

Challenging times – working together to deliver effective rural health services

## Integrating Prevention & Networks within a rural model of care

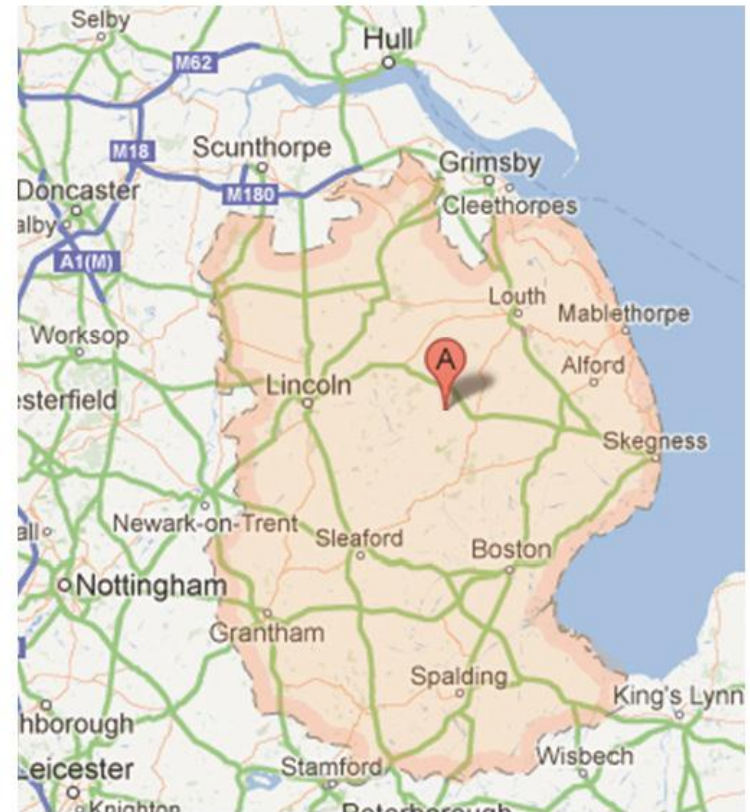
26<sup>th</sup> November 2012

Chris Slavin, Chief Executive

Julie Hall, Director of Nursing & Operations

# 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

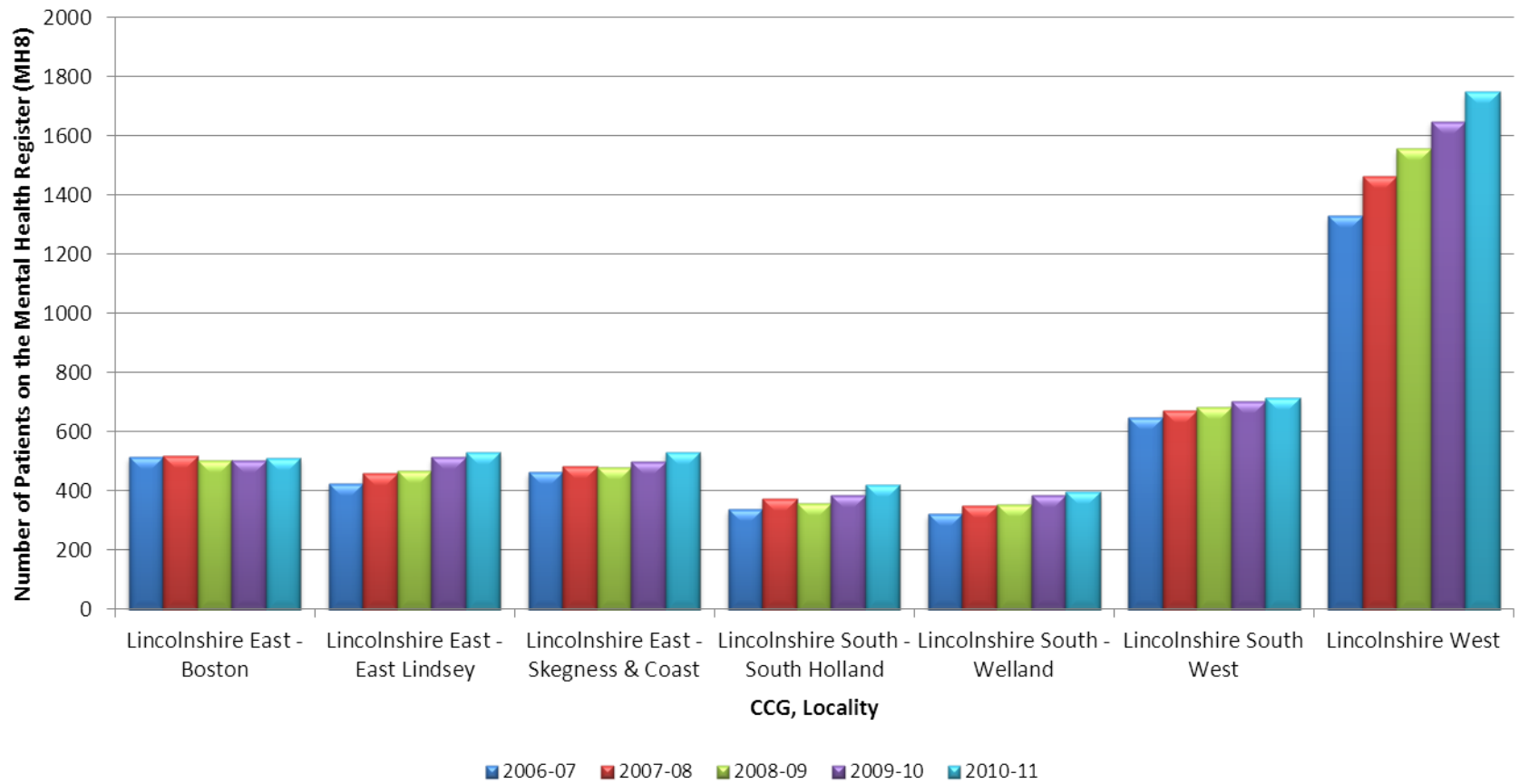
- Higher rates of suicide
- Higher rates of alcohol related disease
- Higher number of accidents
- Higher palliative care workload
- Seasonal fluctuations in population

