

SEL Integrated Care System

SEL ICS strategy

2 October 2023

Workshop Slides

Introductions

We are recording today

We are recording the session today to **help us write good notes** after the session including everyone's point of view.

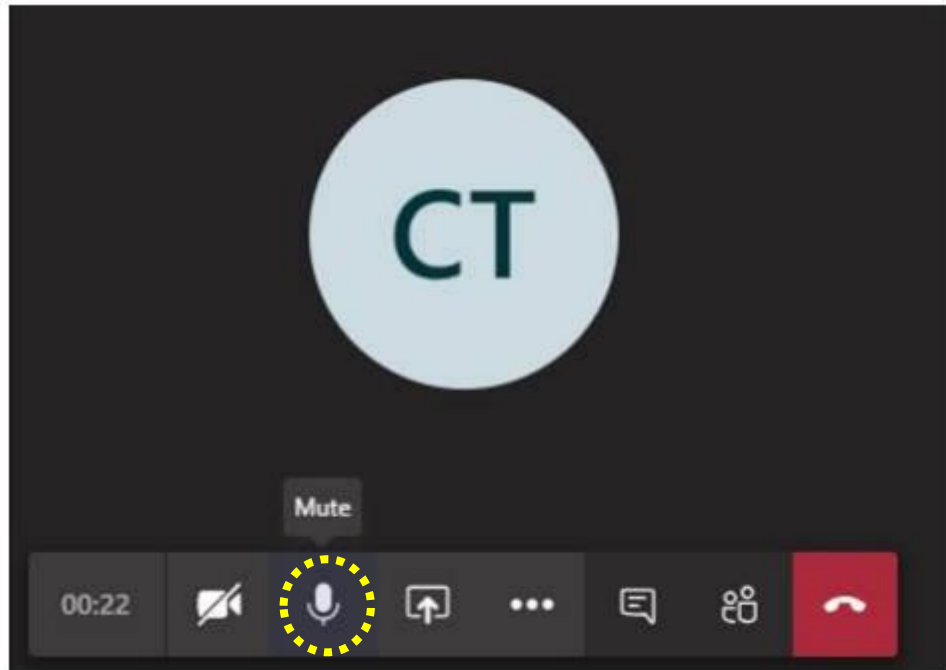
The recording will not be available to be viewed after the session by anyone other than the note-taker.

Please **turn your camera off if you do not wish to be recorded.**

How to participate today

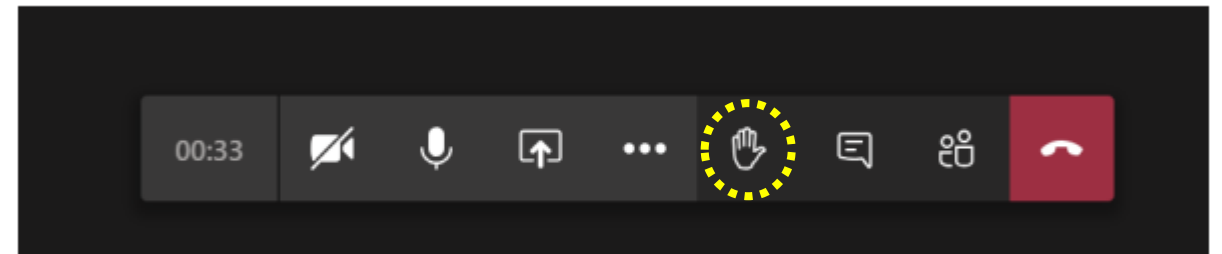
Mute yourself

Simply click the microphone button highlighted below, to mute yourself, and unmute if you are asked to speak.



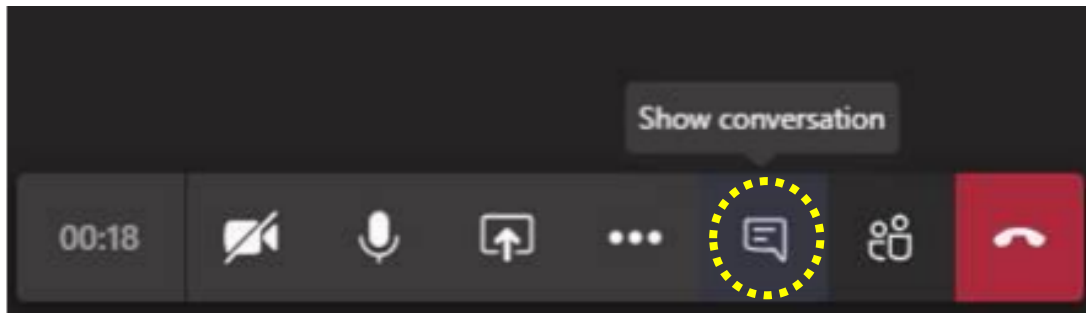
Raise your hand

If you want to speak during the meeting you can indicate this by raising your hand but clicking on the hand icon below.

