



The Plymouth Three-Lens Model

Changing Futures Mental Health Pilot Overview

The Plymouth '3-lens model' has been developed by opinion leaders from VCSE, Primary Care and mental health care from the Plymouth and wider Devon system who have an interest in mental health; and is supported by peer researchers with lived experience. The Plymouth Trauma Informed Network created space for conversations in early 2022 to start openly exploring what we can do differently to better support mental distress, while recognising the significant pressures and demands on systems and services providing mental health support. The model aims to bring together three different but interlinked ways of understanding mental health challenges and their origins to provide coherence (rather than bewilderment) for community residents and practitioners in the face of multiple, at times competing, models and approaches. The three approaches are:

- Diagnostic
- Trauma informed
- Strengths based

The model offers a balance between the currently more dominant diagnosis-based model of practice and other important approaches - trauma-informed and strengths-based – with a person-centred approach overarching all three.

Changing Futures Plymouth is a culture and system change programme which, following appreciative systemic enquiry in Plymouth with people with lived experience and professionals working in the system, is supporting a range of 'test and learn pilots' to enhance learning about different ways of working to improve outcomes and experiences for everyone. Changing Futures Plymouth will fund and support a test and learn pilot for the three-lens model in practice through a post that will enhance skills and provide support to practitioners that are not clinically trained but frequently work with people experiencing multiple disadvantage and mental distress/trauma. The postholder, employed by Livewell Southwest, will work with teams at The Harbour Centre (<https://harbour.org.uk/>), and a team of probation officers that work specifically with women.

The postholder will enhance understanding of the three lenses as different approaches to supporting people experiencing mental distress, and provide scaffolding support, supervision and advice for teams to adopt a holistic person-centred approach with individuals worked with. Best hopes are that this will improve outcomes based on what matters to a person, and quality of life.

The postholder will be an experienced, clinically trained professional with strong understanding and evidence of practice of all three lenses to adopt a person-centred approach. The pilot is expected to start in early 2024 and run for a year.

The role and project will evolve as the person begins work with teams and partners. To support learning and sustainability, they will work with Changing Futures, Peer Researchers and Alliance Partners to co-produce:

- Development of a trauma informed supervision/reflective practice offer for staff across the Plymouth Complex needs alliance.
- Support design, development and delivery of training/workshops on the three-lens model and learning from practice.
- Evaluation of the model.

For more information, please contact gemma.gowan@plymouth.gov.uk