

LONDON BOROUGH OF BROMLEY MARKET POSITION STATEMENT

Integrated Mental
Health and Wellbeing

**South East
London**
Integrated Care System



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Our Vision

The London Borough of Bromley Adult Social Care Strategy 2023-2028 sets out the following vision:

Making Bromley an even better place to live for older people, residents with a disability and/or long-term health condition, and those who care for others by supporting people to live as safely, independently and healthily as possible with the right care at the right time.

This vision is complemented by the Bromley Mental Health and Wellbeing Strategy 2020-25 which sets out the following four key themes for mental health and wellbeing services in the borough:

“Living well with mental health challenges; resilient communities; joined-up care, education, health and housing services and best use of community and public resources.”

Our Strategic Approach

“Mental Health is something that affects us all. There can be “no health without mental health”. Whether you are experiencing mental health issues, caring for, living with or working with someone who has mental health challenges – mental health is everyone’s business

Nationally one in four people will experience a mental health challenge at some point in their lives. Across the country we have seen an increase in the number of people accessing health and care services in order to get help for their mental health challenges - and this is no different in Bromley.”

(Bromley Mental Health and Wellbeing Strategy 2020-25)

Bromley has taken big steps forward to improve outcomes for people with mental health challenges in the borough. The Bromley Mental Health Strategy (2020-25) has delivered shorter waiting times for mental health services, established new partnerships between the Council, NHS and voluntary sector to enable more blended models of health and support, and helped more people with long-term mental health challenges to live independently in their own home. The strategy put in place additional mental health support in GP surgeries, for care leavers, for people with anxiety and depression and for people having an experience of psychosis for the first time.

Important though these improvements are, there is still more to do. In 2024, the London Borough of Bromley and NHS South-East London Integrated Care Board (SEL ICB) jointly commissioned a comprehensive needs assessment of learning disabilities and all-age mental health and wellbeing in the borough. The needs assessment was undertaken by the independent experts from the Public Health Action Support Team (PHAST) and now forms a part of the overall Bromley Joint Strategic Needs Assessment (JSNA). The needs assessment highlighted much that was going well in Bromley in relation to all-age mental health provision. It also highlighted some areas where the borough needed to go further to improve outcomes and also where there were new, emerging challenges for Bromley that needed to be confronted.

The independent needs assessment that was completed underpins work on a new Bromley Mental Health and Wellbeing Strategy (2025-30). The final plan will ensure that local efforts are directed at those areas of challenge highlighted by the local population and service data. The residents and people who use mental health services are also at

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the forefront of the developing strategy. Going forward, the approach to delivering the strategy will see residents and people who use services involved at every stage of planning and shaping improvements. The delivery of the strategy will see changes co-produced with residents. Their voices will be at the heart of every aspect of transformation work.

This Market Position Statement looks to deliver aspirations of the Council and Adult Social Care as laid out in the following Council strategies:

- Making Bromley Even Better 2021-2031
- Bromley Mental Health and Wellbeing Strategy (2020-25)
- Bromley Learning Disability Strategy
- Bromley All-Age Autism Strategy (2022-27)
- South East London Integrated Care System Joint Forward Plan

The common thread of these strategies is the aspiration of Bromley Council and partners to deliver personalised and proactive care and support that enables people to live well and as independently as possible throughout their lives. To achieve this, the Council commissions a vibrant early intervention and prevention and community services care and support offer.

The Bromley Mental Health and Wellbeing Strategy (2020-25) sets out local plans to ensure that people with mental health challenges are supported to live the lives that they wish to, with the knowledge that they can access the right community support in the right place and at the right time. People can and do recover from mental ill health, though some people require ongoing help and coping strategies to manage their own mental health challenges. The Council and SEL ICB will work with other partners to promote prevention, early intervention, self-management and recovery – ensuring that best practice is embedded in all aspects of our different mental health and wellbeing services.

