

Community mental health transformation programme

Brighton & Hove September update
on Neighbourhood Mental Health
Teams (NMHTs)

Improving Lives Together



Background - a case for change

We are currently seeing increasing mental health need in our communities and a demand for a more responsive service.

- **People don't want more individual services with niche referral pathways**, but for the ones that exist to be more joined up.
- **People report finding it difficult to access services**, long waiting lists, lack of access to therapeutic interventions, repeated assessments, and variable continuity of care.
- **Staff have a lack of access to advice and guidance**, often looking after complex patients without support, and poor communication.
- This is about **developing strong working partnerships**, rather than new investments.

Watch the NHS England video summarising the national programme [here](#)

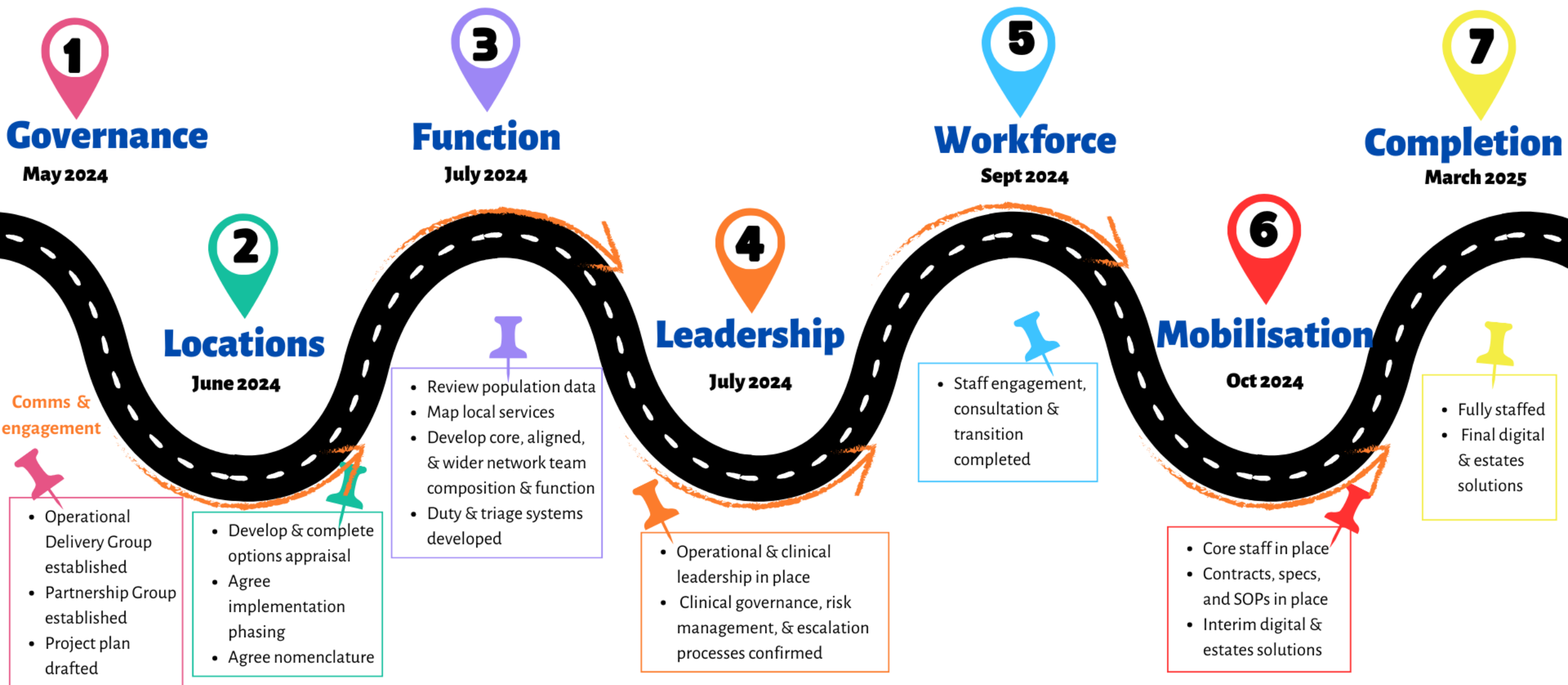
Key principles:

- Personalised and complete care
- Simple and seamless
- Accessible and inclusive
- One team

