

# Mental Health Services – Staff Engagement 2024

Redesigning inpatient service provision and expanding community mental health service provision

# What is the Mental Health Strategy 2023-2028?



It's part of a wider health board change programme: **Moving Forward Together**



It sets out a shared vision for the future of mental health services



It describes the ways in which mental health services are adapting to meet changing healthcare needs.



# What is the purpose of this Strategy?

- Deliver prevention and early intervention
- Improve the effectiveness of community services
- Develop Unscheduled Care
- Support the focus on Recovery.





# How will the Strategy make a difference?

- Providing more mental health treatment and care in a community setting rather than hospital leads to better outcomes for people using mental health services
- People can receive their treatment and care locally, close to their personal and community support networks
- It can help prevent hospital admission
- It can reduce the length of stay when a hospital stay is needed and speed up discharge.

# Why are we reviewing inpatient provision now?

- The public, and particularly people who use mental health services, tell us they want to see community services expanded and improved
- Reviewing and reducing inpatient beds where appropriate, means we can fund more community services going forward
- Currently there are approx. **1,000** mental health inpatient beds across NHSGGC
- Over time, and with planned expansion of community services, we could reduce this to approx. **800**, with an increase in inpatient care for some specialties.

# What we have heard so far?\*

40% of people said they had used mental health services in the past 12 months

Top priorities were: increasing community based mental health services, improving support for self-management and providing more community and third sector services

Overall satisfaction rating for current service provision was low at **4/10**

The things that responders felt needed most improvement were: waiting times and access to community services, better support for self-management, reducing stigma - awareness for all NHS staff and specialist services for specific conditions

\*2024 Public Survey

# Where are we already making progress?

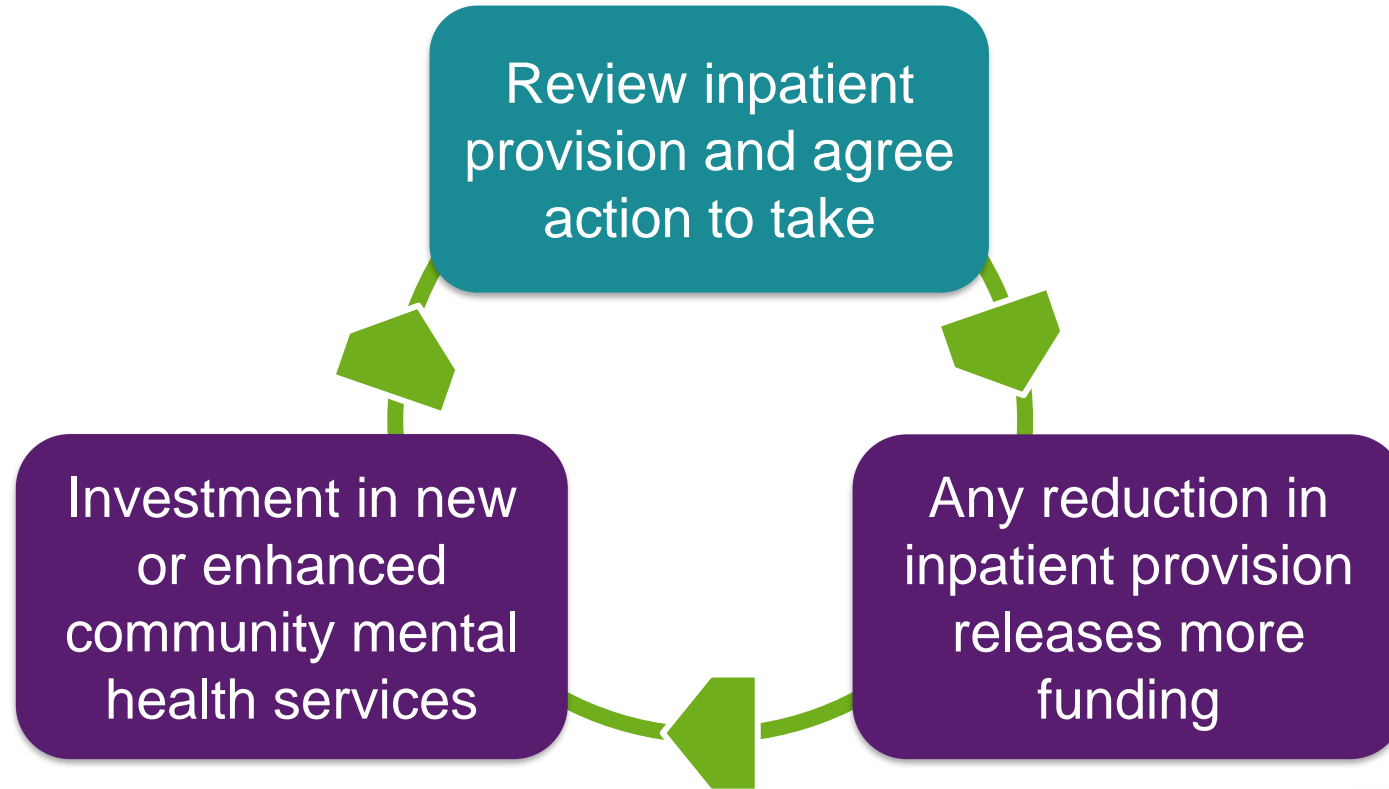
- ✓ On prevention, early intervention and health improvement
- ✓ On recovery
- ✓ On mental health rehabilitation
- ✓ On providing Community Mental Health Services
- ✓ On urgent/unplanned care
- ✓ On reviewing older adults mental health beds