For those who have been in hospital due to their mental health, our approach will be to help those who are able to, to live more independently. We also believe that a vibrant and mixed model of services including public, private and voluntary and community sector (VCS) provision will support Bromley residents to have the best health and social care outcomes for the people we serve.

Our Priorities

1. Building resilience in children, families and communities through more targeted community and neighbourhood prevention and early intervention services.
2. Helping children and young people with more complex needs to thrive.

3. Preparing children and young people for success in adulthood, with joined-up, safe transitions from children to adults' mental health and wellbeing services.
4. Helping people with long-term mental health conditions to overcome challenges, and to live healthily and independently in their own homes.
5. Supporting older people with mental health conditions and dementia to overcome challenges and to stay living with dignity in their own communities.

Commissioning Priorities and Pipeline for next 12-24 Months

Over the next 12 to 24 months, we will be looking to deliver:

1. The new Bromley Mental Health and Wellbeing Strategy is expected to be agreed in summer 2025. The new strategy will be an all-age plan with a duration of five-years.
2. The next phase of the Bromley Mental Health and Wellbeing Hub service, with an enhanced single point of access (SPA) into adult mental health services as well as a shift to improved employment support provision.
3. More comprehensive support to help children and young people prepare for adulthood, with tailored health and care support for children and young people with mental health challenges.
4. A project that ensures people with mental health challenges are not kept in hospital settings for longer than necessary due to a lack of move-on options. We will also refresh mental health hospital discharge pathways to end any unnecessary waits.
5. A joined-up approach across care, health and housing that means that people with mental health challenges, when ready, can move seamlessly into their own homes. By doing this, we will reduce the number of people who are unnecessarily in residential care placements.
6. An approach that prevents homelessness or a readmission to hospital for people with long-term mental health conditions.
7. A re-commissioning of the Bromley Talking Therapies service.

Understanding our Commissioning Priorities

1.

The new Bromley Mental Health and Wellbeing Strategy is expected to be agreed in summer 2025. The new strategy will be an all-age plan with a duration of five years.

The new Bromley Mental Health and Wellbeing Strategy is under development and expected to be agreed by the London Borough of Bromley and NHS South-East London Integrated Care Board (SEL ICB) in summer 2025.

Early into the development of the new Bromley Mental Health and Wellbeing Strategy, it was decided to develop a comprehensive needs assessment of children's, young people's and adults' mental health and wellbeing provision, which could then be utilised to underpin the new strategy. The Council and SEL ICB therefore commissioned the expertise of Public Health Action Support Team (PHAST) to lead this work, with oversight provided across both integrated commissioning and public health. The needs assessment covered learning disabilities needs as well as mental health.

The independent needs assessment was completed in November 2024. The breadth of data across Bromley that the needs assessment was able to consider, crossing all-ages, and with detailed local authority, NHS and voluntary sector information, meant that the end result was a strong understanding of local need. The needs assessment is now complete and forms a part of the overall Bromley Joint Strategic Needs Assessment (JSNA).

Alongside the independent needs assessment, development of the new strategy has included extensive engagement with key stakeholders. It has also included wide-ranging co-design activities with children, young people and adults who use local mental health and wellbeing services.

From the needs assessment and engagement work, four key themes were developed that underpin the new strategy.

These are:

- Living well with mental health challenges.
- Resilient communities.
- Joined-up care, education, health and housing services.
- Best use of community and public resources.

2.

The next phase of the Bromley Mental Health and Wellbeing Hub services, with an enhanced single point of access (SPA) into adult mental health services as well as a shift to improved employment support provision.

The Bromley Mental Health and Wellbeing Hub will open on 1 April 2025. This service was re-procured in late 2024 to a new service specification, with an enhanced delivery model that now covers:

- the Mental Health Single Point of Access (MH-SPA).
- adult mental health information, advice and guidance.
- tailored wellbeing support and the Bromley Recovery College.
- the skills, volunteering, apprenticeships and employment support service.
- the perinatal and post-natal wellbeing support service.
- step-down support from secondary mental health services.

