
Report to:	Cabinet	Date of Meeting:	7 th April 2016
	Council		21 st April 2016
Subject:	Sefton Mental Health : A Strategic Plan for Sefton 2015-2020	Wards Affected:	(All Wards);
Report of:	Head of Adult Social Care		
Is this a Key Decision?	No	Is it included in the Forward Plan?	Yes
Exempt/Confidential	No		

Purpose/Summary

To seek the Cabinet views and agreement to the draft Sefton Mental Health: A Strategic Plan for Sefton 2015-2020

Recommendation(s)

Cabinet:

1. The content of the Strategic Plan be agreed, as described in the report; and
2. Due to the importance of Mental Health within the Borough that Cabinet commends the Plan to Council for noting.

Council:

That the Sefton Mental Health Strategic Plan for 2015-2020 be noted

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:

Communities of Sefton face increasing health inequalities and poor health and wellbeing outcomes. In order to ensure that these outcomes are improved, particularly for the most vulnerable people, we need to ensure that the priorities of the Health and Wellbeing Board, which includes Mental Health are fit for purpose / financially sustainable. This strategic plan plays an important role in helping to deliver the required improvements.

Alternative Options Considered and Rejected:

There are no alternative options

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
Not applicable

(B) Capital Costs
Not applicable

Implications:

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

Financial		
Legal		
Human Resources		
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 of the Proposals 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, Sefton Strategy for Older Citizens 2014 – 2019 and the CYP Joint Mental Health and Wellbeing Strategy 2014-17

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 resulting from the report (FD.4111/16) and the Head of Corporate Legal Services (LD.3394/16) has been consulted and any comments have been incorporated into the report.

Implementation Date for the Decision

Following the expiry of the “call-in” period for the Minutes of the Cabinet Meeting

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Background Papers:

Equality Impact Assessment

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. 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 available for consideration.

5. Next Steps

- Cabinet 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.
- Members are asked to consider the draft and recommend Cabinet and Council approval of the Draft Plan.
- Members 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.

Executive Summary

Background

Improving the mental health and wellbeing of Sefton’s population has been prioritised by Sefton’s Health & Wellbeing Board and runs across all six objectives of the Sefton Health and Wellbeing Strategy 2013-2018:

- Ensure all children have a positive start in life
- Support people early to prevent and treat avoidable illnesses and reduce inequalities in health
- Support older people and those with long term conditions and disabilities to remain independent and in their own homes
- Promote positive mental health and wellbeing
- Seek to address the wider social, environmental and economic issues that contribute to poor health and wellbeing
- Build capacity and resilience to empower and strengthen communities

This strategic plan has been written in partnership with key statutory and voluntary partners to help deliver the Health & wellbeing Boards objectives and provides a framework for working in an integrated way to help deliver outcomes for Mental Health. It was agreed that this Strategic Plan 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 Clinical Commissioning Groups Mental Health Plan and the draft Children & Young Peoples Plan.

Summary of what the evidence tells us

Mental health, the national picture:

- At least 1 in 4 people will experience a mental health problem at some point in their life and 1 in 6 adults has a mental health problem at any one time
- 1 in 10 children aged between 5 and 16 years has a mental health problem, and many continue to have mental health problems into adulthood
- Half of those with lifetime mental health problems first experience symptoms by the age of 14, and three-quarters before their mid-20s
- Self-harming in young people is not uncommon (between 10 and 13% of 15-16 year olds have self-harmed)
- Almost half of all adults will experience at least one episode of depression during their lifetime
- 1 in 10 new mothers’ experiences postnatal depression
- About 1 in 100 people has a severe mental health problem
- Some 60% of adults living in hostels have a personality disorder
- Some 90% of all prisoners are estimated to have a diagnosable mental health problem (including personality disorder) and/or a substance misuse problem

- Approximately 90% of mental health conditions are exclusively managed with in primary care with 10% treated in secondary care (Kings Fund, 2012)
- Mental illness results in 70 million sick days per year, making it the leading cause of sickness absence in the United Kingdom (SCMH, 2007).

