

accommodation in order to support those service users who require additional support during their illness.

- Improve access to respite care across Gwent and South Powys.
- Further develop accommodation options for individuals at times of crisis.

**Specialist services**

- Develop and improve services for :
  - Child and Adolescent Mental Health
  - People with dementia
  - People with a substance misuse problem
  - Veterans
  - People with an eating disorder
  - People with neuro-developmental disorders (eg Autism)
  - Peri-natal women
  - People who require more intensive support (ie those with personality disorder)
  - Those who have mental health needs and who are involved in the criminal justice system

**Working better together & Using our staff and finances wisely**

- Creating a Partnership Board where we can take ideas forward across organisations
- Develop rules that allow us to work closer as organisations (governance)
- Explore opportunities for integration
- Work with the voluntary sector to secure services that support this strategy and its aims
- Understand how much we spend on mental health and consider how we can make better use of this
- Develop and train our staff to provide the best mental health service we can

**WHAT WILL BE DIFFERENT ?**

- There will be more services in the community
- There will be closer relationships between services that support well-being
- There will be regular ways for you to influence service developments
- There will be more access to a range of respite options
- There will be closer working in teams providing services across health and social care
- There will be better use of money and staff in mental health

**WHAT CAN YOU DO ?**

Please tell us :

- Do you agree with our vision ?
- Do you agree with the priorities ?
- Do you agree with the actions ?
- Any other comments

You can do this by post : FAO: Mental Health Programme Manager, St Cadocs Hospital, Caerleon, Newport, NP18 3XQ

You can do this by computer :

[Consultation\\_mentalhealth.abb@wales.nhs.uk](mailto:Consultation_mentalhealth.abb@wales.nhs.uk)  
[Aneurin Bevan Facebook page](#)

Strategy is available via the following links

- [www.blaenau-gwent.gov.uk](http://www.blaenau-gwent.gov.uk)
- [www.monmouthshire.gov.uk](http://www.monmouthshire.gov.uk)
- [www.newport.gov.uk](http://www.newport.gov.uk)
- [www.torfaen.gov.uk](http://www.torfaen.gov.uk)
- [www.powys.gov.uk](http://www.powys.gov.uk)
- [www.aneurinbevanhb.wales.nhs.uk](http://www.aneurinbevanhb.wales.nhs.uk)
- [www.powysthb.wales.nhs.uk](http://www.powysthb.wales.nhs.uk)
- <http://www.powysmentalhealth.org.uk/>
- <http://www.torfaenvoluntaryalliance.org.uk>
- [www.gavowales.org.uk](http://www.gavowales.org.uk)

**WHAT IS IT ?**

A statement of the future direction for mental health services in the areas of Blaenau Gwent, Caerphilly, Monmouthshire, Newport, South Powys and Torfaen.

**WHERE HAS IT COME FROM ?**

It has been developed by a Partnership that has people from all of the Councils in the above areas, the Aneurin Bevan Health Board and Powys teaching Health Board, the umbrella voluntary organisations for Gwent (GAVO) Torfaen (TVA) and Powys (PAVO) service user and Community Health Council.

Most importantly it's been based on views shared with us in the listening events that took place in 2010. We learned that the following things were important.

| Adult  | Older Adult                                  |
|--|--|
| Access                                       | Access                                       |
| Information                                  | Information                                  |
| Partnership                                  | Partnership                                  |
| Integrated working                           | Integrated working                           |
| User & carer involvement                     | Support for carers and users and involvement |
| Improved Care Planning Approach (CPA)process | Mental health promotion                      |
| Mental Health Promotion                      | Respite care and accommodation               |
| Housing and accommodation                    | Meaningful activity                          |
| Meaningful activity and work                 | Reviewing in-patient requirements and care   |
| Reviewing in-patient requirements            | Effective use of resources                   |
| Good use of resources                        |  |

## WHAT ARE WE HOPING TO ACHIEVE (OUR VISION)?

*To enable all people facing a mental illness or poor psychological well-being living within Gwent and South Powys to lead fulfilling lives and have the same opportunities as others. Individuals with a mental health problem and their carers will be able to access services that support their daily living needs such as housing and employment and have access to the full range of health and social care services, provided by a mix of professionals according to their need.*

The following core beliefs and values underpin this vision :

- There should be a **comprehensive** range of high quality mental health services delivered by a range of organisations as locally as possible.
- Service users, their families and referrers should have access to up to date, easily understandable **information** about their problem and which informs them of the services available and how they can access services according to choice.
- Community services should be delivered as **close to service users' homes**, families and social networks as is possible.
- Services should **intervene as early as possible** to get the best outcomes for service users. The right services should be accessible and delivered **when** they are needed and **where** they are needed.
- Services should be delivered in a way which is sensitive to the **diversity** present within the communities of Gwent and South Powys paying special attention to those who find accessing services difficult

- Services must be **acceptable** to those who use the services and to their families and carers.
- Services must strive to ensure that service users feel they can be **equal members** of the community and that they can **recover** their place in the family, community and workplace after a period of illness.
- Providing services in this way can only be achieved when all those who are involved **work in partnership** to make the best use of scarce resources.
- Services should aim to provide services using public funds as **efficiently and effectively** as possible

## WHAT ARE THE PRIORITIES?

1. Listening to service users about their experiences
2. Helping people towards recovery through promoting good housing, keeping active and productive, training and employment and feeling good about themselves
3. Developing primary care teams and more community based services
4. Offering a range of accommodation options
5. Providing specialist services when people need them
6. Working better together as organisations
7. Using our staff and our money wisely

What will we do to achieve them ?

### **Listening to service users**

- Hold an annual listening event in each Borough
- Ensure feedback is used to inform future services
- Ask service users to join our meetings
- Undertake formal consultation on any major service change

## **Developing a recovery model**

- Promote positive mental health with people. •
- Develop a Mental Health and Learning Disabilities Health Promotion Strategy for Gwent and South Powys.
- Promote an understanding of mental health issues, in order to reduce the stigma associated with mental illness.
- Focus on meaningful and purposeful activities/social inclusion/work
- Support the provision of a range of accommodation options

## **More services in your communities**

- Further develop the services that exist in your communities as well as developing a stronger relationship with general practitioners
- Improve the Care Programme Approach and how we co-ordinate people's care.
- Support you to re-enter the service if you have been a previous service user and feel your mental health is deteriorating
- Strengthen advocacy services
- Review and improve our Out of Hours service and develop closer working with teams in our general hospitals.

## **A range of accommodation options**

- Develop closer working relationships with housing and supporting people services
- Develop opportunities to bring people back from residential placements a long way from where they live(repatriation).
- Enable service users who have lived long term in residential care to move into more independent community arrangements when possible.
- Support the use of Direct Payments in order to promote choice.
- Develop Step up/Step down