

*'It's about our life, our health,  
our care, our family and  
our community'*



**Better care together**

Leicester, Leicestershire & Rutland health and social care

# Resilience & Recovery

## 3<sup>rd</sup> Sector Review



healthwatch



NHS

# Background: Resilience & Recovery

## Achievements:

- Agreed 3 new Recovery College sites & 3<sup>rd</sup> sector involvement
- Initiated review of 3<sup>rd</sup> sector contracts
- Supporting 3<sup>rd</sup> sector APP

## Next Steps:

- Identify 3<sup>rd</sup> sector contribution to recovery network incl. Peer Support workers
- Conclude 3<sup>rd</sup> sector contract review & actions
- Agree measurable targets to CAMHs & adult resilience interventions



# Resilience

Resilience is the ability to cope with challenges in life and to adapt to adversity. It supports emotional health and wellbeing and helps prevent the new or recurrent onset of mental illness.

The BCT recovery and resilience work stream has focussed on short and long term goals which in 2015/16 will be specifically deliver increased population resilience through interventions in the following key areas:

- **‘Five ways to wellbeing’**
- **Mental health awareness training**
- **Tackling stigma**
- **Children and young people’s mental health**
- **Workplace health**
- **Social prescribing**
- **Recovery College**
- **Suicide prevention**



## LCC public mental health commissioned services: Resilience

- Teenage mediation
- 'Thinkwise'
- Other school based mental health and resilience programmes
- Healthy Workplaces
- Probation Health Trainers
- Mental Health and Suicide Awareness training
- 'Reading Aloud'
- Arts on prescription
- Exercise programmes to improve mental health
- Brief interventions (alcohol)



## 3<sup>rd</sup> Sector – Potential Roles

<p><b>Resilience</b></p>	<ul style="list-style-type: none"> <li>• General MH well-being promotion (e.g. 5 ways of mental well-being)</li> <li>• MH promotion and awareness in schools/ colleges/ workplaces /community/faith groups</li> <li>• Local Reducing stigma and tackling discrimination initiatives</li> <li>• Suicide prevention awareness</li> </ul>
<p><b>Recovery</b></p>	<ul style="list-style-type: none"> <li>• Psychological Therapies/ Counselling services including relationship and bereavement counselling</li> <li>• Educational and employment support services</li> <li>• Information and advice services</li> <li>• Peer support services</li> <li>• Confidence building programs</li> <li>• Befriending schemes</li> <li>• Carers support services</li> <li>• Housing related support services</li> <li>• Advocacy services</li> </ul>

## 3<sup>rd</sup> Sector – Current CCG Contracts

Carers Trust / Crossroads
Community Advice & Law Service Ltd
Foundation Housing
LAMP (PEER Advocacy Project)
Leicester Charity Link
Leicester Housing Association Support
Network for Change
People's Forum
Quetzal
Rethink - Focusline (MH Support Line)
Rethink - Homeless Outreach Worker
Rethink Carer Support
YMCA



## 3rd sector – Next Steps

- Review what contracts do and VFM
- Consider amendments to existing arrangements to align with LA partners & resilience & recovery model
- De commission & let new agreements where there is not alignment
- Time line may vary for different agreements



# Recommendations

The Health and Wellbeing Board is asked to:

- Comment on the Recovery ‘Journey’ and consider how this can be developed on a locality basis
- Consider in what ways the 3<sup>rd</sup> sector could be re commissioned to meet BCT aspirations of resilience and recovery.

