

Exploring integration of mental health and substance use services

Session Two

Thursday 8th July 10:00 - 11:30

Event Report

Integrated Mental Health and Substance Use Pathfinder.

About this work.

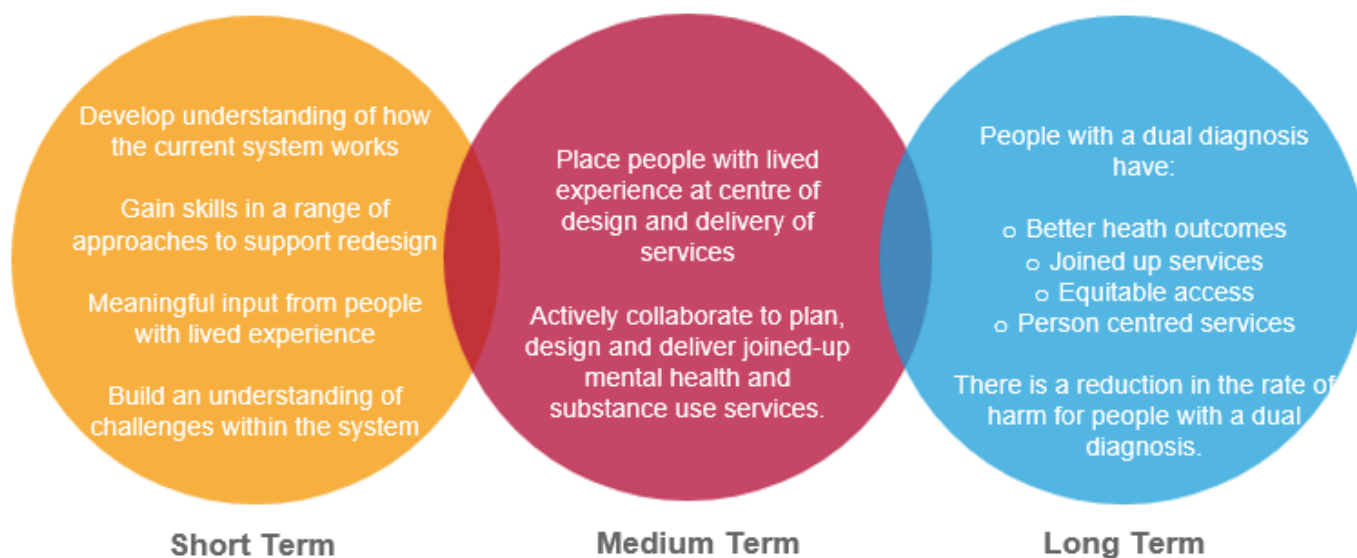
The Integrated Mental Health and Substance Use Pathfinder programme aims to redesign care pathways to improve quality of care and health outcomes for people with mental health and substance use support needs.

The project will develop and test a new model focused on integration of support/services and pathway of care, with a view to spreading good practice, innovation and learning about “what works” Scotland-wide.

This programme of work is in response to needs identified through the recommendations in the Dundee Drugs Commission and The Independent Review of Mental Health Services Reports, as well as by local communities and services. We will therefore be working closely with NHS Tayside as there is a Tayside wide commitment to developing integrated provision for people with drug or alcohol and mental health support needs .

A key focus is on the interface between NHS and HSCP services. Therefore, we will be supporting the three Tayside HSCPs to explore their own provision and development in relation to what works locally for integrated support. This will mean being responsive to local needs and contexts, and investing time and resources across the region in a way that is proportionate to these.

Programme Aims



Exploring integration of mental health and substance use services.

In the first session participants identified a number of key principles and conditions that are required to underpin integrated working.

This second session focused on exploring how we might embed these principles into the work we do and how we might create these conditions within our system.

Those participating were those that contributed to the first session and are people with a central role in facilitating integration and/ or are involved in mental health or alcohol and drugs support services currently.

