

# Community Mental Health Services for Leeds

Our plans for improvements



## Introduction

This leaflet is a short summary of our plans to change the way we provide mental health services for adults and older people across Leeds. It explains why we need to make the changes and how the new services could work.

Our service users will still get high quality services and support and in the main, they may not see significant changes – it's the way we organise ourselves to give the care and support that is changing.

Some of the detail isn't quite finished and we'd like to know what you think so we can reflect people's views in our final plans. Have a look at the back page to find out how you can join the conversation.

## Why change?

Some of our community mental health services have grown to meet increasing demand. Trying to meet everyone's needs has led to a situation where we're not always making best use of our staff's expertise. We are doing the same thing as some other service providers in the city and sometimes people get a different type of service depending on where they live. We don't think this is right or fair.

A previous service reorganisation into an 'ageless' service hasn't worked well for older people (65 plus). They have found it harder to get support from us at times when they were really

distressed. We have also lost staff who wanted to be dedicated to working with older people.

There's growing demand for services because:

- more people are finding life tough and developing mental ill health
- the knock-on from the crisis in adult social care – if care needs are not met, distress levels increase
- pressure on primary care means people no longer have a relationship with a single family doctor for 'talking things through'

Our plans for change will help focus our support on the people who need it most. We know we can't do everything and will be working closely with other providers and partners to have more joined up community mental health services across Leeds.

## What will our changes mean?

Care will always be based on a thorough assessment of each individual's circumstances and needs.

- Service users will be at the centre of their care and have seamless services delivered by teams made up of different professionals
- Care will always be about recovery – for people with dementia this is about living well with the condition



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- Each person will be seen by clinical staff who have the necessary skills, values and attitudes to provide high quality support. They will be knowledgeable about mental health and other difficulties and their effects in different stages of life
  - We will work closely with other organisations that can offer support to service users
  - Hospital will be a last resort and only for the people who are most unwell. We will aim to get services users out of hospital as quickly as we can so they can recover at home or in another care setting.

### **Working Age Adults Community Services**

Our service works with adults who have severe and lasting mental health needs related to illness, trauma and addiction and need specialist care from our teams.

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We will create a citywide crisis and intensive support service offering a genuine alternative to hospital. Three community teams will offer assessment over six weeks to clearly understand people's difficulties so we can make sure they get the right support from the right service. People who have longer term difficulties will be offered care for longer to support them towards recovery.

### **Older People's Services**

Our teams support people of any age with dementia and older people with a mental disorder plus physical illness or frailty. We also work with people – usually the over 65s - who have psychological or social difficulties related to the ageing process, or end of life issues. We will have three area teams which will work with people who have memory problems and mental health problems. We will also create a citywide team to work with

people who are experiencing more intense distress. Our teams include nurses, occupational therapists, psychiatrists, psychologists, health support workers and other specialisms like physiotherapy, pharmacy, dietetics and speech and language therapy if needed.

## How we're communicating

We want to hear from everyone in our community. If you would like any of our information in large print, easy read or a community language, please let us know.

We've given more information about our proposals for adult and older people's community mental health services in separate leaflets.

You can find all our written information and other detailed background information on our website at:

[www.leedsandyorkpft.nhs.uk/get-involved/community-mental-health/](http://www.leedsandyorkpft.nhs.uk/get-involved/community-mental-health/)

There's a slide deck which has a commentary describing our plans that you can download and discuss at home, work or in social settings.

We will visit and talk to community groups with an interest in mental health.

See below for how to get in touch with us.

## What do you think?

We have a short feedback form where you can tell us what you think and if you have any worries about our plans. You don't need a stamp, just complete it and pop it in the post or hand it in.

It's also available online at [www.leedsandyorkpft.nhs.net/get-involved/](http://www.leedsandyorkpft.nhs.net/get-involved/)

## Get in touch

If you've got any questions or want to send us some more detailed comments here's how to get in touch:

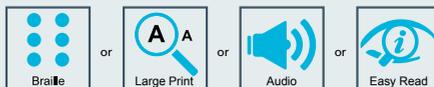
Tel: **0800 052 5790 (our Patient Advice and Liaison Service)**

Email: [communityredesign.lypft@nhs.net](mailto:communityredesign.lypft@nhs.net)

## Community Mental Health Redesign

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