

DIRECTION FROM THE SHETLAND ISLANDS INTEGRATION JOINT BOARD (“IJB”)

ISSUED UNDER SECTION 26(1) OF THE PUBLIC BODIES (JOINT WORKING) (SCOTLAND) ACT 2014

Direction: Adult Mental Health	Direction to: SIC and NHSS	Overall Budget allocated by IJB for Direction: Total: £2,723,437 NHS: £2,028,956 SIC: £694,481
Reference Number: 1.9	Relevant Function(s): Mental Health	Review Date: March 2025
IJB Report(s) Reference Number: CC-35-24-F		
Date Direction issued/authorised by IJB: 22 August 2024	Date Direction takes effect: 1 April 2024	Does the Direction supersede, amend or revoke an existing Direction? If yes, include reference number of existing Direction: Supersedes Direction 1.9 (IJB Report Ref. CC-23-23-F)
Purpose of Direction		
<p>An effective mental health system that addresses a range of mental health needs through collaboration with a wide range of partners. Supporting and influencing service improvement and system development to improve the experience of people who access mental health services.</p> <p>Part of the Mental Health role in ‘Shifting the Balance of Care’ includes supporting establishment of appropriate pathways and responses outside of core mental health services for people with social distress to help the shift towards prevention and early intervention, and decrease numbers of people requiring secondary mental health service support and providing services which are appropriate for their needs.</p> <p>Contribute to the delivery of local and national priorities that support the community to have improved health and wellbeing, lead healthy lives that maintain independence and allow people to contribute to society in a positive way through Shetland’s Partnership Plan; the Joint Strategic Commissioning Plan; the Shetland Alcohol and Drugs Partnership Strategic Plan; and the National Health and Wellbeing Outcomes.</p>		

The service aims to improve experiences and outcomes for people who use secondary mental health services in Shetland, ensure a consistent high quality service is provided to everyone who needs it and support improvement in and enable measurement of quality on service provision.

The service aims to support carers/families to be enabled and empowered and to continue to provide unpaid support.

Accountability and Governance

Reporting to IJB, NHS Shetland, Scottish Government, Shetland Mental Health Partnership, Shetland Alcohol and Drugs Partnership; Mental Welfare Commission annual visits; Joint Clinical Governance Group; Obligate network

Overarching Directions to Function(s)

The provision of:

- Community Psychiatric Service
- Psychological Therapies Service
- Substance Misuse Recovery Service
- Dementia Assessment Service
- Community Mental Health Support Service
- Specialist Services through Service Level Agreement with NHS Grampian
 - Provision of in-patient care -This service is managed and provided by NHS Grampian. NHS Shetland should seek to support best outcomes for service-users by participating in discussions about their care, for example via virtual ward rounds, and by facilitating effective discharge. Quality monitored and managed by NHS Grampian
 - Provision of specialisms for: learning disabilities, neuropsychology, older adults (including dementia), forensic (both in patient and community), eating disorder out-patients, transgender service.

Directions	Outcomes and key actions	Performance Monitoring and Indicators	Challenges & Opportunities – inc. Risks and Finance
Community Psychiatric Service (NHS), provision of a comprehensive psychiatric service to adults (18+) by: <ul style="list-style-type: none"> • Consultant Psychiatrist • Mental Health Nurses (MHNs) • Healthcare Support Workers (HCSWs) 	Growing the nursing team and supporting skill mix and development to ensure a sustainable, skilled and valued staff team: <ul style="list-style-type: none"> • crisis intervention where needed • sustainable home treatment options 	Performance <ol style="list-style-type: none"> 1. Discharged psychiatric inpatients follow-up by community mental health services within 7 calendar days 	Recruitment Third sector partner capacity Finance Staff/system engagement with change

<ul style="list-style-type: none"> Specialist Social Worker / Mental Health Officer (MHO) <p>Budget: £1,084,445</p> <p>(note this includes management, administration and clinical time that will be used across other functions of the direction described below)</p>	<ul style="list-style-type: none"> sustainable, safe and high quality out of hours service Appropriate skill mix to deliver a variety of interventions <p>Work across multi-disciplinary team and wider health and social care system to work towards people being able to access the right care, form the right person, in the right place.</p> <p>Commissioning and oversight of local DBI pathway in partnership with Third Sector colleagues, including:</p> <ul style="list-style-type: none"> Scoping/audit of presentations to A&E Cost/benefit analysis of implementation 	<ol style="list-style-type: none"> Unscheduled care presentations where self-harm is a presenting feature People prescribed lithium who experienced Lithium toxicity in past 12 months Adults with mental health problems supported at home who agree that their services and support had an impact in improving or maintaining their quality of life Did not attend appointments for community based services of people with mental health problems People with a severe and enduring mental illness and / or a learning disability who have had an annual health check in last 12 months Suicide rates Positive feedback, patient experience and a reduction in complaints 	<p>Service user/community engagement with change</p>
<p>Psychological Therapies Service (NHS)</p> <p>Provision of Psychological Therapies Service for patients who have mild to moderate and severe to extreme distress as a consequence of life</p>	<p>Deliver sustainable effective Psychological therapies services in collaboration with NHS Orkney colleagues via Service Level Agreement (SLA). This includes remote support, and online therapies,</p>	<p>Individuals referred for Psychological therapies are seen within 18 weeks of referral</p>	<p>Recruitment/retention</p> <p>Staff/system engagement with change</p>

