications



Woodland activities



Horticulture



Supported service user volunteering and community participation



User-lead social enterprise development

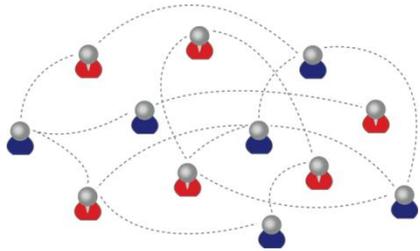
33 Projects, 64 Groups and Organisations, 1750 people helped



Raising Awareness
- Personality Disorder
- Samaritans



Centre-based vocational activity and support



County-wide and local network support and development



Lifestyle, activity and employment for young adults experiencing psychosis



'Floating' community support

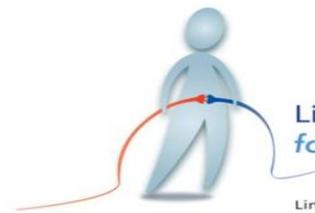
Examples of Existing Projects:



How the Fund helps Managed Care Network members

Inspire

- Unique support package for young people aged up to 25 years.
- Short-term consistent support service that helps to socially support young people into the community
- Support to engage in a safe and familiar environment where they will be able to build on skills, self esteem and confidence to manage their own mental ill health



Lincolnshire's Managed Care Network
for Mental Health

SHINE – Mental Health Support Network

- **Connecting people with each other, with services and with resources**
- **Not a single organisation - An association of people, groups and organisations**
- **Shared interest in supporting people with mental health problems..... and those who care for and about them**
- **No Wrong Door, Ambassadors, Newsletter, Inward Investment**
- **Currently 231 members**

We are a member of
the **SHINE** network
www.lincsshine.co.uk



RESPECT

We're supporting
time to change
let's end mental health discrimination



The **SHINE** Mental Health Support Network Aims

- connect people with the services & support that will most effectively meet their needs & enhance their lives
- connect service & support providers with each other to enhance efficiency & effectiveness
- secure & support the most effective use of resources
- promote positive mental health & combat social stigma
- support the web-based directory of help & social networking
- look towards investment in Mental Health - attracting money to support people with mental health problems in Lincolnshire

Early Successes

- Shine administration has been established and LincsShine website is on track for launch in December 2012,
- Small group projects have been maintained / developed with immediate and tangible results (e.g. garden project, contact clubs)
- Some user-led projects have achieved significant progress (e.g. user-led social enterprise, and personality disorder project).

In numbers

- 33 projects involve approximately 64 groups and organisations,
- 30 separate groups & organisations manage the investment,
- 22 contracts over £1,000 and 11 small grants under £1000 have been awarded,
- 12 of the projects are county wide,
- 10 projects include an aim to establish, develop & support local groups (thus increasing both the number of beneficiaries and the geographic spread of projects),
- The initial estimate of the number of people who will be helped in Wave 1 is 1,750

In testimonials

“The garden is a wonderful place to sit and relax. It has taught me how to grow plants and flowers.” Sleaford Garden Project

“A new cash injection has provided new vigour and sense of purpose; it will help us reach out to help others in need. In fact one of our more recent and notable ‘success stories’ just went on to retrain to become a teacher.” Contact Club

Thanks & Questions

