



Health and care working with local communities
in Plymouth, Torbay and the rest of the county

Working Together

November 2021

Community Mental Health Framework (CMHF)

- Jane Dewar

#OneDevon

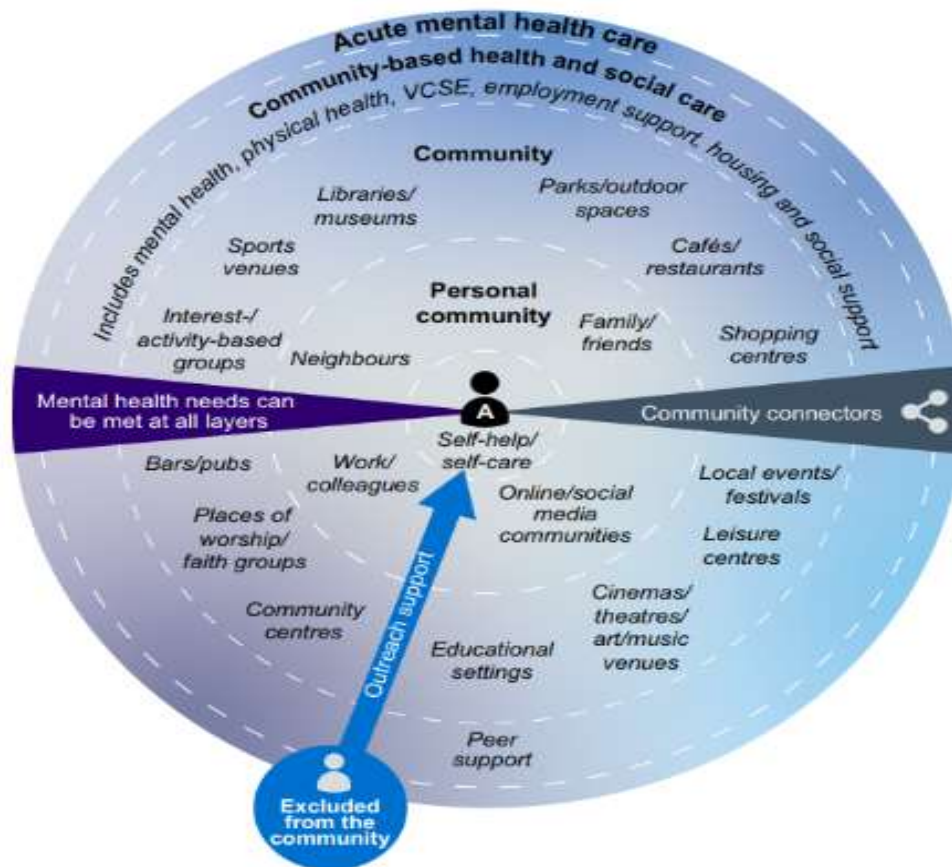


Health and care working with local communities
in Plymouth, Torbay and the rest of the county

<https://www.youtube.com/watch?v=8x-WxYcSBo8>

#OneDevon

CMHF Benefits:



Self Care: At the centre of our core model is the person and their capacity to care for and help themselves.

Personal Community: When a person has a problem, the first people they turn to are those in their personal network- their family, friends, colleagues and online network

Community: People exist in a communities, a persons community will include the people and places where they contact others, at the school gate, in their place of work, through community events, hobbies and interests etc

Community Based Health and Social Care: Within communities, but not often part of our daily lives are a range of community based health and social care offers which aim to help us when we are unwell.

Acute Health Care: within our wider communities we have a more specialist range of health, social care and other community services which help us when our needs are more urgent and acute.