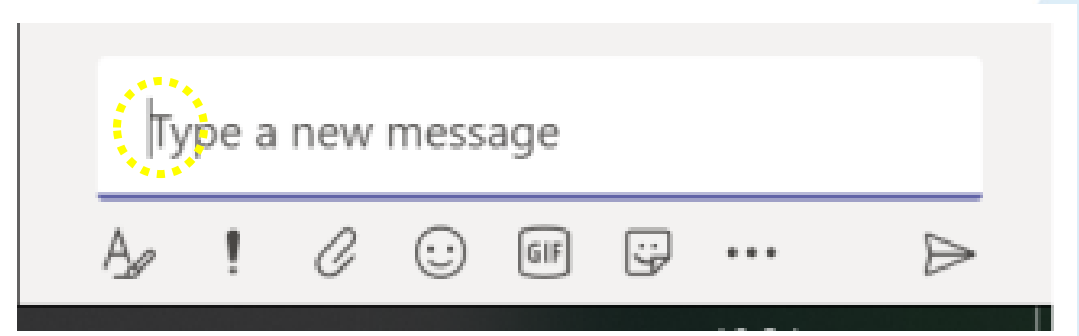


Using the chat today

1. Select the chat function icon (shown below).



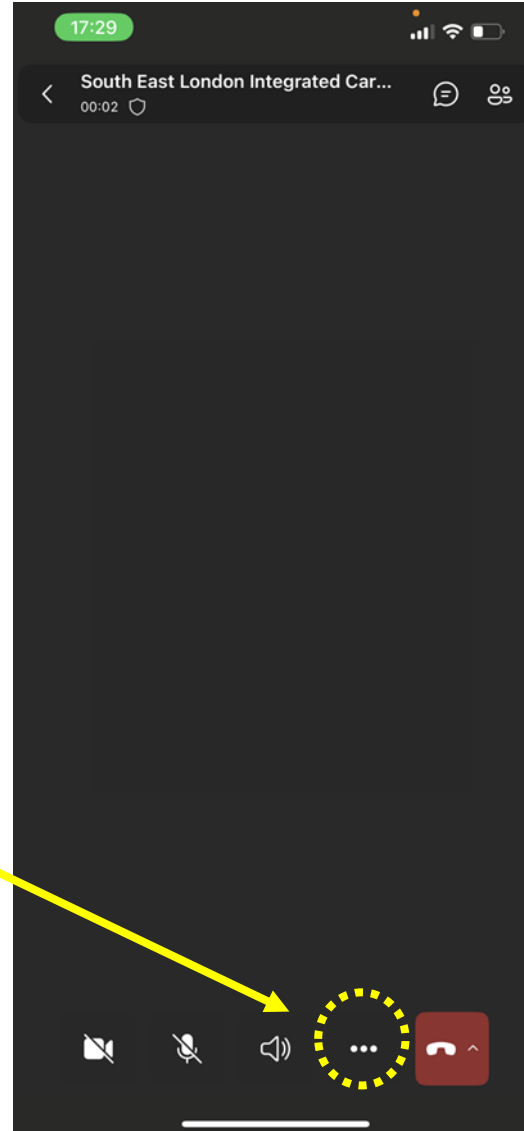
2. Once you click “show conversation” it will bring up the chat box (see below), in which you can then type a question or comment



