

# An overview of the journey through the Local Mental Health Teams (LMHT's)

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# Nottinghamshire Healthcare NHS Foundation Trust

Forensic Care Group

Mental Health Care  
Group

Community Health &  
Specialist Services Care  
Group



**Mental Health Care Group**

**Mental Health Inpatient  
& Crisis Care Unit**

**Mental Health  
Community Care Unit**

**Children, Young People  
& Families Care Unit**

**Older People Care Unit**



# Mental Health Community Care Unit

Local Mental Health Teams

Recovery College

Individual Place Support

Co-existing Substance Use/Mental Health (MH) pathway and Homeless MH Team  
Sexual Violence MH Practitioner

Deaf Services

Early Intervention Service

Young Persons Transitions

Community Rehab Service

Personality Disorder Hub



# 11 Local Mental Health Teams (LMHTs)

## City

- City East LMHT
- City South LMHT
- City North LMHT
- City Central LMHT

## Mid Notts & Bassetlaw

- Mansfield LMHT
- Ashfield LMHT
- Newark & Sherwood LMHT
- Bassetlaw LMHT

## South Notts

- Broxtowe & Hucknall LMHT
- Gedling LMHT
- Rushcliffe LMHT





# The Service

- The LMHTs are a locality-based service for adults with **moderate to severe & enduring mental health problems** between the ages of **18 & 65 years old**.
- Each LMHT provides the function of daily triage/screening, assessment, formulation (including diagnosis as per identified needs) treatment, follow-up & joint working with key stakeholders & other providers.
- The aim is to support individuals to reach their optimum level of recovery whilst maintaining & building connections with family & community.
- LMHT's consist of multidisciplinary skilled workforce representation from a range of disciplines

*\* Case Examples in futures slides*



# LMHT Multidisciplinary Workforce

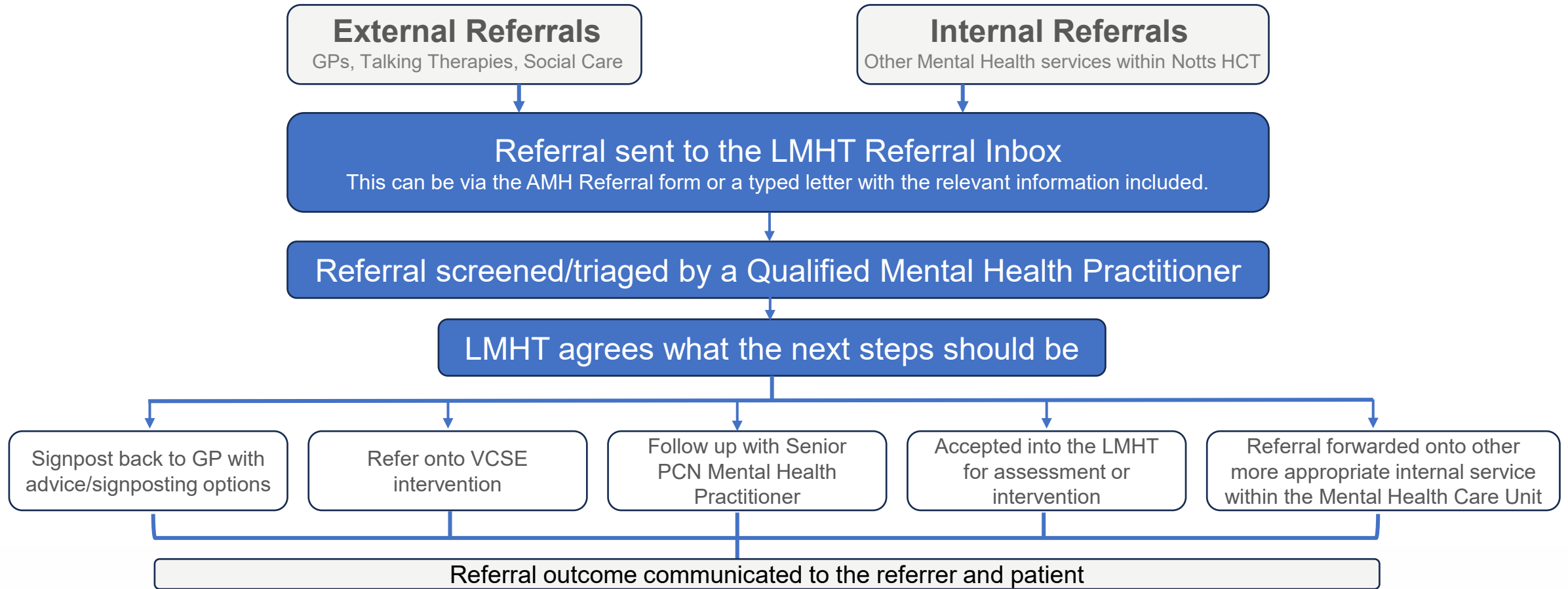
- Service Team Leader
- Clinical Team Leader
- Community Psychiatric Nurses
- Occupational Therapists & Assistants
- Social Workers
- Consultant Psychiatrist
- Supporting Medical Team
- Clinical & Assistant Psychologists
- Mental Health & Wellbeing Practitioners
- Advanced Clinical Practitioners

