NHS
Norfolk and Suffolk
NHS Foundation Trust

GreenLight

Green Light for Mental Health Services 2017-2021

A plan of action to make sure that our mental health services meet the needs of people with a learning disability and / or autism spectrum conditions.

Made with Photo Symbols®

A few words from Dr Jane Sayer

We are very proud to be launching this strategy which we will use to make our services better for everyone.

We know that we still have a lot to do to meet the needs of our service users who have a learning disability or who have an autism spectrum condition.

We have worked together to understand what we do well and what we need to do better. This means that the strategy really focuses on the things that are important to people who use our services, and their carers.

We won't be able to do everything in the strategy on our own. We need to work together with other services and with service users and their carers to deliver our plans. If we can do this well, we know that people who need mental health care will get a great service when they need it, and it will help people to live great lives.

Thank you to everyone who worked on writing this strategy, because it gives us an excellent plan to deliver great care in the future.

Dr Jane Sayer
Director of Nursing and Quality

Contents

A few words from Dr Jane Sayer
Page 2

A Learning Disability is …….
Page 7

Autism Spectrum Conditions (ASC)
Page 8

Why do we need a plan?

Page 9

How was this plan developed

Page 10 - 11

The Green Light for Mental Health Services

Page 12

Pathway 1: Accessibility of services

Page 13 - 14

Pathway 2: Better health and wellbeing

Page 15 - 16

Pathway 3: Working in partnership

Page 17 - 18

Pathway 4: Keeping safe

Page 19

Pathway 5: Strategic direction

Page 20 – 21

Making it happen

Page 22

Blue words

Blue words

Page 23 - 24

A Learning Disability is…

Finding it hard to understand new and difficult information, or finding it difficult to learn and remember new things.

Some people have difficulties coping on their own and finding answers to everyday problems.

These difficulties start when a person is a child and will affect them their whole life.

Sometimes people shorten Learning Disability to LD.

This definition is from, *Valuing People (*Department of Health 2001)

Autism Spectrum Condition (ASC)

Everyone who has autism is different, so it is sometimes called a spectrum. Sometimes ASC is called Autism Spectrum Disorder (ASD).

A person has autism all their life.

People with autism may have difficulties with:

- Social Interaction
- Social communication
- Social Imagination

All **BLUE** words are explained on page 23

Why do we need a plan?

Norfolk and Suffolk NHS Foundation Trust (NSFT) believe that people with a learning disability and / or autism must have the same treatment as everyone else.

These government papers say that NSFT must help people with autism and / or learning disabilities who also have mental health issues:

- Valuing People Now (2009)
- Autism Act - Statutory Guidance (2015)
- Equality Act (2010)

The Green Light Toolkit is a way of checking what mental health services do to help people with a learning disability and / or autism to use services.

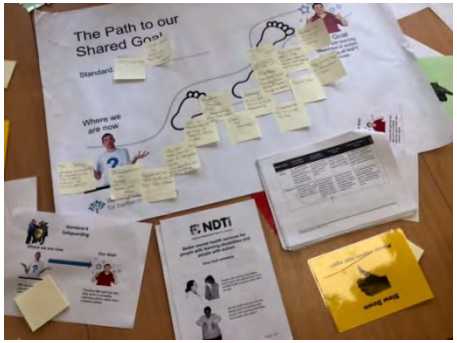
The Green Light Toolkit has 27 standards

All **BLUE** words are explained on page 23

How was this plan developed?

This plan was made by asking other people what they thought about our services. We had six meetings. The meetings lasted all day.

People from lots of different groups came. Some people who came use our service. Other people know people who use the service. Some people who work for us.



People said what they thought about the services and what we could do to make things better.

This is the plan we made.

This plan explains what NSFT is going to do to make mental health services better.

This will mean that people with a learning disability and / or autism get the help they need when they use mental health services.

