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Access Officer (Mental Health)

Community Services

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COMMUNITY SERVICES

EDUCATION, SOCIAL WORK AND COMMUNITY SERVICES



Statistics - Scotland

- 1 in 4 of the population will suffer from a mental health problem at some point in their lives
- Anxiety and Depression are rated the third and fourth most common conditions reported in GP consultations
- 30-40% of absences from work are caused by mental health problems
- In 2002, the Scottish Executive allocated £579.9 million to mental health services



In Dumfries and Galloway...

- 20,000 people suffer from depression
- 18,000 people suffer from anxiety
- anti-depressant drugs are dispensed to 15,000 people each year
- In 2006, there were 22 suicides in Dumfries and Galloway
- 19% of Council staff absences are attributed to nervous and/or psychological conditions



The Mental Health, Care and Treatment (Scotland) Act 2003

- Compulsory Powers - Setting out when people can be legally required to go into hospital, or to accept services or treatment that they may not want
- new Rights and Safeguards - including the right to access independent advocacy services
- The Mental Health Tribunal - which will hear cases under the Act
- powers of the Mental Welfare Commission
- duties on Health Boards and Local Authorities



Sections 25 and 26

Section 25 - local authorities have a duty to provide or secure services for persons who have or have had a mental disorder and are not in hospital

Section 26 - local authorities have an obligation to provide, or secure the provision of services to promote the well-being and social development of those who have or have had a mental health problem, this duty includes cultural, learning and recreational services.



What every council should do to implement the act.

- care and support
- promote well-being and social development
 - social, cultural and recreational activities
 - training and support into work for those over school age
 - education of those of school age
- assistance with travel
- appoint Mental Health Officers
- access to independent advocacy
- accommodation for Mental Health Tribunal



Background to my post

- **JLIP Co-ordinator - Workshops - Recovery Model and educating Community Services on what was needed to ensure the provisions of the Mental Health Act were met.**
- **Joint Local Implementation Plan Board**
- **partnership with NHS Dumfries and Galloway**

J.L.I.P. = Joint Local Implementation Plan



Job Description

- position designed to promote the implementation of the Mental Health Act - sections 25 and 26
- awareness raising and training
- promote access to Community Services in attempt to promote well-being and Social Inclusion



What are Community Services ?

- **Cultural Services**
Arts: Museums: Libraries, Information and Archives:
Registration Services
- **Leisure and Sport**
- **Community Learning and Development**



