



WaMH in PC Wales Mental Health in Primary Care Information Sheet 6

A Briefing Note for GPs and Primary Care Practitioners

Mental Health (Wales) Measure 2010 *Issue 1, June 2011*

Introduction

This briefing sheet outlines the Mental Health (Wales) Measure which received Royal Approval in December 2010, and will be implemented in phases across Wales from 2011 - 2012. It considers in detail Part 1 of the Measure, which concerns the provision of local mental health support services in primary care, and which will be of particular interest to GPs and primary care practitioners.

Mental Health (Wales) Measure 2010

The Mental Health (Wales) Measure 2010 deals with accessing and receiving care and treatment within primary and secondary mental health services. The intended effect of the Measure is to:

- Expand the provision of local primary mental health support services (Part 1).
- Ensure that all service users within secondary care have a care coordinator and a care plan (Part 2).
- Provide a mechanism for re-access to secondary care services for previous service users (Part 3).
- Expand statutory independent mental health advocacy to certain 'short term' sections of the Mental Health Act 1983 and to non-detained inpatients (Part 4).

Part 1—Local Primary Mental Health Support Services

Part 1 of the Measure seeks to strengthen the role of primary care in delivering effective mental health care and treatment, and to support primary care providers in working with people of any age (children and adults) with mental health needs in primary care.

It sets out the requirement that local primary mental health support services will be provided throughout Wales, and it places a statutory duty on all Health Boards and Local Authorities in Wales to develop joint schemes for the provision of local primary mental health support services to people of all ages.

These services will be delivered by Local Health Boards and Local Authorities in partnership, and it is expected that they will, in the main, operate within or alongside existing GP practices.

Most people who will access the local primary mental health support services will do so through primary care, but the Measure also allows scope for the joint schemes to include people who are subject to the Mental Health Act 1983, or who are receiving secondary mental health services.

In addition, certain categories of individuals who would not otherwise be entitled to an assessment will be determined within secondary legislation (Regulations) under the Measure. These categories are likely to include prisoners and young offenders, among others, hence access arrangements will need to be flexible to accommodate all the groups covered by the local scheme.

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Part 1—Local Primary Mental Health Support Services—continued

The local primary mental health support services will provide local access to support for people of all ages who have mild to moderate and/or stable severe and enduring mental health problems, including psychosocial, behavioural and emotional difficulties experienced by children and young people, and memory impairment in older people. The services that will be provided within local primary mental health support services, as set out in the Measure, are:

- Comprehensive mental health assessments for individuals who have first been seen by their GP, but for whom the GP considers a more detailed assessment is required, or individuals who are referred through secondary care services;
- Short term interventions, either individually or through group work, if the initial assessment has identified this as appropriate. Such interventions may include counselling, a range of psychological interventions including cognitive behavioural therapy, family work and online support, stress management, and bibliotherapy and education;
- Onward referral and the co-ordination of next steps with secondary mental health services, where this is felt to be appropriate for an individual;
- Provision of support and advice to GPs and other primary care providers (such as practice nurses) to enable them to safely manage and care for people with mental health problems;
- Provision of information and advice to individuals and their carers about interventions and care, including the options available to them, as well as 'signposting' them to other sources of support (such as support provided by Third Sector organisations).

These services are planned to commence in
Summer 2012

The local primary mental health support services will not be appropriate for all individuals who present to primary care with mental health problems, and GPs will still have the option of managing patients themselves or referring to secondary care, according to the needs of each individual.

Implementation

Responsibility for the delivery and management of the local primary mental health support services will lie with the Local Health Boards and Local Authorities and they will be developing their implementation plans over the next year. To support this, the following steps are either underway or planned:

• *Local Implementation Leads*

Local implementation leads are being appointed to coordinate arrangements for implementation of Part 1 of the Measure within LHB and Local Authority areas. The leads will be the key contacts for GPs and all other stakeholders and their details will be confirmed as soon as possible.

• *Funding*

As part of the national programme for implementation, it is anticipated that the Welsh Government will be making additional monies available to LHBs and Local Authorities. One-off funding will be provided to support pre-implementation work, including the appointment of the implementation leads, with additional recurring funding expected to be made available thereafter to support the delivery of the new services.

