

Rutland Mental Health Neighbourhood Action Plan

What Do We Want To Achieve?	How Are We Going To Do It?	Responsible	Timeframe for Delivery (Month/Year)	How Will Success Be Measured?
7.1.1 - Perinatal support				
Increase access to perinatal Mental health support services, wherever Rutland women have chosen to give birth.	Understand more about the Perinatal Mental Health Service and what we can do to increase the numbers of people accessing this. Support promotion and raise awareness of this service.	LPT	Ongoing	Increased number of people accessing perinatal services.
7.1.2 - Understand gaps in CYP mental health support needs				
Understand the gaps in service	Use recent surveys, such as the Family Hub consultation, as well as specific priorities set within the Rutland Children and Young People's Strategy 2022-2025.	LPT, PH / RCC Early Help Services	2022/24	Gaps identified and solutions/services put in place.
7.1.3 - Increase local resource for CYP for families and carers.				
Increasing local resource to respond to children and young people's mental health need	This will link to action 7.1.2, as we need to understand the gaps and what children and young people are asking for support with. Launch of MySelfReferral service to allow CYP to self-refer themselves or seek support for their mental health.	LA, VCS, ICB	Sep 23 - Sep 25	Increased resource available for children and young people
7.1.4 - Transformation project for Rutland - Ensure Mental Health services are delivered in Rutland				
A clear co-designed approach to supporting services via funding bid slinked to the needs of the Rutland population	Promote available grants and funding opportunities with all partners and support where necessary.	LPT/ ICB / RCC		Ensure that funding bids are best suited to the current needs of our population and are able to demonstrate effective results.
A clear local plan to better coordinate care across Rutland and neighbouring service areas	Creation of MH Pathway, which can be used in GP surgeries.	MY / PCN	Aug-23	The MH pathway is used within the GP surgeries and is recognised as the pathway to follow when there is a mental health support need.

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7.1.5 - Increased response for low level mental health issues				
Promotion of recognised self-service self-help tools and frameworks and increase the capacity in local low level mental health services and peer support, so more people access help sooner in their journey.	Support to increase the capacity in local low level mental health services and closer working between involved local agencies and services, including in the voluntary and community sector and peer support, so more people access help sooner in their journey.	LPT / RCC / ICB		
7.1.6 - Deliver on the long-term plan objectives for mental health for the people of Rutland				
Move towards an integrated neighbourhood based approach to meeting mental health needs in Rutland.	Establish a neighbourhood mental health group .Introduce new MDT specifically for community based Mental Health support	LPT, PCN, RCC, Community	Ongoing	Closer and integrated working in our neighbourhood approach.
Annually assessing the physical health needs of people with Serious Mental Illness (SMI) in Rutland	LPT Mental Health Facilitator role supports people within Rutland diagnosed with an SMI. Including an annual physical health check.	ICB / LPT / Mental Health Facilitator		There is a national target of 60% of people living with SMI to have a physical health check.
Aiding people with serious mental illness into employment	LPT Employment Support Service Individual Placement and Support Lead, supports people with SMI into employment.	LPT		Increase numbers of people with SMI into employment.
Delivering psychological therapies - NHS LLR Talking Therapies (previously known as IAPT) run by VitaMinds, for individuals as locally as possible to Rutland	Working closer with NHS LLR Talking Therapies to ensure our local population are accessing their services.			Increased number of people within Rutland are accessing the NHS LLR Talking Therapies service.