

Bracknell Forest Mental Health Overview

Policy Drivers

- [Five Year Forward View for Mental Health](#),
- [NHS Mental Health Implementation Plan 2019/20 – 2023/24](#) sets out the [NHS Long Term Plan](#) priorities for improving adult and older adult mental health care over the next five years supported by major new investment.
- Community Health: The [NHS Long Term Plan](#) and [NHS Mental Health Implementation Plan 2019/20 – 2023/24](#) set out that the NHS will develop new and integrated models of primary and community mental health care. These models will provide more accessible and high-quality care for adults and older adults with a range of severe mental illnesses, including addressing specific needs such as eating disorders, mental health rehabilitation needs and complex mental health difficulties associated with a diagnosis of ‘personality disorder’.
- Older People’s Mental Health: The [NHS Long Term Plan](#) and [NHS Mental Health Implementation Plan 2019/20 – 2023/24](#) commit the NHS to ensuring consistent access to mental health care for older adults with functional mental health needs (i.e. depression, anxiety and severe mental illnesses), and to addressing the mental health needs of older adults wherever they may arise or present, based on need and not age. There will be a particular focus on providing joined-up support to older people across mental and physical health services, and improving the competence, capabilities and skills of the NHS workforce in older people’s mental health.
- [Community Mental Health Framework 2019](#)
- [Mental Health Act Reform White Paper 2021](#)

NHS Key Commitments

- Crisis and acute mental health: the Long Term Plan commits to ensuring people can access a comprehensive set of crisis and acute services across the country. Specifically the Long term Plan commits to [adult crisis and home treatment teams](#): Every area in England will have a 24/7 mental health crisis service by 2021. Every service will be ‘open-access’ by 2021, meaning that people and families can self-refer, including those who are not already known to services.
- [Crisis alternatives](#): Every area has been allocated funding to invest in alternative models of crisis support, such as crisis cafes, safe havens, and crisis houses, providing an alternative to A&E or inpatient psychiatric admission.
- [Simplifying access to urgent mental health support through NHS 111](#): By 2023/24, anyone seeking urgent mental health support in England will be able to do so via the simple universal 3-digit 111 number.
- [Crisis services for children and young people](#): By 2023/24 every single area in England will have a 24/7 age-appropriate crisis service for children and young people.

- [Specialist liaison mental health teams in emergency departments and general hospital wards](#): to ensure that when people with mental health needs attend A&E, it is equipped to meet their mental as well as physical needs.
- [Clinically-led review of standards for urgent and emergency mental health care](#): 11 pilot mental health trusts are currently testing the feasibility of introducing waiting time and quality standards for urgent mental health services.
- [Response to mental health from the Ambulance service](#): In recognition of the significant role the ambulance service plays in responding to mental health calls, for the first time there will be a dedicated national investment programme to improve capacity of the ambulance service to meet mental health needs.
- [Therapeutic inpatient mental health care](#): For people admitted to an acute mental health unit, a therapeutic environment provides the best opportunity for recovery. It is important that care is purposeful, patient-orientated and recovery-focused from the outset, so that people have a good experience of care and do not spend more time in hospital than necessary.

Joint Place priorities

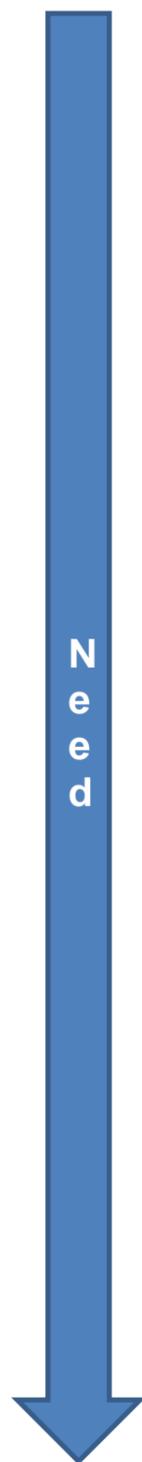
- Developing the MH Plan for Place
- Community Mental Health Team Transformation Programme
- Health and Wellbeing Strategy development
- Joint Working

