

**TELFORD & WREKIN COUNCIL HEALTH & WELLBEING BOARD****DATE: 7<sup>th</sup> September 2016****REPORT TITLE: Mental Health Strategy & Improving Mental Wellbeing Priority****REPORT OF :****Steph Wain, Telford & Wrekin Council,  
Frances Sutherland, NHS Telford & Wrekin CCG,  
Dr Matt Tyrer, Speciality Registrar in Public Health Telford & Wrekin Council****LEAD CABINET MEMBER – CLLR A England****PART A) – SUMMARY REPORT****1. SUMMARY OF MAIN PROPOSALS**

This report provides an update of the work being undertaken across Telford and Wrekin to improve and support the mental health of local residents.

The Mental Health Strategy 2016-2019 (approved in early 2016) includes an annual action plan of activity (Appendix 1). The Health and Wellbeing Strategy places “Improving mental wellbeing” as one of its priorities, therefore the 2 are closely linked.

The following report is therefore divided into two sections-:

- Update on Mental Health Strategy
- Update on Improving Mental Wellbeing priority

**2. RECOMMENDATIONS (AND TO WHOM ACTIONS APPLY eg CCG, Council)**

To note the updates provided on both programmes of work.

**3. IMPACT OF ACTION - (How it is intended that action will make a difference)**

All actions described within the report are intended to have a positive impact on those who have or who are at risk of having a mental health problem.

#### **4. SUMMARY IMPACT ASSESSMENT**

<b>COMMUNITY IMPACT</b>	Do these proposals contribute to a specific HWB Priority	
	Yes	<i>Improving Mental Health</i>
	Do these proposals contribute to specific Co-Operative Council priority objective(s)?	
	Yes	<p>Telford &amp; Wrekin Council's Medium Term Plan for 2013/14 to 2015/16:</p> <ul style="list-style-type: none"> <li>• Protect and support our vulnerable children and adults</li> <li>• Improve the health and wellbeing of our communities and address health inequalities.</li> </ul> <p>This supports the delivery of the Health and Wellbeing Board priority of Emotional Health and Wellbeing</p>
	Will the proposals impact on specific groups of people?	
Yes	<p>The proposals within the strategy will impact on people within the Borough of Telford &amp; Wrekin who have mental health issues or at risk of developing mental health issues.</p> <p>This will include children and adults.</p>	
<b>TARGET COMPLETION/DELIVERY DATE</b>	Various targets / milestones contained within the plans.	
<b>FINANCIAL/VALUE FOR MONEY IMPACT</b>	Yes/No	<p>For the Council, the actions detailed in this report and in the annexed actions are expected to be achieved from within existing financial resources.</p> <p>The actions having resource implications include the deployment of Social Work resource at Redwoods, this is re-focussing an existing Social Work post and is therefore within existing resources. The Listening Service deployed at the Hub is part of remodelled service funded by the CCG.</p> <p>Ellen Court contract and premises currently costs £223k per annum, this is paid for jointly with £153k contributed by the Council and £70k contributed to the contract by the CCG. The cessation of this service and implementation of Supported Living for these clients will mean financial resources are moving from one form of care delivery to another.</p>

		<p>The housing of the individual clients in their own tenanted accommodation to deliver independent living may deliver savings in the medium term but this has yet to be evaluated. It is anticipated that the £70k contributed by the CCG will be reinvested in services.</p> <p>The tender for services for 0-25's emotional and health and well being is a consolidation of services and the Council contribution to this contract will be from within existing budgets.</p> <p>Where further initiatives under the strategy ensue the expectation is that these will be delivered from within existing resources.</p> <p>RP-17.8.16</p>
<b>LEGAL ISSUES</b>	Yes	<p>The Council and NHS bodies are required to meet their statutory responsibilities under the Mental Health Act 1983 (MHA 1983).</p> <p>On 15 January 2015, the Department of Health (DH) published a revised version of its statutory code of practice on the MHA 1983, under Section 118 of the MHA 1983. The revised code must be followed by local authorities, managers and health professionals. An easy read version was added on 26 March 2015 and the revised code came into force on 1 April 2015.</p> <p>The Council and NHS bodies also need to meet the current requirements of the Public Health, NHS and Adult Social Care Outcomes Frameworks in respect of the mental health and wellbeing of adults and children.</p> <p>The Council must have due regard to the Public Sector Equality Duty as imposed by s149 (1) of the Equality Act 2010, which states:-</p> <p>A public authority must, in the exercise of its functions, have due regard to the need to: -</p> <p>(a) eliminate discrimination, harassment, victimisation and any other conduct that is prohibited by or under this Act;</p> <p>(b) advance equality of opportunity between persons who share a relevant protected characteristic and persons who do not share it;</p> <p>(c) foster good relations between persons who</p>