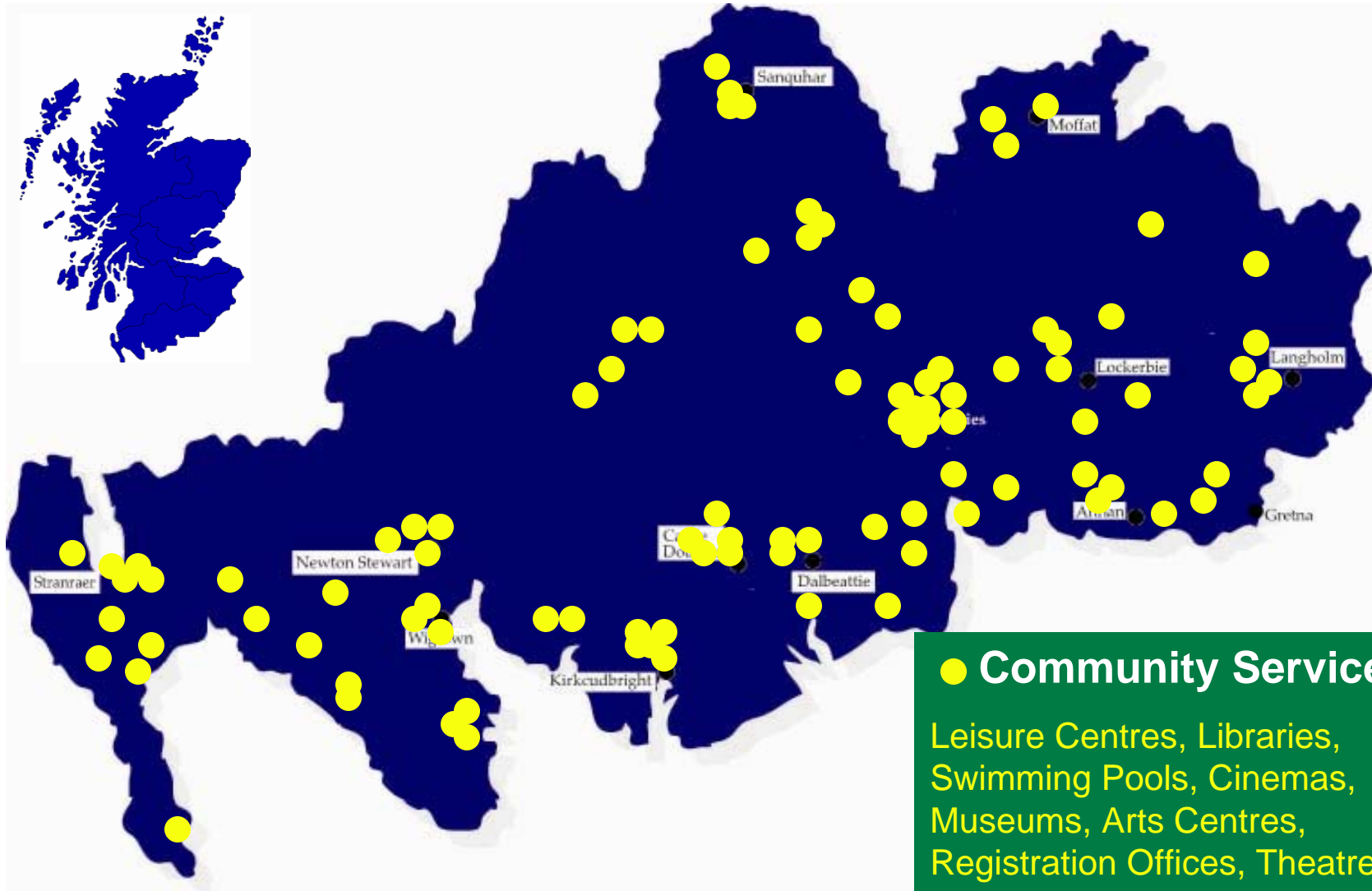
Community Services in Dumfries and Galloway

- total of 425 staff [206 full-time, 219 part-time] plus a further 209 casual and seasonal staff
- Community Services each year welcomes millions of visitors. The equivalent to each person in Dumfries and Galloway accessing our facilities 28 times a year.





Dumfries and Galloway
2470 square miles,
120 miles east-to-west,
55 miles north-to-south.



● Community Services

Leisure Centres, Libraries,
Swimming Pools, Cinemas,
Museums, Arts Centres,
Registration Offices, Theatre,
Mobile Libraries.

Steering Group



- **Stewart Atkinson** Group Manager Community Services DGC
- **Derek Atkinson** Community Leisure and Sport Officer, Wigtownshire DGC
- **Rebecca Coggins** Cultural Services Manager, Arts DGC
- **Rose Murdoch** Community Learning and Development DGC
- **Morag Musk** Lead Occupational Therapist NHSDG
- **Penny Nowell** Joint Commissioning Manager for Mental Health NHSDG
- **Alison Quigley** Cultural Services Manager, Registration DGC and line manager for my post



from exclusion to inclusion ...

**“Social inclusion must come down to somewhere to live,
something to do and someone to love.**

It’s as simple - and as complicated - as that.

**There are all kinds of barriers to people with mental health
problems having those three things.”**

Charles Fraser, St Mungo’s

witness to Mind’s Inquiry on Creating Accepting Communities



Community Services

- offer inclusive services to the whole community
- have front-line staff who are already trained in customer care
- take pride in providing high quality services

