Radical innovation in mental health services

An emerging alternative model?

Ben Collins

12 June 2019
A health and care system bankrupting itself

Inexorable increases in health spending ... Driven by an epidemic of chronic disease

• £15 billion on diabetes
• £11 billion on respiratory disease
• £9 billion on heart and circulatory disease
• £12 billion on mental illness
• 70% of the NHS budget on long term conditions
But struggling to deliver humane care ...

Too many children 'not being treated for mental health problems'

11 January 2019

Only a third of children and young people with mental health conditions receive the treatment they need from the NHS, a committee of MPs says.

Mental health trusts restrain patients 'every 10 minutes'

By George Greenwood
BBC News

16 November 2017

Incidents of restraint
Figures from 40 out of 56 mental health trusts in England

Source: Freedom of Information requests by the Liberal Democrats

Mental health trusts in England are restraining patients on average every 10 minutes, figures have revealed.
Will incremental improvement be enough?

Incremental improvement
- Tighter referral guidelines
- Managing the queue
- Standardising care
- Cutting waste
- Specialisation and scale

Disruptive innovation
- Rethinking the problem
- Testing new approaches
- Developing new delivery models
- Harnessing different types of resource
Off the Record, Bristol (1)
Off the Record, Bristol (2)

**Fireside**

4 First Afternoons in November to Mark the Transition into Winter and to Support Your Wellbeing and Mental Health. Winter Can Bring New Challenges for Your Self-Care. During These Sessions, We Will Look at Ways to Support Your Mental Health During the Darker Season, including: Mental Resilience, DIY Spots and Craft All Befriends Around a Glowing Fire in a Therapeutic Woodland Setting. This is a Chance to Build Confidence Outdoors, Gain New Skills and Meet New People in a Supportive Environment. No Previous Experience Required.

**Activities:**
- Fire Lighting
- Make a Herbal Tonic for Winter Wellbeing
- DIY Spots, Dixon Tables

**Dates:**
- November 3, 10, 17, 24, 2019 - 17.30

**Transport Provided from OTR Office** 9-11 West Street, BS2 8AN

**Please Note:** These Sessions Are Led by Women For 13-18 Year Olds and 50% Bi-Identified Women

**For More Info or to Book Your Place, Please Contact:** joel@otrbristol.org.uk

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**Natural Health Service**

Weekly Drop-Ins at The New Roots Garden for 13-25 Year Olds! 4-7pm every Tuesday.

**Entrance gate between 48-56 Speedwell Road, Bristol BS3 7SB**

**Bus Route:** Buses stop at the gate - which is also close to the Bristol University cycle path.

Came and join us in this beautiful outdoor garden and outdoor space, nestled away behind university buildings. This is a place for you to be you. A place to relax and take some time out. A space to enjoy the outdoors or relax.

**We do some growing, entertainment and activities, and plenty of smiling together (with tea thrown in on the side). All activities are free to all participants!**

This is a great spot to meet other young people, connected with some amazing friends. It’s just relax in a beautiful part of nature. Come along and get involved in something that will make you feel good. A space to share and enjoy, with a range of activities to suit everyone.

**For More Information:**
- Call 0117 965 0223 or email info@3society.org.uk or visit our Facebook page.
- Email care@3society.org.uk or join our Facebook group.

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**What's On In BRIS**

**Wellfest**

#Lemonaid Live!
Friday 1st June @ 12pm
@OTRBRISTOL On Instagram
Bradford’s crisis care partnerships
Navigo in Grimsby

The King's Fund

Ideas that change health care
# Navigo’s ‘model’

<table>
<thead>
<tr>
<th>A membership model</th>
<th>Service users become ‘members’ of Navigo, part of its community</th>
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</thead>
<tbody>
<tr>
<td><strong>Service users as decision-makers</strong></td>
<td>Service users have voting rights on strategic direction, seats on the board, sit on interview panels and make the final decisions</td>
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<tr>
<td><strong>Service users as a resource</strong></td>
<td>Service users become volunteers, apprentices and employees, running all of Navigo’s catering, facilities, garden centre, cafes and events services.</td>
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<td><strong>Humane care</strong></td>
<td>A focus on the individual and their needs rather than standardised pathways of care</td>
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</tbody>
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### An emerging new paradigm?

<table>
<thead>
<tr>
<th>From ...</th>
<th>To ...</th>
</tr>
</thead>
<tbody>
<tr>
<td>Products and services</td>
<td>Developing capabilities</td>
</tr>
<tr>
<td>Managing demand</td>
<td>Open services</td>
</tr>
<tr>
<td>Rationing resources</td>
<td>Harnessing new resources</td>
</tr>
<tr>
<td>Doctor-patient interactions</td>
<td>Creating platforms and networks</td>
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<tr>
<td>Production lines</td>
<td>Machine shops</td>
</tr>
<tr>
<td>Transactional approaches</td>
<td>Human relationships</td>
</tr>
<tr>
<td>Economies of scale</td>
<td>Local systems</td>
</tr>
<tr>
<td>A health model</td>
<td>A social model</td>
</tr>
</tbody>
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