

HEALTH AND WELLBEING BOARD - 25th November 2015

Title of paper:	Wellness in Mind: Mental Health and Wellbeing Strategy, Year 1 report	
Director(s)/ Corporate Director(s):	Alison Challenger, Director of Public Health (Interim)	Wards affected: All
Report author(s) and contact details:	Helene Denness, Consultant in Public Health, Nottingham City Council	
Other colleagues who have provided input:	Lucy Davidson, Liz Pierce, Sarah Quilty, Sharan Jones, Uzmah Bhatti,	
Date of consultation with Portfolio Holder(s) (if relevant)	Chair's Briefing, 11/11/2015	
Relevant Council Plan Strategic Priority:		
Cutting unemployment by a quarter		<input type="checkbox"/>
Cut crime and anti-social behaviour		<input type="checkbox"/>
Ensure more school leavers get a job, training or further education than any other City		<input type="checkbox"/>
Your neighbourhood as clean as the City Centre		<input type="checkbox"/>
Help keep your energy bills down		<input type="checkbox"/>
Good access to public transport		<input type="checkbox"/>
Nottingham has a good mix of housing		<input type="checkbox"/>
Nottingham is a good place to do business, invest and create jobs		<input type="checkbox"/>
Nottingham offers a wide range of leisure activities, parks and sporting events		<input type="checkbox"/>
Support early intervention activities		<input checked="" type="checkbox"/>
Deliver effective, value for money services to our citizens		<input checked="" type="checkbox"/>
Relevant Health and Wellbeing Strategy Priority:		
Healthy Nottingham: Preventing alcohol misuse		<input type="checkbox"/>
Integrated care: Supporting older people		<input type="checkbox"/>
Early Intervention: Improving Mental Health		<input checked="" type="checkbox"/>
Changing culture and systems: Priority Families		<input type="checkbox"/>
Summary of issues (including benefits to citizens/service users and contribution to improving health & wellbeing and reducing inequalities):		
<p>In August 2014 the Health and Wellbeing Board approved the Nottingham City Mental Health and Wellbeing Strategy, Wellness in Mind. Wellness in Mind brings together the vision for improved mental health and social inclusion across the life course under five priorities.</p> <ol style="list-style-type: none"> 1. Promoting mental resilience and preventing mental health problems 2. Identifying problems early and supporting effective interventions 3. Improving outcomes through effective treatment and relapse prevention 4. Ensuring adequate support for those with mental health problems 5. Improving the wellbeing and physical health of those with mental health problems. <p>Since the publication of the strategy a Mental Health Steering Group, made up of champions from member organisations of the Health and Wellbeing Board has been established and has met regularly to consider themed aspects of mental health and wellbeing in Nottingham. The strategy has provided a framework to ensure that a wide range of partners are encouraged to be part of improving mental health in Nottingham. Wellness in Mind has informed key developments over the year, including the Nottinghamshire Crisis Concordat, the Nottingham City Suicide Prevention</p>		

Strategy and the plans for the Nottingham response to Future in Mind.	
Recommendation(s):	
1	The Health and Wellbeing Board to note the range of activity to improve mental health that has taken place in the past year and consider how the 2016 Health and Wellbeing Strategy will reflect the aspirations of Wellness in Mind.
2	Member organisations of the Health and Wellbeing Board to consider their own commitment to the strategy and ensure their actions are reflected in the action plans.
3	Health and Wellbeing Board members to commit to work together to find solutions to issues that need improved partnership working, for example the mental health needs of the homeless population.
4	The Health and Wellbeing Board to support strategies to ensure synergy between mental health strategies including Wellness in Mind, Future in Mind, Suicide Prevention Strategy and the Nottinghamshire Crisis Concordat
<p>How will these recommendations champion mental health and wellbeing in line with the Health and Wellbeing Board aspiration to give equal value to mental health and physical health ('parity of esteem'):</p> <p>Parity of esteem is a core principle of Wellness in Mind. It presents a shared vision for improving mental health and wellbeing across the life course, and for improving outcomes for those experiencing mental health problems. It acknowledges the interdependence of mental and physical health and takes a strategic approach to make connections across both the commissioning and provision of physical and mental health services. It was specifically considered by the Mental Health Steering Group as an agenda item.</p> <p>The Nottingham City Health and Wellbeing Board requirement to report on mental health and wellbeing aspects of all reports has been described as an example of good practice at the East Midlands Strategic Clinical Network. To date it has prompted consideration related to both the mental health aspects and equality of outcome for people with mental health problems in a number of policy areas, for example tobacco control, sexual health and substance misuse.</p> <p>The recommendations request that Wellness in Mind be considered by all member organisations, not only those specialising in mental health, with regard to promoting mental health and the inclusion of those with mental health problems, whether citizens or employees. Parity of esteem also highlights the importance of valuing the physical health of those with mental health problems; one of the main priorities of the strategy.</p>	

1. REASONS FOR RECOMMENDATIONS

The Nottingham City Health and Wellbeing Board approved Wellness in Mind, the Nottingham City Mental Health and Wellbeing Strategy in August 2014. Over the past year there have been specific reports to the Board on a number of related aspects, specifically suicide prevention and updates on the relevant sections of the Joint Health and Wellbeing

Strategy (early intervention in children, and mental health and employment). This report aims to give an overview to the Board of the breadth of activity since the approval of Wellness in Mind, the opportunity to shape the second year implementation of the Strategy, and to reflect on opportunities for improved partnership working in this area.

