

Update on the Mental Health Discharge Pathway

With the review of CMHTs in 2014 the discharge pathway has been defined with more clarity. When a Service User is moving towards completion of work the CPA review plans the discharge process and care plan. The teams provide a moving on group to support the process and prepare the service user for discharge. Part of the preparation provides information on referral back into the services, if required, through the Primary Care Liaison Service (PCLW). The PCLW also have the ability to hold discharged CMHT cases for periods of step down support and signposting

The Primary Care Liaison Service came into full establishment in 2015 with 17 PCLWs in post, consisting of nurses and OTs. The workers are allocated to the 76 surgeries across Northamptonshire and are based within Primary Care to develop closer working with GPs. When a Service User is discharged their access point in future is through the PCLW who will assess, provide short term intervention and if longer term intervention is required will pass through to CMHT for allocation. Where possible, and if agreed with the service user, the same care co-ordinator will be provided.

The access point is streamlined to have one e-mail point for all referrals to ensure a timely response by the dedicated PCLW for the locality. The PCLW works with individuals for up to six sessions on psychological interventions following referrals from GPs. The PCLW has access to CMHT medics regarding medication advice and prescribing

In addition we have Wellbeing Navigators in all localities. These workers are provided by MIND and work within Primary Care, their role is to support people with mental health needs to navigate their way through a range of community services both in health and social settings to support the engagement in activities that support wellbeing. These workers are available to support service users being discharged to Primary Care and their information is incorporated in the moving on groups in CMHTs.

The operational policy and welcome packs for CMHTs define the discharge process and ensure recovery is at the heart of the work we do from the point of access. The new community services pathway outlines services available (please see B5), there is also an animated version of this on the NHFT website.

Community Services are part of the Trust's overall work with ImRoC to ensure recovery is the essence of our provision with co-production of services, literature and ongoing developments in the community.

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