# Health in Lincolnshire

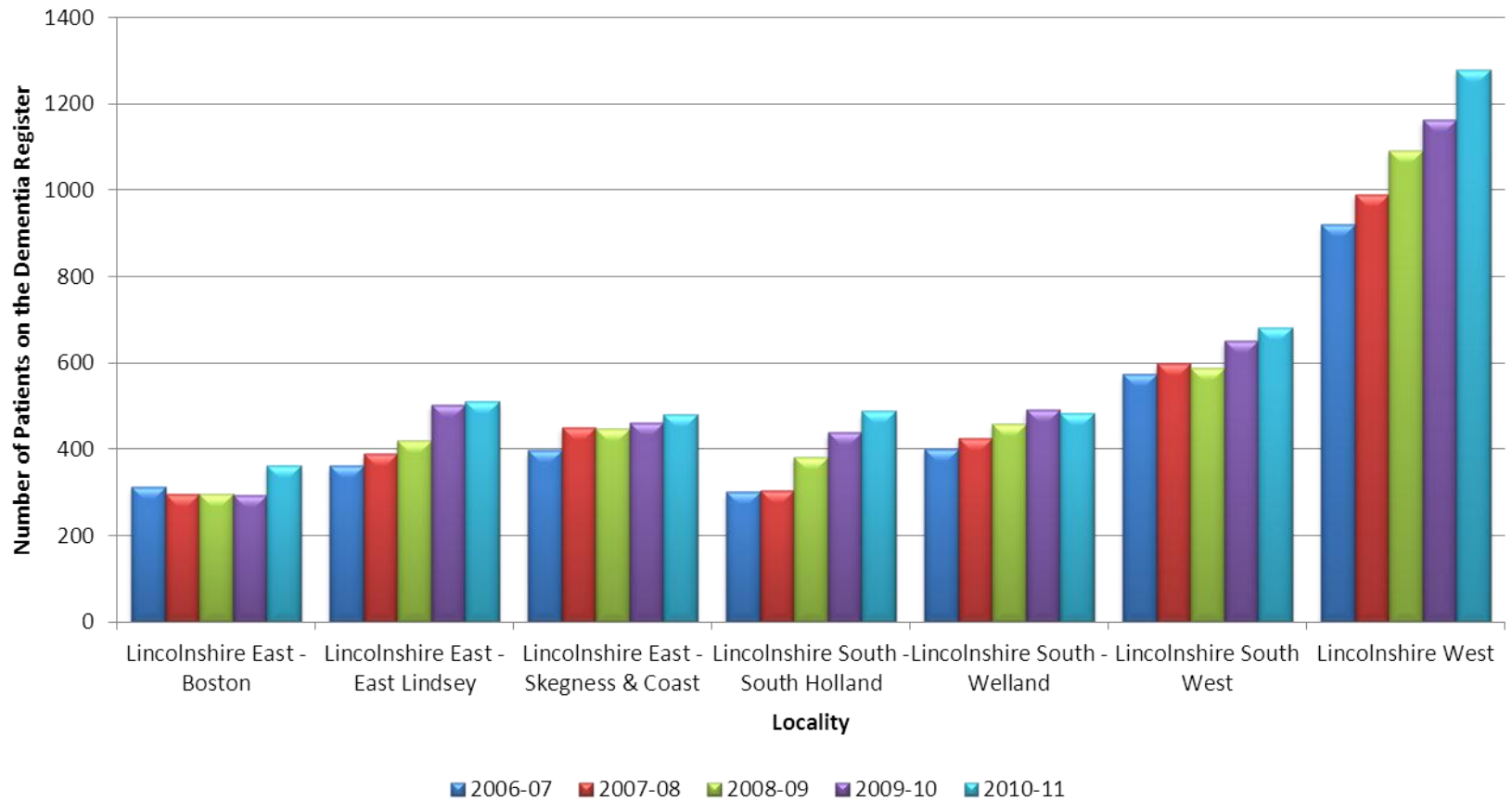
Wider Determinants of Health		Local value	Eng. Ave.	Eng. Worst	England Range	Eng. Best
1	Percentage of 16-18 year olds not in employment, education or training	4.70	5.98	11.40		2.70
2	Episodes of violent crime, rate per 1,000 population	11.63	14.78	35.06		6.35
3	Percentage of the relevant population 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		Local value	Eng. Ave.	Eng. Worst	England Range	Eng. Best
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