# What are we prioritising next?

- Community Rehabilitation
- Enhanced Care Home Liaison
- Expanded Borderline Personality Disorder Pathway
- Community Mental Health Acute Care Services (adults and older people)
- Expanded Dementia Post Diagnostic Support services.



# How will reviewing inpatient provision help us deliver these priorities?



# Will access to inpatient care change?

Access for those who need it will be the same (by self-referral, GP or hospital, depending on the service)

## Where we are now

Inpatient Mental Health

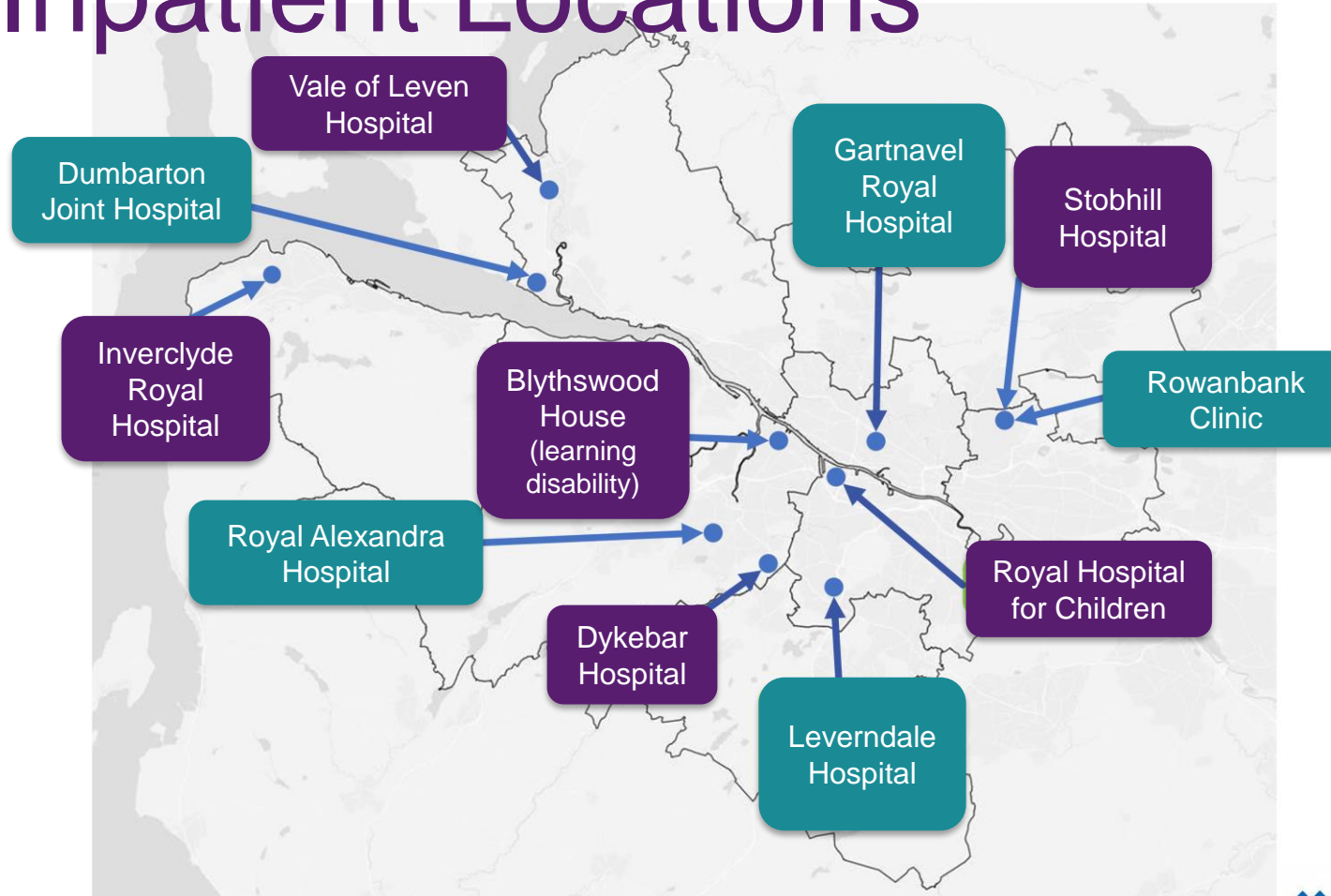
Community Mental Health

## Where we want to be

Reduced Inpatient Mental Health  
Always available for those who need it

Expanded Community Mental Health Services

# Current Inpatient Locations



# What happens next?

Staff, Public, patient and service user feedback will help us identify the important questions to ask when we are reviewing inpatient provision



A number of possible options will be discussed, and there will be **staff**, public and service user involvement in this process



A preferred option will be chosen and there will be more consultation before any final decision is made



# Reviewing Inpatient Services - Discussion Questions

What is important when planning where inpatient services should be in the future from your staff / professional perspective as well as public or patient?



# Other things we need to think about

All our services need to be:

**Safe** (staffing/estates/buildings)



**Effective** (equitable access to treatment across different areas)



**Efficient** (what options will make best use of our limited resources?)



# What other information would be useful for planning the future of inpatient services provision?

# Help and Support

- **Mind to Mind** – If you're feeling anxious, stressed or low, or having problems sleeping or dealing with grief, find out how you can improve your mental wellbeing by hearing what others have found helpful by visiting the NHS Inform Mind to Mind webpage.
