



# **COMMISSIONING**

# **PERSPECTIVE**

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## **AIM – To commission for mental well being:**

- **Minimal intervention**
- **Socio-economic circumstances**
- **Best possible health outcomes**
- **Non-age specific solutions**
- **Reduced health inequalities**



**Top 5 priorities are**

**All underpinned by the drive  
to increase choice and an  
expectation of recovery,  
well-being and inclusion.**

# **PRIORITY 1**

- **Inclusion is the backbone to all services, care pathways and operational plans.**
- **Include access to employment and vocational and social training or support.**
- **Increasing independence and well being in all contracts**
- **Ensure services are accessible by all BME and new communities.**

# **PRIORITY 2**

- **Mental Health Promotion and Prevention**
- **Increase self-management and well being.**
- **To aim to reduce unnecessary referral to secondary care.**
- **Increase access in ordinary places**
- **Accessible information – Barber Shop magazine**

# **PRIORITY 3**

- **Increasing confidence of people from black and ethnic communities**
- **Engaging communities and communicating opportunities and choice for access**
- **Increase early access to support and treatment**
- **Accessible information**
- **Focus on 'well being' for all - person centred**
- **Increase alternatives to medication – “Prozac nation”**

# **PRIORITY 4**

- **Review and redesign emergency care pathways.**
- **Reduce numbers of people accessing A&E.**
- **Improve access out of hours**
- **Improve services to people whom self-harm.**
- **Provide alternatives to hospital beds**

# **PRIORITY 5**

- **Develop community alternatives to support people in their own home.**
- **Increasing access to psychological services for all**
- **Ensure recovery model is central to service provision ethos.**
- **Improve service user experience of pathway, referral and exit procedures.**

# RESULTS

## Services that are provided :

- At the right time
- At the right place

## Services that provide:

- A person centred approach
- the least burdensome intervention
- A Solution and Recovery focus
- Mental health promotion and prevention

# CHALLENGES

- **To commission no-age specific services**
- **To reduce stigma, isolation and exclusion.**
- **To increase mental well being, independence and resilience, through holistic services**
- **To reduce health inequalities**
- **To increase user/carer involvement in commissioning**

# How?

- Listen to service users and carers
- Engage service user and carers in commissioning decisions
- Seek clinical and research advice where necessary
- Partnerships with third sector
- Partnership with social care
- Review and redesign current services
- De-commission
- Commission new services

# ONE LAST THOUGHT

- **‘An individual’s mental health is inextricably linked with their relationship to others, their lifestyle, and the environmental factors that affect them and the degree of power they can exert over their lives.’**
- **( Boxer, J. & McCulloch, G.F.,1994)**