

1. Introducing the implementation plan

The *Five Year Forward View for Mental Health* has already made the case for transforming mental health care in England. This document does not repeat the many established arguments for increasing priority and funding. The recommendations of the *Five Year Forward View for Mental Health* have been accepted by the NHS – and the purpose of this document is to lay out a blueprint for their delivery over the coming years to 2020/21.

The *Five Year Forward View for Mental Health* is a single programme, but one which contains numerous different, related elements across the health system for all ages. Whilst the vision for improving mental health and wellbeing is wider, this implementation plan focuses primarily on the role of the NHS in delivering its commitments and is directed at commissioners and providers to support and influence their own local plans. However, this blueprint also gives a clear indication to the public and people who use services of what they should expect from the NHS, and when.

Delivery of the *Five Year Forward View for Mental Health* is underpinned by significant additional funding, and this plan sets out in detail where and when this money will become available. However, this is not the only investment in mental health services. This new money builds on both the foundation of existing local investment in mental health services and the ongoing requirement – repeated in the 2016/17 NHS planning guidance – to increase that baseline by at least the overall growth in allocations. Additional funding should not be seen in isolation and should not be used to supplant existing spend or balance reductions elsewhere.

As the plan makes clear in a number of areas, successful implementation of the *Five Year Forward View for Mental Health* is dependent upon establishing services which are sustainable for the long-term. That sustainability is predicated on evidence which shows the savings realised across the health and care system outweigh the investment needed to deliver services. In order to ensure that this fundamental economic case is met, it will be critical for local organisations to agree how they will share both the costs of investment and the proceeds of savings and efficiencies – including how savings will be identified, especially where they accrue in other areas of the health system, and reinvested into mental health services. The development of Sustainability and Transformation Plans provides the opportunity to agree an approach between partners to achieve this aim.

There are many objectives and commitments in this plan which deliver improved access to high-quality care, more integrated services and earlier interventions. A common theme across many objectives is of building capacity within community-based services to reduce demand and release capacity from the acute sector and in-patient beds – whilst in parallel moving the

commissioning model for in-patient beds in mental health towards a more 'place-based' approach so that pathways and incentives are better aligned and efficiencies more readily realised.

The journey to fully transform mental health services – as the *Five Year Forward View for Mental Health* said – should be thought of as longer than a five-year programme. This roadmap prioritises objectives for delivery by 2020/21 and therefore describes the next stages in that journey.

As local areas develop and implement their own plans to deliver the *Five Year Forward View for Mental Health*, it will be important that common principles are followed. These should include:

- co-production with people with lived experience of services, their families and carers;
- working in partnership with local public, private and voluntary sector organisations, recognising the contributions of each to improving mental health and wellbeing;
- identifying needs and intervening at the earliest appropriate opportunity to reduce the likelihood of escalation and distress and support recovery;
- designing and delivering person-centred care, underpinned by evidence, which supports people to lead fuller, happier lives; and,
- underpinning the commitments through outcome-focused, intelligent and data-driven commissioning.

The rest of this document falls into chapters which outline the core elements of the programme and provide a roadmap to deliver each of the objectives. These are followed by sections describing cross-cutting work on infrastructure and supporting frameworks, as well as the support offer to localities to help them implement this plan:

Ch2	Children and young people's mental health
Ch3	Perinatal mental health
Ch4	Adult mental health: common mental health problems
Ch5	Adult mental health: community, acute and crisis care
Ch6	Adult mental health: secure care pathway
Ch7	Health and justice
Ch8	Suicide prevention
Ch9	Sustaining transformation: Testing new models of care
Ch10	Sustaining transformation: A healthy NHS workforce
Ch11	Sustaining transformation: Infrastructure and hard-wiring
Ch12	Our support offer

The chapters in this document set out national-level objectives, costs and planning assumptions. In each case, trajectories and assumptions should be treated as indicative to support localities in developing their own plans. Localities will need to assure that their own plans reflect both the existing investment and provision locally and the gap they have identified to meet the objectives in this plan.