Projects / Programmes

Lead	Work / Project	Scope
CCG	Improving Access to Psychological Therapies (IAPT) Demand going up for mild / moderate needs Primary Care Access but encourage self-referrals	F ICS (Frimley Integrated Care System)
CCG	Perinatal Services – expand offer and size (from 1 to 2 years post birth); Fathers’ offer	East Berkshire (EB) (Frimley CCG)
CCG	Crisis: <ul style="list-style-type: none"> a) Crisis Resolution and Home Treatment Team (CRHTT) – develop 24/7; experienced increased demand; challenges: response times – increase Primary care awareness b) Psych liaison in acutes – working with Wexham, Royal Berks Hospital and Frimley Park Hospital (SABP) c) Alternatives to Crisis – currently crisis bed in East Berks <ul style="list-style-type: none"> a. Develop Safe Haven (BHFT) – Out of hours support before acute crisis in Slough but can be accessed by all E Berks residents 	EB FICS EB EB Berks

	d) Crisis Group – establishing a Berks wide group – would sit under F ICS structure	
CCG	Ambulance and MH support South Central Ambulance Service leading on MH support	Berks
CCG	Early Intervention in Psychosis (EIP) Individual Placement and Support (IPS) – support to find employment	F ICS
CCG	Suicide Prevention – developing a F ICS picture	Berks
CCG	Dementia Diagnosis - to increase dementia support to people that need it	Place
CCG	SMI (Serious Mental Illness) cohort a) Annual health checks in primary care – improving rates for Significant Mental Illness cohort	Place – F ICS
CCG	Community Mental Health Team (CMHT) Transformation Programme Mental Health in Integrated Care Systems (MHICS) implementation – plan to expand across whole of F ICS. Aim: seamless pathway, single wrap around offer Key workstreams: Mental Health in Integrated Care Systems, Serious Mental Illness, Older Adults	Place
Local Authority	Public Health: a) Health and Wellbeing Strategy development, including MH priorities. b) Social Prescribing; mapping how social prescribing aligns to similar navigator / coordinator roles (e.g. Link workers, ARRs, wellbeing advisors) c) Sandhurst Counselling & Recovery College Integrated teams: MH practitioners in Locality Access Points / MDT clusters and Family Safeguarding Team Bracknell Forest Community Network (BFCN) development Commissioning: d) Advocacy re-commissioning / supporting with LPS changes in 2022 e) MH grants – Sandhurst Counselling HOLT – Homelessness and MH support	Place