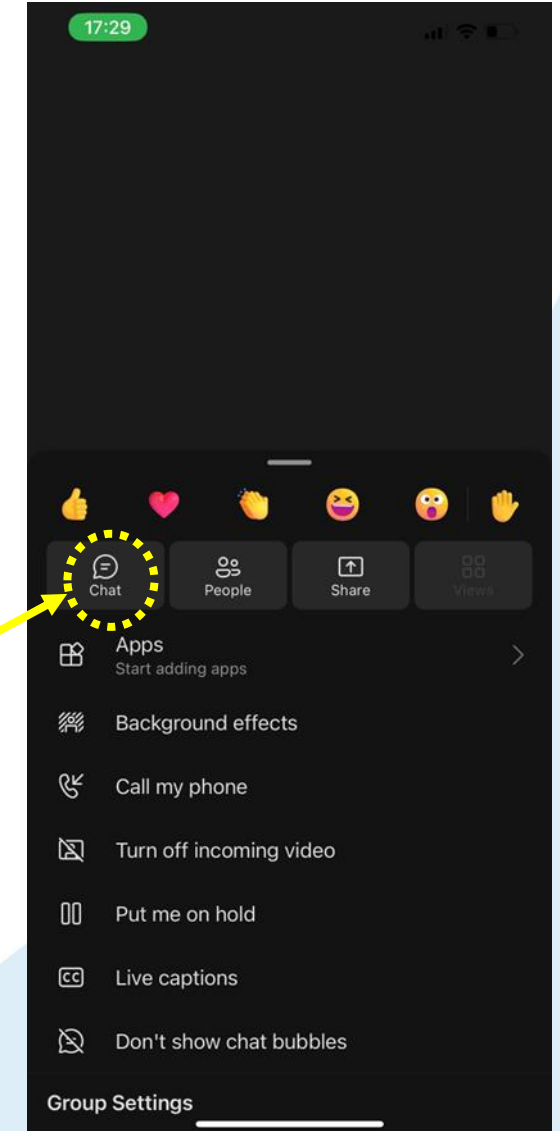
Using the chat today

If you have joined us today on your phone, to see the chat

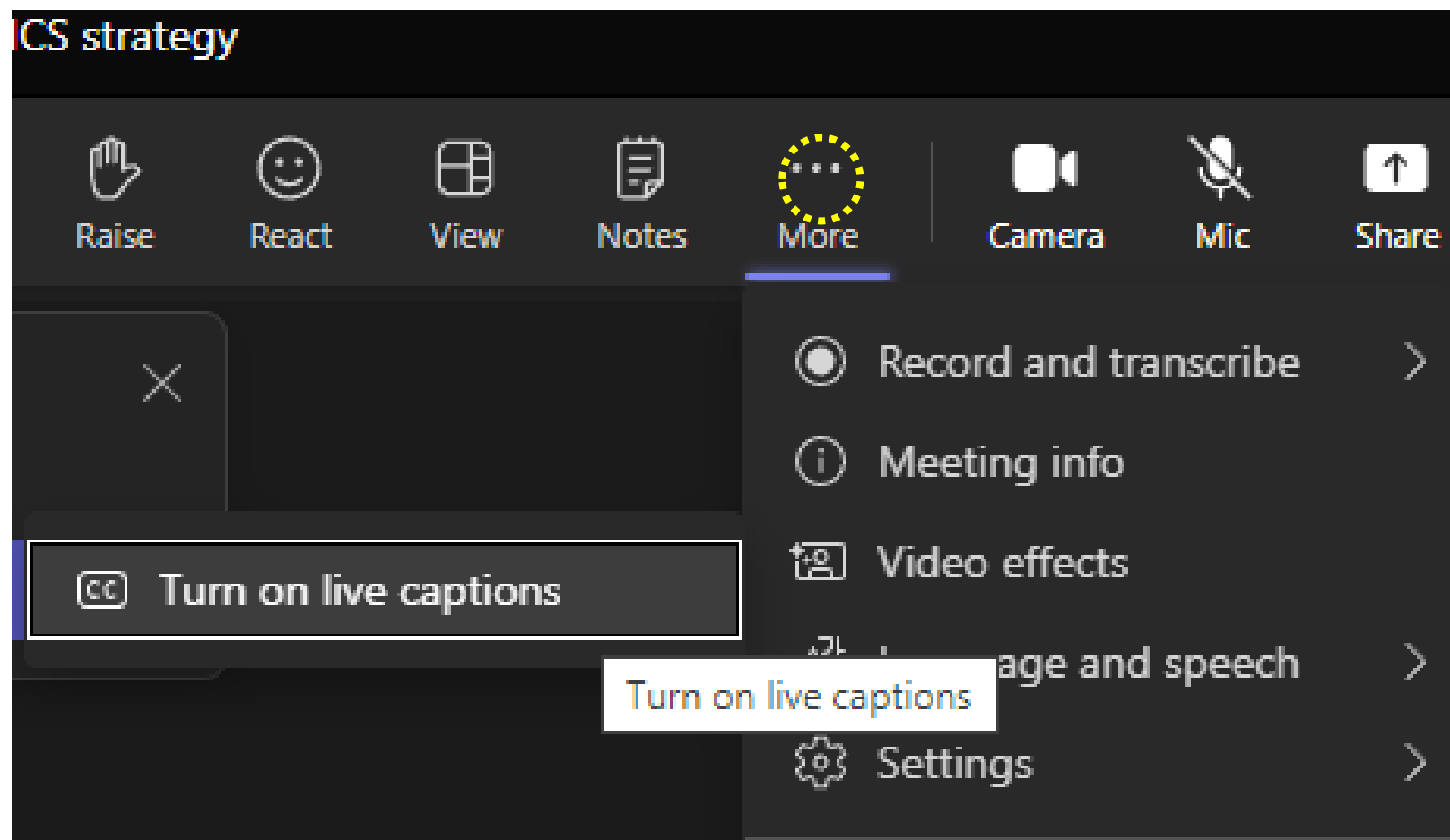
1. Select the three dot icon as shown



2. And then select the chat icon



Live captions



Aims of the workshop

1. **Update you** on the strategy development process
2. **Listen to what you think** is important and the outcomes that we need to achieve in each strategic priority area
3. **Highlight the activity** already taking place

