

A Health & Care Plan for Portsmouth

Refreshing and Consolidating the Priorities for Health & Care in the City

Portsmouth Blueprint – a blueprint for health and care service delivery in the City



- A vision and road map for the future of health and care provision in the City
- Development of a truly integrated and ‘single team’ approach to working across organisational boundaries
- Produced in 2015, the Blueprint has driven our approach to working together
- Signed up to by partner organisations in the City



Portsmouth
CITY COUNCIL



Portsmouth
Primary Care
Alliance Ltd

Aim of the Refresh



- Ensure we have a set of strategies in broadly the same format that set out the 3yr priorities for adults, children & families and public health that, when taken together, describe the full range of **health & care** intentions for the city
- Review and refresh the Health & Care Portsmouth Blueprint commitments

In order to ...

- Have a clear set of priorities for Portsmouth and where we can best achieve these through working with other partners across Hampshire & the Isle of Wight
- Enable prioritisation of work for our integrated Health & Care Portsmouth teams
- Enable the CCG Board and Council to agree the tier or partnership best placed for delivery

The Health & Care Portsmouth Blueprint:

The 2015 Commitments



We will **build our health and care service on the foundation of primary and community care**, recognising that people have consistently told us they value primary care as generalists and preferred point of care co-ordination; we will **improve access to primary care services when people require it on an urgent basis**.

We underpin this with a programme of work that aims to **empower the individual to maintain good health and prevent ill health, strengthening assets in the community, building resilience and social capital**.

We **bring together important functions** that allow our organisations to deliver more effective community based front-line services and preventative strategies; this includes functions such as **HR, Estates, IT and other technical support services**

We establish a **new constitutional way of working to enable statutory functions of public bodies in the City to act as one**. This would include establishing a single commissioning function at the level of the current Health & Wellbeing Board with delegated authority for the totality of health (NHS) and social care budgets

We establish a **single or lead provider for the delivery of health and social care services for the City**. This would involve looking at organisational options for bringing together health and social care services into a single organisation, under single leadership with staff co-located. The scope of this would include mental health, well-being and community teams, children's teams, substance misuse services and learning disabilities. In time, it could also include other services currently residing in the acute sector or primary care

We **simplify the current configuration of urgent and emergency and out of hours services**, making what is offered out of hours and weekends consistent with the service offered in-hours on weekdays so that people have clear choices regardless of the day or time

We focus on **building capacity and resources within defined localities within the City to enable them to commission and deliver services at a locality level** within a framework set by the city-wide Health & Wellbeing Board

The Health & Care Portsmouth Blueprint:

Draft Revised Commitments



- 1. We work continuously to improve the quality of health & care in Portsmouth, for all individuals and communities, visibly demonstrating how the diversity of local communities is reflected in the work.**
2. We build our health and care service on the foundation of primary and community care, recognising that people have consistently told us they value primary care as generalists and their preferred point of care co-ordination; we continue to improve access to primary care services when people require it on an urgent basis.
3. We underpin this with a programme of work that supports the individual to maintain good health and prevent ill health. We strengthen the support for local peoples' health and care from both statutory and community organisations so that people become more resilient and know how to access community services when needed.
- 4. We bring together important functions that allow our organisations to deliver more effective community based front-line services and preventative strategies; this includes functions such as HR, Estates, IT and other technical support services.**
5. We are committed to having a well led, well organised, highly professional and engaged workforce that uses data well to inform services and care and continuously learns from frontline practice.
6. We establish a new constitutional way of working to enable statutory functions of public bodies in the City to act as one and to improve local people's involvement and influence in health & care in the city. This includes establishing a single commissioning function at the level of the current Health & Wellbeing Board with delegated authority for the totality of health (NHS) and social care budgets.
- 7. We establish improved and integrated ways of delivering health and care services for the City. This will be achieved through a range of ways including the formal integration of some services. For local people this will mean they do not have to experience multiple assessments, will be offered choices about how they are treated, be offered opportunities to explain what is most important to them and be referred more straightforwardly to the services they need.**
8. We simplify the current configuration of urgent and emergency and out of hours services, making what is offered out of hours and weekends consistent with the service offered in-hours on weekdays so that people have clear choices regardless of the day or time
9. We focus on building capacity and resources at a local level and in communities in the City to enable them to commission and deliver services at a locality level within a framework set by the city-wide Health & Wellbeing Board.