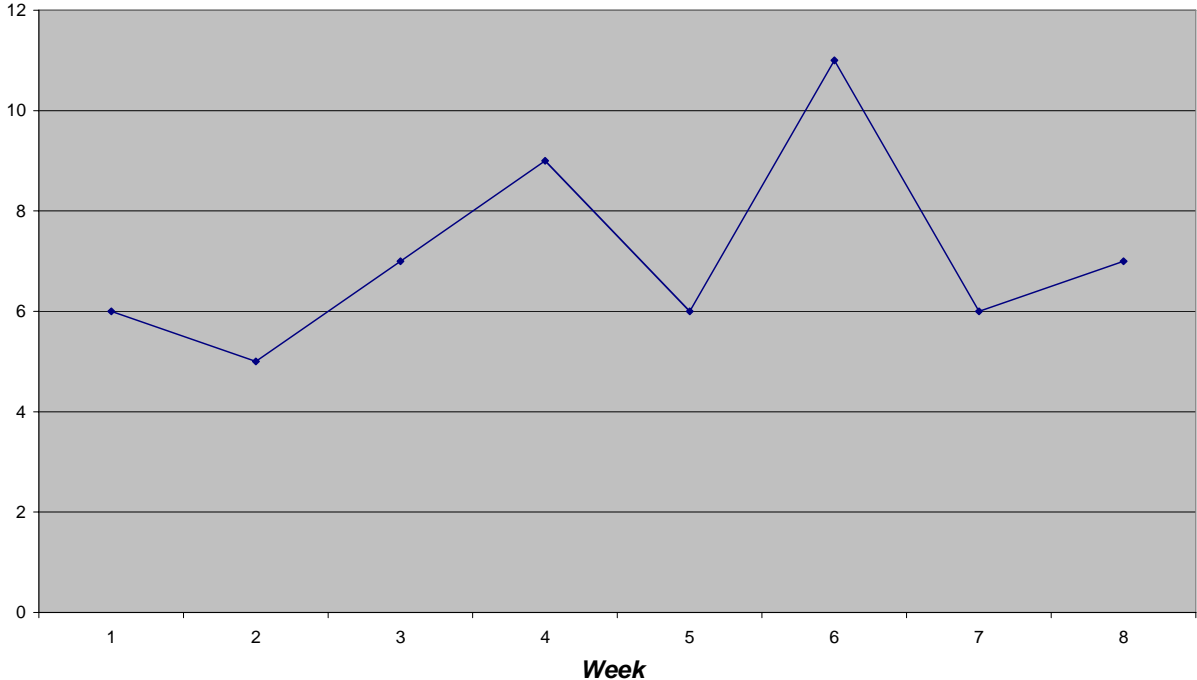


Arts

- mental health awareness dvd
- arts open access
 - 12 week pilot at Gracefield Arts Centre
 - Friday afternoons 12noon - 4pm
 - structured sessions 12noon - 2pm



Open Access - attendance



Museums

- **volunteering opportunities**
- **inclusive activities**
- **active in forging partnerships with other services and organisation - eg**
 - participation in the work of writer and artists in residence at local and psychiatric hospitals**
- **Apex- Photography**



Libraries, Information and Archives - LIA

- Literature Development - DGAA and LIA work closely together to provide Reading Groups and Writing Groups throughout the region
- Hansel Trust Partnership