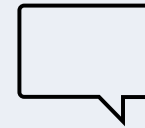
Agenda

1.	Welcome and introduction to the session	Helen / Toby / Victoria	15 mins
2.	The journey so far	Ben Collins	20 mins
3.	Comments and reflections	Helen / Toby / Victoria	10 mins
4.	Comfort break		5 mins
5.	What does success look like to you?	Breakout rooms	45 mins
6.	How will we be continuing this work?	Jessica / Maria	5 mins
7.	Closing remarks and reflections	Ben Collins	15 mins

House rules



Value everyone's
views equally



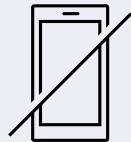
Speak openly and
honestly



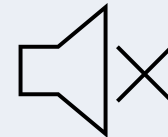
Keep it confidential



Be aware of each
other's feelings

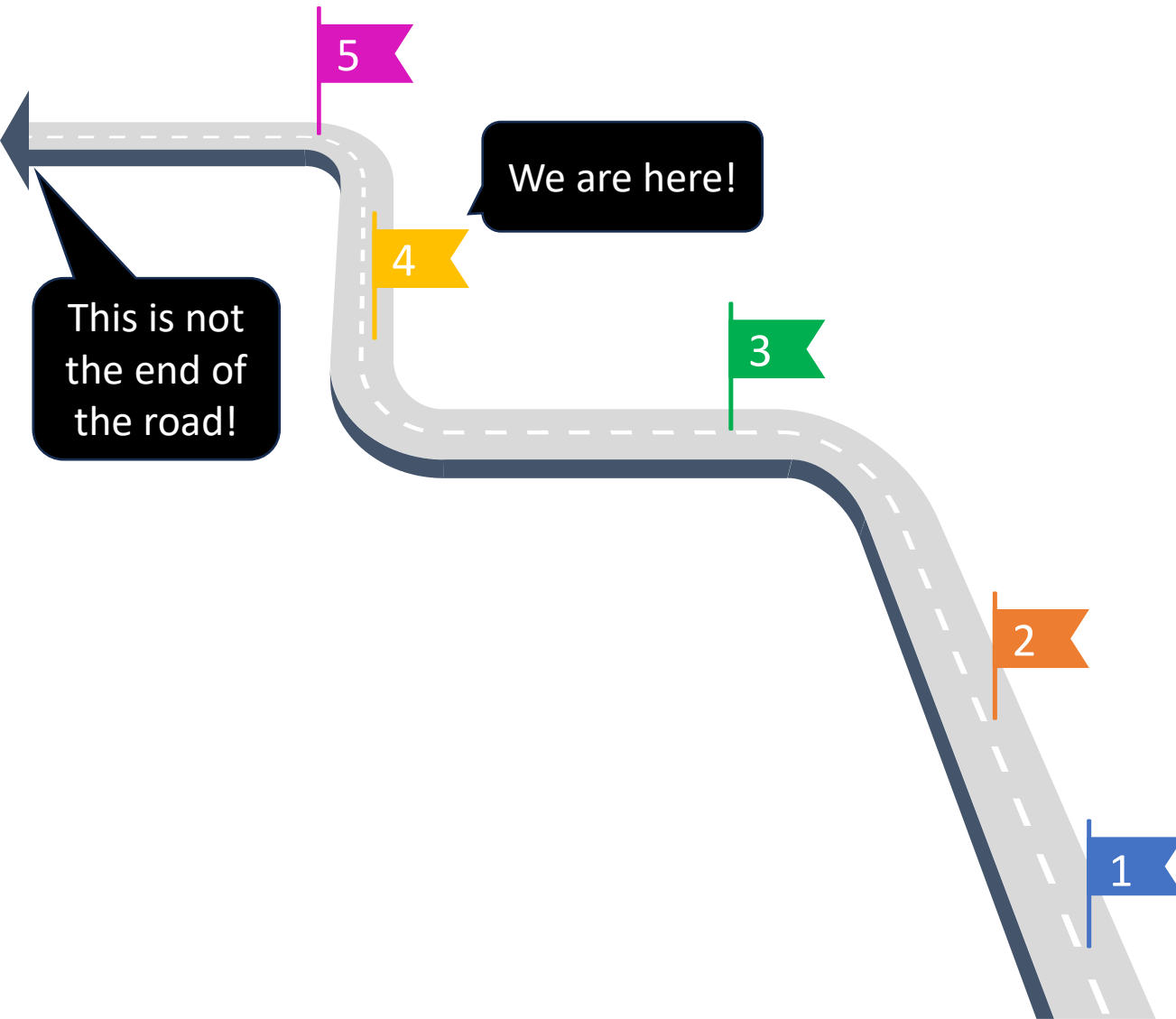


Avoid distractions



Stay on mute and
raise your hand

We are on a journey to work better together



1. April – December 2022

A key area of work during 2022 was to work and engage with people and communities to inform the development of the ICS strategic priorities.