Public Health Priorities



There are 6 priorities for Public Health

- Reduce the harm caused by substance misuse including alcohol misuse
- Reduce the prevalence of smoking, including smoking in pregnancy, across the city working with partners to ensure sustained system wide action
- Reduce unwanted pregnancies by increasing access to Long-Acting Reversible Contraception (LARC) in general practice, maternity and abortion pathways, and strengthening LARC pathways with vulnerable groups
- Promote positive mental wellbeing across Portsmouth and reduce suicide and self-harm in the city by delivering the actions within Portsmouth's Suicide Prevention Plan (2018-21) and the STP Suicide Prevention Plan (2019-20)
- Reduce the harms from physical inactivity and poor diet
- Work with Council partners to address the health impacts of the built environment

And there are 4 cross-cutting programmes:

- Strengthen the intelligence function for the Council and Portsmouth Health and Care Partnership
- Address health inequalities with targeted attention on those that have the greatest need and are more likely to experience serious consequences of COVID-19
- Work with Council partners to improve the wider determinants of health by improving educational attainment, employment opportunities, housing, transport, planning and the built and natural environment
- Continue to lead the response to the COVID-19 pandemic focusing on public health advice to the council, partners and our residents.

The Priorities for Children & Families



The 2020-2023 Children's Trust Plan - refreshed from 2017-2020, has Six Priorities:

1. Improve education outcomes - the Education Strategy
2. Improve early help and safeguarding - the Safeguarding Strategy
3. Improve physical health - the Physical Health Strategy
4. Improve Social, Emotional and Mental Health - the SEMH Strategy
5. Improve outcomes for children in care and care leavers - the Corporate Parenting Strategy
6. Improve outcomes for children with Special Educational Needs and Disabilities - the SEND Strategy

In addition, the Children's Trust Plan 2020-2023 has a 'strategic spine' - five areas that all strategies need to progress:

- a. A 'deal' with parents: a social contract with families and co-production
- b. The Portsmouth Model of Family Practice: restorative and relational Practice which is trauma-informed and whole-family
- c. Strong Organisations: Excellent Workforce: leadership development, restorative organisations and high quality professional development - training and coaching
- d. Performance and Quality Management: using data well and learning from front-line practice
- e. Community capacity building: enabling the community and the voluntary sector to meet need

All strategies under the Children's Trust Plan are being refreshed including the system-wide response, recovery and reset in regard to Covid-19.

The Priorities for Children & Families:



1. Education

10 Strategic Objectives

- a) Attainment and progress – improving results at all Key Stages
- b) Inclusion – Enabling more children with SND to attend mainstream schools
- c) Digital learning – Access to digital learning for all children
- d) Literacy and language – Developing key skills for learning in all children
- e) Recruit and retain teachers – Ensuring we have sufficient teaching capacity and quality
- f) COVID-19 secure schools – Ensuring schools are safe places for children and staff
- g) Safeguarding in schools – Ensuring high quality safeguarding of children
- h) Emotional health & wellbeing – Promoting good child mental wellbeing through schools
- i) School attendance – Reducing school absence
- j) Sufficient school places – Ensuring all children have a school place

The Priorities for Children & Families:

2. Safeguarding



10 Strategic Objectives

- a) Universal services & early help – meeting child and family need at an early point
- b) Integrated Early Help Service – Delivering a high quality Solent NHS/City Council early help service
- c) An effective MASH – ensuring that children experiencing harm are identified and appropriately referred
- d) Family Safeguarding practice – joint children’s and adult’s services working to keep families safe
- e) Youth offending and violence – reducing youth crime and anti-social behaviour
- f) Reducing exploitation – tackling criminal and sexual exploitation of adolescents
- g) Tackling domestic abuse – reducing the prevalence and impact of domestic abuse
- h) Reducing neglect – tackling the most prevalent form of child abuse
- i) Quality assurance and learning – ensuring high quality front-line safeguarding practice
- j) Intelligence-led safeguarding – using our data to identify risk and harm and respond accordingly

The Priorities for Children & Families:

3. Physical Health



8 Strategic Objectives [DRAFT]

- a) Reduce childhood obesity – to reduce later poor health outcomes
- b) Increase physical activity – to enable children and young people to stay healthy
- c) Effective sexual health advice – reducing sexually transmitted diseases and teenage conceptions
- d) Alcohol and substance misuse – reducing harmful use of substances
- e) Promoting breastfeeding – to promote strong attachment and provide babies with a healthy start
- f) Deliver the Better Births plan – delivering the national strategy locally
- g) Immunisations & vaccinations – improving local uptake
- h) Long-term conditions pathways – ensuring effective care across primary, acute and community health services

The Priorities for Children & Families:

4. Social, Emotional Mental Health



11 Strategic Objectives

- a) Early attachment – achieving secure carer-child attachments in the first 1000 days
- b) Advice, guidance and self-help – enabling children to care for their own emotional health
- c) Strong, confident workforce – enabling all professionals to work confidently with emotional distress
- d) Early help and digital offer – on-line support for children and young people
- e) Wellbeing in education – making schools positive spaces for children’s mental health
- f) Neuro-diversity pathway – new ways of identifying and responding to neuro-diversity
- g) LAC and care leavers – mental health support for our children in care and care leavers
- h) Other vulnerable groups of children – including young carers, young offenders and self-harmers
- i) CAMHS developments – reducing waiting times and further improving treatment outcomes
- j) Suicide prevention – whole-system working to prevent suicide
- k) Loss and bereavement – care for children experiencing loss

The Priorities for Children & Families:

5. Looked After Children and Care Leavers



8 Strategic Objectives

- a) Integrated multi-agency service – co-located multi-agency and multi-disciplinary working
- b) Enabling strong relationships – enabling children to develop and sustain positive family and friend relationships
- c) Quality care and pathway plans – high quality child-level plans
- d) High quality placements and accommodation – ensuring right level and quality of foster care and residential care placements including accommodation for care leavers
- e) Improve placement stability – to provide children with stability and continuity of care
- f) Improve education, employment and training – improving progress, attainment and inclusion
- g) Physical and mental health – including regular health checks
- h) Transform care leavers offer – ensuring a comprehensive offer in line with our pledge

The Priorities for Children & Families:

6. Special Educational Needs and Disabilities



7 Strategic Objectives

- a) SEND inclusion – inclusive schools for children with SEND and reducing demand for out of city placements
- b) Inclusion of children with SEMH needs – with a focus on reducing exclusions and demand for alternative provision
- c) Preparing for adulthood – achieving the Preparing for Adulthood outcomes
- d) Autism and neurodiversity – autism-friendly services and improving support
- e) SEND Joint Commissioning – comprehensive and alignment commissioning of SEND services
- f) Co-production with children and families – working with families and young people to co-design support
- g) Workforce and practice – developing front-line practice with children with SEND and their families

The Priorities for Adults



There are 6 priorities for Adult's Health & Care:

1. Personalisation of care and support
2. Improving health and well-being and strengthening our communities using an asset building approach
3. Strengthening primary and community care services
4. Supporting vulnerable people through the prevention and management of long term conditions
5. Improving access to acute /secondary or specialist services – would include system resilience, urgent care and elective care pathways and TRUE
6. Improving access to mental health services at all stages of the pathway; well-being, access to community support, primary MH services, secondary care and planned and crisis services

And there are 7 cross-cutting programmes:

- a. Contracting approach
- b. Workforce development
- c. Maximising use of SystemOne
- d. Co-production approach
- e. Improving use of Business Intelligence to inform decision making
- f. Safeguarding and liberty protections
- g. Accommodation strategy

The Priorities for Adults:



1. Personalisation of care and support

Aim is to deliver personalised responses to the individual based on their circumstances.

Key work programmes within this being developed and reviewed include:

- Development of the market to increase care and support options across the City:
 - Domiciliary care intervention and review
 - Increase use of assisted technology
 - Day services developments
 - Increase supported living opportunities
 - Review existing plans in line with learning from COVID-19
- Personalised care planning support
 - E-care planning
 - Restore CHC assessment and care planning, using PHBs as default
 - Future planning including end of life care planning

The Priorities for Adults:

2. Building Healthy Communities



Aim – to improve health and well-being and strengthen our communities using an asset based approach

Key work programmes within this being developed and reviewed include:

- Improve population health management(PHM) approach
 - HIOW procurement of a PHM tool to support risk stratification
- Strengthening the role of the VCS in service delivery.
 - Strategic partnership with the HIVE
 - Review of existing commissioned services
 - Building on the community engagement and work undertaken through COVID-19
- Increase provision of preventative support options
 - Community helpdesk
 - Community catalyst
 - Strategic review of social prescribing and community development offer
- Making every contact count
 - closer working with public health and housing teams

The Priorities for Adults:



3. Strengthening primary and community services

Aim is to improve the robustness of community based response to better support people at home to minimise time within hospital

Key work programmes within this being developed and reviewed include:

- Primary care network (PCN) development and integrated locality teams
 - Primary care resilience and development of new roles
 - Development of the neighbourhood model and 'One Team' approach
- Integrated intermediate care to reduce hospital admissions
 - Strengthening admission avoidance and home first approach (role of PRRT /CIS)
 - Review of health and care bed based services to understand number and type of community beds required e.g. step-up /D2A /rehab and re-ablement
- Rehab and reablement strategies to maximise independence
 - Review of current rehab services in light of learning from COVID-19- including specialist rehab provision
 - Sensory service intervention
 - Review of respite services for people with LD
- Recovery and restoration of services post COVID-19
 - primary and community care services restoration (Phase 3 letter)
 - Ensuring we are meeting key targets such as 2 hour community rapid response and 95% of people discharged home from hospital
 - Utilising digital approaches to triage and assessment
- Alignment with ASC WP 2

The Priorities for Adults:

4. Supporting vulnerable people



Aim is to support and protect those most vulnerable including the effective prevention and management of long term conditions

Key work programmes within this being developed and reviewed include:

- Ongoing support to those people classified as clinically vulnerable (to COVID-19)
 - Proactive delivery of flu vaccination programme to meet targets
 - Support to BAME community and other hard to reach groups to improve access to services
- Provision of support to people in care homes and within the wider care sector
 - Effective infection prevention and control
 - Care sector resilience
 - Enhanced care home service implementation
 - Reduced conveyance to acute hospital
- Prevention and effective management of long term conditions
 - Long term conditions hub development
 - Pathway specific developments eg respiratory
 - Support to people who are 'high intensity' users of acute services
- Support for carers
 - Reducing breakdown of support packages due to carer stress
- Provision of support to people with a learning disability
 - Identification of people on GP registers and annual health checks completed

The Priorities for Adults:



5. Access to acute /secondary and specialist services

Aim is to improve access to specialist, acute and secondary care services

Key work programmes within this being developed and reviewed include:

- Transforming urgent and elective care (TrUE) services in the community programme delivery
 - Simplify and increase resilience of community based urgent care services as an alternative to ED
 - Strengthen out of hospital, community based elective and diagnostic services
 - Delivery of interim and long term procurement strategy to deliver the above
- Restoration of cancer services
 - Includes provision of prevention, treatment, management and recovery
- Management and reduction of long waits for elective services
 - Restoration of elective services and single system approach to managing waiting lists
 - Speciality specific pathway developments
- Delivery of NHS 111 First and Same Day Emergency Care solutions
 - Strengthen provision of CAS as gateway to primary and community services to reduce conveyance
 - Frailty hub developments
- Increase resilience of specialist services
 - Review of specialist palliative care services
 - Critical care review

The Priorities for Adults:

6. Improved access to mental health services



Aim is to improve timely access to mental health assessment and service delivery at access to services at all stages of the pathway to provide appropriate support and reduce escalation where possible.

Key work programmes within this being developed and reviewed include:

- Improving well-being through increased access to community support
 - Strengthening role of Positive Minds
- Primary MH services provision
 - New MH roles in primary care
 - Restoration of IAPT services
 - MH assessment pathway
- Timely access to secondary care provision
 - Increase therapeutic activity for those on CMHT caseload (A4 - phase three letter)
 - Recovery approach
 - Inpatient beds
- crisis service response
 - ED re-direction
 - Section 136 / place of safety provision
- Dementia pathway
 - Strengthening support for carers
 - Integration with physical health services in the community
 - Delirium pathway

The Product: A Health & Care Plan for Portsmouth



Portsmouth Health and Well Being Strategy

Health & Care Portsmouth Commitments

Public Health Priorities

A Health & Care Plan for Adults 2020-2023

The Children's Trust Plan 2020-2023

Personalisation & Care Support Strategy

Education Strategy

Health, Wellbeing & Communities Strategy

Safeguarding Strategy

Adult Mental Health Strategy

Physical Health Strategy

Primary & Community Care Strategy

Social, Emotional & Mental Health Strategy

Vulnerable People & Long Term Conditions Strategy

Corporate Parenting Strategy

Secondary, Acute & Specialist Healthcare Strategy

Special Educational Needs & Disabilities Strategy

Cross Cutting Programmes

Next Steps



- Complete the work on the detail of the health & care work programmes
 - Recognise that there are areas where we can come together more across public health, children and adults strategies and develop a more common language through a refresh of the Health and Well-Being Strategy
 - Connect to NHS and Local Authority financial and operational planning requirements and timescales
- Agreement with all partners at the Portsmouth Health and Well-Being Board, the Health and Care Executive Group, the HIVE Strategic Partnership and the Portsmouth Partnership ('PPP') – there will be others
- Through this work, form recommendations for the tier or partnership best placed to deliver the outcomes
 - E.g. – but not exclusive to – locality, city, PSEH system, HIOW system, different configuration or alliance
- Through this work, form the business plans (work priorities) of our teams
 - And also inform the wider CCG/PCC integration proposals