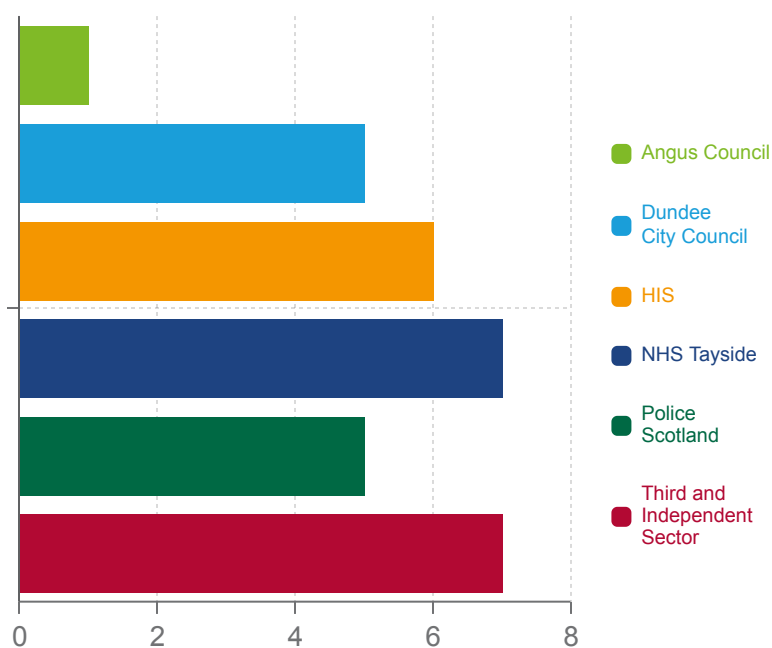
This session continues the development of an open forum to discuss and bring a spotlight to the challenges, opportunities and perspectives, as well as the data and evidence around the topic of integration of mental health and alcohol/ drugs support.

This report provides an overview of input from the participants at the session with the aim of developing our conversations around the integration of mental health and substance use services.

The themes and ideas that emerged are presented here as a way of stimulating further reflection and discussion around the challenges and opportunities within this area.

Next Steps?

Participants



Embedding Principles.



'No wrong door'

Not having to tell their story over and over | Not being passed between service | Collective responsibility | Fewer boundaries

In order to embed person centred approaches across services, we should be:

Proactive in working to ensure that staff at all levels are aware of the different roles across the system and how they relate

Using shared recovery plans to help coordinate joined up support

Funding structures that encourage working together for shared goals with people sharing risk and accountability

Taking a person centred approach

Needs based approach | Seeing the person not the diagnosis | Gendered approaches | Trauma informed

In order to embed person centred approaches across services, we should be:

Developing a strong understanding of the impact of doing things in a more person centred way across all staff levels. This should be a process of continuous sharing, learning and celebrating good practice.

Supporting staff to develop the skills to speak to people about their backgrounds in a sensitive way.

Ensuring that structures support decisions to be made based on the needs of communities and individuals rather than service structures and thresholds.

Ongoing collaboration

Clear roles and responsibilities | Seamless transitions | Joint working (assessment, case review) | Closer relationships and communication

In order to embed person centred approaches across services, we should be:

Reducing the number of doors there are through better communication flows and pathways

Finding ways of increasing knowledge of people accessing different services



Creating Enabling Conditions.

Joining up good work | Developing services together | Added value

Whole system strategy

"An over-arching strategy with well defined governance to join the dots can support us to identify need, fill gaps and improve our overall support for people"

To create these enabling conditions we should be:

- All stakeholders and providers in the system need to be Involving and considering all stakeholders and providers at a strategic level
- Understanding the contribution from different parts of the system on people's lives
- Finding commissioning solutions to competition, organisational barriers and barriers to access
- Giving front line staff the confidence and permission to collaborate at the point of delivery

Clear guidance | Right information, right time | Cross sector sharing

To create these enabling conditions we should be:

- Creating a culture of trust within and between services
- Developing clear, simple protocols for data sharing, based on legislation and need rather than risk management

Information sharing

"Information needs to flow between services, including community and third sector services, so that the right support can be provided and that we are all aware of any issues that arise"

Trust and respect | Supporting decision making | Removing barriers to action

Collective responsibility | Understanding skills and roles

To create these enabling conditions we should be:

- Understanding the role different staff members have
- Developing structures to support staff to work across professional boundaries
- Engendering a collective purpose across all services
- Involving all staff in decisions and sharing rationale of changes with all staff

Empowered staff and shifting culture

"Staff want to help people but are often frustrated by system barriers or lack of time and capacity"

Threads.

There were a number of other questions that were raised that start to dig into some of the challenges discussed during the event. These threads of discussion are ones that we would like to pick up in future conversations.



Avoiding more barriers

How might we support those with no formal mental health or substance use diagnosis as those needs emerge?

How do we ensure that the idea of 'dual diagnosis' doesn't become another barrier to support?



Responsive to local context

It will be important to understand that there are different needs across Tayside.

How might we develop ways of working that are flexible and proportionate to local context while taking a rights based approach?

Next steps.

This is the **first in a series** of these conversations on what good would look like for integrating support for people with mental health and drug or alcohol support needs in Dundee/ Tayside

We are interested in **creating the conditions** for change, in **discovering current context** and in **working with stakeholders** from across Dundee and Tayside to facilitate and support change in a way that is appropriate for people's needs within the locality.

We will also be approaching key groups to get feedback from them about what was discussed at this first session. We would like to involve as many people, teams and roles from across the system and if people feel they would like to be in contact with us please get in touch.

Get in touch.



his.transformationalredesign@nhs.scot



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