<p>events or health conditions (depression, anxiety, personality disorder, suicidal ideation, trauma, substance use).</p> <p>Budget: £260,245</p>	<p>face to face group therapy and option for remote as appropriate for each individual including range of interventions from therapist to consultant level including triage and waiting list management.</p> <p>This collaboration will deliver quicker access and enhanced therapies for individuals.</p> <p>This includes providing teaching, training, reflective practice and consultancy to wider MH team.</p>		<p>Service user/community engagement with change</p> <p>Workforce capacity</p>
<p>Substance Misuse Recovery Service (NHS)</p> <p>Provision of a Substance Misuse Recovery Service for adults (16+) by:</p> <ul style="list-style-type: none"> • Consultant Psychiatrist • GP with Special Interest (GPwSI) • Specialist Nurses • Recovery Workers <p>(Note budget included within Alcohol and Other Drugs Direction, but service managed within Mental Health)</p>	<p>This service should be recovery focused and trauma informed and meet the Quality Principles: Standard expectations of care and support in drug and alcohol services. The service will include medication assisted treatment, psychosocial interventions and harm reduction interventions.</p> <p>Improve effectiveness, consistency and timeliness of multi-disciplinary team working around prescribing, i.e. by protecting Specialist Pharmacist input.</p> <p>Continue to develop and improve support for family affected by (FAB) substance use to increase resilience and capacity to continue supporting</p>	<p>Substance misuse performance indicators</p> <ul style="list-style-type: none"> • Numbers of drug related deaths • Numbers of alcohol related admissions • SMRS 3 week waiting Time target <p>MAT standards progress as per Scottish Government monitoring – this will be included within Alcohol and Drug Partnership annual performance report.</p>	<p>Additional resource required to fund pharmacy time so input can be prioritised.</p> <p>Remote Rural Island setting vs MAT standards – Mx time and work into achieving positive implementation ratings etc</p> <p>Recovery hub opportunity re: shifting the balance of care and collaborative work to meet needs</p>

	<p>individuals in collaboration with The Recovery Hub.</p> <p>**Delivery of appropriate Medication Assisted Treatment (MAT) standards (implementation overseen by Alcohol and Drug Partnership and is heavily monitored by Scottish Government – detail around action plan and local implementation can be shared by way of Government returns, on request)</p>		
<p>Dementia Assessment Service (NHS) Provision of a specialist diagnostic service for Dementia. Provision of a quick-response stress/distress/behavioural symptom management service.</p> <p>Budget: £157,862</p>	<p>Dementia Assessment Service – embed dementia strategy for Scotland and develop associated workplans to support implementation.</p>	<p>People diagnosed with dementia have the opportunity to access appropriate post-diagnostic support</p>	<p>Recruitment Workforce capacity</p>
<p>Community Mental Health Support Service (SIC) Provision of Community Mental Health Support Services including supported accommodation and Outreach Service</p>	<p>The aim of the service is to empower and to improve the quality of life of individuals with mental health illness including supporting their independence and social skills through compassionate care. It is a service which is adaptable to individual assessed needs.</p> <p>The service meets the needs of individuals with mental health difficulties.</p>	<ul style="list-style-type: none"> • Community Care Resources service audits • Care inspectorate Quality Improvement framework • Service Improvements Action Plan – led by improvement data and methodology • Care Inspectorate Inspections • Mental Welfare Inspections 	<p>Recruitment/Retention, including international recruitment.</p> <p>Future proof Digital Systems.</p> <p>To build a competent, capable, and informed workforce.</p>

		<ul style="list-style-type: none"> • Imatter Action Plan • Viewpoint survey action plan Reflective learning for improvement 	
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<p>Budget: £694,481</p>	<ul style="list-style-type: none"> • To improve coping/functioning skills • To develop/enable activities of daily living • To manage their finances to the maximum of their ability • To access community facilities • To deal with practical issues in the event of crisis 		
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<p>Specialist Services through Service Level Agreement with NHS Grampian (NHS)</p> <p>Budget: £526,404</p>	<p>See overarching directions section above for detail for what is included.</p>		
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Shifting Balance of Care

<p>This Direction links to the following Shifting Balance of Care work streams:</p>	
Project ref	Service/Programme
PJR0006	Primary Care - Redesign - Mental Health Workforce
PJR0011	Regional Mental Health
PJR0017	System Workforce Planning
PJR0037	Distress Brief Interventions
PJR0039	Mental Health Strategy