		<p>share a relevant protected characteristic and persons who do not share it.</p> <p>Consideration needs to be given to an Equality Impact Assessment in respect of the potential impact on people with mental health issues, which may result from the review of the mental health commissioning strategy, in order to assist the Council in meeting its Public Sector Equality Duty.</p>
<b>EQUALITY &amp; DIVERSITY</b>	Yes	The strategy will aim to reduce inequalities for those experiencing mental health issues.
<b>IMPACT ON SPECIFIC WARDS</b>	No	Borough-wide impact
<b>PATIENTS &amp; PUBLIC ENGAGEMENT</b>	Yes	The mental health strategy was developed following significant engagement. A stakeholder group of volunteers, service users and third sector groups now oversee the implementation.
<b>OTHER IMPACTS, RISKS &amp; OPPORTUNITIES</b>	Yes	The Mental Health Strategy and Health and Improving Mental Health priority has many interdependencies with other strategies such as: Commissioning Strategies on drugs and alcohol, autism, dementia, Children in Care and Care Leavers. The aim is that CCG and Telford & Wrekin Council will work together to ensure that opportunities are maximised to promote emotional health and wellbeing.

## **PART B) – ADDITIONAL INFORMATION**

*The remainder of the report will contain any additional information needed to inform decision-making and is likely to include the following headings:*

### **1. INFORMATION**

1.1 The Mental Health Strategy 2016-2019 for Telford & Wrekin (approved in early 2016) includes an annual action plan of activity. The Health and Wellbeing Strategy places “Improving mental wellbeing” as one of its priorities, therefore the 2 are closely linked.

The following report is therefore divided into two sections:-

- Update on mental health Strategy
- Update on Improving mental wellbeing priority

#### **1.3.1.1 Mental Health Strategy**

The action plan has now been developed into 5 work streams to ensure the vision is delivered

- i. Reducing stigma of mental health
- ii. Promoting good mental health
- iii. Improving access to secondary mental health services
- iv. Development of an Effective Crisis pathway
- v. Improving the life chances for those with mental illness issues

The following describes some of the key pieces of work that are currently being addressed.

- An event to raise awareness of mental health in the workplace was undertaken on 15 April. The event aimed to provide information and practical tools for employers to use to support their staff. In addition it provided solutions to increase the employment opportunities for people with mental health issues. The event was coordinated and led by the third sector and service users. The role of statutory organisations was to support them. The evaluation was very positive (97% said it was a positive experience) with over 200 people attending and some comments:- *‘Useful and thought-provoking’ ‘You have given me a little hope that things will change for the better eventually’ ; ‘A very powerful & inspiring event. A lot of positivity and hope to offer better, more joined-up help in the future’; ‘Thank you!’*
- We now have a programme established to recruit health champions including mental health champions.
- The council have signed up for the Mental health challenge which is a LA challenge to promote good mental health and consider the impact on mental health and wellbeing on any services the council provide or commission.
- The council and CCG have signed up to the initial stage of ‘Time to change’. This initiative demonstrates the promotion of good mental health in the workplace. Commissioners are developing an action plan to be presented to both organisations prior to approval by Time to change.
- The Wellbeing service (IAPT) has undertaken an action plan to improve outcomes. It is now providing access for 16% of the population who are depressed or anxious; a

58% recovery rate; 90% seen and commence treatment within 6 weeks and 97% seen and commence treatment within 18 weeks.

- A fast track access Listening service is now provided by MIND at Sutton Hill four days a week. This service provides access to drop in and also up to 3 sessions of listening and supportive problem solving for those in mental distress. Further work is undergoing to scope the potential to increase the hours of opening and to provide access more centrally.
- Work has commenced to scope the crisis pathway and develop alternatives to prevent further escalation. This work includes the development of safe places working with the third sector and additional Sec 136 capacity. A project will also be commenced to reduce the number of people placed in 'out of area' mental health beds.
- There is now a dedicated social worker based at Redwoods supporting the discharge process. This has had a notable impact on reducing delayed discharges from the unit. (From 1.4% in December 15 to zero in June 16) It has also improved relationships between nursing staff and local authority.
- Commissioners and providers are working to develop a new rehabilitation pathway. The aim is for service users to be as independent as possible, maximising potential and autonomy. It is for people who have lost or never learned skills to manage in society. One of the outputs is to reduce the number of people being supported in residential care settings. As part of the process Ellen Court (residential care home providing rehab) has been de-commissioned on this basis it will close in February 2017. Colleagues across housing, social care and commissioning are working together to identify and secure alternative accommodation and support for the individuals effected by the closure.
- As part longer term planning the social care commissioner has been working with Bromford Housing Association for some time to develop supported living for people with mental issues. The new purpose built accommodation will be open in April / May 2017. The Council will have nomination rights and will be working with the provider to ensure eligibility criteria is suitable for local need. In addition we will be developing the role of peer support to enhance opportunities for recovery.
- LA and NHS commissioners continue to work together to deliver the strategy. There are strong working relationships between the commissioners and service users, third sector and providers.

### **1.3.2 Improving Mental Wellbeing priority update**

#### **1.3.3 0-25 Emotional Health and Wellbeing**

A service specification has been drafted, with comments from relevant parties currently being received. Professionals, children, young people, parents, carers and providers have been engaged in its development.

The scope of the work has now been extended to include Child and Adolescent Mental Health Services (CAMHS), Learning Disability, eating disorders and Neuro Developmental conditions.