- Non-Medical Prescribers
- Individual Placement Support Workers
- Associate Nurses
- Health Improvement Workers
- Peer Support Workers
- Community Support Workers
- Pharmacist/Pharmacy Technician
- Administrative Support
- Senior PCN Mental Health Practitioners

There may be local variation to this membership and workforce planning is underway identifying unmet needs for each LMHTs.

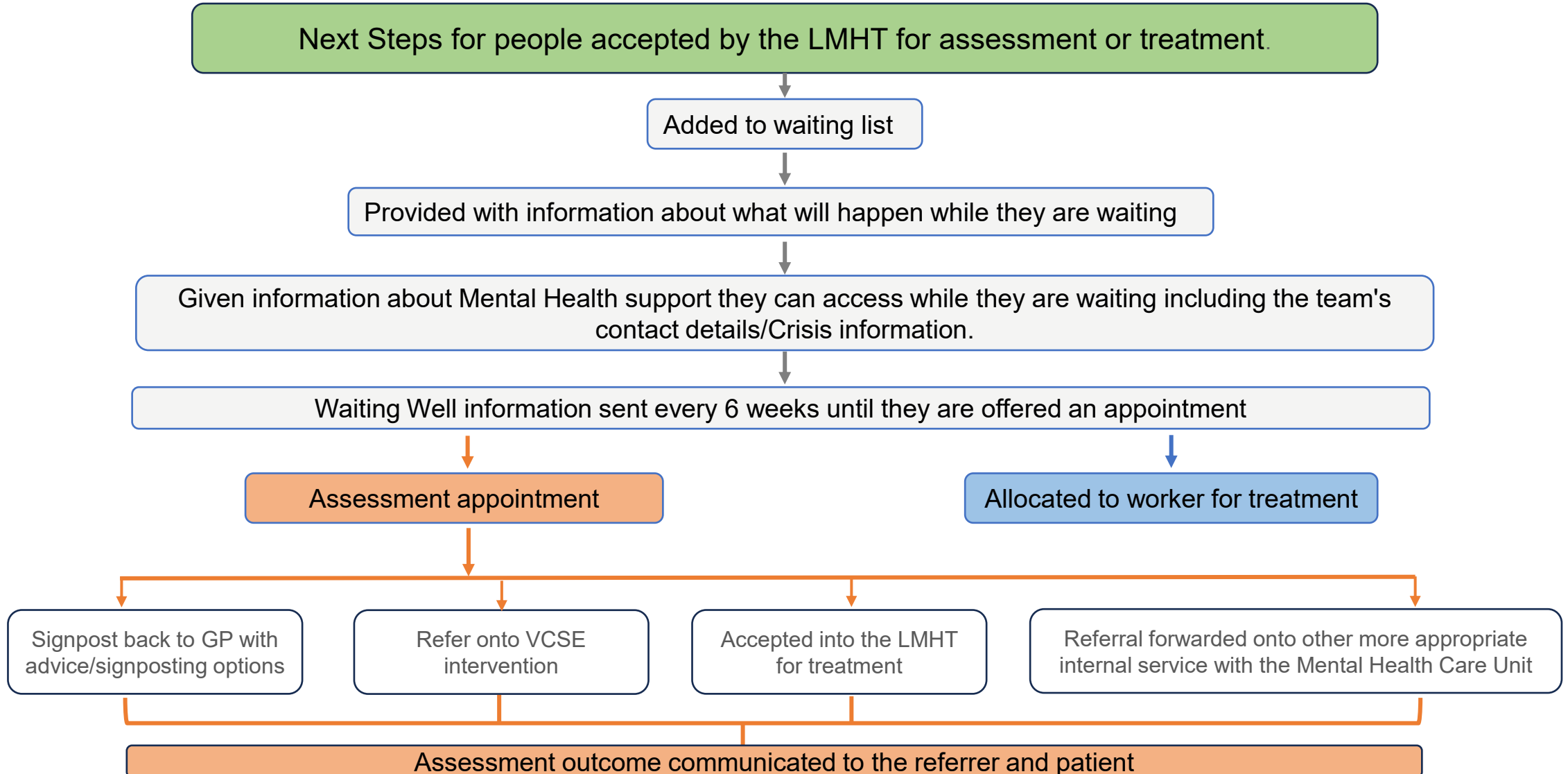


# How make a referral into the LMHT





# Waiting Well Process in the LMHTs



# LMHT Pathways

The pathways provide a flexible approach to patient need, ensuring they receive the service when it is needed and for the period it is needed.

**The current pathways available are:**

- Personality Disorder Pathway: Structured Clinical Management (SCM) / Dialectical Behaviour Therapy (DBT)
- Medical review and outpatient clinics
- Psychology pathway
- Occupational Therapy
- Social Work
- Care Co-Ordination /Lead Professional
- Assertive & Intensive Pathway
- Co-existing Substance Use/Mental Health and Homeless pathways
- Eating Disorders Pathway
- CAMHS to AMH transitions



# Case Example 1

Lisa is a 50 yrs old female experiencing severe depression

Previous interventions within primary care have not helped improve Lisa's MH and her quality of life is significantly affected

- Tried several different antidepressants
- Completed a course of CBT with Talking Therapies

GP refers Lisa into the LMHT

- Lisa is accepted into the LMHT

Offered a range of interventions to meet Lisa's needs

- **Psychiatrist** provides specialist prescribing of medication and monitors the effectiveness/side effects.
- **Psychologist** sees Lisa fortnightly to help her make sense of her difficulties
- **Occupational Therapy** support to improve motivation, social contacts and meaningful activities
- Referred to the **IPS worker** in the team to help with employment support



# Case Example 2

Mike is a 31-year-old male who has a history of psychosis and co-existing substance use as well as a history of homelessness.

Due to a pattern of not wanting to take his medication and not engaging with services, this resulted in Mike's mental health declining

Mike was admitted to an inpatient unit under a Section 3

- Mike's medication was changed to be administered in a depot to support Mike to remain on his medication when in the community