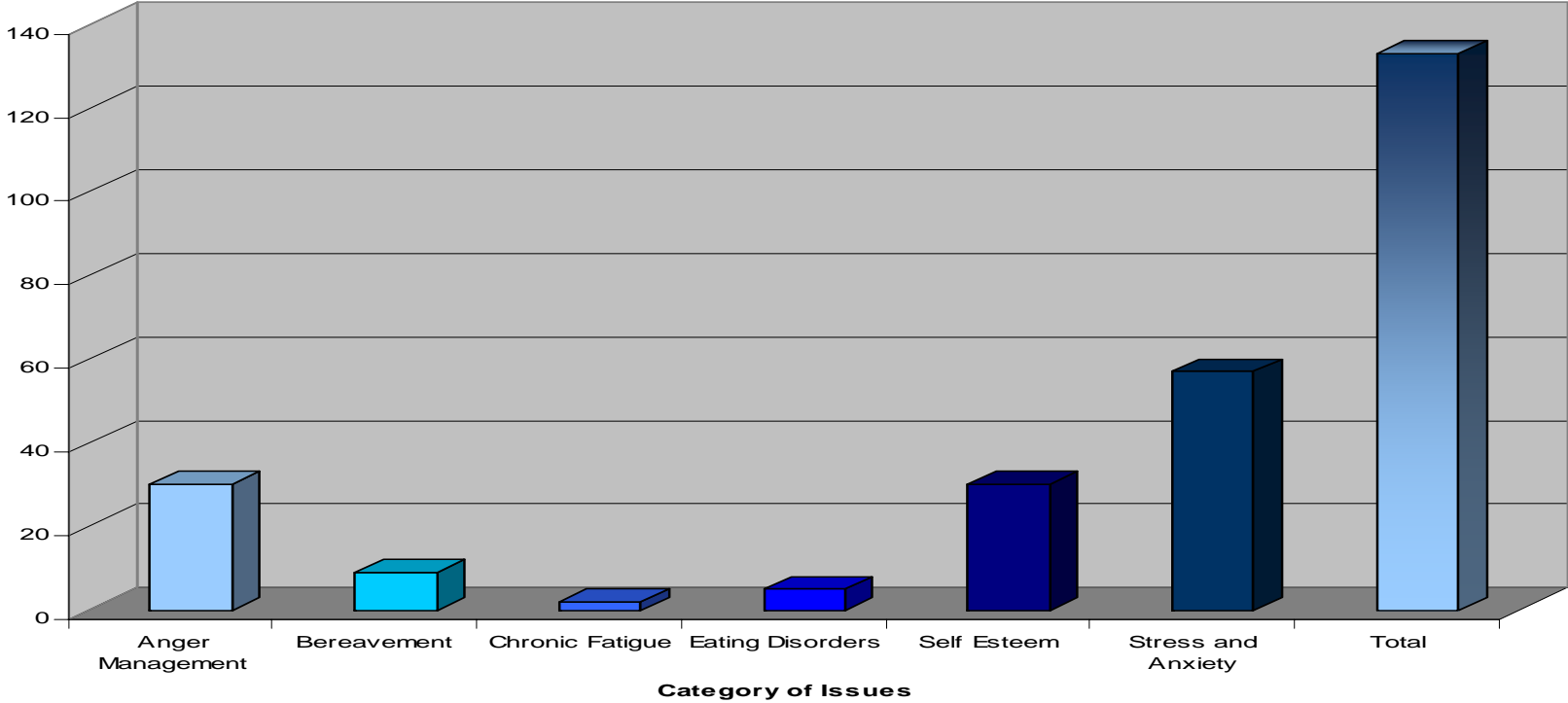


Healthy Reading Scheme

- Easy Access to a range of self-help books designed to help you cope with everyday issues
- topics include: anxiety
depression
eating disorders
stress
self-esteem
bereavement



