
Integration Joint Board
16 August 2018

Subject: **Wellbeing and recovery college for people with mental health problems in North Ayrshire**

Purpose: To seek IJB approval to further develop a wellbeing and recovery college in North Ayrshire utilising a Public Social Partnership approach to enhance co-production

Recommendation: That IJB approves the ongoing development of a wellbeing and recovery college in North Ayrshire

Glossary of Terms	
IJB	Integration Joint Board
PSMT	Partnership Senior Management Team
NAHSCP	North Ayrshire Health and Social Care Partnership
PSP	Public Social Partnership
NAWARC	North Ayrshire Wellbeing and Recovery College

1.	INTRODUCTION
1.1	NAHSCP are in the process of piloting a wellbeing and recovery college. The first part of the pilot has engaged 69 adults with mental health problems in a range of recovery focused courses. Funding of £12,725 has been utilised during this early stage, with some aspects of the pilot being provided by local partners without charge as a commitment to the development of the approach.
1.2	Recovery colleges take an educational approach to mental health and are informed by a combination of recovery, adult education and community education principles. Evidence from England and Ireland demonstrates the benefits of recovery colleges in terms of promoting recovery and self-management, reducing stigma in relation to mental health problems and reducing the use of traditional mental health services.
1.3	A scoping exercise into Recovery Colleges was undertaken in North Ayrshire in June 2017. This found that the development of a recovery college would encompass peer support and co-production as well as promoting recovery and providing an alternative to traditional approaches to mental health. Direct access to a recovery college for people with mental health problems also provides a way of reducing the pressure on GP and mental health services that are already under significant strain.

1.4	A Steering Group was established to lead the work of the pilot. This group includes people with lived experience as well as a range of mental health professionals working in the NHS, social work and the voluntary sector and representatives from education. Terms of Reference for the group were agreed and a co-produced plan for taking the pilot forward has been implemented.
1.5	The statutory community mental health service is under review and in the process of integrating its local authority and NHS functions. This review includes the range of commissioned mental health services to ensure a comprehensive 'network' of support for people with mental health problems. The wellbeing and recovery college will be an integral part of this network.
2.	CURRENT POSITION
2.1	<p>The first part of the NAWARC pilot involved running 11 courses across all localities in North Ayrshire. These courses were selected by the steering group (further to consultation with service users) and included:</p> <ul style="list-style-type: none"> • Wellness Recovery Action Planning (WRAP) • Peer to Peer training • Write to Recovery • It's Not What Wrong With Me, It's What Happened To Me That Matters (understanding the impact of Adverse Childhood Experiences) • Crafty Corner • Stress Less! • Living Life to the Full • SafeTALK (suicide prevention) • They Love Me, They Love Me Not (understanding relationships)
2.2	There has been a varied response across the locality areas, with the uptake being particularly high in Irvine (69%) and the Three Towns (12.5%) and low on Arran (0%) in the Garnock Valley (0%). This suggests that further work is required to engage localities and ensure that courses offered are based on locally identified need. It is proposed that a further piece of consultation and research is carried out within each locality area. This will enhance engagement as well as shape the courses offered in the future.
2.3	The wellbeing and recovery college pilot is open to all adults affected by mental health problems who live, work or study in North Ayrshire. Evaluation information has identified that the pilot has been accessed more by some groups within the community than others; this includes a greater number of women (73%) than men (27%) and more adults (81% aged 21-60) than young people (0% aged under 20) or older people (19% aged 61 and over). This shows that further work is required to engage with different groups to ensure the development of the recovery college is appropriate to meet their needs and accessible to everyone affected by mental health problems. The consultation and research identified above will support developments in these areas.

