



## **GENERAL ADULT MENTAL HEALTH SECONDARY CARE PATHWAY REVIEW**

### **Introduction**

The three HSCP Chief Officers have agreed to complete a process map of the cross Grampian Adult Mental Health Pathways before the end of March 2024. This will consider options for any re-design improvements for residents, improve efficiency and strengthen governance.

### **Background**

Mental Health and Learning Disability Services (MHLDS) are delivered across Aberdeenshire HSCP, Aberdeen City HSCP and HSCP Moray. Aberdeen City HSCP have delegated authority for the 'Hosted' MHLI Inpatients, Specialist Services and Child and Adolescent Mental Health Services (CAMHS).

MHLDS includes specialist pathways, which are delivered in various locations, such as community, inpatient or primary care. Out with inpatient settings, service may be delivered various ways – community visiting patients in their own homes; outpatient settings; virtual (digital) appointments. Some psychological therapies are being delivered electronically via online platforms.

The Scottish Mental Health and Wellbeing Strategy was published in June 2023. The Strategy lays out the *'long-term vision and approach to improving the mental health and wellbeing of everyone in Scotland'*.

There have been three other National Strategic Plans which have been, or are in the process of, being launched. However the Scottish Mental Health and Wellbeing Strategy will drive improvement, promote flexibility and encourage innovation in how people are cared for and supported – through evidence of local Boards achievement of 'Core Mental Health Standards.'

### **Outcomes**

The outcomes describe the differences or changes that we want to see as a result of this Strategy:



## What happens next?

A process map will be developed of the Grampian General Adult Mental Health secondary care pathway including:

- Unscheduled Care
- General Adult Mental Health Liaison Psychiatry
- General Adult Psychiatry (GAP) Inpatients
- Community Adult Mental Health Teams

We will have open communication sessions with you to support feeding into the system to create the current pathway review. Also, will enable any comments on improvements you feel could be included in revised pathway review. This will take place during October with discussions and proposal for the revised pathway following this.

In December, a draft overview of the revised pathway will be prepared for the Strategic Huddle. This will include any options that have been put forward during the pathway review.

In January, an overview of the revised pathway will be presented to the Strategic Huddle.

In February, final approval will be sought from both the MHLD Portfolio Board and the Integration Joint Board (IJB).

Between April 2024 and March 2025 the revised pathway will be embedded and evaluated.