
Report to: Overview and Scrutiny (Adult Social Care)

Date of Meeting: 1st March 2016

Subject: SEFTON MENTAL HEALTH: A Strategic Plan for Sefton 2015-2020

Report of: Tina Wilkins, Head of Adult Social Care Wards Affected: All

Is this a Key Decision? Yes

**Is it included in the Forward Plan?
Yes**

Exempt/Confidential

No

Purpose/Summary

To seek the Overview and Scrutiny (Adult Social Care) views and agreement to the draft SEFTON MENTAL HEALTH: A Strategic Plan for Sefton 2015-2020

Recommendation(s)

That:

1. the content of the Strategic Plan be noted, as described in the report;
2. the Overview and Scrutiny (Adult Social Care) recommend to Cabinet and Council approval of the Draft Strategic Plan and associated action plan

How does the decision contribute to the Council's Corporate Objectives?

	<u>Corporate Objective</u>	<u>Positive Impact</u>	<u>Neutral Impact</u>	<u>Negative Impact</u>
1	Creating a Learning Community	X		
2	Jobs and Prosperity	X		
3	Environmental Sustainability		X	
4	Health and Well-Being	X		
5	Children and Young People	X		
6	Creating Safe Communities	X		
7	Creating Inclusive Communities	X		
8	Improving the Quality of Council Services and Strengthening Local Democracy	X		

Reasons for the Recommendation:

What will it cost and how will it be financed?

There are no financial implications associated with this report. The Strategic Plan provides a framework to guide the Council in seeking to support people who live with or care for adults and children with differing Mental Health needs in the context of the current financial climate. However, where actions will result in additional resources being required then this will be costed and referred to Elected Members and other partners to consider at the appropriate time.

(A) Revenue Costs
None

(B) Capital Costs
None

Implications:

The following implications of this proposal have been considered and where there are specific implications, these are set out below:

Legal – The Care Act 2014		
Human Resources None		
Equality		
1.	No Equality Implication	<input checked="" type="checkbox"/>
2.	Equality Implications identified and mitigated	<input type="checkbox"/>
3.	Equality Implication identified and risk remains	<input type="checkbox"/>

Impact on Service Delivery:

The Strategic Plan provides a framework from which an overarching action plan has been developed for the delivery of the strategy in the context of the Strategic Objectives in the Sefton Health and Wellbeing Strategy and the priorities within the Sefton Carers Strategy 2014 – 2019, The CCG plan for Mental Health in Sefton and Sefton Strategy for Older Citizens 2014 – 2019.

What consultations have taken place on the proposals and when?

The Chief Finance Officer has been consulted and has no comment on the report as there are no direct financial implications,for the Council, arising from the report. (FD 4050/15)

Head of Regulation and Compliance has been consulted and has no comments on the report. (LD 3333/16
)

Are there any other options available for consideration?

There are no alternative options

Implementation Date for the Decision

Immediately following the Committee/Council/Working Group meeting.

Contact Officer: Nicola Beattie

Tel: 0151 934 4664

Email: nicola.beattie@sefton.gov.uk

Background Papers:

The following papers are available for inspection by contacting the above officer(s).

Draft EIA

1. Introduction/Background

1.1 According to WHO (World Health Organization), mental health is "a state of well-being in which the individual realises his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community". It is predicted that at least 25% of the population will experience mental ill-health at some time in their lives and with around half of people with lifelong mental health problems experiencing their first symptoms by the age of 14. For this reason the Wider Determinants Forum of the Health & Wellbeing Board commissioned the production of a strategic plan for mental health in Sefton.

1.2 A small Task and Finish Group, led by the Head of Adult Services and reporting predominantly to the Wider Determinants Forum, (but also to the Adults and Early Life Forums) has met regularly to take forward the development of the draft Plan. This Task and Finish group was made up of members from various organisations and service areas including Sefton CVS, Strategic Support, Public Health and Sefton's two CCG's.

1.3 In agreeing to the development of the Plan the Wider Determinants Forum were keen that it should be an overarching document, to be used by officers to implement its outcomes and objectives. It would outline the ambitions setting it in both a Strategic and demographic context and that it would be the single strategic 5 year plan for all services and organisations who work with children and adults living with mental ill-health and their families or carers in Sefton.