- **Breathing Space** is Scotland's free, confidential listening service for individuals over 16 experiencing symptoms of low mood, depression or anxiety. You can contact them on **0800 83 85 87** Monday to Thursday from 6.00pm to 2.00am and 24 hours a day at weekends (from 6.00pm Friday to 6.00am Monday).
- **Samaritans** provide confidential, non-judgmental emotional support 24/7 for people who are experiencing feelings of distress or despair. You can contact Samaritans free by phoning **116 123** or emailing **jo@samaritans.org**
- **NHS 24 Mental Health Hub** services are available to everyone in Scotland. The services available include listening, offering advice and guiding you to further help if required. The Mental Health Hub is open 24/7 and you can contact them on **111**.
- **Childline** is a free service for children and young people for when they need support or advice. It is open 24/7, and there are many ways to get help. You can call **0800 1111** or visit the Childline website.

# Help and Support

The graphic features the 'My App' logo (a cluster of colorful squares), the 'RIGHTDECISIONS FOR HEALTH AND CARE' logo (a green arrow), and the 'NHS Greater Glasgow and Clyde' logo. The main title is 'MyApp: My Mental Health' in large blue font, with the subtitle 'A collection of resources to support your mental health' below it. A QR code is on the left, and a light blue box contains the website URL: 'Visit the Website: <https://rightdecisions.scot.nhs.uk/myapp-my-mental-health/>'. Below this, a section titled 'Download the App:' lists instructions: 'Download the Right Decisions: Health & Care app', 'Select the Public/Patient option', 'Select MyApp: My Mental Health and add to your toolkits', and 'You can now access directly under My Toolkits'. At the bottom, two smartphone screens are shown, each with a QR code and a download button for the App Store or Google Play.

# www.nhsinform.scot/mind-to-mind

