

Mental Health Pathways – A Quick Guide

For Mental Health Assessments

A mental health assessment can be arranged when a person approaches their GP to discuss their difficulties. A mental health assessment referral made by the GP may help to help decide what kind of support a person needs.

Pennine Care NHS Foundation Trust (PCFT) provide a Response Hub, as a single point for referrals to mental health services for adults aged 18-65. It is through the Response Hub that a mental health assessment is initiated. The team will respond to referrals in a timely manner according to identified level of urgency, need and risk. The offer will provide a robust pathway to ensure that people are supported with the right support at the right time to meet their mental health needs. The approach is recovery focused from the outset.

Where indicated, the team will complete a psychosocial needs assessment to determine the needs of the individual referred and inform what, if any, further secondary care support and intervention may be required. The referrer will be updated of the outcome of the assessment.

The Consultant Psychiatrist will where indicated, provide expert psychiatric assessment for HMR Response Hub users to identify an appropriate diagnosis, develop a comprehensive formulations leading to a management plan, which includes risk assessment.

Referrals are via the following routes:

- GP
- Health Visitors
- North West Ambulance Service
- GMMH Homeless Team
- Pennine Care mental health helpline
- Trainee Associate Psychological Practitioners
- Street Triage
- Thinking Ahead
- MIND
- Samaritans
- Andy's Mans Club

Linking in with a person's GP is a key means for professionals to support an individual to access a mental health assessment as the relationship between GP and psychiatry is crucial.

For further discussion professionals the Response Hub can be contacted on 01706 676100.

Email: pcn-tr.rochdaleresponsehub@nhs.net

The Response Hub are based at Laurence House, Birch Hill Hospital, Littleborough, Rochdale, Lancs, OL12 9QB

The Community Mental Health Teams operate as a partnership between Rochdale BC and Pennine Care NHS Foundation Trust; therefore, they can provide support for both an adult's health and social care needs under The Care Act 2014. The Community Mental Health Teams are a secondary service and as such, referrals are via the Response hub (above), from the wards following an admission or when individuals transfer from another area.

It may be helpful for Professionals to contact the Community Mental Health Teams to ascertain if an adult there are mental health concerns about is known

The Community Mental Health Teams can be contacted as follows:

Rochdale Community Mental Health Teams: 01706 676600

Heywood and Middleton Community Mental Health Team 0161 7163900

For Mental Health Act Assessments

A Mental Health Act Assessment is an assessment to decide whether a person should be detained in hospital under the Mental Health Act, to make sure they receive an assessment, care and medical treatment for a mental disorder.

The Approved Mental Health Professional (AMHP) role is primarily to assess individuals to consider whether an application for detention under the Mental Health Act should be made.

Rochdale AMHP Hub is an extension of the Mental Health Pathway partnership between Pennine Care NHS Foundation Trust, with strong links to other statutory and non-statutory agencies. As an adult social care service, the AMHP Hub provides a central place for professionals to discuss cases where admission is being considered and receive support and guidance, from one of the four fulltime advanced practitioner AMHPs based within the hub.

The AMHP is responsible for organising the complex inter-agency arrangements required to undertake the assessment and communicating with everyone involved. Just because a Mental Health Act Assessment (MHAA) has been requested, the decision ultimately rests with the AMHP and much will depend on what least restrictive steps the referrer considers taking first, which may include an initial mental health assessment via the person's GP. The AMHP will ask what has been tried and how we best utilise the professional and personal networks around a service user before considering an assessment, which ultimately may result in taking away liberty and interfering with Human Rights. For this reason, considering admission under the MHA should be as a last resort.

In planning and carrying out a MHAA the AMHP must consider all the circumstances of the case. This means understanding social and medical models of mental health and the multiple social and racial disparities that can be involved in a person's situation is a vital to the process, which is a planned piece of work.

What is often not fully understood about the AMHP role is regardless of what it has taken to ultimately decide that a MHAA is necessary e.g.: attempting least restrictive options; obtaining a warrant, there still should be no pre-judgement by the AMHP as to the outcome of an assessment. The AMHP must keep the service user central to their focus.

Possible Outcomes:

- No further action;
- Signposting to other services, such as Response hub;
- The establishment of alternative treatment or care arrangements in the community such as Home Treatment Team;
- Voluntary admission (if the person has capacity to consent to this), or;
- Compulsory detention under one of the sections of the MHA for assessment and/or treatment;
- Community Treatment Orders or a Guardianship order, the order is either agreed or declined by the AMHP. NB this is not an outcome of a community MHAA.

The Rochdale AMHP Hub can be contacted for advice on 01706 370286

A fuller version of this document is attached, which gives details of:

- The Living Well Approach
- Primary Care Network Mental Health Practitioners
- Adult Care Integrated Neighbourhood Teams
- Prevention Team Adult Social Care
- Adult Care Pathways
- 24 hour Mental Health Helpline
- Thinking Ahead
- MIND
- Online training - AMHP



Mental Health
Pathways