2.4	<p>The NAWARC pilot has included several courses that have been facilitated and/or co-facilitated by peers with lived experience, including Peer to Peer training and Crafty Corner. Other courses have involved input from peers, including Write to Recovery. This is a central part of the educational approach within recovery colleges, recognising the value of lived experience, demonstrating recovery focused practice and providing a pathway for people from the role of service user to student and on to educator. It is proposed that the development of NAWARC includes investment in the training of people with lived experience and staff as trainers or facilitators, offering training for trainers courses in WRAP, Write to Recovery, Peer to Peer training and other relevant courses. In the longer term this will reduce the requirement to bring in external trainers and enhance the involvement of local communities, ensuring long term sustainability.</p>																		
2.5	<p>Recovery colleges require an online presence to share information about available courses and increase access to the service as well as support e-learning. A website / portal for NAWARC will be developed, providing a hub that will be updated and maintained by the provider identified further to a tendering process.</p>																		
3.	PROPOSALS																		
3.1	<p>That IJB approves the ongoing development of a Wellbeing and Recovery College in North Ayrshire through the following:</p> <ul style="list-style-type: none"> • Establishment of a Public Social Partnership to support a co-produced approach to developing and refining the model for a North Ayrshire Wellbeing and Recovery College • Commissioning of research to gather the views of people with mental health problems and mental health carers within each of the localities in North Ayrshire to inform the PSP and ensure the model meets the needs of each locality area • Establishment of a website / portal to increase access to the Wellbeing and Recovery College across all localities in North Ayrshire and support e-learning as part of the recovery process • Ongoing provision of courses within the pilot, overseen by the Steering Group, to ensure continuity of service provision during development of the future model • Investment in the training of service users and staff as trainers/facilitators for future delivery and sustainability of the Wellbeing and Recovery College • Implementation of a test of change further to the findings of the PSP and prior to a tendering process for the longer term provision of a Wellbeing and Recovery College in North Ayrshire 																		
3.2	<p>That IJB approves the phased development of a Wellbeing and Recovery College as follows:</p> <table border="1"> <thead> <tr> <th>Activity</th><th>Timescale</th><th>Cost 2018/19</th><th>Start Date</th></tr> </thead> <tbody> <tr> <td>Establish Public Social Partnership</td><td>PSP to be in operation October 2018 – September 2019</td><td>£8,000</td><td>1 October 2018</td></tr> <tr> <td>Commission research to inform development of recovery college model</td><td>Research to take place over 5 month period</td><td>£18,000 (£3,000 per locality area)</td><td>1 December 2018</td></tr> <tr> <td>Invest in training for trainers courses to support sustainability</td><td>October 2018 – August 2019</td><td>£20,000</td><td>1 October 2018</td></tr> </tbody> </table>			Activity	Timescale	Cost 2018/19	Start Date	Establish Public Social Partnership	PSP to be in operation October 2018 – September 2019	£8,000	1 October 2018	Commission research to inform development of recovery college model	Research to take place over 5 month period	£18,000 (£3,000 per locality area)	1 December 2018	Invest in training for trainers courses to support sustainability	October 2018 – August 2019	£20,000	1 October 2018
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	of Wellbeing and Recovery College			
	Commission development of e-learning website / portal	Website / portal development to be complete by April 2019	£16,000	1 December 2018
	Continuation of wellbeing and recovery pilot	Pilot to continue during 2018 and winter/spring of 2019	£34,000	1 July 2018
	Information sharing event	Event to be arranged for early spring 2019	£2,000	1 March 2019
	Implement test of change based on findings of PSP	Test of change to take place for a period of one year	2019/20 budget	1 September 2019
	Commission Wellbeing and Recovery College	Commissioning process to be complete by end of test of change	2020/21 budget	1 March 2020

This will be funded by savings from the ending of an existing mental health service and, therefore, does not have financial implications as the above will be met by the existing community mental health budget.

3.3	<u>Anticipated Outcomes</u>
	<p>People affected by mental health problems in North Ayrshire are supported through this service to:</p> <ol style="list-style-type: none"> 1. Experience recovery in terms of improved mental health and wellbeing 2. Access and contribute to a recovery based education programme 3. Be involved with the future development of mental health services

3.4	<u>Measuring Impact</u>
	<p>The wellbeing and recovery college will measure impact in a range of ways, including:</p> <ol style="list-style-type: none"> 1. Increase in number of people accessing the wellbeing and recovery college 2. Increase in number of peers involved in the design and delivery of courses within the wellbeing and recovery college 3. Increase in access to mental health related education programmes 4. Increase in levels of self-reported recovery 5. Reduction in the use of statutory mental health services over time 6. Increase in levels of co-production between mental health services and people who use mental health services
4.	IMPLICATIONS

Financial :	There are no financial implications to the Partnership at this stage as funding for the continuation of the pilot, proposed PSP and associated consultation and research and development of website / portal will be met by the Adult Mental Health budget.
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Human Resources :	There are potential HR implications for the Council as the involvement of peers in the PSP and initial stages of the wellbeing and recovery college require appropriate role profiles and facility for payment of the involvement of people with lived experience. Legal and HR colleagues will be involved in further developments required to support this process.
Legal :	The Procurement will be carried out in line with the Public Contracts (Scotland) Regulations 2015 and North Ayrshire Council's Standing Orders. The Public Social Partnership will be carried out in line with Scottish Government guidance on forming and operating PSPs (2011) and with support from Contracts and Commissioning colleagues.
Equality :	There are positive equality impacts in this proposal as the service is targeted at individuals with mental health problems and will support recovery.
Environmental & Sustainability :	There are no environmental implications in connection with this proposal.
Key Priorities :	Improving mental health and wellbeing Prevention and early intervention
Risk Implications :	The service is a cost effective way of promoting recovery and self-management. It provides an opportunity to reduce pressure on mainstream mental health services and primary care services.
Community Benefits :	There are positive community benefits in this proposal as the service will be co-produced with people affected by mental health problems in North Ayrshire and based on the needs of individual localities.