2. BACKGROUND (INCLUDING OUTCOMES OF CONSULTATION)

Background

In recognition that ‘there can be no health without mental health’ and in line with the aspiration to value mental health equally with physical health, *Wellness in Mind, the Nottingham City Mental Health and Wellbeing Strategy* was launched in October 2014, following approval by the Health and Wellbeing Board in August 2014. This report updates the Board on key aspects of partnership activity over the first year of the strategy.

Taking forward the 5 priorities of Wellness in Mind

In addition to the 5 priorities of Wellness in Mind a number of cross cutting themes have emerged to shape activity (see diagram below) with key principles of mental health literacy, reducing stigma, and equality underpinning the strategy.

Wellness in Mind - cross cutting themes

	Priority 1 Mental resilience, prevent mental health problems	Priority 2 Early intervention- Identify problems early, access to support	Priority 3 Effective mental health treatment	Priority 4 Support for those with mental health problems	Priority 5 Improved physical health for those with mental health problems
Mental health literacy Reducing stigma Equity of access and outcome	Children and young people’s mental health and wellbeing ; Future in Mind				
	Suicide prevention strategy and ‘Crisis concordat’ ensuring public services work together to respond effectively to mental health crisis, and reduce risk of suicide				
	Responsive, quality services for people with mental health problems ,their carers and children				
	Employment/unemployment and mental health				
	Relationship between physical and mental health - ‘Parity of Esteem’				
	Wider infrastructure eg natural environment, housing and transport				
	Community safety and criminal justice system				

Update on key areas of development during year one

Governance

The following structures have been established to support the delivery of Wellness in Mind:

- Mental Health steering group with representative champions of Health and Wellbeing Board members. Regular themed meetings chaired by Councillor Alex Norris, Portfolio holder for Adults, Health and Communities. This group reports to the Health and Wellbeing Board
- Mental Health Joint Commissioning Group

- Planning groups cross City/County for specific themes; Future in Mind, Suicide Prevention; Crisis Concordat

Understanding needs

- Overview of mental health data across the strategy reported to the steering group
- An audit of information related to suicide and self-harm deaths is being undertaken in partnership with the Coroner's Service and Nottinghamshire County Public Health
- Work to update JSNA chapters on mental health, including children and young people, adults, suicide, mental wellbeing, physical health of people with mental health problems
- Plans to improve understanding of social care needs through Project Evolution
- Listening to the concerns of citizens and partners regarding mental health issues in Nottingham e.g. bed cuts

Mental Health Literacy (Improved understanding and awareness of mental health)

- Public Health Forum to launch the strategy with over 80 attendees
- Joint commissioning of a programme of free mental health training by Nottingham City Council and CCG to be delivered by Harmless
- 'Every Colleague Matters' series of workshops and events with attendance of over 600 people in line with Mental Health Awareness Weeks 2015
- Nottingham City agreed to be part of the national 'Time to Change' Alumni programme, highlighting good practice in reducing mental health stigma and identifying local mental health champions in the workforce

Children and Young People

- Commissioning of the 'Behavioural, emotional and mental health pathway'
- Health promotion role working within school health focussed on emotional health and wellbeing.
- Online counselling service commissioned for young people.
- Suicide prevention/postvention and self-harm support commissioned
- Planned activity detailed in the 'Future in Mind' Transformation Plan, that was submitted in mid-October focussing on improving the emotional wellbeing and mental health of children and young people in Nottingham.
- Work being undertaken to review perinatal mental health pathway and increase awareness of primary care psychological therapies for women with mild to moderate anxiety or depression.
- Work by Healthwatch to gather information from children and young people on their experiences of mental health services in Nottingham. This work has reported the views of 588 young people about their experiences and needs of mental health services.

Crisis care

- Crisis Care Concordat signed and action plans developed by cross City/County group
- A Crisis House and enhanced community crisis and home treatment team has been commissioned.
- Closer working with Nottinghamshire Police including Street Triage Team leading to a drop in detentions by the Police under the Mental Health Act
- 'Criminal Justice Liaison and Diversion' teams to offer mental health support in custody suites commissioned by NHS England and identify those needing additional support.