The programme is due to out to tender on 8<sup>th</sup> August, with the aim being to have a new service in place by the beginning of May 2017.

### **1.3.4 Continued Implementation of the Drug and Alcohol Strategy**

The HWB will be aware that good progress is being made in the third year of the Drug and Alcohol Strategy implementation. The newly commissioned substance misuse treatment services are now a year into delivery. Key highlights of these service improvements include:

- An increase in the number of people treated for alcohol problems and an improvement their treatment outcomes through STARS Aquarius
- An improvement in the number of people with opiate addiction moved into GP shared care, with representations back into service reducing
- Strengthening of criminal justice relationships and pathways
- Continued growth of our thriving recovery community
- Delivery of a significant training programme

With the forever moving landscape and the financial context the transformation of our substance misuse treatment services will continue during the remainder of 2015/16 and beyond alongside the on-going expansion of our prevention work.

### **1.3.5 Improving support and care for people with dual diagnosis**

Improving support for people with combined mental health and substance misuse problems is prioritised within both the drug and alcohol strategy and the mental health strategy.

Engagement work has highlighted issues raised by both practitioners operationally and strategic partners that the work between mental health and substance misuse services could be better joined up. A number of cases were cited where individuals were sent back to substance misuse services from mental health services and advised that the addiction issues should be dealt with before the mental health issue was addressed. National policy advises that both issues need to be dealt with simultaneously to get the best outcome for the patient. In recognition of this collaborative work between the services and the public health team has been undertaken to develop a dual diagnosis pathway. The pathway has been agreed and is becoming standard working practice.

In addition the CCG has commissioned TACT to provide a peer-led dual diagnosis support service. The service has a focus on people who have both mental health and substance misuse issues. It is run by 'experts by experience' and promotes stopping addictive behaviours, building on the individuals strengths, the development of new skills with the eventual goal of finding work opportunities.

### **1.3.6 Preventing Suicides**

As a key part of the implementation of the mental health strategy, a suicide prevention strategy and action plan are also being developed. The plan will champion good practice already going on within Telford & Wrekin and also identify any gaps in services that can be addressed to reduce the number of local people taking their own life.

The *Suicide Prevention Strategy for England 2012*<sup>1</sup> has been used to inform the first steps in developing our local plan. The national strategy outlines six key themes that should be considered:

- i. Reduce the risk of suicide in at risk groups
- ii. Tailor approaches to improve mental health in specific groups
- iii. Reduce access to the means of suicide
- iv. Provide better information and support to those bereaved or affected by suicide
- v. Support the media in delivering sensitive approaches to suicide and suicidal behaviour
- vi. Support research, data collection and monitoring e.g. hot spots and trends

In order address these key themes a multi-agency suicide network is being established for Telford & Wrekin. Public health leads have already engaged a number of key stakeholders, including: mental health services, emergency services and third sector organisations, SaTH and TACT.

A stakeholder event is due to be held on 6<sup>th</sup> September, to bring together the key partners to share good practice and identify any current gaps in service provision. Partners expected to attend include representatives from the Police, Shropshire Fire and Rescue Service, WM Ambulance Service, SaTH, SSSFT, Shropshire Community Health Trust, The Samaritans, Touched by Suicide, TACT and key colleagues from within the Council.

The insights gained from this meeting, along with national level data and intelligence provided by the Coroner and partners from the emergency services, will be used to inform the key local priorities for the plan. Agreement to share any relevant data has already been gained from the Coroner, West Mercia Police, Shropshire Fire and Rescue and British Transport Police.

Following on from the stakeholder event a core group will meet quarterly to take forward the action plan and coordinate the network. When gaps in services are identified or if the data collected indicates any trends or hotspots this core group will bring together expertise from the wider network to ensure that the most appropriate action is taken.

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<sup>1</sup> <https://www.gov.uk/government/publications/suicide-prevention-strategy-for-england>

Bringing together a broad range of agencies and experience will put Telford & Wrekin in a strong position to tackle the number of local taking their own life, particularly amongst high risk groups such as young single men. Furthermore, we will also be in a position to respond rapidly to any emerging trends in particular groups, locations or causes.

The inclusion of support services and groups such as The Samaritans and Touched by Suicide in the network will ensure we identify how to better support bereaved families and those at risk. In addition using local insight from these can support the way encourage responsible reporting from the media.

## **2. IMPACT ASSESSMENT – ADDITIONAL INFORMATION**

*(Where you have answered ‘yes’ to any part of the impact assessment in Section 4, you can add additional information here if necessary. You should ensure that there is sufficient information for members to fully understand the impacts and risks of proposals before making decisions. **Information on financial and legal impacts must be completed by an officer from Finance or Legal).***

## **3. PREVIOUS MINUTES**

9<sup>th</sup> March 2016 – Mental Health Strategy Report by Steph Wain & Frances Sutherland.

15<sup>th</sup> June – Health and Wellbeing Strategy Report by Liz Noakes, Assistant Director for Health and Wellbeing

## **4. BACKGROUND PAPERS**

None

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