1.4 The main aims of the Plan are that after five years there will be:

- Improved mental health and wellbeing of the population
- People and communities know how to keep well and are able to take responsibility for their wellbeing
- Early intervention is in place to prevent long lasting conditions
- Parity of esteem between mental and physical health services
- Accessible and effective services
- Local needs are reflected through consultation, engagement and co-production

1.5 It was agreed that the SEFTON MENTAL HEALTH: A Strategic Plan for Sefton 2015-2020, should be an "umbrella document" which pulls together and references information from several different plans and strategies across the Borough as well as incorporating feedback from carers and services users. The aim of this umbrella document is to provide a home for but not duplicate the service delivery associated with these documents. Information referenced in the Plan has been drawn from the Crisis Care

Concordat delivery Plan, Dementia Strategy, Carers Strategy, Older Persons Strategy, Suicide Prevention Plan, Joint CCG Mental Health Plan and Children & Young Peoples Plan.

1.6 The Plan is split into 2 key objectives developed from the Health and Wellbeing Strategy priority, “Promote positive mental health and wellbeing”. As well as need identified from the Sefton Strategic Needs Assessment. These key objectives are

A. Promotion of positive wellbeing, prevention and combating stigma & discrimination

- Time To Talk Leadership to champion mental health, provide advocacy, knowledge and communicate key messages
- Wider determinants of mental health are tackled, ensuring mental health is integrated into other strategies and policies, neighbourhood development, environment and social actions
- Community resilience, engagement and co-production, workforce and community champions

B. Commissioning of effective and accessible mental health services from birth to old-age

- Prevention - To support the promotion of mental wellbeing and the primary prevention of mental illness
- Treatment - Achieving parity of esteem between mental and physical health in the delivery of care and treatment services
- Recovery - Based upon an ethos of hope and empowerment, recovery models build recovery, well-being and self-management. The programmes encourage co-production by involving people with lived experience

2. Co-production of the SEFTON MENTAL HEALTH: A Strategic Plan for Sefton 2015-2020

2.1 The multi-agency working group designed a consultation to gather the views of people caring for or working with children and adults living with mental ill-health as well as service users themselves. The views of a wide range of stakeholders were gathered at an event in September 2013 and again electronically in the spring of 2015. The aim of the event was to better understand how needs were being met, what gaps they have encountered and views on improving services across Sefton. The views and priorities identified provide the foundations for the Plan.

The stakeholder feedback included:

- “Engaging and listening to people: Service users need to be meaningfully engaged in the co-production and co-design of services to ensure they are effective. The views and experiences of those not using services should be gathered”.

- “An ethos of prevention and recovery should be balanced with the need for effective responses to acute mental health problems. Where possible services should be in a community setting”.
- “Suicide prevention and addressing the needs of those who self-harm should go across all levels from prevention, to crisis services and support”.
- “Transitions need to be improved, particularly from child and adolescent to adult services”.
- “The effects of Dementia and the impact of Sefton’s aging population need to be part of the mental health strategy”.

3.0 Action Plan Development

3.1 The Task and Finish group developed an overarching action plan comprising of actions from the associated plans and strategies which are housed in this umbrella Plan as well as feedback from consultation. The action plan is split into Prevention, Treatment and Recovery.

4.0 Equality Analysis Report

4.1 In developing the draft Plan, the Council has shown due regard to the Equality Act 2010. A draft EIA is attached for consideration.

5.0 Next Steps

- The Overview and Scrutiny (Adult Social Care) have received a final draft of the SEFTON MENTAL HEALTH: A Strategic Plan for Sefton 2015-2020 and its associated action plan to accompany this report.
- The Group are asked to consider the draft and recommend Cabinet and Council approval of the Draft Plan.
- The Group will receive updates from key officers with responsibility for the delivery of the action plan over the next 5.

6.0 Conclusion

6.1 The draft SEFTON MENTAL HEALTH: A Strategic Plan for Sefton 2015-2020 is centred on improving outcomes for those living with mental ill-health and or their carers. The partners

of the Plan will work towards actions that promote early intervention and prevention to improve the health and wellbeing.