Mike was followed up by the LMHT after his discharge

- Monitored by his **Psychiatrist** every 3 months
- Seen by his **CPN** weekly, where they work assertively and flexibly to promote engagement and prevent relapse. The CPN also administers his Depot at these appointments.
- Seen by the **Specialist Substance Use Practitioner** who is based in the LMHT to help Mike better manage his alcohol use.



# Complementary SMD work

- SMD Practitioner
- Advice and signposting for Local Mental Health Teams
- Linking in with other projects (e.g. letters, care planning)
- Linking in with other services
- Substance use In-Reach Workers – Community MH teams, Crisis team, In-patient units.
- Mental health workers In reaching into NRN and CGL.
- Linking with Making Every Adult Matter (MEAM) work (County)
- Homelessness Mental Health Teams City and County



Making a  
**Difference**

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# Useful Links

- How to contact the LMHTs: [Local Mental Health Teams | Nottinghamshire Healthcare NHS Foundation Trust](#)
- The Crisis Team and 111 service: <https://www.nottinghamshirehealthcare.nhs.uk/crht>
- Nottinghamshire Talking Therapies: [Nottinghamshire Talking Therapies](#)
- Wellness In Mind: [Wellness in Mind - Mental Health Help and Support in Nottingham](#)
- Nott Alone website: [Mental Health Support | NottAlone - Services For Adults](#)
- Crisis Sanctuaries: [Home | Nottinghamshire Crisis Sanctuaries](#)
- Samaritans: [Samaritans | Every life lost to suicide is a tragedy | Here to listen](#)



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# Useful Links

- CALM: Helpline 0800 58 58 58 Chat (5pm- midnight) WhatsApp, Live chat and website: [Suicide Prevention Charity | Campaign Against Living Miserably \(CALM\)](#)
- Papyrus (young people – prevention of young suicide and promoting positive mental health). Helpline and website: [Papyrus UK Suicide Prevention | Prevention of Young Suicide](#)
- Shout (Text support): [Shout](#)
- Notts SVSS: [Nottinghamshire Sexual Violence Support Services | Notts SVS Services](#)
- Social prescribing: [Social Prescribing and Community Based Support - NHS Nottingham and Nottinghamshire ICB](#)



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# Questions