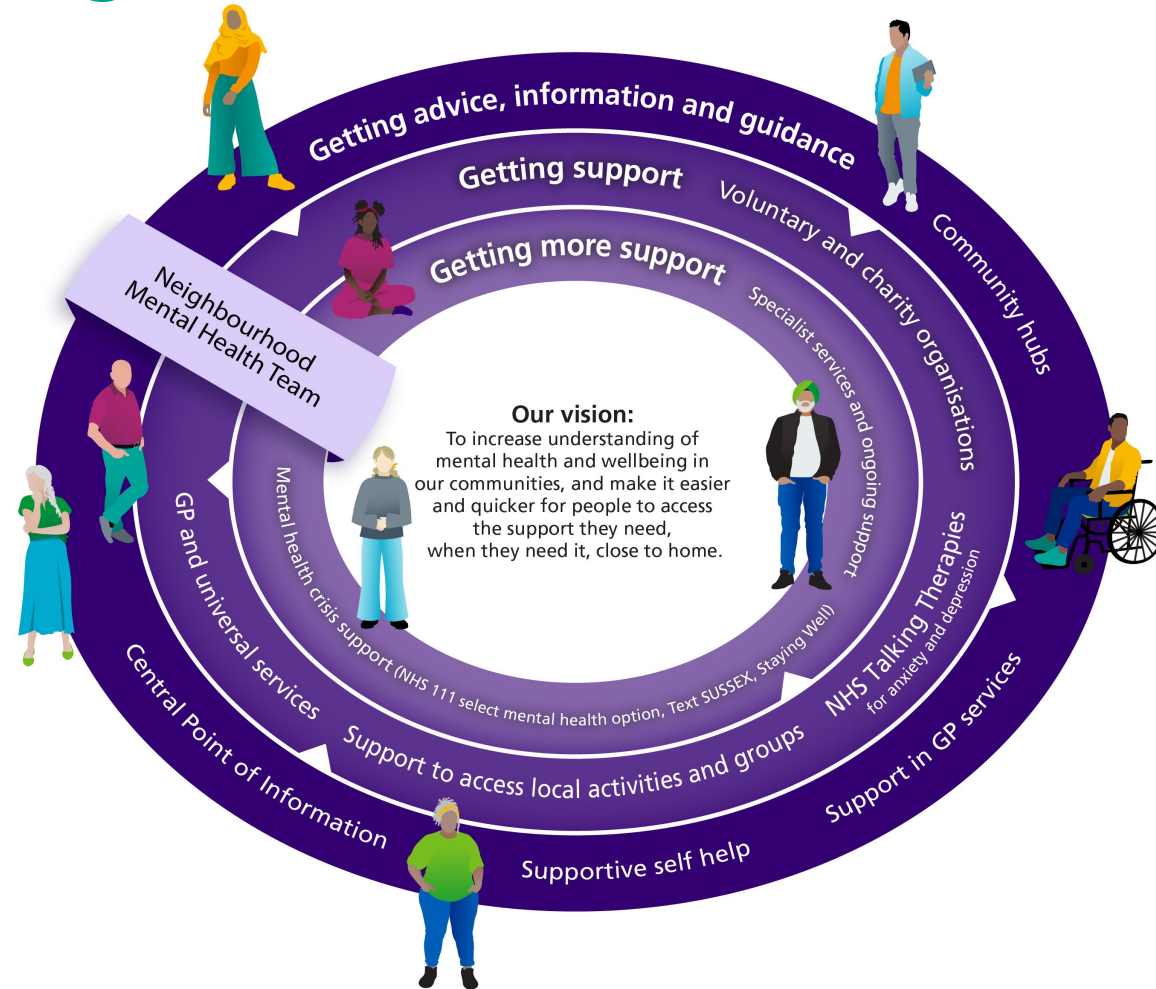


NEIGHBOURHOOD MENTAL HEALTH TEAMS (NMHTS) IMPLEMENTATION ROAD MAP

BRIGHTON & HOVE



Neighbourhood Mental Health Team – model diagram



Neighbourhood Mental Health Teams (NMHTs) will provide:

- **Coordinated** access to assessment and support
- **Multi-agency** working at neighbourhood level
- Will align with **Integrated Community Team (ICT)** developments.