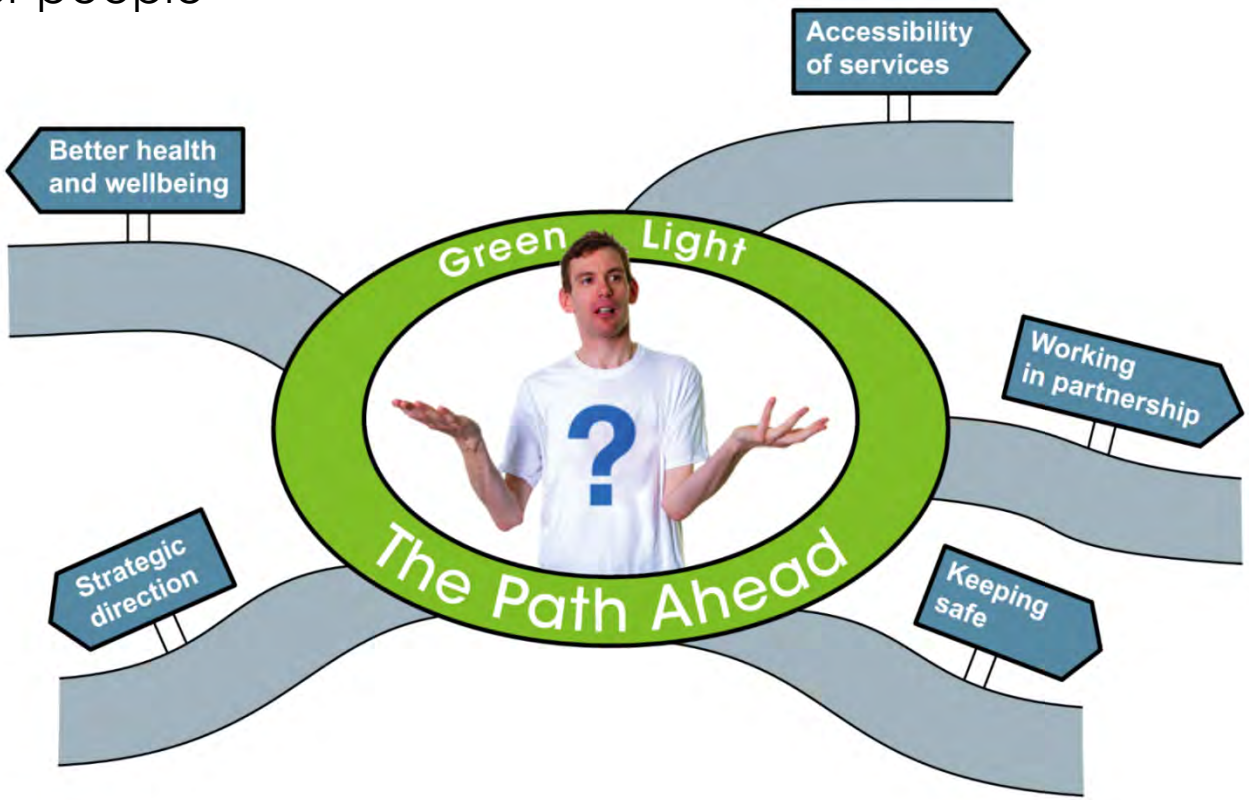
Staff, service users and carers will meet together four times a year to check how the plan is going.

This meeting will be called the **Making It Happen Strategy Oversight Group (MIHSOG).**

All **BLUE** words are explained on page 23

The Green Light for Mental Health Services is a plan of action and has five pathways based upon the standards in the green light toolkit.

Each pathway outlines how NSFT is going to improve mental health services for people



Model designed by **Angela Keighley**
Self-advocate at ACE Anglia

Pathway 1: Accessibility of services

This pathway makes sure when people come to mental health services we can meet their needs.

Access

Goal: People with a learning disability and / or autism get access to Mental Health service like everyone else does.

Accessible Information

Goal: Information is given to the person in a way they understand.

Health care records

Goal: People have a care plan that they helped to write and that they can understand.

All **BLUE** words are explained on page 23

Staff attitudes / values
Goal: Staff are trained to understand the needs of people with a learning disability and / or autism.

Assessment
Goal: An assessment finds out about what a person needs and then helps to plan what happens next.

Environments
Goal: To make sure that buildings used by people with a learning disability and / or autism meet their needs.

Pathway 2: Better health and wellbeing

This pathway is to support peoples wellbeing and help to keep them healthy.

Physical health

Goal: To help people with a learning disability and / or autism to stay healthy and use the health services to meet their needs.

Equalities and reasonable adjustments

Goal: Mental Health services make changes so people with a learning disability and / or autism find it easier to use them.

All **BLUE** words are explained on page 23

Psychological talking therapies

Goal: Therapy is available to people with a learning disability and / or autism.

Employment with NSFT

Goal: We employ people with a learning disability and / or autism. We can help people get paid work.

