

WW7. Mental health and the role of social care



Pauline Carpenter
Head of Inspection (Mental Health Act)
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Our purpose



The Care Quality Commission is the independent regulator of health and adult social care in England.



As the regulator, we make sure health and social care services provide people with safe, effective, compassionate, high-quality care and we encourage care services to improve.

We also have specific responsibilities in the Mental Health Act to monitor the way the Act is being applied to individuals and report on its use, highlighting areas that require change by local services or in our reports to Parliament.

Our current model of regulation



Register

We **register** those who apply to CQC to provide health and adult social care services

Monitor, inspect and rate

We **monitor** services, carry out expert **inspections**, and judge each service, usually to give an overall **rating**, and conduct **thematic reviews**

Enforce

Where we find poor care, we ask providers to improve and can **enforce** this if necessary

Independent voice

We provide an **independent voice** on the state of health and adult social care in England on issues that matter to the public, providers and stakeholders

Background and drivers



- In 2015/16 the number of detentions under the MHA continued to rise, increasing by 9% to 63,622 from 58,399 in 2014/15.
- The Care Quality Commission's MHA annual report for parliament acknowledged that the reasons for this was likely to be complex and may differ from area to area.
- We agreed a programme of focused visits from March to May 2017 to explore further. During these visits we met with over 60 patients, 30 carers and a large number of staff from 12 service providers who worked across 23 local authorities.
- In 2016, CQC carried out a review with the Department of Health evaluating the effectiveness of the way AMHP services are monitored nationally.
- This report identified several issues including:
 - Pressures on AMHP services to respond to increased patient needs
 - Variation in the services including how AMHP services were recording or reporting data.

Key areas of learning: rising detentions



Rising Detentions

- Our findings have identified factors that might contribute to the rise in rates of detention as hypotheses. These could be used by mental health care providers and local services in their own planning and review of services. This includes examples of what people told us they were doing to try to counter rising rates of detention.
- As expected, there is no single cause for the rise in rates of detention and a range of factors were reported by local and national stakeholders.
- The rise is at least in part symptomatic of a system under considerable pressure; teams struggle to manage beds and alternatives to hospital care in a manner that minimises the need to resort to detention.
- Importantly, we found no evidence that professionals are using the Mental Health Act to admit people who do not meet the criteria for detention
- Based on our findings it is highly unlikely that reform of mental health legislation on its own will reduce the rate of detention.

Key areas of learning: rising detentions

– product expected by November 2017



- The report will set out the specific factors but they can be grouped into three overarching themes;
 - **Service provision and practice:** Increasing rates of detention might be the consequence of changes made to service provision, commissioning decisions and initiatives to improve pathways for MH services
 - **Demographics and social change:** Rises in some areas could be the result of local and national demographic and social changes
 - **Law and Policy:** The legal and policy changes and improvements over the last decade might have had an impact on the number of detentions

Key areas of learning: Approved Mental Health Professionals



The AMHP review sought to gather the views of local practitioners and managers so they can be used to inform national level improvement plans.

- **Leadership** - AMPS's feel relatively well supported with supervision, forums and training within their agencies
- **Workforce and governance arrangements** - they told us about their concerns regarding difficulties with recruitment and retention of AMHP workforce
- **Integration** – the variance in levels of integration between health and social care across areas / services.
- **Crisis and prevention** - they were keen to share positive examples of how improved access to crisis services supported them to deliver a least restrictive alternative to detention and impacted on outcomes for patients.

Key areas of learning: AMHP product



- **Austerity and influence within MH commissioning** - AMHPs reported the impact of adult social care cuts and increased austerity creating a lack of community provision and there was general concern regarding the limited access to low level prevention resources.
- **Value of AMHP role** – most felt that their skills and knowledge base was recognised within their local area teams and that it was recognised that they were experts working within a complex legal framework.
- **Innovation and partnership** - AMHPs were keen to share examples of innovative practice and reported that where services had commissioned specialist services this had a positive impact on outcomes for people assessed.
- **Access to beds and the increased detention rates** - some AMHPs reported significant improvements when a bed management centralised system had been set up and was working well, although others felt that these systems challenged their decisions and acted as a barrier to accessing beds.

- **Rising detention:** Product will be a report launched by end of November 2017
- **Approved Mental Health Professional Services:** Discussion taking place with other agencies in November. Expect publication in December or January
- Our **Mental Health Act Annual Report** will be prepared for publication in December or January and will include references and content relating to the programme of visits completed for the rising detention and AMHP services

We will continue to work with MHA Reform independent review panel to ensure detailed findings are available for the review team and factored into proposals for change

Thank you



www.cqc.org.uk

enquiries@cqc.org.uk

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