



Isle of Wight
NHS Trust



Isle of Wight
Clinical Commissioning Group

A Vision of Future Wellbeing Services for the Isle of Wight

Coproduced with People with
Lived Experience of Mental
Health Issues

August 21018

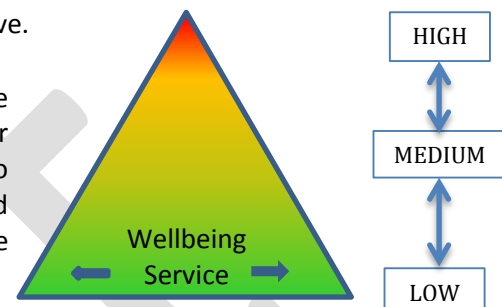


Our Vision and Principles for Delivery of Community Mental Health and Wellbeing Services

Good mental health and wellbeing are central to living a healthy, productive and enjoyable life. 'Talking Mental Health', the Isle of Wight's coproduced Blueprint for our future vision of mental health care on the Isle of Wight, sets out a vision for promoting island-wide mental health and wellbeing.

We have embarked on an ambitious programme to address the improvement of everyone's mental health, continually seeking the views of the Island population on how best to achieve our collective ambition of being a mentally health Island that enables everyone to thrive.

We want to move to a tiered model of care which enables us to give people the support they need, when they need, it by focusing our resources in the right place. To help us understand what we need to provide, we will look at each individual's levels of risk, the nature and complexity of their needs and the levels of support required to enable recovery and hope.



Central to this is the development of the Community Mental Health and Wellbeing Service in the 'Green' zone, which will underpin this recovery focussed model, offering a menu of care, specific to each individual, to support them to achieve their chosen outcomes while ensuring that they have their needs met in the right way and at the right time.

We want a Community Mental Health and Wellbeing Service that all our staff (health, Local Authority and third sector) feel proud of and in which the people accessing it feel safe, supported and empowered in their recovery.

The principle that people with lived experience will be equal partners in everything we do, including the delivery, commissioning, design and governance of our services, is critical. We will:

- Work to empower people to have hopeful and meaningful lives
- Work in collaboration with our partners to deliver a seamless and integrated service
- Build trust through open, honest and respectful relationships with people who use services, people who work in them and other partners
- Ensure services are easy to access and welcoming to those who use them
- create a caring and compassionate environment for the people who use our services, and the people who work in them
- Deliver safe, responsive and consistently high quality services.

RECOVERY PATHWAY



Recovery images taken from 'Crisis or Awakening' documentary by local filmmaker Sam Schroeder

What will the new Community Mental Health and Wellbeing Service look and feel like

Our aspiration is that by 2019 the new Community Mental Health and Wellbeing Service will be set in a welcoming and vibrant hub where anyone can go to find out about mental health, wellbeing, staying healthy and feeling well. There will be a café, open to all, and informal advice, guidance and support available in comfortable settings alongside more specialist help. It will also offer a safe place for people to turn to in times of crisis.