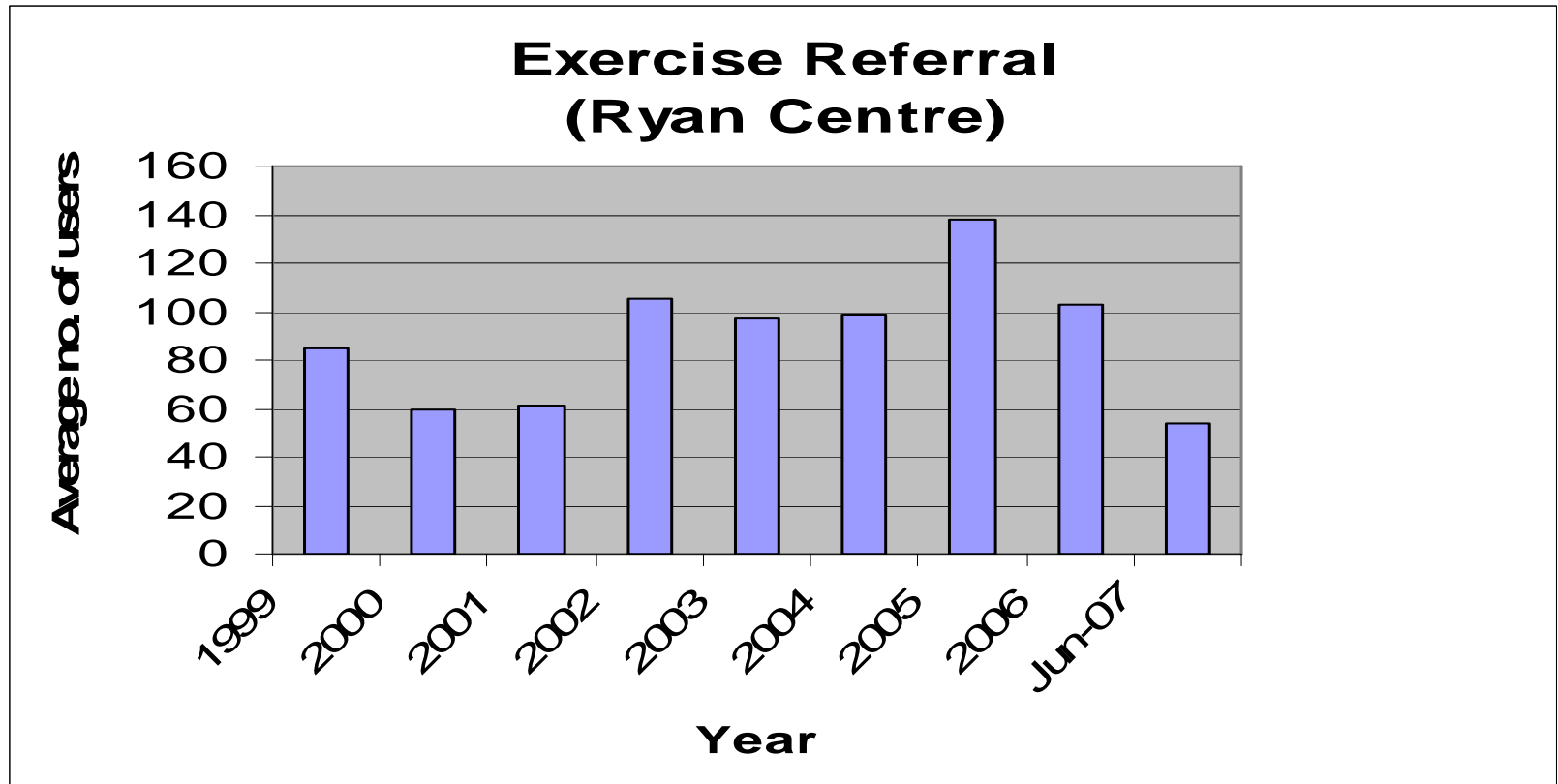
No of Issues per category



Leisure and Sport

- 10 sessions for £10
- One-to-One pre-session meeting
- health professional referral
- support worker in professional capacity (free)
- category A and category B
- next step - Easy Access/Profile Plus





Leisure and Sport

- outreach referral - Ettrick and Nithsdale wards
- Lunchtime Walking Groups for staff
- promote staff use of Easy Access



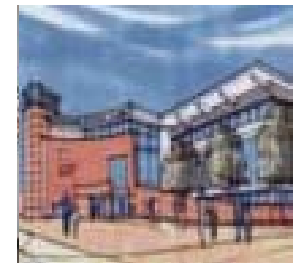


DUMFRIES AND GALLOWAY LEISURE COMPLEX



DG One - Dumfries and Galloway Leisure Complex

- £18 million investment
- 'Warm Water Exercise' sessions
- Fitness Suite, Studio and Health Suite
- Main Hall - badminton, indoor football, volleyball, basketball, netball, gymnastics and indoor hockey



Building Healthy Communities

- **Region Wide- North West Dumfries**
Upper Nithsdale
The Machars
West Wigtownshire