In the coming year we aim to further grow and develop the Bromley Mental Health and Wellbeing Hub with improvements to the single point of access (MH SPA) as well as a drive towards improved employment support services linked to the Bromley Connect to Work programme.

3.

More comprehensive support to help children and young people prepare for adulthood, with particular tailored health and care support for children and young people with mental health challenges.

In Bromley we will be taking forward key work to support children and young people prepare for, and transition to, adulthood, with early planned and seamless transition between services for those with mental health challenges. There will be a tailored multi-disciplinary approach for children and young people with complex mental health needs.

4.

A project that ensures people with mental health challenges are not kept in hospital settings for longer than necessary due to a lack of move-on options. We will also refresh mental health hospital discharge pathways to end any unnecessary waits.

Too many people are staying in mental health hospitals for too long. The result of this is that we often have too few hospital beds for people with urgent mental health needs. Across South-East London there is a high use of out of area private hospital beds with often poorer outcomes at a high cost.

In the coming year we will be undertaking work to refresh our mental health hospital discharge pathway to ensure:

- people with mental health challenges have no unnecessary waits for hospital discharge due to a lack of community provision.
- there is early joined-up planning for mental health hospital discharges across care, health and housing.
- people stay in hospital for treatment and care for only as long as necessary.
- there is a reduction in the overall mental health bed need and use of private hospital beds.

The project will be led by the Bromley Mental Health Partnership Board.

5.

A joined-up approach across care, health and housing that means that people with mental health challenges, when ready, can move seamlessly into their own homes. By doing this, we will reduce the number of people who are unnecessarily in residential care placements.

In autumn 2024, we launched Bromley Support@Home which provides short-term housing and support services for 80 people with long-term mental health challenges. The service is an innovative new approach to delivering quality care in Bromley, with the change enabling people who use these services to take up their own tenancies for the first time.

In the coming year the Bromley Council and the SEL ICB will be pioneering a new step-down service to support people with more complex mental health needs to be able to live more independently. The service will also support the transformation of a large mental health scheme in Chislehurst.

Along with this step-down service we will be undertaking the following key initiatives:

- a joined-up approach across care, health and housing to deliver help to people with long-term mental health challenges to move into their own homes, including accessing quality housing in the private rented sector (with ongoing tenancy sustainment help).

- improved employment opportunities and help to improve resilience for people with long-term mental health challenges in Bromley Mental Health Support@Home.
- significant investment in our mental health properties over the coming years to ensure that these are of the very highest standard, giving people dignity and a good quality of life in these homes.
- enhanced “floating support” help for people with long-term mental health challenges in their own homes.

6.

An approach that prevents homelessness or a readmission to hospital for people with long-term mental health conditions.

Bromley Council and the SEL ICB will ensure that people with long-term mental health challenges are not readmitted to hospital or end up as homeless through joined-up risk management and integrated care and health planning.

7.

A re-commissioning of the Bromley Talking Therapies service.

In the coming year, Bromley Council and the SEL ICB will work together to re-commission the Bromley Talking Therapies service. The aim of this work is to align the Talking Therapies service with the Mental Health Single Point of Access (MH SPA), with closer joint work with the Bromley Mental Health and Wellbeing Hub and Oxleas NHS Foundation Trust.

Bromley Mental Health and Wellbeing Services landscape

In 2024, Bromley Council and NHS South-East London Integrated Care Board (SEL ICB) commissioned the experts at the Public Health Action Support Team (PHAST) to deliver a comprehensive needs assessment across learning disabilities and all-age mental health and wellbeing services in the borough. The final needs assessment report can be found on Bromley Council's website – [Bromley Joint Strategic Needs Assessment \(JSNA\)](#)

Key statistics about the mental health needs and wellbeing needs of the population of Bromley are set out below:

An estimated 16% of the Bromley population (52,768 people) will have a recognised mental health problem at some stage in their lives. At this time, 2,600 people in Bromley are registered as having a Serious Mental Illness (SMI).