All **BLUE** words are explained on page 23

Pathway 3: Working in partnership

This pathway is about how we can all work together to make services better.

Local provision

Goal: Learning disability and / or autism services help people with their mental health.

User involvement

Goal: People with a learning disability and / or autism, their family and friends are involved in making services better.

Working together

Goal: People from different services work together to support people with a learning disability and / or autism.

Advocacy

Goal: Advocacy services work with people with a learning disability and / or autism who use mental health services.

Friends and family

Goal: Family and friends of people with a learning disability and / or autism get good support from mental health services.

All **BLUE** words are explained on page 23

Pathway 4: Keeping safe

This pathway is to help people get the right support to keep safe.

Secure settings

Goal: People with a learning disability and / or autism who are in locked services get the right support to help them.

Safeguarding

Goal: People who use our services are kept safe

Challenging behaviour

Goal: People with a learning disability and / or autism who display challenging behaviour have behaviour support plans.

All **BLUE** words are explained on page 23

Pathway 5: Strategic direction

This pathway looks at what the Trust and commissioners need to do to meet people's needs.

Research

Goal: Mental health staff are taking part in research.

Skilled workforce

Goal: Mental health staff have training about learning disabilities and autism.

Leadership

Goal: Champions for people with a learning disability and / or autism are in place to help make services better.

All **BLUE** words are explained on page 23

Commissioning

Goal: Mental health staff will tell commissioners where new services are needed to offer better support to people with a learning disability and / or autism.

Checking services

Goal: The changes that are made to services are reported to the Trust Board and other people who check services.

Data monitoring

Goal: Information is collected and used to make services for people with a learning disability and / or autism better.

All **BLUE** words are explained on page 23

Making it happen

This is a summary document. There is also an action plan which explains what we are going to do to make it happen.
This will include:

What is going to be done.

How it is going to be done.

Who is going to do it.

When will it happen.

All **BLUE** words are explained on page 23

Blue words

Autism Spectrum	This means that people with autism have lots of different abilities and needs, that vary depending on the person.
Social interaction	How people take part in activities with other people.
Social communication	How and what people speak with other people.
Social imagination	How people talk to other people and what people say to others
Green Light Toolkit	The National Development Team for Inclusion wrote an "Audit" to find out how good mental health services are for people with learning disabilities or autism. An audit is a way to check that services are good and meet peoples needs.
Standard	An agreed level.
Accessibility of services	Services that everyone can use.
Better health and wellbeing	Improving how people feel in their mind and body.
Keeping safe	Not being harmed.
Working in partnership	Everyone doing everything together.

Blue words

Strategic direction	The Trust's plan of action.
NSFT	Norfolk and Suffolk NHS Foundation Trust.
Mental health	Mental health is our emotions and how we think. It affects how we act, cope with things in our lives, be around other people, and how we make choices.
Valuing People Now (2009)	A Government Policy that helps people with a learning disability live good and full lives.
Autism Act (2009)	A law which makes sure that the Government and councils improve services for people with autism.
Equality Act (2010)	Is a law which means people with disabilities must be treated the same as everyone else.
Action plan	A plan of how something is going to be done.
Advocacy	Speaking up and being heard.
Commissioning	This is how services are paid for.
Safeguarding	There is a way to keep people safe and make sure that if any harm comes to you it is stopped.

Working together for better mental health

Positively…

Respectfully…

Together…

Notes

Notes

Norfolk and Suffolk NHS Foundation Trust values and celebrates the diversity of all the communities we serve. We are fully committed to ensuring that all people have equality of opportunity to access our service, irrespective of their age, gender, ethnicity, race, disability, religion or belief, sexual orientation, marital or civil partnership or social and economic status.

Patient Advice and Liaison Service (PALS)

NSFT PALS provides confidential advice, information and support, helping you to answer any questions you have about our services or about any health matters.

IN TRAN® communication for all

If you would like this leaflet in large print, audio, Braille, alternative format or a different language, please contact PALS and we will do our best to help.

Email: PALS@nsft.nhs.uk
or call PALS Freephone 0800 279 7257

Trust Headquarters:
Hellesdon Hospital
Drayton High Road
Norwich
NR6 5BE

01603 421421
nsft.nhs.uk
@NSFTtweets
NSFTrust

Working together for better mental health...

Positively... Respectfully... Together...

© June 2017 NSFT. Item code: 17/109. GFX:4700