Mental Health, Sefton: The Local Picture

- Using the Warwick Edinburgh Mental Wellbeing Scale (WEMWEBS), Sefton is one of the highest scoring areas in Merseyside, the North West Survey has shown that people with good wellbeing have higher life satisfaction, are more likely to be in employment, be educated, be healthy and have closer relationships with others. Approximately 15% of respondents reported low wellbeing and those individuals are more often from the most deprived areas of Sefton.
- In 2013 there were 24 deaths from suicide in Sefton and a three year total of 73 deaths between 2011 and 2013.
- In 2012/13 there were a total of 517 hospital admissions for self-harm across the two CCG's that make up Sefton, almost two thirds of which (332 of 517) were from Southport and Formby CCG.
- There were approximately 721 individuals in Sefton in 2014 suffering from Personality Disorder.
- In 2012/13 98.5 per 100,000, young people aged 0-17 were admitted to hospital as a result of mental health problems.
- It is currently predicted that there are 5,317 Sefton residents over the age of 65 suffering from depression and a further 1,691 suffering from severe depression, this equates to around one in eight people in this cohort suffering some form of depression. Approximately 11% of 65-96 year olds suffer from depression, compared to 13.5% over the age of 85, suggesting that prevalence increases with age. (SMBC, NHS Sefton, 2012)
- Sefton has a higher than average prevalence of adults with dementia in the UK. One person in 14 over 65 has a form of dementia and the prevalence increases with age. It is estimated that there will be approximately 3,000 people over 80 with dementia in Sefton in 2015 and it is anticipated that this number will continue to increase. Dementia in people aged under 65 is relatively rare – less than 2% of all those with dementia. (Sefton MBC, 2014)

Vision

Our vision for Mental Health is that Sefton is a place where the circumstances in which people live promotes better mental and physical health, where there is no shame attached to having a mental health problem and where an integrated approach gives parity of esteem to mental and physical health.

Sefton is a place where there is effective treatment for mental health: the right service, in the right place, at the right time.

In Sefton people and their communities have emotional resilience, with the skills to manage their mental health and spot early signs of poor mental health. A place where families are supported and actions are taken to reduce social isolation and loneliness. Sefton is a borough that fosters a suicide safe community.

Outcomes

We will have delivered on our vision when:

- More people have good mental health
- People feel better supported to look after their own mental health and feel confident to recognise mental illness early and seek early intervention
- People have access to effective treatment and recovery services across all life-stages
- The quality of life for those experiencing mental health problems is improved
- Mental health services and those who use them enjoy parity of esteem with physical health services so that mental and physical health are not viewed in isolation of each other.

Purpose

This plan is not simply a call for more action on mental health, it is a call for a shift in understanding and thinking about mental health, recognising that there really is no health without mental health and that mental health must be integral to and underpin all actions to improve the quality of life within the population.

This plan recognises that mental health and wellbeing exists in a dynamic continuum from illness to wellness, and the need to address the full spectrum on this continuum through effective approaches to prevention, treatment and recovery.

By promoting good mental health and intervening early, particularly in the crucial childhood and teenage years, we can help to prevent mental illness from developing and mitigate its effects when it does. Therefore, this plan takes a life course approach, recognising that the foundations for lifelong wellbeing are already being laid down before birth, and that there is much we can do to protect and promote wellbeing and resilience through our early years, into adulthood and then on into a healthy old age, where functional mental health needs are addressed in addition to those identified in responding to dementia.

This plan endeavours to support and join together the work being done around, children's emotional health and wellbeing, suicide prevention, social isolation, emotional health and wellbeing, dementia and the needs of carers. This plan is aligned with the draft Sefton Children and Young People, Mental Health and Emotional Wellbeing Strategy, the Sefton Older Person's Strategy, the Sefton Dementia Strategy and the Sefton Carer's Strategy.

Objectives

- 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
- 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.

*A copy of the full Strategic Plan and action plan are available from
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