Providers

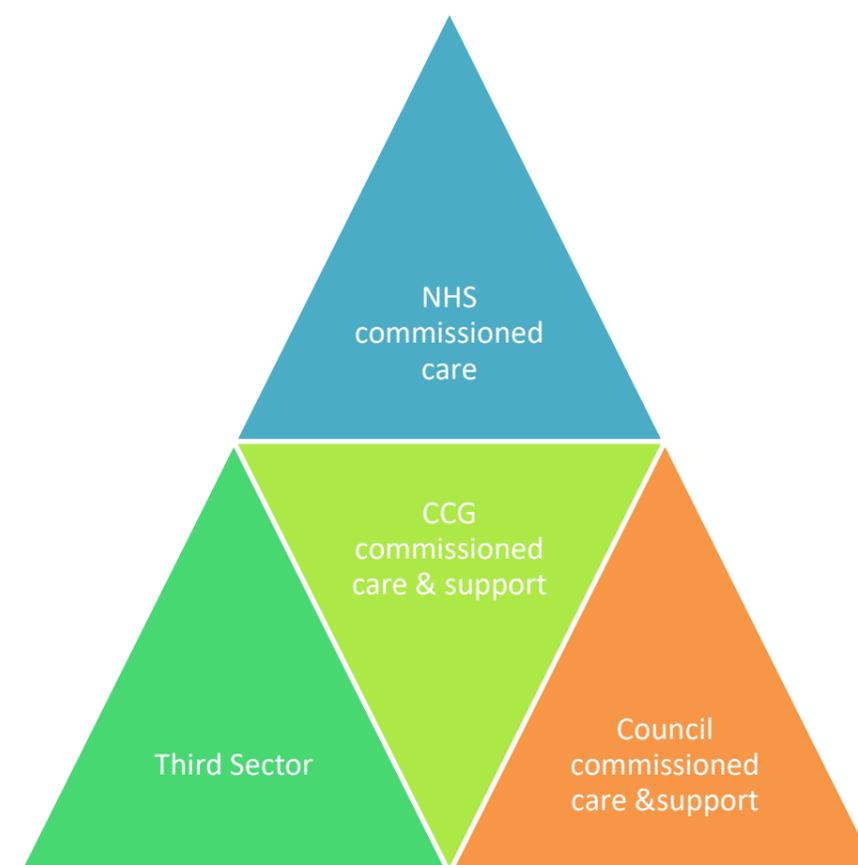


- GPs
- Social Prescribers / Link workers
- Local third sector organisations supporting with Mental Health / MH contributors (see next page onwards)
- National third sector organisations
- Mental Wellbeing sessions (BFCN)
- Books on prescription (libraries)
- Peer support (Friends in Need; Carer Support; PINC; Befriending)
- Wellbeing Services
- Dementia Advisory Service
- MH Integrated Care Service (Berkshire Health Foundation Trust)
- MH practitioners in Integrated Teams
- Advocacy
- Counselling (various)
- Talking Therapies Berks incl Silvercloud Online (Berkshire Health Foundation Trust)
- Bracknell Forest Community Network & recovery facilitators
- Community Mental Health Team (Berkshire Health Foundation Trust)
- CPE – specialist services (Berkshire Health Foundation Trust):
 - Adult Autism Assessment
 - ADHD Assessment
 - Clinical Health Psychology
 - Crisis Resolution Team
 - Assertive Intervention Stabilisation Team
 - Community Based Neuro-Rehab
 - Early Intervention in Psychosis
 - Eating Disorder
 - Managing Personality Disorder
 - Electroconvulsive Therapy
 - Individual Placement and Support
 - Traumatic Stress Service
 - Inpatients (adults, OP, psychiatric intensive care)
 - *Hope – only in Slough*

Cohort specific provision:

- Perinatal MH
- Criminal Justice Liaison and Diversion
- Memory Service
- Learning Disabilities
- Community Mental Health Team Older Adults
- Veterans Team

All under Berkshire Health Foundation Trust



Directories:

- Public Health portal
- Help Yourself Bracknell
- Berkshire Health Foundation Trust Mental Health
- Community Map

Third sector offer

The following Voluntary, Community and Faith Sector (VCFS) organisations that contribute directly or indirectly to mental health were identified **in early 2020** as part of Wellbeing Service development. They provide a useful indication but may not be up to date.

Area	Offer	
Young carers/ carers	<ul style="list-style-type: none"> • Bracknell Promise Inclusion carers group • Mental health carer's support group • Ascot Area Alzheimer's carer's lunch • Signal4Carers (the Ark) • Young Minds (https://youngminds.org.uk/find-help/for-parents/parents-survival-guide/) 	
Other health	<ul style="list-style-type: none"> • Dogs for Good • Advocacy (The Advocacy People) • Support groups for specific long-term medical conditions: <ul style="list-style-type: none"> • Parkinson's (Bracknell and District Branch) • Berkshire Vision • Macular Society – Bracknell Support Group • Multiple Sclerosis • Stroke Association 	<ul style="list-style-type: none"> • Involve – Cancer support network: Cancer Champions • Breast cancer self-help group - Sandhurst • Alzheimer's Society – singing for the brain sessions • Headway (brain injury – telephone support or groups in Basingstoke/Guildford) • Diabetes Support Group in Rushmoor (Nepali community)
Disability / Frailty	<ul style="list-style-type: none"> • Red Cross (for short term home from hospital assistance) • Healthmakers – peer to peer support with long term conditions • SportsAble (based Maidenhead) • Get Berkshire Active (network / facilitating access to sports) 	
Learning Disability / autism	<ul style="list-style-type: none"> • Ark Trust • BHFT • Wellbeing and Leisure team • Mencap Radio project • Promise Inclusion • Be Heard - self-advocacy group for people with Learning Disabilities. 	
Ethnic/ cultural Faith groups and Church groups, particularly:	<ul style="list-style-type: none"> • Easthampstead Baptist Church – eg monthly lunches, Bingo at Refresh Café • The Kerith • St Michael's Sandhurst • ICAB (Indian Community Association Bracknell) • Bracknell Islamic Cultural Society (BICS) • Bracknell Faith & Belief Forum - represents most (not all) religious groups in borough • <i>Reach Out NHSI project</i> 	
Transport (not needs-specific; for social outings etc.)	<ul style="list-style-type: none"> • Keep Mobile • Good neighbours (Crowthorne/ Harmanswater/ Priestwood/ Bullbrook/ Crown Wood) • Driven Forward 	
Domestic violence	<ul style="list-style-type: none"> • Berkshire Women's Aid • Mankind initiative • Victims First (Berks wide) • Galop – LGBT+ domestic abuse helpline (national) • National Stalking hotline (national) 	<ul style="list-style-type: none"> • National Domestic Helpline (national) • Domestic Violence Assist (national) • Karma Nirvana (national) • <i>Refuge Thames Valley ISVA – PCC funded</i> • <i>Plain Talking (perpetrator) – BFC service</i>
Drugs and alcohol/Addiction	<ul style="list-style-type: none"> • Breaking free online • DrugFAM Sandhurst – advice and support for families affected by addiction 	<ul style="list-style-type: none"> • Kerith Community Church (https://kerith.church/groups/recovery) • <i>New Hope – DAAT service</i>

