

## Kirkcaldy & Levenmouth CHP Local Mental Health Partnership – Action Plan '08-'09

### Support for Individuals and Carers:

Objective	Actions	Lead	Resources Required	Outcome	Timescale	Monitoring Arrangements	Target Reference
Reduce the language barrier in treatment services & in accessing counsellor/ befriender in same language.							
Reduce the isolation of people with mental health problems	<ol style="list-style-type: none"> <li>1. Fund Befriending and social support initiatives</li> <li>2. Fund advocacy project to empower 25 clients</li> <li>3. Fund a part-time peer support worker to provide voice hearing groups</li> </ol>						
Mental Health Alert Card	Watching Brief						

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### Psychological Treatments

Objective	Actions	Lead	Resources Required	Outcome	Timescale	Monitoring Arrangements	Target Reference
Equitable access to effective psychological treatments	1. Highlight the lack of Tier 3 Clinical Psychologist in Levenmouth						
Promote alternatives to anti-depressant prescribing	1. Fund the Book prescription scheme 2. ?ACE Project 3. Fund materials for self-help treatments 4. Fund a project to provide increase coping strategies, self assertiveness and reduce isolation for sexually abused adults						

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Promote the inclusion of Clinical Psychology in Local Mental Health Teams							
Promote Child & Family Clinical Associates in GP Surgeries							

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### Assessment

Objective	Actions	Lead	Resources Required	Outcome	Timescale	Monitoring Arrangements	Target Reference
Promote the early detection of dementia (Supported Diagnosis service)							
Support for psychiatry patients on waiting list	Promote the implementation of Senior Nurses in GP Practices						

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### Training

Objective	Actions	Lead	Resources Required	Outcome	Timescale	Monitoring Arrangements	Target Reference
Involve service users and carers in the professional development of NHS staff.	Lunch club for professionals, carers and service users						
Provide training for carers in Mental Illness	1. Fund a series of workshops in psychosis, older people and Depression.  2. Fund a Carers Conference.						

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### Physical Health

Objective	Actions	Lead	Resources Required	Outcome	Timescale	Monitoring Arrangements	Target Reference
Promote the involvement of service users in physical exercise	Fund easy access to formal exercise initiative						

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### Partnership Working

Objective	Actions	Lead	Resources Required	Outcome	Timescale	Monitoring Arrangements	Target Reference
Promote greater partnership working between substance use services and mental health services	1. Establish a LMHP Sub-group for substance Use Issues	Roslyn Blair	Venue, tea/coffee.	Identify barriers in the care pathways and possible solutions to LMHP, MH SIG and DAAT	1 year	Minutes of the meetings  Papers submitted to strategic bodies	Delivering for Mental Health Commitment 13
	2. Fund a post to co-ordinate the care of homeless people who have co-occurring mental health and substance use problems	Roslyn Blair	2 day per week worker and costs (£19,000)  Host agency	30 clients to engage with the co-ordinator to stabilise their lifestyle with a view to 10 moving to employability opportunities	1 Year	Action Research overseen by Dr. John Love (Robert Gordon's University)  Quarterly reports to LMHP	Delivering for Mental Health Commitment 13

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### Strategic Initiatives

Objective	Actions	Lead	Resources Required	Outcome	Timescale	Monitoring Arrangements	Target Reference
Identify gaps in current services.	1. Highlight lack of day hospital services in the Levenmouth area  2. Highlight the need for an 'out of hours service'						
Identify resource pressures for services	Highlight lack of permanent accommodation for NHS Addiction Services in Kirkcaldy & Levenmouth						