• *National Service Model*

A national service model is being prepared to support the development of local primary mental health support services. This national service model will set out the objectives for the services, the expectations for the delivery of the five functions of the service, guidance on operational arrangements and performance measures.

It will also set out the responsibilities of the Local Health Boards and Local Authorities to ensure the smooth operation of the local primary mental health support services, working together with primary care providers.

It is expected that this National Service Model will be published in **Summer 2011**. Following this, WaMH in PC will produce a further Information Sheet providing primary care with the key points from the National Service Model.

Implementation—continued

• *Mapping*

A mapping exercise has recently been conducted across all LHB and Local Authority areas to determine the current profile of mental health services in primary care, including staffing, skills and areas of notable practice. This mapping will support LHBs and Local Authorities in designing, implementing and integrating the new service. It will also provide baseline information for the review of the Measure which will be undertaken within four years of the commencement of the operation of the service.

Alongside the mapping of services, information has been gathered on the profile of general practice and the local population profiles, including those groups who may not be registered with a GP but who may potentially be eligible to access the local primary mental health support services under the forthcoming regulations, for example, prisoners, students, homeless people and gypsies and travellers.

It is expected that this mapping exercise will be completed and the results published in **Summer 2011**.

• *Expert Reference Group*

An Expert Reference Group has been established to provide guidance and advice on the implementation programme, the development of statutory and non-statutory guidance, and to promote communications and engagement in relation to Part 1 of the Measure. Peter Martin (National Policy Co-ordinator—Hafal) represents WaMH in PC and Dr Huw Lloyd (recently retired senior partner from Old Colwyn and past Chair of WaMH in PC) represents the Royal College of General Practitioners (Wales) on this group.

• *Guidance on Schemes*

Guidance on the development of joint LHB / Local Authority schemes for the provision of local primary mental health support services is being prepared and it is expected that this guidance will be published in **October 2011**.

• *Drafting of Regulations*

Most of the provision relating to the requirements for local primary mental health services are set out in the Measure itself, but there are some operational aspects of Part 1 where the Welsh Government will be making regulations. These will relate to the following issues:

- i. identifying persons who may be referred to the local primary mental health support service by a GP where the individual is not registered with the GP.
- ii. modifying the operation of Part 1 of the Measure so that schemes for local primary mental health support services can be made for an area wider than a single local authority area.
- iii. setting out the qualification, skills, training or experience that individuals must hold in order to undertake primary mental health assessments.

Initial discussions on these issues have taken place within the Expert Reference Group and through the mapping, and it is expected that draft regulations on these points will be issued for consultation in **late 2011—early 2012**.

• *Timescales for implementation:*

During the passage of the Measure through the National Assembly for Wales, the Minister for Health and Social Services set out the Government's intentions to phase implementation of the Measure, to ensure that the benefits expected to arise from the new arrangements are delivered as quickly as possible. The current expectation is that Parts 2, 3 and 4 will be implemented first, and full implementation achieved with Part 1 by **summer 2012**.

Further Information on the Mental Health (Wales) Measure is available from:

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WaMH in PC website @ www.wamhipc.org.uk

for publications and links to:

- Mental Health (Wales) Measure 2010
issued by Legislation. gov.uk
- Mental Health (Wales) Measure 2010
Issued by National Assembly of Wales.
- Mental Health (Wales) Measure 2010—
Implementing the Mental Health (Wales)
Measure 2010
*Issued by Welsh Assembly Government
January 2010*

Acknowledgements:



Royal College of
General Practitioners

WaMH in PC Gold Standard Library

WaMH in PC are developing easily recognisable, valuable information, training and support tools for primary care mental health which we trust you will find informative whilst encouraging you to explore the issues in greater detail.

Below is a list of education /support packages developed and released so far as part of the Gold Standard programme of work:

- **Information Sheet 1, entitled 'Improving Mental Health Outcomes through Sustained Employment'**
- **Training DVD, entitled 'Getting it Right' - Dealing with Mental Health in Primary Care**
- **Information Sheet 2, entitled 'The Impact of Emotional Distress on Health'**
- **Information Sheet 3, entitled 'Positive Choices Suicide Prevention Training Framework'**
- **Information Sheet 4, entitled 'Mental Health and Housing'**
- **Information Sheet 5, entitled 'Mental Health and Parkinsons'**

All of the above are available on the WaMH in PC website @

www.wamhipc.org.uk

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