Structure of a Neighbourhood Team

Core team

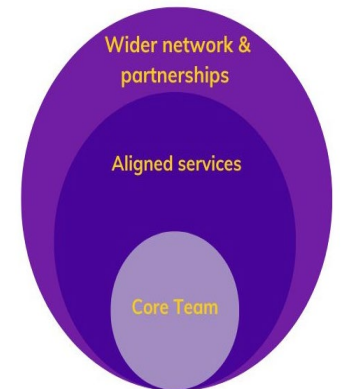
Each Neighbourhood Mental Health team will have a core team that consists of the Emotional Wellbeing Service, including Access Facilitators, Assessment & Treatment Service, an identified VCSE mental health support service and an age inclusive offer, working together as one fully integrated team.

Aligned services

The core team will work closely with the aligned services to ensure a personalised care plan is developed that responds to a wide range of needs, including physical health, social care, housing, money advice, NHS Talking Therapies support for anxiety and depression, ICTs, employment, co-occurring conditions, specialist pathways and peer support.

Wider Network & Partnerships

There will be effective links with community assets to support and enable people to become more embedded within their community and to use these assets to support their mental health. These will be decided at a place based level and could include arts & culture, sport & health, interest-activity based groups, career, education and training, spirituality, identity and volunteering.



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Creating the core team

Collaborative approach with multi-agency and lived experience input via B&H Operational Delivery Group

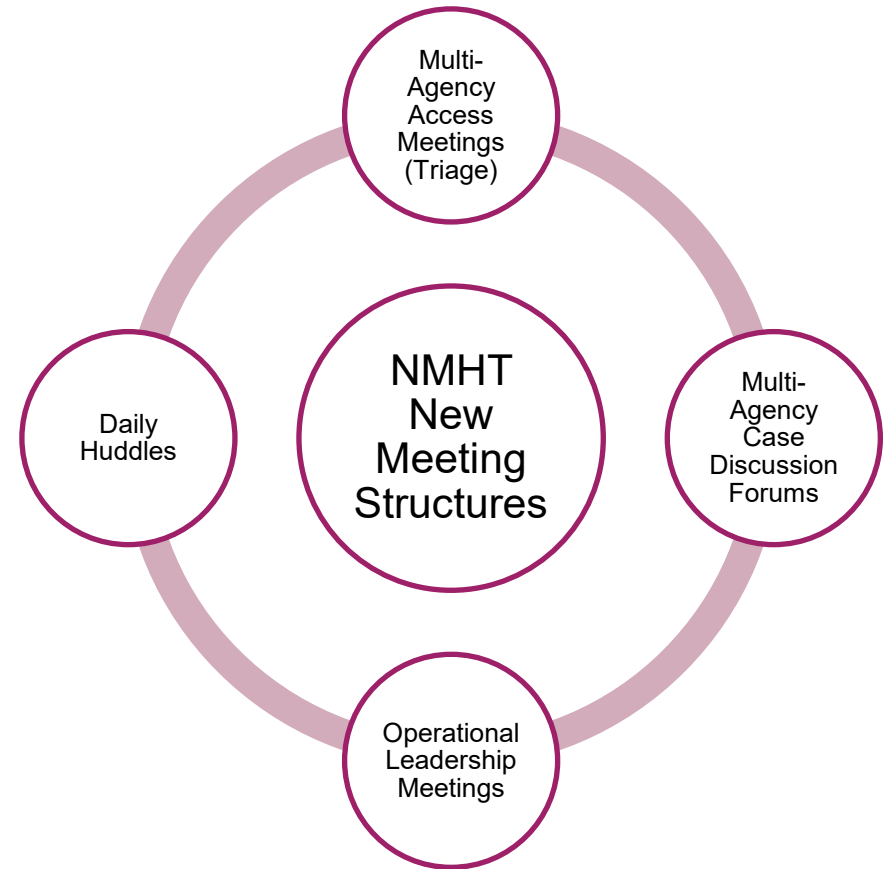
Process focused on the function and offers required within a core team, mapping this to roles and skill mix required, and identifying which existing services and teams could provide this.