PROJECTS

Jack & Jill's DIY Initiative

Eating on a Budget

Scribblers

Tambourelli



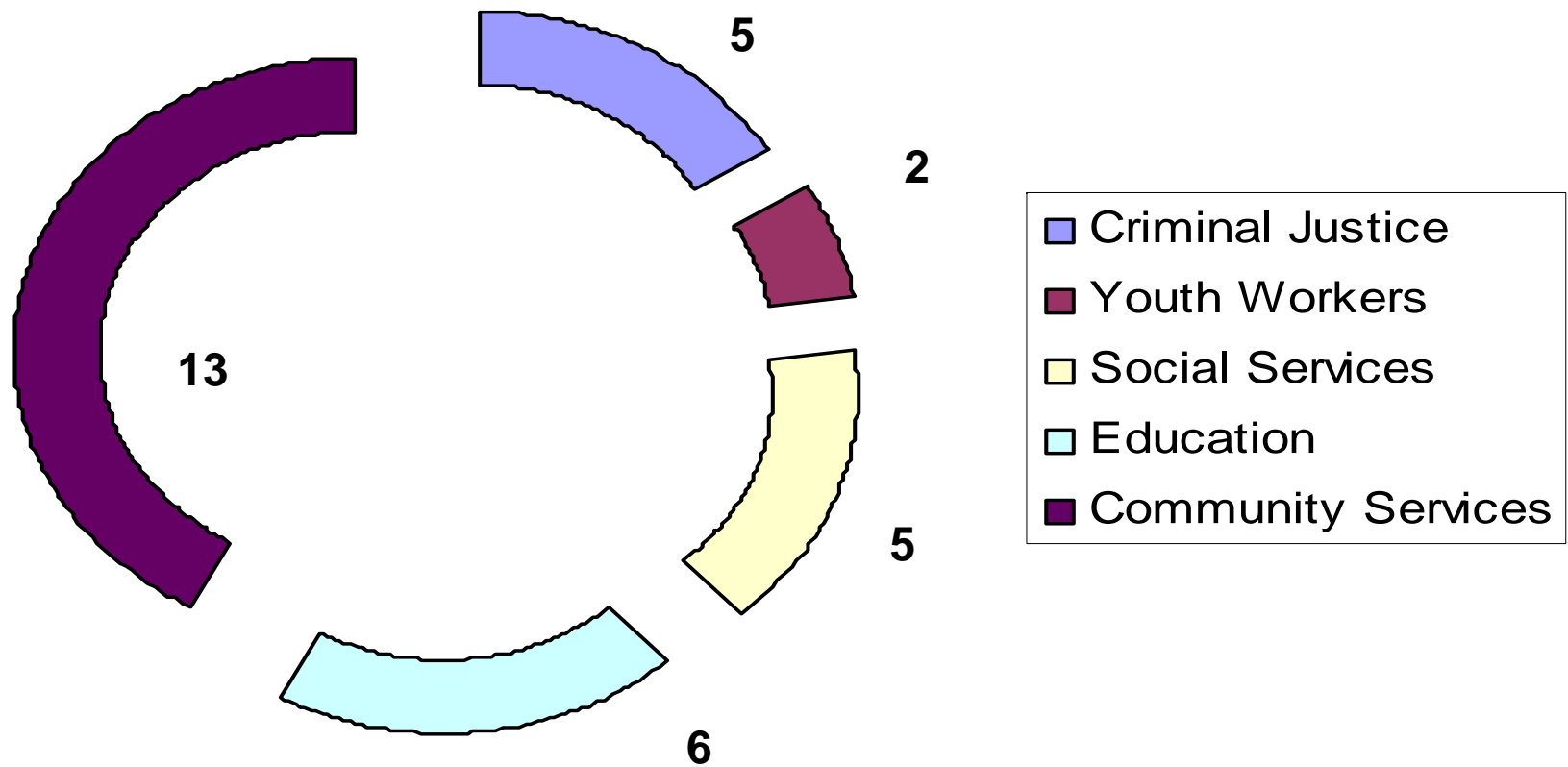
Scotland's Mental Health First Aid



Scotland's Mental Health First Aid

- 2 day training course aimed at anyone who wants to help someone with a mental health problem
- AIMS
- Preserve life where a person may be a danger to themselves or others
- Provide help to prevent a mental health problem developing into a more serious state
- Promote recovery of good mental health
- Provide comfort to a person suffering from a mental illness

SMHFA- Council Staff



“An enlightening and eye opening experience”

Corrie Telfer Community Sports Coach

“Lots of practical ideas that I can use in my work”

Geoff Creamer Area Librarian East



World Mental Health Day - 10 October 2007

- Council Payslips
- Open Access- exhibition
- Healthy Reading review
- Crichton Hall Tour
- 'History of Crichton Hall' Exhibition
- Sports Development- Drop In



Questions -

