

Nottingham City Health and Wellbeing Board
27 November 2024

Report Title:	Adult Mental Health JSNA
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Executive Summary:	
<p>Purpose The purpose of this report is to present the newly developed Joint Strategic Needs Assessment (JSNA) Profile for adult mental health and to set out the proposed next steps for drawing on this insight through a shared Better Mental Health Commitment for Nottingham City.</p> <p>Developing the JSNA The planning of JSNA work focussed on adult mental health started in late 2023, noting the previous JSNA chapter was published in 2016. Relevant content was identified in the chapters on children and young people’s mental health, COVID, severe multiple disadvantage, substance use, and self harm and suicide prevention. Mental health is an important theme in the women’s health needs assessment that is underway.</p> <p>The scope was agreed in collaboration with leads for the Integrated Care Board, Nottinghamshire County Council and Nottinghamshire Healthcare Trust. The steering group ensured that it would complement the overview data in our new JSNA dashboards and the analytical outputs of the System Analytics and Intelligence Unit on severe mental illness and mental health pathways, and that it would be informative for partner’s strategic workplans such as the commissioning of mental wellness provision.</p> <p>The work has been presented as a JSNA profile, an insight document with succinct data and information, and will be published alongside supporting information setting out further detail.</p> <p>Areas of focus The JSNA steering group have collated, analysed and synthesised data and evidence to enable us to understand the needs in our population related to:</p> <ul style="list-style-type: none"> - common mental health diagnoses for depression and anxiety - low mental wellbeing 	

There is a primary focus on adults aged 18 or over, data for 16- and 17-year olds has been included to strengthen our understanding of supporting young people into adulthood.

Key findings

In recent years, the number of adults in England experiencing depression or anxiety has risen steadily. In Nottingham, 6.5% of females and 3.5% of males have had a diagnosis of depression or anxiety at the last two years.

Many people in Nottingham access and are effectively supported by a wide range of mental health services delivered by NHS services and by voluntary and community organisations. However, people from some groups are less likely than others to:

- have a diagnosis of anxiety and depression, including men and people from Black and Asian ethnic groups
- access support, including men, heterosexual people and people in older age groups (65 to 89 years)
- benefit from NHS Talking Therapies when they access it, including people aged 18 to 25, people from ethnic minority groups and people who are lesbian, gay or bisexual

People in Nottingham report that:

- they do not always know how and where to access mental health support, and some cannot find a service to meet their needs or experience a lengthy wait for support
- primary care is a key point of first contact for people seeking help
- they value local community groups, services and spaces that help people stay mentally well, especially when they are inclusive, accessible and integrated. However, the availability and impact of these community resources is limited by a lack of funding, resources and by financial and practical barriers to accessing them. Stigma around mental health continues to be a barrier to accessing support for some people
- financial vulnerability harms people's health and wellbeing, and can be a barrier to accessing support and community assets

Recommendations

Recommendations have been developed for this JSNA across five themes:

- 1) Reach and equity of access to support, including
 - a. promoting the NottAlone website as the main source of mental health information, advice and signposting, and developing alternative resources for those who need them
 - b. applying, sharing and growing our understanding of how to improve access to support for at-risk groups of people experiencing common mental health conditions
- 2) Supporting the building blocks of health, including
 - a. improving links between community services/groups and mental health services to help people stay well in their communities

- b. increase how often health and care teams ask about mental health needs when people access other services, and ask about other kinds of needs – such as financial needs - when people access mental health services
- 3) Supporting the workforce, including
 - a. providing the mental health workforce with training and support on topics including equality and diversity, cultural competence, and trauma-informed care
 - b. supporting access to mental health awareness training for the wider workforce
- 4) Improving our understanding and insight, including
 - a. applying and widely sharing what we have learned from current work to increase access to support for under-served groups
 - b. improving how mental health services record information about service users, and about people who are referred to services and do not access them, including information about ethnicity, deprivation, sexuality, employment status and disability status
- 5) Improving our shared strategic approach
 - a. Health and care organisations adopting a Mental Health In All Policies approach in order to preventing mental health problems, promote mental health equity and create environments that support good mental health
 - b. renewing and strengthening our Nottingham approach to promoting mental health and preventing mental health problems

Informing our strategic approach

Mental health has been an ongoing priority in the work of the Health and Wellbeing Board. The Nottingham City Mental Health and Wellbeing Strategy for 2019-2023 set out a clear narrative on our local priorities. An evaluation of this strategy at the end of 2023 highlighted the interruptions during the COVID pandemic response and some loss of visibility. Nonetheless the time-limited national funding for 'Better Mental Health' supported a range of local initiatives developed with partners to build our approach locally. This included expanding single session therapy for children, improving access to Talking Therapies for underserved communities, and asset mapping taken forward in the gambling related harm strategy.