2. February 2023

We published our five cross-system strategic priorities.

3. June 2023

We published our first Joint Forward Plan setting out our medium-term objectives and plans.

4. September 2023

We researched what works well and looked for examples of best practice in our local areas.

5. October 2023

We have a better understanding of how we can have greater impact, starting with those most in need.

What viewpoints do we have in the room today?

Go to **Menti.com** and
enter code **6856 1226**

1. Which borough am I from....
2. My name is....
3. I will reflect/represent the views of....



Our journey so far



20 minutes

Our discussions with residents and partners in 2022 and early 2023

What we need to do better

- Prevention and wellbeing
- Maternity and early years
- Children & Young People
- Mental Health
- Primary Care
- Long term conditions
- Social challenges

How we need to do it

- Establishing trusting relationships
- Easier and fairer access
- Culturally appropriate care
- Joined up health and social support
- A clearer focus on the most disadvantaged

affordable housing
save the NHS education
NHS struggling employment
family health & wellbeing
transport
cost of living
global crises
my health & wellbeing
access to primary care
environment mental health diversity, equality & ir
social care for the elderly
government/ politics
community safety

Our publication of February established our vision and five priorities for cross system action

Our mission is to help people in South East London to live the healthiest possible lives. We will do this through helping people to stay healthy and well, providing effective treatment when people become ill, caring for people throughout their lives, taking targeted action to reduce health inequalities, and supporting resilient, happy communities as well as the workforce that serves them.

Our priorities

Prevention and wellbeing



Improving prevention of ill health and helping people in South East London to stay healthy and well.

Early years



Making sure that children get a good start in life and there is effective support for mothers, babies and families before birth and in the early years of life.

Children's and young people's mental health



Improving children's and young people's mental health, making sure they have quick access to effective support for common mental health challenges.

Adults' mental health



Making sure adults have quick access to early support, to prevent mental health challenges from worsening.

Primary care and people with long-term conditions








Making sure people have convenient access to high-quality primary care, and improving support and care for people with long-term conditions.



We now need to develop our five Strategic Priorities into a shared set of ambitions, to be delivered through solutions which build on and go further than our existing projects in these areas.

How we have clarified the focus of our strategic priorities since February

Priority	Challenge	Ambition
 <p>Prevention and wellbeing</p>	Delivering primary prevention effectively to our most disadvantaged communities	Close the gap in uptake of these services for people from disadvantaged groups
 <p>Early years</p>	Supporting mums and babies with high vulnerabilities effectively in first 1001 days	Safer births, with fewer complications for families with high vulnerabilities, improvement on key measures of good start in life.
 <p>Children's and young people's mental health</p>	Supporting children's emotional wellbeing and common mental health challenges in disadvantaged neighbourhoods	Fewer children developing emotional and mental health problems in disadvantaged neighbourhoods, higher school attendance.
 <p>Adults' mental health</p>	Ensuring access to rapid, trusted and effective early support for common mental health and social challenges.	Fewer people from disadvantaged groups entering crisis or developing more severe mental health problems.
 <p>Primary care and people with long-term conditions</p>	Delivering proactive, joined up support for long term conditions and people with complex health and social needs.	More people with LTCs and social challenges who report a positive experience of care, live independently and enjoy good lives.

Our Prevention priority – what we are focusing on and what challenges we need to address

Prevention
and
wellbeing



Our Prevention Priority

We will reduce the current disparity in uptake of proven health screening and prevention programmes for people from disadvantaged groups.

Big issues to address

- Lack of trusting relationships between statutory services and disadvantaged communities.
- Challenges in engaging effectively and understanding needs of disadvantaged communities.
- Lack of understanding of, confidence in and stigma relating to some preventative services.
- Inconvenient delivery arrangements that take time from and impose costs on local people.

What sort of approaches are gaining traction in SEL on prevention for disadvantaged groups?

Prevention
and
wellbeing



What's working?

- Building sustained relationships and continued dialogue with local people into the design of services.
- Harnessing the power of community organisations and local people to connect with specific disadvantaged communities.
- Engaging over the long term on a wide range of wellbeing issues, not one-off interaction on a single health priority.
- Supporting people with their priorities (getting kids to school, help in home), not just health priorities (smoking, weight loss).
- Strong partnerships between community organisations, primary care and local authorities.

Our Early Years days priority – what we are focusing on and what challenges we need to address

Early
years



Our early years priority

We will demonstrate a measurable improvement in key measures of maternal health for mothers with high vulnerabilities and of a good start in life for their babies.

