

National Assembly Plenary Meeting, Tuesday, 29 November 2011

Briefing Note on Mental Health

1. The Mental Health (Care Coordination and Care and Treatment Planning) (Wales) Regulations 2011

In Plenary on November 29th the National Assembly will debate and vote on the Regulations for Part 2 of the Mental Health (Wales) Measure. **Hafal clients are calling upon Assembly Members to support the Regulations and ensure they are passed.**

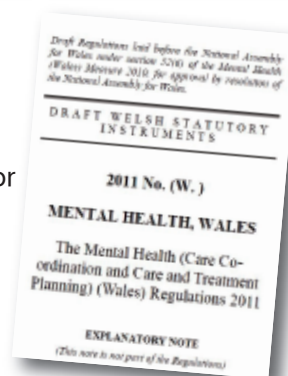
The Regulations prescribe a comprehensive Care and Treatment Plan which covers eight “life areas”. This holistic approach to recovery has received cross-party support and service users are delighted that the Regulations now make it even clearer that there should be a space to discuss each of the eight “life areas” in service users’ Care and Treatment Plans.

Why is it so important to have a holistic Care and Treatment Plan? Hafal clients have had holistic recovery plans for over six years. Our “whole person” approach to recovery is based on the experiences of thousands of people with a serious mental illness and has resulted in remarkable recovery successes for Hafal’s clients. **We know from experience that when service users have a holistic, recovery-focused care plan that includes the space to set goals in all areas of life they are far more likely to make progress in their recovery.**

Bill Walden-Jones, Hafal’s Chief Executive, said: *“It is to the credit of the National Assembly that the Mental Health Measure has always had cross-party support.*



“We are also very pleased that the Government has listened to our standpoint and strengthened the Regulations to give proper prominence to the eight “life areas”. We hope that the National Assembly will support the Regulations and pass them in Plenary on 29th November.”



2. Code of Practice for Parts 2 and 3 of the Measure

While the Regulations set out what mental health professionals must do in order to deliver the new Measure, the Code of Practice for Parts 2 and 3 of the Measure – which is currently being consulted on – tells them **how** they should deliver the Measure.

Hafal clients are pleased with the Code of Practice but feel that it could be strengthened. Lee McCabe, a former service user who is now a Recovery Practitioner at Hafal (*pictured with Minister for Health and Social Services Lesley Griffiths AM, below*), has spelt out the ways Hafal clients think the Code could be improved ([click here to read Lee’s view](#)). Lee is asking AMs to support the following changes to the Code:

A. The Code should specify that Plans routinely record actions against the eight “life areas”. They shouldn’t just be a record of actions required by mental health services; the Plans need to show what is done by other agencies and by service users for themselves.

B. Because medication and other therapies are combined in one “life area” of the Care and Treatment Plan the Code needs to take extra care to ensure that psychological treatment is considered in every Plan.



C. The Code needs to specify flexible but clear timescales, **both** from referral by a GP for assessment for secondary mental health services to that assessment being carried out **and** from assessment as a "relevant patient" (needing secondary mental health services) to the completion of the required Care and Treatment Plan.

If you would like to discuss how you can support these points, please get in touch (see details below).

3. Mental Health Strategy

The Government is also working on a new mental health strategy now that the **"Equity, Empowerment, Effectiveness, Efficiency"** ten-year strategy for adult mental health services published in 2001 has come to an end.

Following consultation with service users and carers at a conference, Hafal published *New Values, New Practice*, a report on what service users wanted from a new National Service Framework for adult mental health services ([click here to read the report](#)). The report is particularly relevant to the development of the new Strategy: it shows that service users want a new mental health service based on care and treatment planning. Additionally, in 2011 service users led a campaign, supported by Hafal, the Mental Health Foundation and MDF the Bipolar Organisation, to identify ways in which service users can be empowered to take more control of their lives and the services they receive. The campaign gained the support of thousands of service users and carers across Wales and resulted in a new report entitled "What Users Want" ([click here to read "What Users Want"](#)).

The two attached reports make a number of points which service users feel should inform the development of the new Strategy including the following:

- Mental health services should give a priority to people with a mental illness who have the **highest need**, reflecting the recent promise made by the Minister for Health and Social Services.
- Care and Treatment Plans should be the means of ensuring that mental health services are shaped by patients' needs. When all clients have a quality Care and Treatment Plan, planners of mental health services should move towards a position where Plans are analysed collectively and the planning of secondary mental health services is based on the needs identified. In this way services will be citizen-focused.
- Service users should be involved in planning, developing, managing and delivering services. In particular, with the coming of the new Measure and proposed Local Authority collaboratives, service users recognise that there is an opportunity for new mechanisms to involve service users collectively and ensure that they are involved at national level in planning and commissioning, and not just in a tokenistic way.

If you would like to discuss these points and other key actions identified in the two reports, please get in touch (see details below).

To discuss the points above or any other mental health matters, Peter Martin, National Policy Coordinator and Junaid Iqbal, Hafal National Assembly Lead will be available in the Oriel from 10:00am on Tuesday 29th November. Peter and Junaid are also happy to come to your office to chat to you or your staff. To make an appointment please E-mail us at publicaffairs@hafal.org