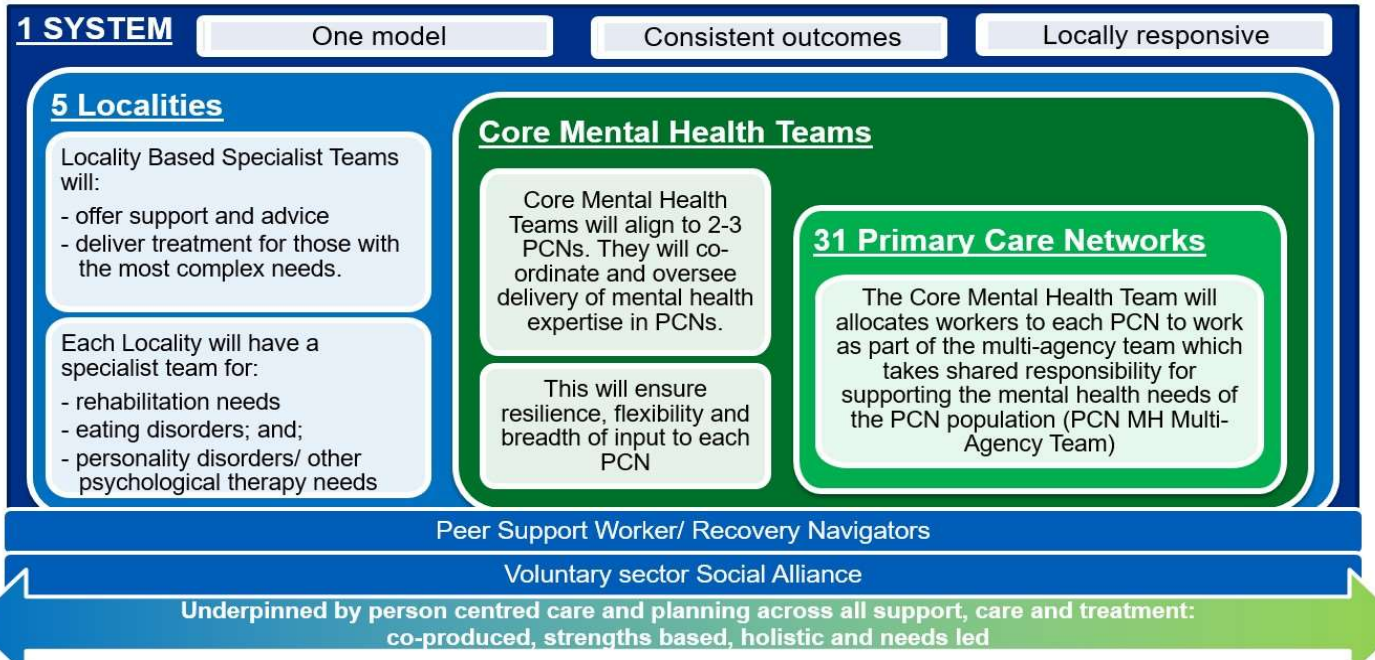
Health and care working with local communities
in Plymouth, Torbay and the rest of the county

CMHF 6 Key Aims

1. Promote **mental and physical health**, and prevent ill health.
2. Treat mental health problems effectively through evidence-based psychological and/or pharmacological – **strengths based, single care plan**
3. Improve **quality of life**, including supporting individuals to contribute to and participate in their communities
4. Maximise **continuity of care**
5. **Work collaboratively** across statutory and non-statutory commissioners and providers within a local health and care system to address health inequalities and social determinants of mental ill health.
6. Build a model of care based on **inclusivity**