122 people currently have long-term mental health challenges requiring a residential placement, whilst a further 79 people are in mental health supported living schemes. Supporting these people to recover from their mental health challenges to access employment and to successfully move into their own home is a priority for the borough.

2,800 people were referred for Talking Therapies in 2022/23 for support around common mental health conditions including anxiety and depression.

Last year 427 people required support from the Bromley Mental Health and Wellbeing Hub which provides support in the community, including group work, skills programmes and employment initiatives. In the same period 900 people were referred for support from secondary mental health care with NHS Oxleas Foundation Trust.

Bromley has the 5th highest intentional self-harm rates in London and ranks 16th out of the 33 London boroughs on suicide rates. The numbers of suicides in Bromley are changeable but on average about 20 people take their own lives in Bromley each year. Three-quarters of these are men.

The Bromley Mental Health and Wellbeing Strategy has overseen a number of key successes which are making improvements for people in Bromley. These include:

- the launch of the new Bromley Mental Health and Wellbeing Hub, an innovative NHS/voluntary sector partnership between Oxleas NHS Foundation Trust and South-East London Mind. The service includes key support around finding and sustaining employment.
- the establishment of mental health practitioners in all of Bromley's Primary Care Networks (PCNs), placing specialist mental health support in all of the borough's GP Practices.

- more people with common mental health challenges including stress, anxiety and depression able to access to Bromley Talking Therapies to get the help they need.
- the launch of Bromley Support@Home, a 80-bed support and housing service for people with long-term mental health challenges. The new service enabled people to take up tenancies for the first time, stepping down to more independent services.

What support and care services people need and how they need them to be provided

Prevention and Early Intervention

Information, advice and guidance

Tailored wellbeing support and a recovery college

Skills, volunteering, apprenticeships and the employment support service

Perinatal and post-natal wellbeing support

Support for people with dementia in the community

Physical health checks for people with mental health challenges

Talking therapies for people with common mental health challenges

The Bromley Mental Health and Wellbeing Strategy sets out how the Council and NHS will work together to:

- build resilience for individuals and communities.
- help ensure that individuals are able to access information and advice.
- improve health and wellbeing outcomes for people with mental health challenges.

In Bromley we provide a range of services to help people who have mental health challenges and, wherever possible, to prevent people's mental health from deteriorating to the point where they require secondary mental health or hospital care.

The services include the Bromley Mental Health and Wellbeing Hub, which is an integrated service between the voluntary sector and Oxleas NHS Foundation Trust, ensuring that individuals are able to access the right help whether this is in the NHS or in other services.

The prevention and early intervention offer includes a recovery college which provides skills and education for people with mental health challenges, support into employment, peer support and wellbeing groups, and help for new mums who may be experiencing mental health challenges following the birth of their child.

The priorities in the Bromley Mental Health and Wellbeing Strategy (2025-30) have changed somewhat from the previous plan, with a new emphasis on children to adult services transitions. Also new is a focus on older age and dementia. From the previous plan, there remain priorities around prevention, early intervention and recovery outcomes. However, these have progressed over the last five years to have a greater focus on: a more targeted offer of help; on independence; on employment; on support for carers; on dignity and housing and on the ability of people, through the course of their period of mental ill health, to step-down from more specialist and acute services to help through their GP as well as community and early intervention support.

Over the last five years, a number of new mental health and wellbeing services have been established. These will be key components in delivering the new plan. In both the children's and adults' sphere, embedded partnerships between the NHS and voluntary sector have been fostered, with single points of access (SPA) across different services being put in place to ensure that there is a "no front door" approach to people seeking help. There are also more joined-up working arrangements in relation to mental health provision between care, education, health and housing. The building blocks to deliver the new Bromley Mental Health and Wellbeing Strategy (2025-30) are, for the most part, already in place. There are significant opportunities to use the coming five years to make significant progress to develop these further and to move at pace towards better mental health outcomes in the borough overall.