Core Team (mobilisation by 31 October 2024)*:

- Emotional Wellbeing Services
- Assessment and Treatment Services
- Specialist Older Adult Mental Health Services
- Access Facilitators and Screen to Intervene Services
- Independent Placement Support Employment Service

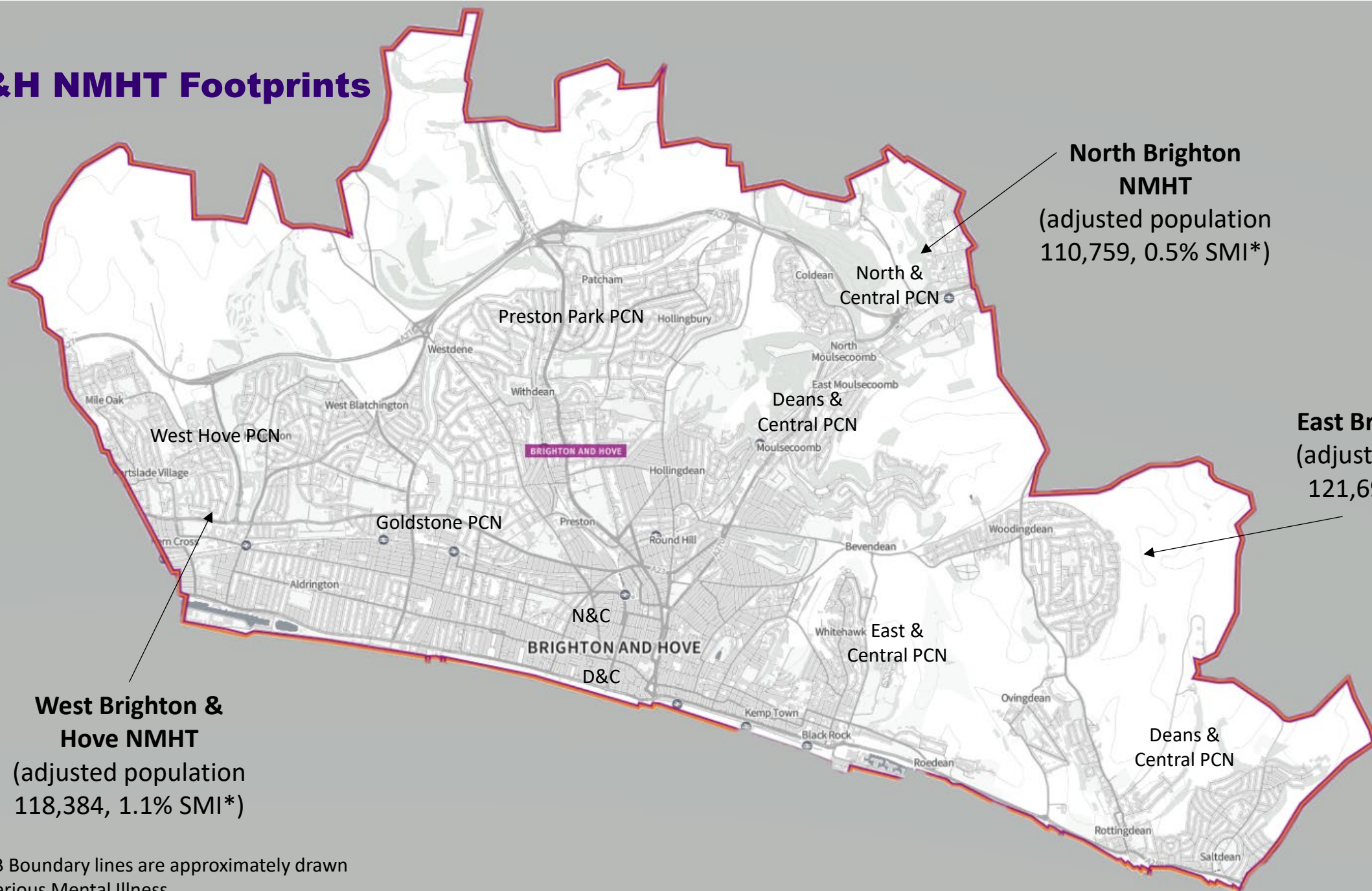
Core Team (mobilisation by 31 March 2025):

- Primary Care Mental Health Practitioner Service (part of B&H Wellbeing Service)



*Primary Care colleagues will be represented within the core team via inclusion in new NMHT meeting structures. Local Authority staff based within ATS and SOAMHS teams will be included in the core NMHT team.