Big issues to address

- Limited staff and resources and high referral thresholds for supporting mums with high vulnerabilities
- Lack of continuity of support, with staff changes, transitions between services, and support stopping soon after birth
- Staff and services working within narrow remits, able to help on only with some of a family's challenges in early years
- A patchwork of micro services (breastfeeding, nutrition, bonding, relationships, mental health, drugs and alcohol ...)
- Deep distrust of statutory services

What sort of approaches, in SEL and beyond, are gaining traction in tackling this challenge?

Early
years



What's working?

- Experienced case workers who develop a sustained relationship with mums and babies
- Intensive support from before birth until at least the end of the first 1001 days
- A holistic approach to help with whatever matters for mums, not just health or mental health
- Active support on benefits, housing and other social welfare challenges, rather than signposting.
- Connecting mums and babies with local resources, bringing them into centres and support networks

MumsAid

Supporting Mums and their Families
Award winning specialist perinatal
mental health charity.

Register with us to get special counselling, support and access to our helpline service.

Call today (free)

"I strongly believe that the opportunity of
getting to where I am now, a happy

We can help

MumsAid is an award-winning charity providing pregnant women and new mums with specialist counselling for emotional or mental health difficulties. Our vision is of a society where all mothers are supported with giving their babies the best start in life.

More information

MumsAid offers:

- Free counselling in Greenwich children's centres to help any local mother experiencing mental health issues during pregnancy and after birth.
- Specialist therapeutic, befriending, advocacy and group support for young mothers aged 21 years or under with YoungMumsAid.
- An out-of-hours text service.
- Free creche facilities if needed.
- Specialist trauma therapy with Medzone.
- Specialist SBTND support sessions with the Mighty Acorns.
- Out-of-hours, private sessions for working parents and couples, online or face to face.



Our CYP Mental Health priority – what we are focusing on what challenges we need to address

Children's and
young people's
mental health



Our Children and Young People's Mental Health Priority

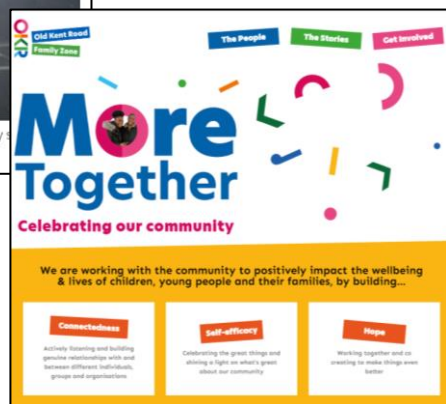
We will reduce the numbers of children and young people in disadvantaged neighbourhoods in South East London developing emotional and mental health problems, and in doing so increase school attendance and improve educational attainment.

Issues to address

- A mental health epidemic for children and young people – hitting most disadvantaged hardest
- The breadth and scale of challenges facing children and families in disadvantaged neighbourhoods
- Reliance on a narrow range of mental health interventions, with a hollowing out of some social support in disadvantaged neighbourhoods
- The complexity of the problem – no simple solutions, no clear path to follow.

What sort of approaches, in SEL and beyond, are gaining traction in tackling this challenge?

Children's and
young people's
mental health



What's working?

- Investment in sustained partnerships schools, VCSE, residents and public services in neighbourhoods
- Young people and community in the driving seat, deciding what matters and initiatives that might help
- Building the entire ecosystem of support to protect children's and families' resilience and wellbeing
- People who are paid to connect different parts of the local system and develop local assets
- Micro-finance to develop local community organisations, including jobs for local people.
- Collective action, innovation and sharing learning.

Our Adult Mental Health strategic priority – what we are focusing on and what we need to address

Adults'
mental
health



Our Adult Mental Health priority

We will reduce the number of people from disadvantaged groups entering crisis or developing more severe mental health problems.

Big issues to address

- Significant increase in adults struggling with mental health challenges post pandemic, esp. in disadvantaged communities
- Lack of trust and connection with statutory services, particularly amongst Black African and Caribbean communities
- Limited time and capacity in primary care and reliance on a narrow range of therapeutic approaches
- Strong VCSE delivering culturally-competent, socially-oriented support, but in pockets, detached from statutory services.
- Challenges getting early help for increasingly serious social challenges - and a London housing crisis

What sort of approaches, in SEL and beyond, are gaining traction in tackling this challenge?

Adults'
mental
health



Peer and social support for mental health at Mosaic Clubhouse in Brixton



What's working?

- Harnessing the resources of peers and service users, recovering agency and self-efficacy.
- Focus on core components of a good life: friendship, social connection, family, meaningful activity.
- Effective support for people back into training, education and employment.
- Active support for common social challenges (food, money, benefits, housing).
- Support that is led by people from the local community and tailored to the community.
- Genuine partnerships between statutory services and VCSE organisations – understanding, respect, mutual support.