Suicide Prevention

- Approval of the Nottingham City Suicide Prevention Strategy by the Health and Wellbeing Board in February 2015 following public consultation.
- Multi-agency action plan drawn up to improve outcomes for those at risk and those affected by suicide, with a broad partnership across both City and County.
- Audit of deaths by suicide or self-harm to improve local understanding of needs

Mental Health and Employment

- This is one of the four priorities of the Health and Wellbeing Strategy and the Board has received detailed updates during the year. This has included reporting on activity under the Nottinghamshire Fit for Work service, commissioned by Nottingham City Council and CCG, to support people remain in employment or move towards employment where health is a barrier to work.
- Nottinghamshire Healthcare Trust adopting evidence based model, Individual Placement Support, to support those with long term mental health problems known to their services.
- Partnerships formed with the Employment and Skills section of Nottingham City Council to support Local Enterprise Partnership priorities and emerging devolution proposals with regard to prioritising employment and mental health
- Programme called 'Building Health Partnerships' funded by NHS England brought together local partners from across the sectors of skills, employment and mental health to identify support structures and learn from other areas.
- A survey was undertaken across the voluntary and community sector which identified a wide range of support to build skills and confidence, for example through volunteering.
- Some services to support placement into work for people with mental health problems are not used enough in Nottingham, for example the Access to Work scheme
- Mental Health steering group members aspire to be exemplar employers with regards to mental health and have shared details of policies with regard to staff mental health and wellbeing.
- Better understanding of national measures with regard to mental health and employment.- demonstrating over half of those on Employment Support Allowance in Nottingham are due to mental health disorders (DWP definition)
- Better understanding between mental health systems and services for those in financial difficulties explicit in the recommissioning of advice services.

Homelessness and Mental Health

- Closer working with the Homelessness Strategy Implementation Group members to highlight issues of supporting those with serious mental illness who are homeless
- A themed session of the Mental Health Steering Group heard evidence of high levels of serious mental health problems in the homeless population and a task and finish group is being set up to identify improvements to the pathways of care
- A research proposal has been agreed by the CCG on the mental health needs of homeless people in Nottingham to inform future action

Relationship between physical health and mental health

- Prioritisation of support to reduce smoking based on national and local evidence
- Nottinghamshire Healthcare NHS Foundation Trust (NHFT) has agreed to be smokefree from April 2016 and are being supported by local stop smoking services

- A local 'Physform' was implemented with the objective of implementing health checks and improving communication of health needs between secondary mental health services and primary care.
- Training and support to mental health staff to promote better physical health are ongoing by a dedicated team.
- NHFT are investigating low levels of cancer screening with their patients and have championed this work in adult mental health services through the appointment of a screening nurse in the physical healthcare team.

Improving care, support and treatment services

- Wide consultation regarding the community mental health and wellbeing support pathway during 2014/15 which has led to establishment of a new model that is being commissioned from April 2016 in response to concerns that access to mental health services is confusing and the system difficult to navigate
- Work to meet the needs of all citizens with mental health needs, including BME communities, and reach more people through increased access to primary care psychological therapy services
- Greater Nottingham identified as an NHS England urgent and emergency care vanguard which includes a strong focus on enhancing mental health services in the community and extension of the pilot to link 111 to mental health services.
- Review of outcomes following changes made to mental health accommodation pathway
- Shared priority across the health and social care system to ensure people don't stay in hospital longer than necessary (delayed transfers of care)
- Work to develop stronger partnership working at Care Delivery Group level that includes mental health services
- Consideration of implication of the Care Act in terms of prevention, promoting wellbeing, carers' needs

3. OTHER OPTIONS CONSIDERED IN MAKING RECOMMENDATIONS

4. FINANCE COMMENTS (INCLUDING IMPLICATIONS AND VALUE FOR MONEY/VAT)

This report is a strategic update to the Board. There are no immediate additional financial implications for Board members resulting from the recommendations of this report. The focus is on optimising ways of working across organisations in order to produce the desired outcomes

5. LEGAL AND PROCUREMENT COMMENTS (INCLUDING RISK MANAGEMENT ISSUES, AND LEGAL CRIME AND DISORDER ACT AND PROCUREMENT IMPLICATIONS)

No issues identified.

6. EQUALITY IMPACT ASSESSMENT

Has the equality impact been assessed?

- Not needed (report does not contain proposals or financial decisions)
- No
- Yes – Equality Impact Assessment attached

Due regard should be given to the equality implications identified in the EIA.

7. LIST OF BACKGROUND PAPERS OTHER THAN PUBLISHED WORKS OR THOSE DISCLOSING CONFIDENTIAL OR EXEMPT INFORMATION

None

8. PUBLISHED DOCUMENTS REFERRED TO IN COMPILING THIS REPORT

Wellness in Mind: Nottingham City Mental Health and Wellbeing Strategy

<http://www.nottinghamcity.gov.uk/CHttpHandler.ashx?id=54631&p=0>

Nottingham City Suicide Prevention Strategy

<http://www.nottinghamcity.gov.uk/CHttpHandler.ashx?id=56437&p=0>

Crisis Concordat

<http://www.crisiscareconcordat.org.uk/areas/nottingham/>

Future in Mind

https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/414024/Childrens_Mental_Health.pdf

Nottingham City Joint Health and Wellbeing Strategy

<http://www.nottinghaminsight.org.uk/d/103203>

NHS England: Urgent and Emergency Care Vanguard Sites

<https://www.england.nhs.uk/ourwork/futurenhs/new-care-models/uec/#thirty>