



A new way
to access
**mental health
care and support**



Birmingham and Solihull
**Community Mental Health
Transformation Programme**

Introducing the BSol community mental health transformation programme

A new way of delivering and accessing mental health care and support in the community across Birmingham and Solihull.

A change has long been awaited in mental health services to improve patient experience and outcomes.

Our new approach is transforming how we provide care, combining clinical mental health services with voluntary and community organisations, to provide a full and holistic approach to helping people with their health and wellbeing.

Our new **Community Mental Health and Wellbeing Service** integrates physical and mental health care. The service provides a personalised, needs-led and trauma informed package of care. NHS primary and secondary care services, social care and wellbeing and lifestyle services are all accessed from a single point via your local GP surgery.

Our aim

We aim to help people manage and improve their mental and physical health and wellbeing.

Allowing them to live happier and healthier lives.



Who is involved?

The transformation programme is delivered in partnership between Birmingham and Solihull Mental Health NHS Foundation Trust, Birmingham Women's and Children's NHS Foundation Trust and Birmingham and Solihull Integrated Care Board.

The **Community Mental Health and Wellbeing Service** is being delivered with primary care provider across localities in the Birmingham and Solihull area. These robust front line community mental health teams are made up of primary care liaison staff, experienced mental health care workers and local authority partners, and will be based at GP surgeries. Services will be delivered at a local level and links with secondary care will be seamless.

Services users and carers with lived experience expertise are involved in the planning and development of the service.

We're partnering with voluntary community sector organisations to deliver support and advise on issues that can affect mental health such as debt, housing and employment as well as offering mental health interventions. These organisations will also help us reach communities across Birmingham and Solihull that mainstream services struggle to reach.

What will the future look like?

Our learning will help shape the new model across the country. Transforming mental health services for the better, for everyone in the UK.



Our new model will:

Provide services beyond diagnosis

Mental health affects and is affected by our physical health and wellbeing. With our new **Community Mental Health and Wellbeing Service**, mental health is never seen in isolation. Our new holistic, person-centred approach provides combined support to help service users achieve better outcomes overall.

Reduce waiting times

Giving service users quicker and easier access to treatment and support when they need it in a place that's local to them – with access via their GP practice.

Remove gaps between services

Our new connected wrap-around approach will bring a mix of service providers together to work harmoniously in delivering a holistic and, personalised continuous treatment plan. Meeting mental and physical health and social needs including support with services such as housing, employment and substance use.

Work collaboratively with service-users and their carers

We'll work together to co-design and co-produce a personalised package of mental health and wellbeing support based on the individual's needs. No one size fits all.

Break down the barriers to access

Our new service makes it easier for people from all backgrounds to get the help they need, our one access point at their local GP surgery allows them to access a full range of services more easily, without individual eligibility criteria, repeat assessments and extended wait times.

Allow services users to 'step up or step down' the level of support they need

Mental health is never a linear journey, if someone finishes treatment, but needs help again, they will be able to access the service again, quickly, and easily.

Be proactive rather than reactive

Our new wrap around approach will help people get treatment earlier, allowing them to recover quicker and stay well for longer.

For more information about the programme
email: bsmhft.longtermplan@nhs.net



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