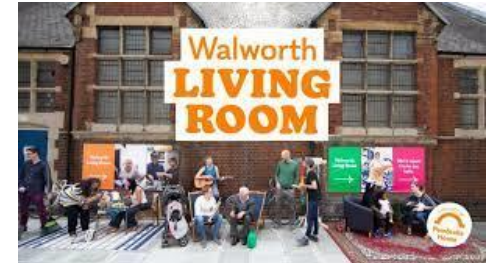
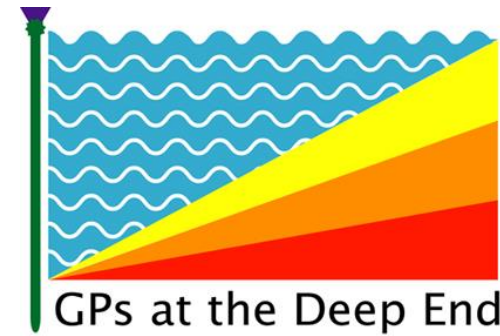
Our primary care / long term conditions priority – what we are focusing on and major challenges

Primary care
and people with
long-term conditions



Our primary care / LTCs priority

We will increase the proportion of people in South East London with long-term conditions and health and social challenges who report a positive experience of care, live independently and enjoy good lives.



An emerging, overall strategic approach

Focus On our most disadvantaged people and communities
Tailored approaches Designed specifically to be effective for
Small neighbourhoods As the best starting point for connecting with our communities and developing support around them.
Whole-Person	... With generalist team-based support for health and social challenges, not separate services for each problem.
Assets-based Connecting and developing assets in neighbourhoods and harnessing communities and service users

Options for cross-system action, in support of local partnerships and services in our system

- Increasing funding
- Harnessing resources of our Integrated Care Partnership
- Support for spread and scale
- Collaborative learning and improvement
- SEL-wide service change
- Investment in shared infrastructure
- Reprioritisation

Comments and reflections



10 minutes

Comfort break!



5 minutes

What would success look and feel like for you?



45 minutes

What do you want to feedback on today?



Room 1 – Prevention & Wellbeing

Facilitator: Jessica
Copilot: James



Room 2 – CYP Mental Health

Facilitator: Helen
Copilot: Iuliana



Room 3 – Early Years

Facilitator: Victoria
Copilot: Rosemary



Room 4 – Adult Mental Health

Facilitator: Toby
Copilot: Muhammad



Room 5 – Primary Care and LTCs

Facilitator: Ben
Copilot: Kiri

Facilitators will ask two questions

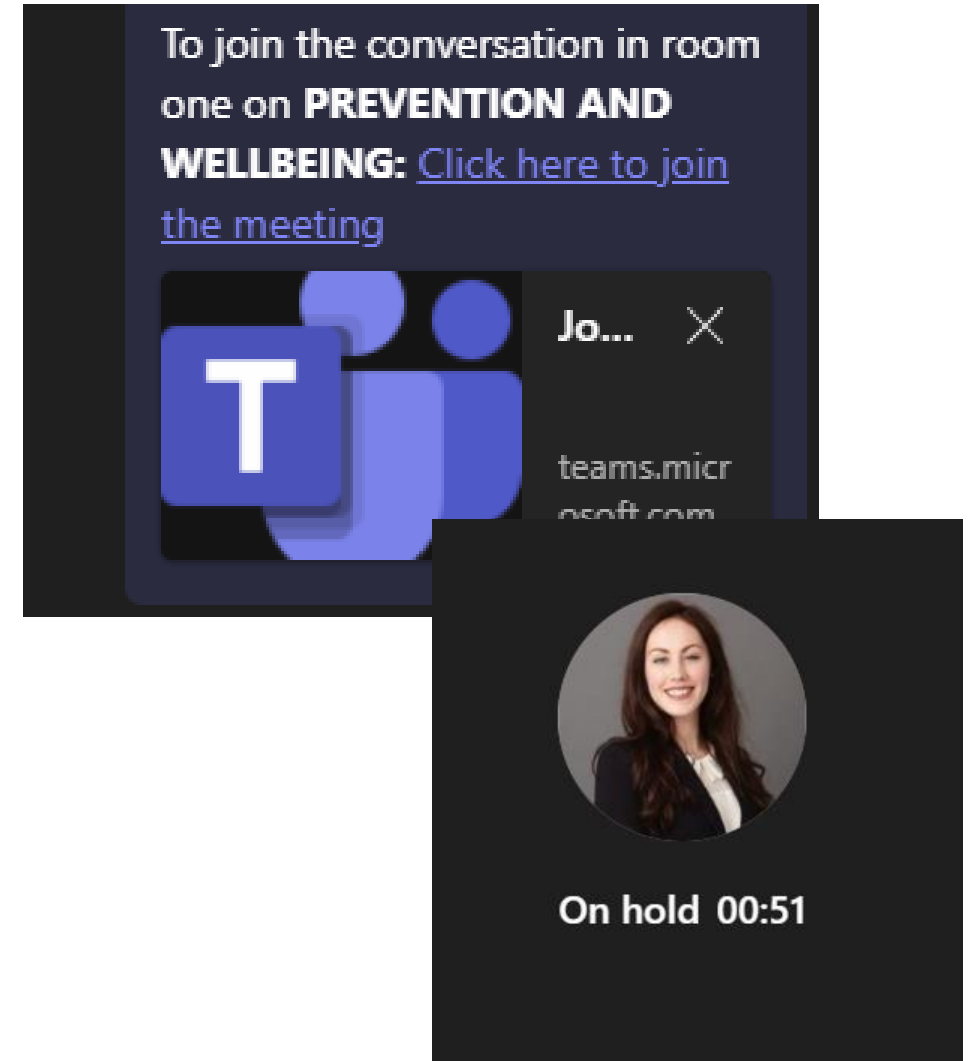
1. To achieve this ambition, what would you like to see done differently?
2. What would have the greatest impact for you, your friends, family and neighbours?