B&H NMHT Footprints



North Brighton NMHT
(adjusted population 110,759, 0.5% SMI*)

East Brighton NMHT
(adjusted population 121,696, 1% SMI*)

West Brighton & Hove NMHT
(adjusted population 118,384, 1.1% SMI*)

N.B Boundary lines are approximately drawn
*Serious Mental Illness

What will be different by October?

- **All staff** expected to be part of the **core NMHT** will understand which of the three NMHTs they will be joining – West Brighton & Hove, North Brighton, or East Brighton – and will begin to refer to themselves by these team names.
- **A new set of multi-agency meetings will be established** (replacing previous meeting structures) to enable these staff to work in a more integrated way on triage, assessment, and allocation of support.

What will remain the same in October?

- All staff will continue to work from their existing bases
- Lead Practitioners will retain their existing caseload
- Organisational management and leadership structures will remain the same
- Team functions will continue to operate within their current Standard Operating Procedures
- Data recording and reporting existing interim solutions will remain in place.

What will happen between Oct – March?

- Opportunities to collocate staff will be explored
- New operational and clinical leadership structures will be put in place
- Staff consultations will be carried out where there is a change to workplace or leadership arrangements
- New NMHT Standard Operating Procedures will be put in place
- Work will begin to align with services that sit outside the core team, including interface with specialist pathways.
- Plans will be developed for implementing a single Electronic Patient Record from October 2025.
- By March, the agreed replacement for the Care Programme Approach (CPA) model and any changes made to keyworker roles.
- By March, a new assessment framework will be in place.
- By March, new streamlined referral routes (including self-referral options) will be in place.
- By March, NMHTs will be reporting against an agreed set of new metrics.

Expected benefits and impacts

Service users, families and carers	Staff
<ul style="list-style-type: none">• More people able to access support with clear entry points and consistent messaging• Reduced waiting times for support• Access to services based on need, rather than diagnosis• Quicker & easier transfers between services and support running in parallel• More physical health checks for people with a serious mental illness.• More VCSE involvement, meaning access to a wider range of support for people	<ul style="list-style-type: none">• Increased confidence by staff to offer different types of support• More effective processes that allow staff to get patients' needs met more quickly• Reduction in time spent on admin tasks, such as redirecting referrals to other parts of the system and conducting multiple assessments• More time to provide direct therapeutic interventions and support to patients

How to get involved in Brighton & Hove

Community Transformation Partnership Group

- Multi-agency reference group established to provide input and scrutiny to planning and implementation and raise awareness of programme across Brighton & Hove.
- Bi-monthly meetings on MS Teams
- To join email – leila.morley@nhs.net

Lived Experience Advisory Group

- Possability People commissioned to develop a space for people with lived experience of mental health challenges to support the design and implementation of the programme in Brighton & Hove.
- To join email – inclusion@possabilitypeople.org.uk

VCSE Mental Health Network

- Run by the VCSE Transformation Team, this network is a space for VCSE organisations working in mental health to be involved and contribute to the implementation of the transformation programme across Sussex.
- To join email - MHNetwork@VCSE-MHTransformation.org

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Events coming soon

Public / service user drop-ins

- Virtual drop-in sessions for residents, service users and the public, to hear more about the proposed service changes and a space to ask questions, raise concerns and find out more.
- **Wednesday 25 September, 6–7pm** – [click here to join meeting](#)
- **Friday 27 September, 10–11am** – [click here to join meeting](#)

Staff webinar

- All staff webinar for Brighton and Hove colleagues and teams who will be joining the Neighbourhood Mental Health Teams (across organisations)
- **Thursday 26 September, 1-2pm** - [Join the webinar now](#)

Community Mental Health Transformation webinar

- This month's webinar will provide an update on the progress of developing Neighbourhood Mental Health Teams in Brighton and Hove
- **Wednesday 16 October, 12-1pm** - [Click here to register](#)

Keep updated

1. Sign up to the [monthly newsletter](#)
2. Join the [monthly webinars](#)
3. Watch [previous webinars](#)
(scan the QR code)
4. Go to: www.sussex.ics.nhs.uk/community-mh-transformation for the latest updates, and to download frequently asked questions for the programme
5. Email sxicb-communitymhtransformation@nhs.net





Any questions?

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Thank you

