

8 July 2020 Mental Health Forum (Brighton and Hove)

Chat room transcript (redacted)

Welcome and Introductions

David Liley, CEO Healthwatch Brighton and Hove opened the forum and thanked everyone for attending. David explained that they were looking to meet 3-4 times a year to provide an opportunity for people to share ideas and engage in mental health developments across East Sussex and the wider Sussex area.

Sam Allen thanked Healthwatch for organising the event and welcomed the opportunity to work with them to support the mental health agenda. Sam acknowledged the importance of the agenda and wished to ensure their users' voices are featured.

From Jess S to Everyone: 02:32 PM

QUESTION Will the Collaborative Board member from B&H Voluntary Community Sector (VCS) be decided upon with Community Works so we can support with communicating about it with the VCS who are really interested in this development?

From David Liley to Everyone: 02:33 PM

ANSWER Answer to Jess - yes, the collaborative membership is brand new, the other VCS reps are carried over from the old MH Board and the VCS only had 2 reps on that.

From Jess S to Everyone: 02:34 PM

Great, the Health and Social Care Network members on the e-list will be keen to hear more on the process etc as well as expectations **FURTHER FOLLOW-UP ACTION REQUIRED**

From RT, AMAZE to Everyone: 02:35 PM

QUESTION Can you just confirm that the scope of this work will include MH&WB of children and young people? If so, how will the programme encompass the recommendations of the Foundations For Our Future report?

REQUIRES AN ANSWER

IDEAS ABOUT CHAT SET-UP

From Dickinson to Everyone: 02:39 PM

It would be great to know which organisations are on this session...is that possible?

From Belltree Music Therapy CIC to Everyone: 02:40 PM

This is our first contact with the group. Is there someone I can connect with specifically regarding where the Arts Therapies fit into the current strategy?

From Jess S to Everyone: 02:40 PM

We could insert our organisation title on the name label on our screen and that way it'll display in the participants list

From David Liley to Everyone: 02:43 PM

Thanks Jess great idea I'm not sure how people do that can you advise me/Alan

From Jess S Community Works to Everyone: 02:43 PM

Renaming, each of us right click on our box on the right hand side and choose rename option

From PW - Albion in the Community to Everyone: 02:44 PM

Done!

From RD, CCG to Everyone: 02:45 PM

Awesome thanks Jess - CCG is the Clinical Commissioning Group

From Jess S Community Works to Everyone: 02:42 PM

SUGGESTION Local Authority are using slightly different terminology for their Recovery and Renewal plan - it would be great if the same terminology could be used to reduce confusion when various meetings/groups are set up **FURTHER FOLLOW-UP ACTION REQUIRED**

From RT, AMAZE to Everyone: 02:45 PM

QUESTION Good to hear about the restoration to pre CV19 levels. But what is the plan for meeting the massive increase in need as a result of CV19 (e.g. we are seeing 70-80-% of CYP with SEND reporting their mental health has worsened as a result of lockdown). What additional investment/new innovative approaches have been identified to support these children to access the MH support they need?

From Sam Allen to Everyone: 02:49 PM

ANSWER Good question Rachel. The digital wellbeing Hub delivered by YMCA Downlink Group is one e-wellbeing.co.uk. We do have a presentation we can share with David to post that covers a summary of the developments over this time for young people. **ACTION**

From RT, AMAZE to Everyone: 02:51 PM

Thanks Sam - I know you are setting up an Oversight Group to focus on the report's recommendations - but think that significant increases in need will need to be added on top! Clearly a digital offer is very important but not accessibly to many Young People so need other ideas too.

From David Liley to Everyone: 02:46 PM

Works and we can make the right connections. I have a very personal commitment to the Arts

From Sam Allen to Everyone: 02:53 PM

I do agree Rachel - resourcing / investment across health and local authorities on the emotional and wellbeing pathway a specific issue. This was an issue 'pre-covid' and more of an issue now.

From CD, www.freshyouthperspectives.org to Everyone: 02:48 PM

ISSUE Increased Anxieties amongst local BAME Young People

From Sam Allen to Everyone: 02:52 PM

ANSWER Thanks for sharing the anxieties amongst local BAME YP Caroline. We are starting to pick this up - what can we do differently to support them? Do they access existing services?

From CD, www.freshyouthperspectives.org to Everyone: 02:52 PM

Sam, our Young People are engaging with www.mentivity.com that are providing well-being support

From David Liley: 02:54 PM

ANSWER Workshop with BAME organisations being arranged by the combined Sussex CCG's early August. Jane Lodge is the link person, Healthwatch in Sussex has offered to help any way we can, but we will not be leading on this, no real expertise, we have offered our services to support this work at no cost **FURTHER FOLLOW-UP ACTION REQUIRED**

From RR to Everyone: 02:56 PM

QUESTION We'd be very interested to hear presenters' early thoughts on how dual diagnosis/co-existing conditions pathways can be developed across systems of support? This is an area our lived experience groups have identified as a key area of concern. Thanks you, Rebecca at the Fulfilling Lives, multiple complex needs project

From Sam Allen to Everyone: 03:01 PM

ANSWER Hi Rebecca, there is a specific piece of work (in the Trust) underway on dual diagnosis. We can connect you to that if helpful? Dr. Rick Fraser has been leading this.

ACTION

From RR to Everyone: 03:02 PM

Thanks Sam - that would be really helpful

From AB to Everyone: 03:05 PM

Any question we don't get to today will receive a reply after the event, so do send any questions through for us to take away

From RD, CCG to Everyone: 03:06 PM

QUESTION How can we best 'triangulate' service user experience from all the different 'contact' points...to help inform the new opportunities for commissioning?

REQUIRES AN ANSWER

ACTION FOR FUTURE FORUMS (lived experience)

From RD, CCG: 03:10 PM

SUGGESTION I am connected with Liz Holland, but we need to find a way to gather views about access and degree of effectiveness of the intervention/support and typically for MH services outside IAPT, peoples feedback is not sought

From SC to Everyone: 03:10 PM

SUGGESTION thank you for a useful set of presentations to update and share us all. important we think about service user input to these forums more for future forums. look forward to future forums to help us connect in better across the city in hove. Stuart, clinical lead for Brighton wellbeing service

From AB to RD, CCG: (Privately) 03:12 PM

Thank you Stuart. Lived in experience is vital to this work and is something we will include in future events

From RR to Everyone: 03:13 PM

Our lived experience groups are keen to contribute to this group and we are happy to help bring those voices into the meeting

From LD, B&H CCG to Everyone: 03:14 PM

Echo Stuart's comments - particularly engaging with and hearing the views of people who may not have used our services in the past or consider themselves to have a MH issue

Thanks Rebecca R, Can we discuss further outside of this meeting please?

From LT to Everyone: 03:12 PM

QUESTION Can we support third sector partners in their mental health expertise e.g. Mental Health First Aid Training so that CVS can provide early interventions for those in immediate early need? Liz Tucker PH BHCC

REQUIRES AN ANSWER

From Jess S Community Works to Everyone: 03:12 PM

ISSUE Also issues where a more holistic approach outside of MH support can provide a more rounded way of offering solutions ie access to advice/social prescribing etc. Link up with wider offer.

From AB(HW) to Everyone: 03:16 PM

Thanks Jess, definitely something that needs to be factored in

FURTHER ACTION REQUIRED

Goodbyes