How do I join a room

1. Choose a discussion you want to be part of
2. In the chat, select the meeting link for your chosen discussion
3. After selecting the link, **a new teams meeting window will open.**

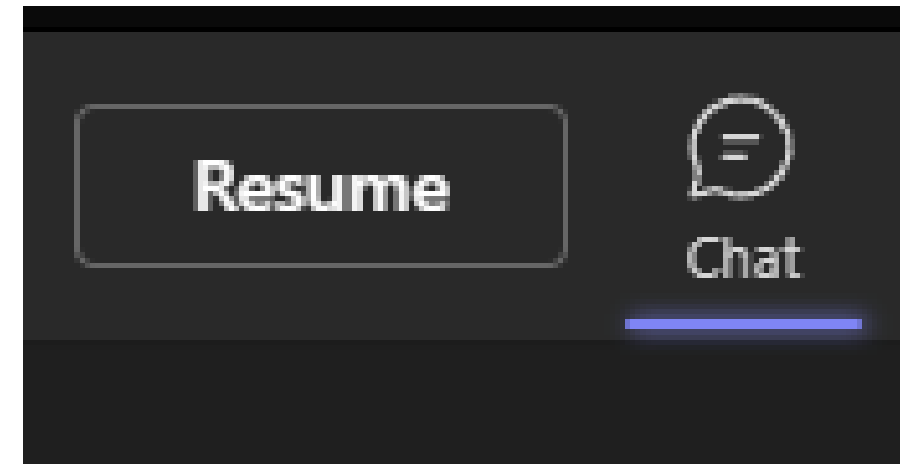
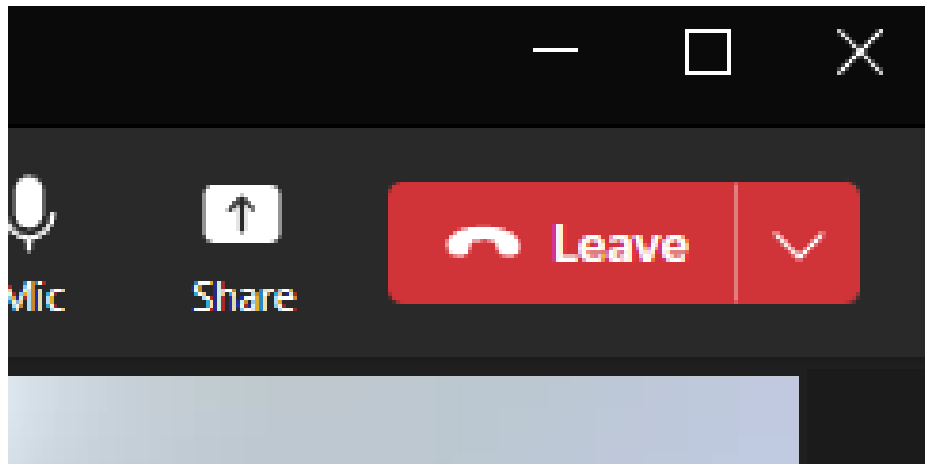
While you are in your breakout room this main room will be put on hold. You do not need to leave the main room (this meeting).

4. When it is time to return to the main room (this meeting) your facilitator will share the two-click process to return here.



How to rejoin the main room

1. First leave this meeting by selecting 'leave'.
2. Then locate the window for the main meeting and select 'resume'.



How will we be continuing this work?



15 minutes

Closing remarks and reflections



5 minutes