

MENTAL HEALTH								
Action Number	Key Priorities	Strategy Reference	Planned Actions	Strategic Links	Time Scale	Lead Agency/ Officer	Evidence	Source of financial support
MH 1	Supporting the development of environments and services which encourage people and communities to be emotionally and mentally healthy through a mental health promotion action plan	MH 1.1	Raise awareness and promote understanding of mental health issues, in order to reduce the stigma associated with mental health problems and mental illness.	Adult Mental Health Services NSF; Mental Health Modernisation Board	Ongoing	Cardiff Local Public Health Team (LPHT)	<ul style="list-style-type: none"> Number of organisations engaged in activities for World Mental Health Day (WMHD) Press coverage of events for WMHD Number of organisations bidding for and receiving small grants 	Joint Working Special Grant
		MH 1.2	Promote education and skills which help people stay free of, or minimise the effects of mental health problems at stressful times in their lives and survive mental health problems.		Ongoing	Cardiff Local Public Health Team (LPHT); Cardiff & Vale NHS Trust	<ul style="list-style-type: none"> Increase number of books borrowed as part of Book Prescription Wales scheme (2421 books borrowed in 05-06) Increase number of people completing stress control course (150 people in 06-07) 5 people trained in Mental Health First Aid 	
		MH 1.3	Promote improved access to services, amenities, opportunities (both voluntary and statutory) for all cultures, ages and geographical areas.		Ongoing	Cardiff Local Public Health Team (LPHT); Cardiff & Vale NHS Trust	<ul style="list-style-type: none"> Information resource for CMHTs to be piloted and evaluated in 1 team Mapping exercise of self-help provision 	
		MH 1.4	Further establish befriending schemes for isolated people	Adult Mental Health Services NSF; Mental Health Modernisation Board	Ongoing	Cardiff Local Public Health Team (LPHT)	<ul style="list-style-type: none"> 3 befriending forum meetings per year with 10 participants per session 1 training session for 15 participants 	

		MH 1.5	Promote good physical health for people experiencing mental health problems		Ongoing	Cardiff Local Public Health Team (LPHT); Cardiff Council (Adult Services)	Increase number of mental health referrals to Exercise Referral team (70 from June-Dec 07)	
		MH 1.6	Support the promotion of positive mental health within workplaces		Ongoing	Cardiff & Vale NHS Trust	Research on major employees to be completed and report written	
		MH 1.7	Promote the development of culturally sensitive services, which impact on mental health, with and for minority ethnic communities		Ongoing	Cardiff Local Public Health Team (LPHT); Cardiff University	Counselling course to be offered to additional people from ethnic minority communities	
MH 2	Reducing the inequalities by strengthening the information base with regard to mental health issues for particular groups within society	MH 2.1	Collecting more information about ethnicity of service users in secondary care, through CPA.	Adult Mental Health Services NSF; Mental Health Modernisation Board	Ongoing	Cardiff & Vale NHS Trust	Trust's Race Equality Annual Reports	Service Level Agreements with voluntary organisations
		MH 2.2	Collecting info about sexual orientation of service users in secondary care/voluntary sector	Cardiff Council, Cardiff LHB and Cardiff & Vale NHS Trust Equalities Frameworks	Ongoing	Cardiff & Vale NHS Trust; Cardiff Council (Adult Services); Voluntary sector	Trust/Council's Equality Annual Reports	
		MH 2.3	Collecting info about people with disabilities and mental health needs, through CPA and UA		Ongoing	Cardiff & Vale NHS Trust; Cardiff Council; Voluntary sector	Trust/Council's Equality Annual Reports	
		MH 2.4	Collecting info about religion and belief through CPA and UA		Ongoing	Cardiff & Vale NHS Trust	Trust/Council's Equality Annual Reports	
MH 3	Strengthening mental health services within primary care and the wider community to ensure people receive appropriate care in a timely fashion	MH 3.1	Appoint Primary Care Mental Health Lead		Adult Mental Health Services NSF; Mental Health Modernisation Board	April 2008	Cardiff & Vale NHS Trust	Appointment made
		MH 3.2	Appoint second Primary Mental Health Liaison Worker	April 2008		Cardiff & Vale NHS Trust	Appointment made	
		MH 3.3	Provide sessions of CMHT staff time in GP practices in Pendine CMHT area	June 2008		Cardiff & Vale NHS Trust	Sessions provided, clients seen and treatment plans drawn up	
		MH 3.4	Roll out of CMHT staff sessions in GP practices	October 2008 and ongoing		Cardiff & Vale NHS Trust	Sessions provided, clients seen and treatment plans drawn up	

