

Nottingham City Mental Health and Wellbeing Strategy 2019-2023

1. Background

Mental health problems are common and exist throughout the life course affecting children, adults and older people. Based on national estimates, over 110,000 adults aged over 16 (1) and more than 5,000 children aged 5 to 16 (2) living in Nottingham City are living with mental health problems. Those with serious mental illness are experiencing inequality in life expectancy, dying on average 15 to 20 years younger than the general population.

Mental health problems do not affect all groups of people equally; some experience worse mental health outcomes than others. For Nottingham citizens, this situation arises in part due to lifestyle factors that influence mental health such as substance misuse and levels of physical inactivity, social and cultural factors, the conditions in which citizens live and work and environmental factors such as poverty and deprivation. Furthermore, mental health problems are more likely to affect adults who are unemployed, from a black, Asian and minority ethnic group, those who are homeless or children who have experienced abuse, live in poverty or have witnessed domestic violence.

Reducing the prevalence of mental health problems and improving mental wellbeing in the city's population is vital to achieve the Health and Wellbeing Board's ambition to improve healthy life expectancy and reduce health inequality, as set out in *Happier, Healthier Lives*, Nottingham City's Mental Health and Wellbeing Strategy 2016-2020. Work has been undertaken to refresh the city's mental health and wellbeing strategy with the aim of achieving these goals.

2. Strategy development and consultation

The refreshed strategy builds on the previous mental health strategy for Nottingham City which covered the period 2014-2017. A strategy evaluation was conducted to inform future priorities and lessons that could be learnt. There were a number of areas where outcomes showed an improved trend over the strategy period as well as a number of areas that require ongoing focus and further improvement. The gap in employment between those with mental health problems and the overall population has increased, as has the life expectancy gap. Those with mental health problems experience higher morbidity and mortality than those without. Admissions to hospital for mental health problems in children under 18 have also increased.

An initial draft strategy was produced using elements of the consultation from *Happier, Healthier Lives*, Nottingham City's Joint Health and Wellbeing Strategy 2016-2020. It was also informed by key themes of national and local strategies, including the recently published Integrated Care System mental health strategy (3), as well as the membership of the relevant local partnership group, the Mental Health and Wellbeing Steering Group.

A public consultation on the initial draft strategy was held between 15 May and 12 June 2019, following which a refined draft was produced that takes into account feedback received as part of the consultation. The Health and Wellbeing Board is asked to endorse this refined draft strategy (Enc. 2).

3. Prevention concordat for better mental health

Public Health England (PHE) has led on establishing the prevention concordat for better mental health, which was recommended in the *Five Year Forward View for Mental Health*. The focus of the concordat is to promote good mental health and prevent mental health problems. Sign up to the concordat is aimed at partnerships (including health and wellbeing boards), organisations (such as local authorities, clinical commissioning groups and NHS trusts), communities (including faith groups) and national organisations.

In order for the Health and Wellbeing Board to sign up to the concordat, a local prevention concordat action plan must be completed and then approved by the Chair of the Health and Wellbeing Board. The action plan will highlight the Health and Wellbeing Board's commitment to take specific action on mental health prevention and the promotion of mental wellbeing. The action plan must be submitted to PHE for review and approval, after which it will be made publically available.

4. Recommendations

The Health and Wellbeing Board is asked to:

1. Endorse Nottingham City's Mental Health and Wellbeing Strategy 2019-2023 (Enc. 2)
2. Agree to commence the process of signing up to the prevention concordat for better mental health through the Mental Health and Wellbeing Steering Group, which will coproduce an action plan

5. References

1. **Office of National Statistics.** *Adult Psychiatric Morbidity Survey: Survey of Mental Health and Wellbeing, England, 2014.* NHS Digital, 2016.
2. **National Statistics.** *Mental health of children and young people in Great Britain, 2004.* NHS Digital, 2005. 1-4039-8637-1.
3. **The Nottingham and Nottinghamshire Integrated Care System.** *Everyone's different, everyone's equal. All-age integrated mental health and social care strategy 2019-2024,* 2019. Available from: <https://www.nottinghamshirehealthcare.nhs.uk/latest-news/ics-mental-health-strategy-launched-2218>