The Bromley Mental Health and Wellbeing Strategy (2025-30) does not sit in isolation to other plans in the borough, noticeably the Bromley Children and Young People's Plan, the Special Educational Needs and Disabilities (SEND) Strategy, the Bromley Adult Social Care Strategy, the One Bromley Local Care Partnership (LCP) Strategy, the Bromley All-Age Autism Strategy and the Bromley Learning Disabilities Strategy – the last of which has been developed in parallel to the new Mental Health and Wellbeing Strategy. All of these strategies will work together to coordinate better service provision and to ensure common outcomes for the borough are delivered.

The coming years will see further changes to the policy landscape in which the Bromley Mental Health and Wellbeing Strategy (2025-30) is delivered, not least with a new national NHS plan which will be launched in the same period. The strategy will have to adapt, year on year, to any developments like this, whilst keeping an overall focus on what is needed to deliver improvements in Bromley.

The Bromley Mental Health and Wellbeing Strategy (2025-30) is accompanied by an action plan which will be refreshed annually to ensure an ongoing focus on delivery and improvement.

Multi-disciplinary approach to treatment and recovery

Specialist community mental health services

Inpatient services for people with mental ill-health

Psychiatry and psychological support for people with mental health challenges

Specialist tertiary care for people with complex mental health needs

Bromley has a wide range of teams and services to support people with mental health challenges who need treatment or psychological support. These teams are composed of a range of different professionals and experts, drawing from psychiatry, psychology, nursing, occupational therapy and other critical areas.

People with Serious Mental Illness (SMI) receive health checks to support their physical health and wellbeing. The health checks are normally delivered in an individual's GP surgery and include tests around an individual's blood pressure and cholesterol.

Bromley Talking Therapies provides psychological support and counselling for people with common mental health challenges including depression, anxiety and obsessive compulsive disorder (OCD).

Oxleas NHS Foundation Trust is the largest mental health service provider in Bromley and delivers a range of community and hospital services. The services include specialist community mental health teams that support people with more severe mental health conditions including depression, trauma, personality disorder and psychosis.

Oxleas will also diagnose people for conditions including autism and dementia.

For people requiring specialist help, the NHS provides services to support those with challenges including eating disorders, chronic fatigue and trauma-related conditions.

Complex and Long-term Conditions

Floating support in people's own homes

Mental health housing and support services

Community support for people with dementia

Residential and nursing care

Rehabilitation and forensic services for people with specialist mental health needs

For people who have long-term mental health conditions, the Council and NHS work together to provide tailored support and housing services. The aim of these services is to:

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- help people to overcome individual challenges and build resilience.
- ensure that individuals, who are able to, are supported to move to more independent settings.
- improve health and wellbeing outcomes for people with mental health challenges.

Bromley Council and SEL ICB jointly commission the Bromley Mental Health Support@Home service which provides recovery and rehabilitation services for people who are unable to sustain a tenancy due to their chronic or long-term mental health challenges.

The service includes the provision of tailored housing for a period of time whilst people build up the skills and resilience to move into their own home. For people in their own home, support workers will help individuals to maintain their own tenancy and prevent homelessness.

For people with more complex needs, the South-London Partnership (SLP) of mental health providers delivers specialist rehabilitation services; whilst the Council and SEL ICB provide residential and nursing placements for people with these needs.

For people with dementia, the Council and NHS deliver the Bromley Dementia Hub, which provides advice and support to people with this condition and their families.

Bromley Council and Oxleas NHS Foundation Trust also work in partnership to deliver joined-up social care and community mental health services.