The development of a 'Prevention Concordat' for Nottingham City (sometimes referred to as the 'Better Mental Health Concordat') was agreed by the Health and Wellbeing Board in July 2019. The Concordat was co-developed with the Better Mental Health Collaborative, a multiagency partnership administered by Public Health which has steered our work on mental health over many years. The Concordat was initially structured around an action plan for 2022-23, approved by the Office of Health Improvement and Disparities. In practice the Concordat has been used as a framework to support our work, progressed through the Place-Based Partnership Mental Health programme group. The term 'Concordat' has

never been particularly liked by stakeholders, and the Concordat hasn't always been visible or connected to other strategic ambitions.

Across the Integrated Care System (ICS), there is a landscape of strategy to improve mental health. Mental health is a key theme through the overarching ICS strategy for Nottingham and Nottinghamshire, complemented by the all-age integrated mental health and social care strategy 2019-2024. The recently approved Integrated Mental Health Pathway Strategic Plan 2024-2027 identifies priorities to localise and realign mental health inpatient services into an integrated pathway to ensure the right care is being delivered, in the right place, at the right time, and in the least restrictive environment; notably this includes a focus on living well in the community. Mental health will be included in the upcoming ICS Children and Young People's Health Strategy, with actions aligned in the Local Transformation Plan for Children and Young People's Mental Health; it is pertinent that mental health is a key theme in the 'healthy' badge of our Child Friendly City ambition.

Our approach in Nottingham is to implement these strategies and to promote public mental health across our communities, working in partnership with our citizens and local organisations. It is valuable to have a city focussed plan that is evidence-based and action-orientated to make this happen in practice. The information in the JSNA Profile is timely for informing our next phase, concurrent with the refresh of the Joint Local Health and Wellbeing Strategy.

Proposal to create a Better Mental Health Commitment

There are important findings in the JSNA profile to strengthen how we promote and improve mental wellbeing and mental health in Nottingham. Our proposal is to draw on this insight, along with the strategic drivers through the ICS to refresh a City action plan building on what was previously known as the Prevention Concordat, and developed and launched with sign up from key partners. We suggest that this is called a Better Mental Health Commitment.

The proposed principles for developing this Better Mental Health Commitment are:

- It should be codeveloped with the Better Mental Health Collaborative, tailored to the needs of our young and diverse population in Nottingham
- It should continue to have an all-age focus as we take a lifecourse approach to public mental health
- It should be a complement to the refreshed Health and Wellbeing Strategy from April 2025, by describing the focus on mental health and mental wellbeing outcomes in each of the Strategy themes
- It should enable a clear narrative on Better Mental Health for Nottingham

Recommendation(s): The Board is asked to:

- 1) To endorse the JSNA Profile for Adult Mental Health
- 2) To support the implementation of the identified recommendations
- 3) To affirm the proposal to develop a Better Mental Health commitment for Nottingham City

The Joint Health and Wellbeing Strategy	
Aims and Priorities	How the recommendation(s) contribute to meeting the Aims and Priorities:
Aim 1: To increase healthy life expectancy in Nottingham through addressing the wider determinants of health and enabling people to make healthy decisions	<p>The JSNA Profile provides important insight on improving mental health and mental wellbeing drawing on data, evidence, and local community perspectives.</p> <p>Progressing the identified recommendations will enable us to promote better mental health and address health inequalities locally. Agreeing a Better Mental Health commitment is a route to bring together the JSNA insight, the ICS strategic drivers, and directly link with our Strategy themes.</p>
Aim 2: To reduce health inequalities by having a proportionately greater focus where change is most needed	
Priority 1: Smoking and Tobacco Control	
Priority 2: Eating and Moving for Good Health	
Priority 3: Severe Multiple Disadvantage	
Priority 4: Financial Wellbeing	
<p>How mental health and wellbeing is being championed in line with the Board's aspiration to give equal value to mental and physical health:</p> <p>The JSNA profile and proposed next steps demonstrate mental health is at the centre of the Board's approach to health and wellbeing.</p>	

List of background papers relied upon in writing this report (not including published documents or confidential or exempt information)	<p>Nottingham City Prevention Concordat, April 2022;</p> <p>Evaluation of the Nottingham Prevention and Promotion for Better Mental Health programme, November 2022;</p> <p>Evaluation of Nottingham City's Mental Health and Wellbeing Strategy 2019-2023, September 2023</p>
Published documents referred to in this report	<p>Nottingham City's Mental Health and Wellbeing Strategy 2019-2023</p>