Direction Required to Council, Health Board or Both <i>(where Directions are required please complete Directions Template)</i>	Direction to :-	
	1. No Direction Required	
	2. North Ayrshire Council	√
	3. NHS Ayrshire & Arran	
	4. North Ayrshire Council and NHS Ayrshire & Arran	

5.	CONSULTATIONS
5.1	Consultation took place with service users carers and staff in 2014 to re-design the existing mental health day provision – the results of this consultation have formed the basis of recent developments in commissioned services in community mental health.
5.2	A scoping exercise into Recovery Colleges took place in June 2017 involving key stakeholders.
5.3	A steering group oversees the Wellbeing and Recovery College pilot and members of the group carried out consultation with their own networks to inform the choice of courses offered within the pilot.
6.	CONCLUSION
6.1	NAHSCP requires to develop and commission mental health services that promote recovery, self-management and peer support to meet the needs of people affected by mental health problems in North Ayrshire.

6.2	<p>It is recommended that IJB:</p> <ol style="list-style-type: none"> 1) Note the requirement to commission a Wellbeing and Recovery College service; 2) Approve the development of this through the following methods: <ul style="list-style-type: none"> ▪ Establishment of a Public Social Partnership ▪ Continuation of Wellbeing and Recovery College pilot ▪ Commissioning of locality based research to inform the PSP ▪ Development of an e-learning website / portal ▪ Investment in training of local trainers to enhance the sustainability of the Wellbeing and Recovery College ▪ Implementation of a test of change further to refinement of model by PSP
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**For more information please contact Kate McCormack, Interim Service Manager
Community Mental Health on 01294 476012 or at katemccormack@north-ayrshire.gcsx.gov.uk.**

DIRECTION

From North Ayrshire Integration Joint Board

1.	Reference Number	160818-		
2.	Date Direction Issued by IJB	16 August 2018		
3.	Date Direction takes effect	16 August 2018		
4.	Direction to	North Ayrshire Council		✓
		NHS Ayrshire & Arran		
		Both		
5.	Does this direction supercede, amend or cancel a previous direction – if yes, include the reference numbers(s)	Yes		
		No		
6.	Functions covered by the direction	Development of a wellbeing and recovery college for people affected by mental health problems as outlined in the report to the Integrated Joint Board.		
7.	Full text of direction	North Ayrshire Council is directed to procure a service to promote recovery and self-management for adults affected by mental health problems. This will be co-produced using a Public Social Partnership to ensure the commissioned service is appropriate to the needs of people with mental health and their carers in each locality area.		
		Activity	Timescale	Start Date
		Establish Public Social Partnership	PSP to be in operation October 2018 – September 2019	1 October 2018
		Commission research to inform development of recovery college model	Research to take place over 5 month period	1 December 2018
		Invest in training for trainers courses to support sustainability of Wellbeing and Recovery College	October 2018 – August 2019	1 October 2018

		Commission development of e-learning website / portal	Website / portal development to be complete by April 2019	1 December 2018	
		Continuation of wellbeing and recovery pilot	Pilot to continue during 2018 and winter/spring of 2019	1 July 2018	
		Implement test of change based on findings of PSP	Test of change to take place for a period of one year	1 September 2019	
		Commission Wellbeing and Recovery College	Commissioning process to be complete by end of test of change	1 March 2020	
8.	Budget allocated by Integration Joint Board to carry out direction	<p><i>The budget available to provide the development of the Wellbeing and Recovery College during 2018/19 is £98K. This will cover the following:</i></p> <p><i>Provision of ongoing pilot activities for 2018/19: £34,000</i></p> <p><i>Training for trainers costs: £20,000</i></p> <p><i>Operation of Public Social Partnership: £8,000</i></p> <p><i>Research; £3,000 in each locality: £18,000</i></p> <p><i>Website / portal: £16,000</i></p> <p><i>Evaluation/launch event: £2,000</i></p>			
9.	Performance Monitoring Arrangements	<p>Further to commissioning, performance monitoring will take place in line with North Ayrshire Council's Contract Management Framework for Quality Care and Support Services at a Service Level and North Ayrshire Council Care Managers at an Individual Level. The Steering Group for the Wellbeing and Recovery College will monitor performance during the development phase and will report to the Mental Health Change Programme Board.</p>			
10.	Date of Review of Direction (if applicable)	September 2020			