MH 4	Commissioning the new adult in-patient unit	MH 4.1	Outline Business Case & Full Business Case formally approved by Cardiff LHB and submitted to WAG for funding	PHSI; Mental Health Modernisation Board	Autumn 2008	Cardiff LHB	OBC/FBC submitted	WAG capital funding
		MH 4.2	Completion of enabling works, demolition and road works		Early 2009	Cardiff and Vale NHS Trust	Builders on site	
		MH 4.3	Building work commences		Spring 2009	Cardiff & Vale NHS Trust; Cardiff LHB	Builders on site	
		MH 4.4	New in-patient unit opens		Summer 2011	Cardiff & Vale NHS Trust	Hospital opens	
MH 5	To improve mental health services for older people by commissioning the new older people's assessment unit at the Llandough Hospital	MH 5.1	Outline Business Case & Full Business Case formally approved by Cardiff LHB and submitted to WAG for funding	PHSI; Older Persons APG; NSF for Older People in Wales	October 2008	Cardiff LHB	OBC/FBC submitted	WAG Capital funding
		MH 5.2	Building work commences		August 2008	Cardiff & Vale NHS Trust	Builders on site	
		MH 5.3	New in-patient unit opens		2011	Cardiff & Vale NHS Trust	Hospital opens	
MH 6	To improve mental health services for older people by re-commissioning a 45 bed community facility for older people	MH 6.1	Purchase of property completed	SOP; Older Persons APG; NSF for Older People in Wales; Older People's Mental Health Joint Operational Group	April 2008	Cardiff & Vale NHS Trust	Trust Board minutes	Cardiff & Vale NHS Trust
		MH 6.2	Building work commences		April 2008	Cardiff & Vale NHS Trust	Builders on site	
		MH 6.3	Unit opens		Sept. 2008	Cardiff & Vale NHS Trust	Transfer of patients from Whitchurch Hospital	
MH 7	Work with independent providers to increase capacity of nursing and residential care beds	MH 7.1	To be determined	Older Persons APG; NSF for Older People in Wales; Older People's Mental Health Joint Operational Group	April 2009	Cardiff LHB; Cardiff Council (Adult Services); Voluntary Sector	Year on year increase in number of placements with independent sector	Existing LHB funding ring-fenced to mental health
MH 8	Developing a low secure service (both in-patient beds and high support accommodation) for women	MH 8.1	To be determined	Adult Mental Health Services NSF; Mental Health Modernisation Board	Sept 2008	Cardiff LHB	Project plan and service specification developed	LHB CHC budget
		MH 8.2	Supported accommodation – service specification out to tender		October 2008	Cardiff LHB	Tender for contract advertised	
		MH 8.3	Contract awarded		April 2009	Cardiff LHB	Contract awarded	
		MH 8.4	Service commences		July 2009	Service provider	Clients move into the accommodation	

MH 9	Taking forward developments within the Strategic Outline Programme, subject to available resources – for example eating disorder services; personality disorder services; young onset dementia services and assertive outreach services	MH 9.1	Agreeing the priorities for service development	Adult Mental Health Services NSF	2008	Mental Health APG	Priorities agreed at SCG	Existing LHB funding ring-fenced to mental health
		MH 9.2	Exploring how service priorities are to be funded		Late 2008	Mental Health APG	APG minutes	
		MH 9.3	Trust develops OBC in event that funding can be made available		2009	Cardiff & Vale NHS Trust	OBC submitted to LHB	
		MH 9.4	Service(s) developed		2010	Cardiff & Vale NHS Trust	Services open to clients	
MH 10	Implementing the National Service Frameworks (NSFs) relating to mental health of adults and older people	MH 10.1	Implementing the NSF for Mental Health: Please see Mental Health NSF Action Plan	Adult Mental Health Services NSF	See Mental Health NSF Action Plan	Cardiff LHB; Cardiff & Vale NHS Trust; Cardiff Council (Adult Services); Voluntary Sector	Actions in Adult Mental Health Services NSF achieved	Existing LHB funding ring-fenced to mental health
		MH 10.2	Implementing the NSF for Older People in relation to mental health	Older Persons APG; NSF for Older People in Wales; Older People's Mental Health Joint Operational Group	See Cardiff Healthy Ageing Action Plan; Mental Health Promotion Strategy	Cardiff LHB; Cardiff & Vale NHS Trust; Cardiff Council (Adult Services); Voluntary Sector	<ul style="list-style-type: none"> • Actions in Adult Mental Health Services NSF achieved • Action plan for development of specialist services for younger adults with dementia in place • Pathways and protocols developed as outlined in NSF including dementia 	Existing LHB funding ring-fenced to mental health
MH 11	Implementing the Day Services Strategy for adults	MH 11.1	Planning a Resource Centre service for North Cardiff	Adult Mental Health Services NSF	2008	Voluntary sector and Cardiff & Vale NHS Trust	Service model completed	Existing LHB funding ring-fenced to mental health – re-commissioning of existing service
		MH 11.2	Implementing the model		2010	Cardiff LHB and Voluntary Sector	Service developed	
		MH 11.3	Continuing to develop the Day Opportunities Team across Cardiff	Adult Mental Health Services NSF	2009	Cardiff & Vale NHS Trust	More Community Mental Health Teams can refer to Day Opportunities Team	