<p>Early help / Family</p>	<ul style="list-style-type: none"> • Home-start • Relate - offers support and guidance face to face and over the phone. Under 18s can use Relateen. • ARC Counselling Service (Wokingham Based) 	
<p>Mental health For those with Anxiety/Depression/bereavement low level EWMH needs</p>	<ul style="list-style-type: none"> • Rethink (telephone advice, support groups) • Mind/Bucks Mind (Friends in Need peer to peer support groups) • NHS Depression Support groups (peer to peer support and online forums) • Meetup.com (online events calendar) • Talking Therapies (CBT, counselling, psychotherapy, group workshops, telephone and face to face support) • Cruse bereavement care (telephone support and group counselling sessions for the bereaved) 	<ul style="list-style-type: none"> • Sandhurst Counselling Service (weekly 1:1 sessions) • Sport in Mind (Yoga, Tai Chi, Badminton, football, cricket, etc.) • <i>Bracknell Forest Community Network (BHFT step down / recovery service to reconnect people with community groups)</i> • <i>Social Prescribing (Public Health service, advice and signposting to social activities and groups)</i> • <i>Recovery College (courses and social groups -pottery, art, gardening etc. based in Reading, Berkshire)</i>
<p>Finance /debt Employment</p>	<ul style="list-style-type: none"> • Citizen’s Advice Bureau • Christian against poverty (https://kerith.church/support/debt-and-money-advice-cap) • Career Springboard at OLC • Bracknell JobCentre Plus (Pathways to Work programme has been closed) 	
<p>Homelessness</p>	<ul style="list-style-type: none"> • Pilgrim Hearts Trust - Bracknell Night Shelter • Look Ahead • Samaritans of Bracknell 	<ul style="list-style-type: none"> • Transform Housing (Wokingham based, will give IAG to BF residents) • Shelter Thames Valley (office based Slough)
<p>LGBTQ+</p>	<ul style="list-style-type: none"> • LGBT Berkshire • Berkshire Gay Link 	
<p>Age</p>	<ul style="list-style-type: none"> • Age UK and Age Concern support groups and regular activities such as: <ul style="list-style-type: none"> • Wednesday Friendship Group • Café • BARA (Bracknell Active Retired Association) • Shopmobility, Princess Square – café, mobility aids, weekly bingo • Forget me Knot charity shop – Wildridings • Re-engage (previously Contact The Elderly) monthly tea party run by volunteers, lifts given – limited places • Silverline – 24/7 helpline and ‘telephone friendship’ service for older people • NHS Charities Older People Consortium (lead by involve) 	
<p>Generic</p>	<ul style="list-style-type: none"> • Community Cafes: <ul style="list-style-type: none"> • Foxes Den - Binfield • Refresh - Crown Wood • Look in – Great Hollands • South Hill Park – café, some U3A groups meet here • Age UK offering Befriending Service • Women’s Institute • Library groups (mindfulness, meditation, Yoga, pilates, relaxation for children, tai chi) • Community Centres (community associations run the council owned community centres. Some have their own web pages which may list different groups that use the centres - https://www.bracknell-forest.gov.uk/leisure-services/community-centres) 	
<p>Day Centres</p>	<ul style="list-style-type: none"> • Worlds End, Forest Park (only for dementia) • Sandhurst Day Centre • COATS Crowthorne 	
<p>Open Learning Centre</p>	<ul style="list-style-type: none"> • IT Drop In • Job Club • English Language club 	

	<ul style="list-style-type: none">• Classes: yoga, pilates, art, calligraphy, cookery
Directories	<ul style="list-style-type: none">• Warm Welcome Programme - Public Health Portal - Bracknell Forest Council (bracknell-forest.gov.uk)• Bracknell Forest Help Yourself• Bracknell Forest Community Map• Bracknell Forest Local Offer