What support and care services the Council thinks people will need in the future

Current services - context

The London Borough of Bromley and NHS South-East London Integrated Care Board (SEL ICB) provides a wide range of services for people with Mental Health and Emotional Wellbeing challenges:

- | | |
|--------------------------------------|---------------------------------------|
| • Prevention and Early Intervention | • Recovery College |
| • Wellbeing Support | • Talking Therapies |
| • Supported Housing | • Community mental health services |
| • Employment Support | • Dementia Support |
| • Specialist Rehabilitation Services | • Specialist Eating Disorder Services |

The Bromley Mental Health and Wellbeing Strategy sets out the need to develop and improve our prevention and early intervention offer for people with mental health challenges, and to support more people who have had a mental health crisis to recover and to return to living independently outside of mental health care.

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The number of children and young people requiring mental health services in Bromley has grown by 30% in the last 6 years. 1,106 children and young people require treatment and care from Children and Adolescent Mental Health Services every year.

We have also seen the number of children with an Education, Health and Care Plan (EHCP) requiring Social, Emotional and Mental Health (SEMH) help increasing to 800 (20% of the total). As these children grow up, many of them will continue to need help from adult mental health services.

We are also seeing the number of people in mental health services who are reaching older age increasing, with over 30 people who are over 65 with a long-term mental health condition, many of whom require specialist nursing or other healthcare.

In Bromley, we will require services that can meet these changing needs, which ensure that as many people as possible are able to manage their own mental health needs without reaching a crisis situation or requiring ongoing secondary mental health care.

Future support and care services

In Bromley, £23m is spent on adult mental health services with the vast majority of this funding coming from the NHS and paying for specialist care and secondary mental health hospital and community services.

By improving our prevention and early intervention offer, and by supporting more people to recover from a mental health crisis, we aim to reduce pressure on specialist care and secondary mental health. We want to see more people living independently, managing their own mental health condition and not reaching a crisis where they require emergency support.

We also aim to increase the number of people with a Personal Health and Care Budget of their own, so that they can better determine how to utilise resources to meet their own mental health needs. The Council and NHS provide direct payments (DPs) to individuals as well as other ways to manage a personal budget.

What Are We Looking For?

We want to develop strong partnerships with mental health providers, our voluntary and community sector and the wider market.

- In Bromley, we require services that will ensure that as many people as possible are able to manage their own mental health needs without reaching a crisis situation or requiring ongoing residential care or secondary mental health care.
- The Council and SEL ICB are working together to develop a new Bromley Mental Health and Wellbeing Strategy (2025-30). The strategy will include a new focus on older people's mental health as well as on 18-25 year olds.

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- We aim to work more closely with the voluntary and community sector (VCS) to support the aims of the Bromley Mental Health and Wellbeing Strategy.
- We want to work with providers to develop housing and support services particularly aimed at older people, autism and learning disabilities.
- We want to develop strong partnerships with mental health providers, our voluntary and community sector, and the wider market.

Alongside our core services, we aim to work more closely with the voluntary and community sector (VCS) to grow this offer in the borough and support the overall aims of the Bromley Mental Health and Wellbeing Strategy.

We recognise that Bromley is an area where many providers are considering opening new mental health supported housing or residential care services. We will work with providers coming into the borough and aim to develop specialist services around older people, autism and learning disabilities to complement our existing offer.

The Bromley Mental Health and Wellbeing Strategy sets out how people with mental health challenges will shape and direct their own services. New services will be co-produced with the people who use these. We will seek to involve residents in every stage of the planning and delivery of their own services.

Bromley Council and SEL ICB will work with existing and new partners on the development of a new Bromley Mental Health and Wellbeing Strategy. Any new procurements will only take place following extensive engagement with the market. We are also shifting to let longer term contracts, providing stability to the market, and developing a core set of central providers who we will work with closely.

Commissioning Contacts

The Bromley Integrated Commissioning Service is keen to meet with providers who may be interested in working in partnership with Bromley Council. Providers are encouraged to email the Commissioning Team at Commissioning2@bromley.gov.uk in the first instance.