

Report to: **East Sussex Health Overview and Scrutiny Committee (HOSC)**

Date: **19th March 2009**

By: **Director of Law and Personnel**

Title of report: **Day and Vocational Mental Health Services for Adults**

Purpose of report: **To brief HOSC on the recommissioning of day and vocational mental health services for adults across East Sussex and enable the Committee to comment on arrangements for transition to the new model.**

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## RECOMMENDATIONS

HOSC is recommended to:

- 1. Consider and comment on the re-provision of day and vocational mental health services for adults.**
  - 2. Agree any further reports required by the Committee.**
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### 1. Day and vocational mental health services

1.1 Day services have a vital role within mental health service provision. They aim to provide meaningful daytime activities and to enable people to move onto greater independence, including mainstream employment or education.

1.2 The Department of Health document *'From Segregation to Inclusion: commissioning guidance on day services for people with mental health problems'* (February 2006) states that:

*"Traditionally, day services have focused on the provision of specialist support solely for those with mental health problems, typically providing a 'package deal' of activities within the centre that includes a place to go during the day to meet other people through a range of group social/leisure activities, group therapeutic opportunities and various forms of help and advice."*

*"With some notable exceptions, day services often fail to meet the needs of the diverse populations that they service. In particular, they may fail to meet the needs of, and be under-used by, people from minority ethnic communities, women, younger people and older people, and they may not provide services that are sensitive to religion, sexuality and disability."*

1.3 The document indicates that *'there needs to be a comprehensive range of day service provision designed to promote recovery, social inclusion and self-determination and to decrease social isolation'* and states that the range of services should fulfil four key functions:

- Provide opportunities for social contact and support.
- Support people to retain existing social roles, relationships and existing social/leisure activities that they value.
- Support people to access new roles, relationships and mainstream social/leisure opportunities of their choosing.
- Provide opportunities for people with mental health problems to run their own services.

1.4 The document also states that there must be a range of options available to fit individual needs and that commissioners *"must consider whether there are people with mental health problems who may not wish to participate in mainstream community activities. One approach will not fit all"*. The guidance also notes that day services do not necessarily require a dedicated building or centre.

## **2. Implementation in East Sussex**

2.1 A review of mental health day & vocational services was undertaken in 2004 by commissioners (Adult Social Care and the East Sussex Primary Care Trusts). This review indicated the need to modernise services to ensure they promote social inclusion, recovery and represent good value for money.

2.2 In 2006 a commissioning model for day and vocational services was developed in line with the guidance issued by the Department of Health.

2.3 In December 2006 the Primary Care Trusts and Adult Social Care commissioned independent consultants TriNova, to undertake a further review of local services in the context of an up-to-date needs assessment, best practice and value for money. The review included significant service user involvement – both those using current services and those who do not currently make use of these.

2.4 In November 2007 TriNova completed this work and produced a report making recommendations for future service development, including a new service model.

2.5 The Primary Care Trusts and Adult Social Care accepted these recommendations and undertook a tender process between July and December 2008 to appoint new providers for these services. New contracts commence on 1<sup>st</sup> July 2009. This allows for a 6 month transition period to manage the change.

2.6 Further details of the review process, the new service model and the new providers are outlined in the briefing papers attached at appendices 1 and 2. Kate Dawson, Head of Strategic Commissioning (Mental Health Social Care and Supporting People), Adult Social Care, East Sussex County Council will present the papers to HOSC using the slides attached at appendix 3. She will be accompanied by Caspar Murphy of Sussex Oakleaf, the new provider covering the Eastbourne and Wealden areas, and Anne Arnold and Carol Millard, service user representatives.

## **2. HOSC Involvement**

2.1 At its meeting in September 2008, HOSC considered an update on mental health service developments in East Sussex. Following this, HOSC requested a written briefing on the recommissioning of day and vocational mental health services (which was circulated to the Committee in October 2008) and an update in March 2009, once the tender process was completed.

2.2 In considering the attached papers, HOSC may wish to explore the following issues:

- How the new model will encourage participation by groups who may have been under-represented in usage of day services in the past (e.g. younger people, women, ethnic minority groups)
- Any differences and similarities between the proposed approaches of new providers in different parts of the county.
- Whether the model differs between rural and urban areas.
- The support that will be available to service users through the transition process.
- How the new model will cater for those who do not wish to participate in mainstream activities.
- Whether existing bases for day services will continue to be used under the new model.
- Whether the recommissioning process has addressed the recommendation for more equitable investment across the county according to population distribution and need.
- How the success of the new model will be evaluated.

ANDREW OGDEN

Director of Law and Personnel

Contact Officer: Claire Lee, Scrutiny Lead Officer

Tel No: 01273 481327