

All Age Emotional Wellbeing & Mental Health

HASC Overview & Scrutiny – 6th August 2020

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Covid-19 likely to lead to an increase in mental ill health and wellbeing as a result of the virus itself and the measures taken to protect people.

People will have a range of emotional reactions

- Some people may have a strong sense of collective identity and display acts of altruism.
- Many people will experience fear, anxiety, uncertainty, stress, frustration and boredom

These feelings may result in changes in eating, sleeping, increased use of alcohol, increased intolerance, worsening of chronic physical and mental health conditions and increased aggression and domestic violence

There have been impacts on Doncaster residents.

There was an immediate service level response, with the headlines captured in the report.

Team Doncaster also put in place quickly a strategic response, again captured in the report.

Lots of work managing short-term issues and completing a robust impact assessment.

Now moving into recovery phase.

caster Approach & Guiding Principles – what does it mean?



Recovery is wide & has many interdependencies

Need for overarching principles to guide the work

How can Councilors become involved?

Practical examples

Focus on the cause, not just the symptoms

Question 1 - Impact of the pandemic on the emotional well-being of the health and social care workforce

Local Authority Response

Health and wellbeing of the workforce is a key workforce priority for the council that has been monitored during the Pandemic – ‘pulse checks’ of staff well-being.

Health and wellbeing services have continued to operate, including counselling and mental health first aiders.

Additional support and resources provided to staff covering healthy homeworking, dealing with emotional and psychological trauma, managing stress, relaxation, meditation and mindfulness.

Access to specialist bereavement support.

Reflective / de-briefing sessions for parts of the workforce dealing with traumatic incidents.

borough wide support to care homes

Every care home in the borough has in place a wrap around team to support each home & staff team, this support has included consideration of the psychological and emotional well-being support required.

Provision of tailored psychological support to care home staff (including pod casts around loss and grief, staff de-briefs, 1;1 psychological support).

Care home staff have had access to confidential telephone support (Samaritans, 7 days a week) and access to bereavement support (Hospice UK, 7 days a week).

Increased peer support for registered managers of care homes.

Question 1 - Impact of the pandemic on the emotional well-being of the health and social care workforce

Sheffield Doncaster and South Humber NHS Foundation Trust

Lead for ICS in terms of Health and Well Being through the Integrated Care System HR Directors' and CEOs' meetings

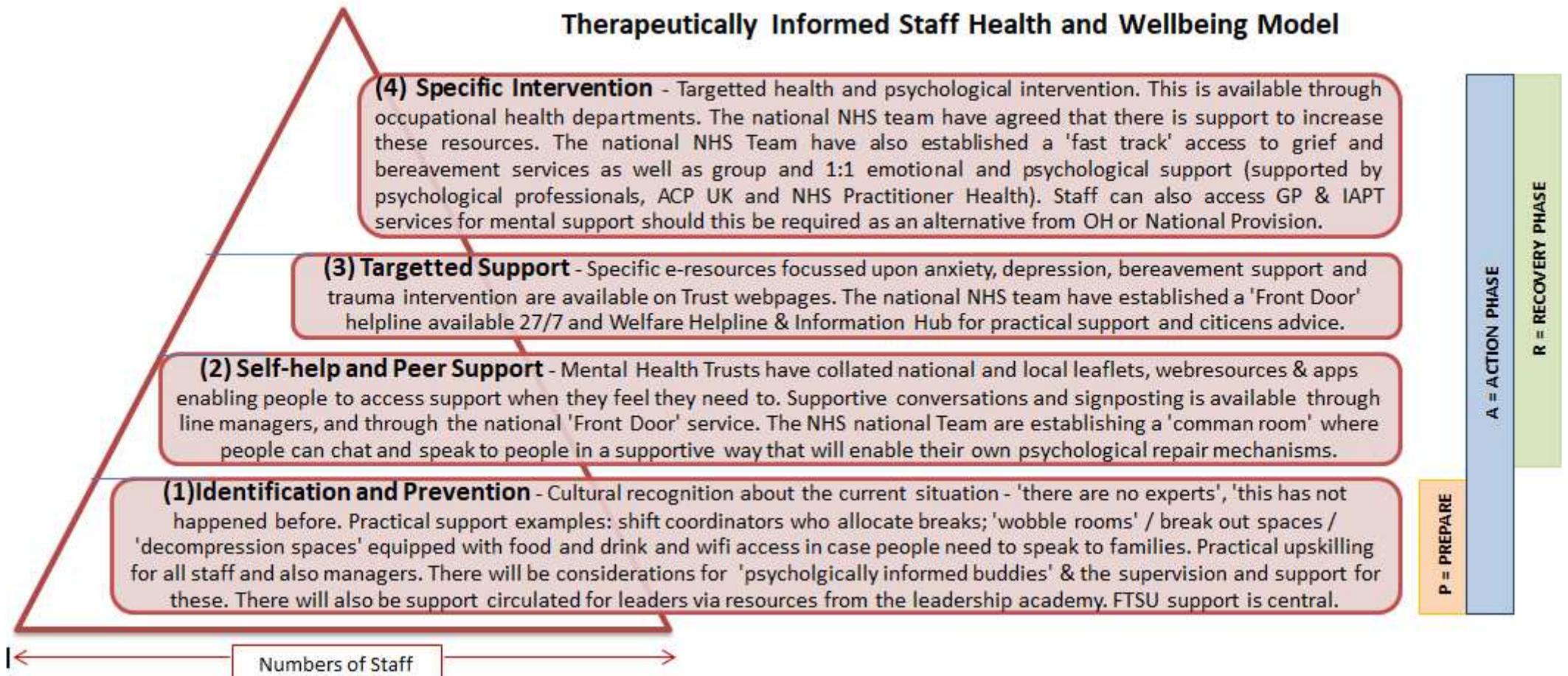
Focused internally on health inequalities and targeted increase support for BAME, Disabled and shielding staff