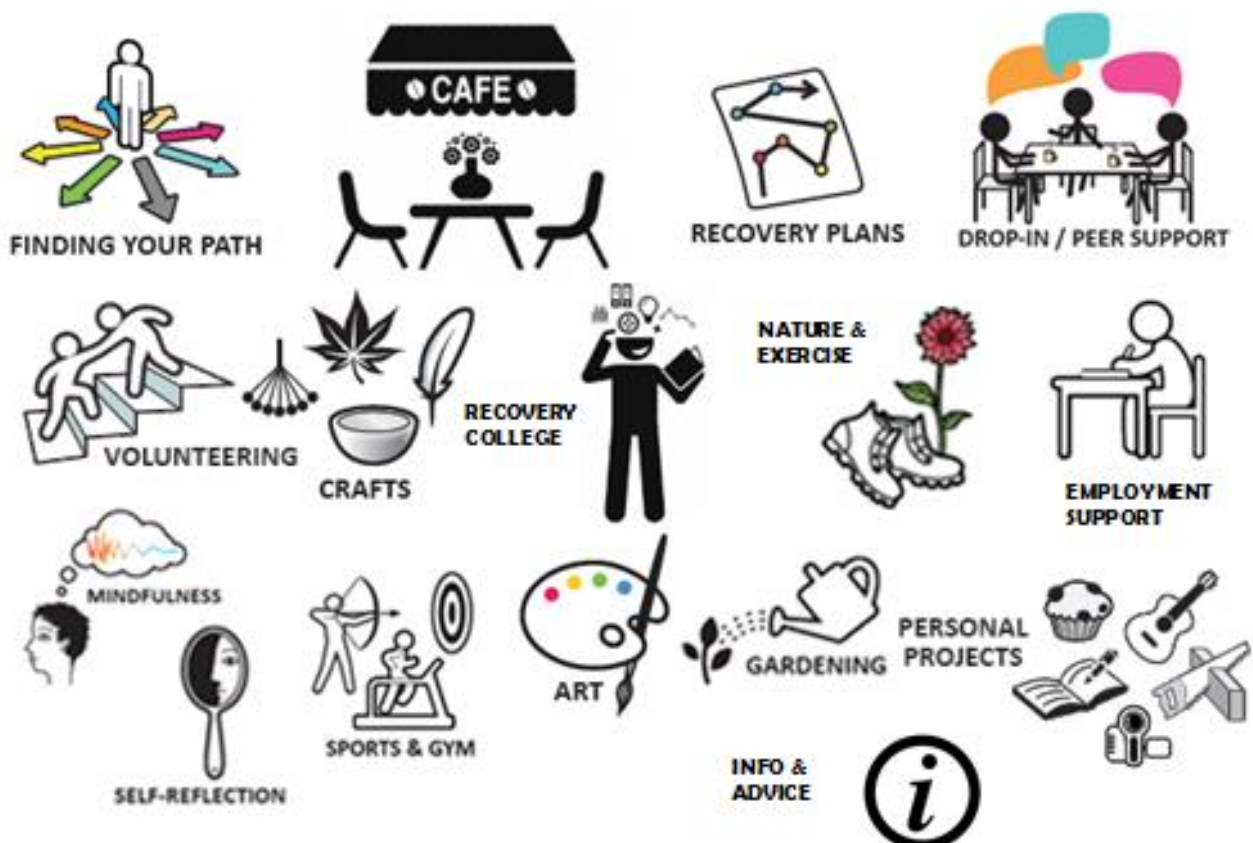
People will be supported to have hope and aspirations to learn and recover through access to a wide range of activities and opportunities, to use their own knowledge and experience to help and support others, thereby taking ownership of their own recovery.

What will the new Community Mental Health and Wellbeing Service offer

The Community Mental Health and Wellbeing Service will help people to take control of their own lives, participate in their family and community, and work productively to earn their living. The people on hand will help you access different types and levels of support to enable you to do these things.

There will be a wide range of activities, courses, education, information, therapies, advice and support available, either on site or in settings across the Island.

There will also be access to a range of specialists from a variety of organisations who can help with any queries you may have. This will include employment support, recovery college, education, diet, drugs and alcohol, being a carer, housing advice, relationship advice, welfare and benefits, and many more, alongside mental health professionals.



Who will be involved

The Community Mental Health and Wellbeing Service will be staffed by a wide range of individuals, including peer volunteers, peer support workers, third sector staff, social workers, mental health specialists, people who with lived experience of mental health issues, carers, families and many more.

How can I access it and who can go along

The Community Mental Health and Wellbeing Service will be open to everyone, including families and carers – a referral is not required, although people can be referred into the service.

The service will be open from 9am to 10pm daily, with a phone line available out of hours.

What if I need more?

If the team at the Community Mental Health and Wellbeing Service feel that you need more support then you may be referred to a mental health professional on-site with a high level of skills, experience and expertise in the relevant area. This will result in a clear care plan for your recovery, developed in collaboration with you, and linking in with both the services available through the Community Mental Health and Wellbeing Service and the appropriate clinical/social services.

When will the Community Mental Health and Wellbeing Service be in place?