#OneDevon

Our Model: Components



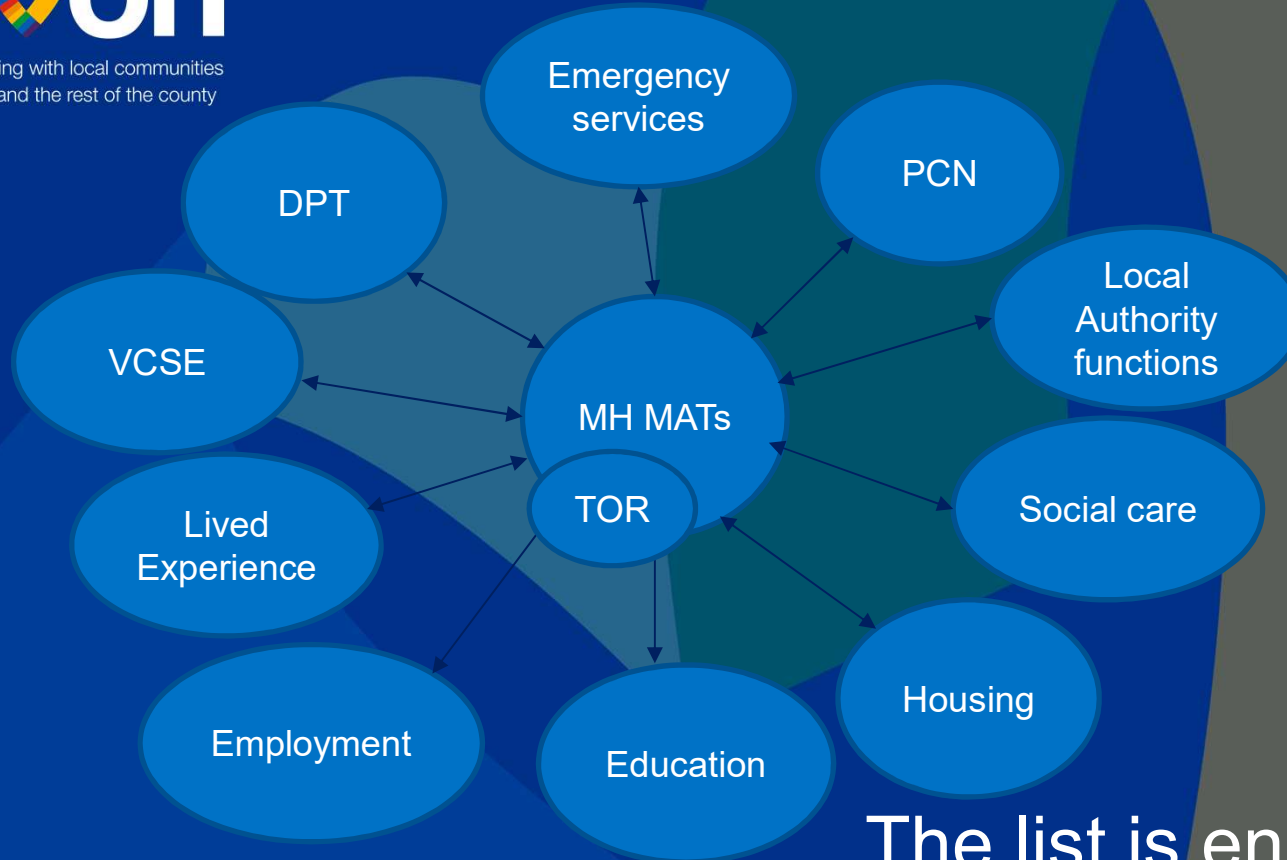
Priorities within the eastern locality

- **Co-design** and co-production
- **Relationship building** – PCNs, ARRS worker/s, Core MH teams
- **Multi agency team (MAT)** – the people and the meetings
- **VCSE Alliance Partner** and community assets
- Linking with the **specialist service groups** (rehab, personality disorders and eating disorders)
- **Recruitment** – to secondary roles, vacancies, specialist roles
- Making this **business as usual** at pace



Health and care working with local communities in Plymouth, Torbay and the rest of the county

Mental Health Multi Agency Teams



The list is endless.....

#OneDevon



Health and care working with local communities
in Plymouth, Torbay and the rest of the county

Eastern Devon Locality Team

Jane Dewar – Locality Change Coordinator jane.dewar@nhs.net

Jon Chetland – Project Manager

Harriet Bennet – Project Support Officer

Molli Morris – Project Support Officer

#OneDevon