

Living Well Derbyshire

New services open across the county

An exciting new model of care

In 2018, Derbyshire's health and care providers started to work on a new vision for mental health services. The release of 2019's national Community Mental Health Framework (CMHF), a part of the NHS Long Term Plan, meant that ambitions in Derbyshire grew, and the goal became to create a seamless community service that included all the Community Mental Health Teams (CMHTs), voluntary and community sector workers and social care. The result? The Living Well Derbyshire model of care.

What is Living Well?

The county-wide Living Well programme (called Derby Wellbeing in Derby city) promotes a whole-person approach to mental health care, with less dependence on medical diagnosis and treatment.

Local people are supported by a multi-agency team which includes health (Derbyshire Healthcare NHS Foundation Trust), social care (Derby City Council and Derbyshire County Council) and the voluntary, community and social enterprise (VCSE) sector. In this way,

people only have to tell their story once. It is hoped that this multi-agency approach will also improve access to community networks and support.

Where we are now

Colleagues across Derbyshire, and particularly within our CMHTs, have been working hard to ensure that all eight Living Well teams have been opened to provide short term (up to 12 weeks) mental health support. The short-term Living Well teams assist those who fall through the 'gaps' between GP services and traditional secondary care services like CMHTs, and people who need support with different aspects of their life that can affect their mental health, such as housing advice, loneliness support or physical healthcare needs.

The transformation is taking place in stages, with a 'phase one' service opening to the public via GP referral. Phase two (coming later in 2024) will focus on movement between the short-term offer (Living Well) and the long-term offer (traditional CMHT) as well as expanding the 'front door' and developing a local network to improve the patient journey.



The Derbyshire Living Well teams

The teams cover the High Peak, Derby city, Chesterfield, North East Derbyshire & Bolsover, Erewash, Amber Valley, South Derbyshire and Derbyshire Dales, each providing a long-term offer of support which is the traditional CMHT route, or a Living Well short-term offer of support. The teams are embedded in their local communities, with a shared vision that health issues and inequalities can be tackled on a local level to best meet the needs of the people in those areas.



Benefits of Living Well, for...

People



A person will not have to tell their story more than once. This is something people have told us they find difficult when they are supported by different services and will therefore improve the experience of people accessing care. It will also enable people to receive the most suitable service for their needs quickly.

Carers



The short-term support will help increase community resilience, by allowing carers to harness the support of local services. This should also create less pressure for those who provide care, increasing wellbeing for both the person accessing care and the carer.

Colleagues



This offers a chance to work in new ways by utilising the teams providing short-term support. In addition to providing people with a wider range of support, this approach should have a positive impact on referral numbers to the traditional model and an opportunity to reduce caseload numbers of people who require a shorter-term intervention.