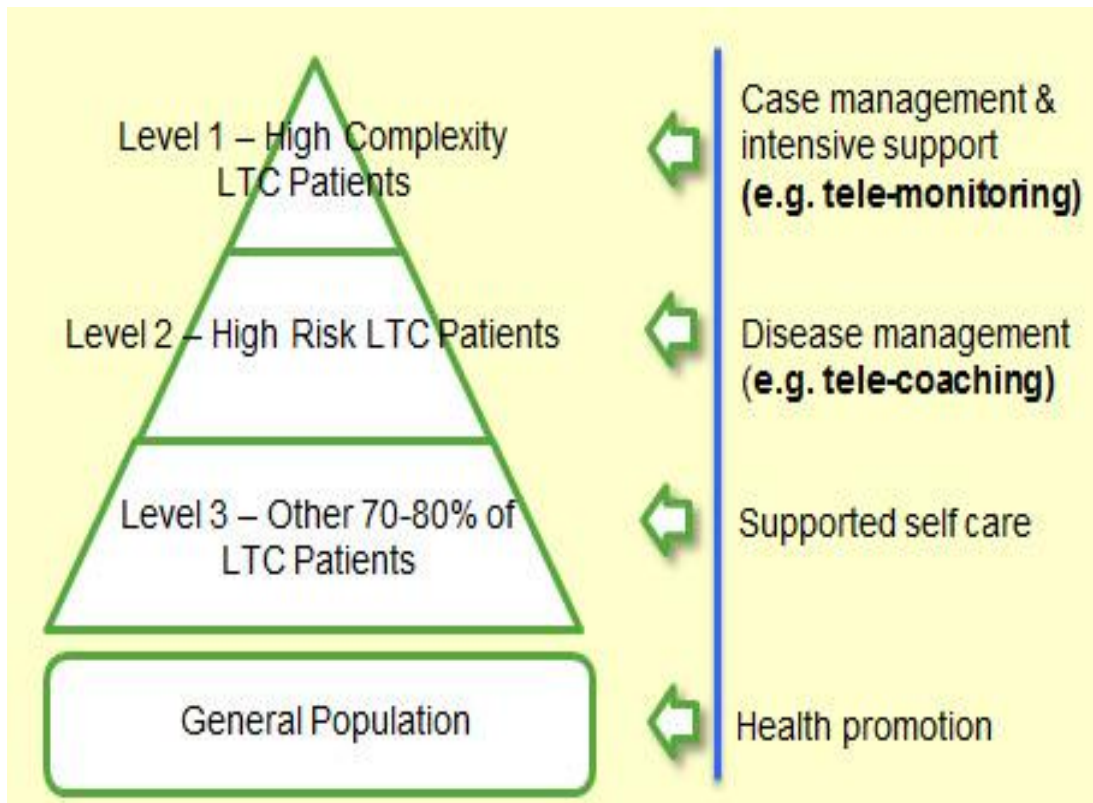
## Lincolnshire - Mental Health Register (MH8) - 2006 - 2011



## 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 2<sup>nd</sup> 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**

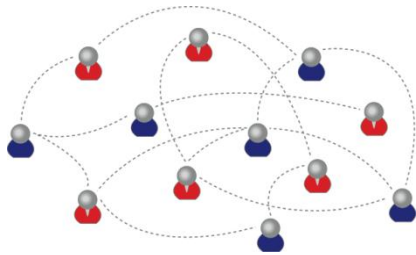
# 33 Projects, 64 Groups and Organisations, 1750 people helped



**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**



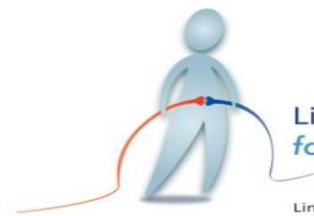
# Examples of Existing Projects:



## 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](http://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

