

# Together We're Better is your local partnership of NHS, local government and voluntary sector organisations. We are working collectively to make decisions to transform health and care services across Staffordshire and Stoke-on-Trent.

Our partners are working closely together to achieve this transformation through a series of work programmes. Each programme is clinically-led and focussed on its own aims and objectives to ensure local people have access to high quality, sustainable services for the future.



## Mental Health programme

We're committed to ensuring that older people, adults, young people and children in Staffordshire and Stoke-on-Trent are supported whether they find themselves in need of help in a mental health crisis, or whether their day-to-day mental health and wellbeing is affected. We're working in a collaborative way to ensure your mental health and physical health needs receive equal priority and also ensure you receive help and support closer to your home and family.

### Our priorities and projects

- Children and young people will not be unnecessarily admitted to hospital, while children with an eating disorder will receive a responsive service; furthermore we want to see a greater number of children and young people accessing mental health services when they need them
- You will experience services that are built around your needs, with mental health and physical health services working alongside primary, community and social care
- We have an ambition of zero suicides
- We will ensure you do not have to go out of the area to receive in-patient care as we aim to have enough beds across Staffordshire and Stoke-on-Trent
- If you are in mental crisis we want you to be able to access support 24/7 and ensure you know where you can access this support.

### Our aims and outcomes

- We want to increase the number of psychiatric intensive care beds and reduce significantly the number of patients being sent out of Staffordshire and Stoke-on-Trent to receive care
- We are committed to providing seven-day-a-week child and adolescent mental health services (CAMHS)
- We are expanding crisis and home treatment teams to ensure more people are treated in their own home, avoiding inpatient stays
- We are committed to reducing the number of people who take their own life or experience self-harm
- We want to reduce the number of people who frequently attend A&E with mental health concerns and also reduce the number of frequent callers to ambulance services
- We're developing a 24/7 intensive outreach service that includes support to young people with eating disorders.

### Case study

**How Dave was supported to get back into work:** Dave had been accessing mental health services for a number of years and was referred to Step On, a service that supports people with mental ill health to find and retain work. He had been in several jobs over the years but had lost confidence and wondered whether he would ever successfully find and sustain employment again. Recognising the anxiety he was feeling, the service met regularly with Dave to talk through career options; this led to him being contacted by Step On with details of a suitable part-time vacancy. He applied and was successful and over time gradually increased his hours as his recovery progressed. Dave continues to work and is looking into different ways that he can progress his career long term. The service still contacts Dave on a monthly basis and has found he needs less and less reassurance as his confidence has returned.