Commissioned additional and fast track occupational health for these staff

Provided mutual aid to care homes in terms of training and advice

Patience and carer models were not comprised by the additional wellbeing offer

Therapeutically Informed Staff Health and Wellbeing Model



Question 2 - 'Working collectively with partners to robustly monitor impact' in very practical terms what examples does this mean?

Children & Young People

Creation of a new multi-agency group that meets weekly to monitor, review and put actions in place to support Young People who are in crisis – detailed individual case management. Based on an existing model that works really well.

Creation of a Partnership Oversight Group (senior level) that has oversight of impacts and helps to support and direct responses.

With Me in Mind (trailblazer) team have stepped up to support more schools.

Education wellbeing group set-up that works with schools around re-integrating pupils back into educational settings – includes redesigning curriculum around wellbeing.

Educational settings are represented on the Children's Cell ensuring they helped shape the recovery.

Results

Established a command structure at organisational, place and Integrated Care System level which supported patient provision and monitored capacity and capability and wellbeing of the workforce to deliver this (i.e. upskill training, sickness monitoring and wellbeing, mutual aid)

Embedded understanding that the pandemic affects staff and patients (as people often live where they work) and that the impact can be psychological and physical

Strategic

The all age group was quickly established and shared information across partners about what they were seeing and any immediate risks.

Robust impact assessment developed that captures short, medium and long-term risks – basis for recovery plan moving forward.

Question 3 - The SPA or single point of assessment, how are people made aware of this? Is the info accessible

Children & Young People

Details of access are shared on all CAMHS letters/ correspondence.

Young people have been contacted by phone in addition to use of digital offers- access to services has also been promoted via partner agencies who are in contact with families.

In addition the *With Me in Mind* website promotes where on-line support can be found.

Results

SPA is an existing service which people (patients and professionals) are familiar with.

Proactive communications campaign to advertise SPA and confirm 'we are still open'.

Incorporates Big Word Translator Service.

Recognition that despite this people may still not come for fear of contagion (focus in our recovery work).

Additional Monitoring Work to target vulnerable cohorts of patients.

Section 4 – Acronyms explained

Coronavirus Disease 2019 – COVID-19

Rotherham Doncaster and South Humber NHS Foundation Trust - RDASH

Single Point of Access - SPA

Single Issue Focus Group - PFG

Standard Assessment Guidelines - RAG

Transforming Care Partnership - TCP

Rotherham Metropolitan Borough Council - DMBC

Rotherham Clinical Commissioning Group - DCCG

Rotherham Children's Services Trust - DCST

Partnership for Education and the Voluntary, Community & Faith Sector - VCF

Improving Access to Psychological Therapies - IAPT

Mental Health Act (MHA)

Approved Mental Health Professional (AMHP)

Paediatric Intensive Care Unit (PICU)