



NORTH YORKSHIRE HEALTH AND WELLBEING BOARD
Draft Mental Health Strategy
3rd June 2015

1. Purpose of Report

1.1 This document is an early draft of the proposed joint mental health strategy for North Yorkshire. It is being shared with the Health and Wellbeing Board (HWBB) at a development stage, following the recent HWBB workshop which highlighted the need for members of the HWBB to have an early opportunity to influence and shape key strategies.

At the front of the strategy the 'Plan on a Page', summarises the key elements of the draft plan. The Plan on a Page is also attached as Annex1

Health and Wellbeing Board partners are asked to comment on:

1.2 Whether they are able to support the key elements of this strategy

1.3 Identify how the strategy can be further improved.

1.4 Describe how they would contribute to the implementation of the strategy

2. Background

2.1 This is the first Mental Health Strategy to be developed since the inception of the North Yorkshire Health and Wellbeing Board.

2.2 It is produced at a time when mental health is beginning to receive the attention it needs, and is now being seen nationally as a priority for action.

2.3 Mental Illness can affect any one of us. It is estimated that one in four people will experience at least one mental health problem during their lifetime. Mental health has a personal and an economic cost, with the potential to significantly affect life expectancy and reduce life opportunities. Someone with an enduring mental health problem is more likely to develop chronic diseases and die, on average, 20 years earlier than the general population. Someone with mental ill health is likely to have fewer qualifications, experience more unemployment and a lower income, and is more likely to be homeless or living in unsecured housing. Up to 23% of the total burden of ill health is due to mental ill health, and loss of working days costs employers around £26m year.

2.4 Working together to improve mental health and wellbeing will make a key contribution to improving health and wellbeing. Annex 2 provides a summary of the core principles in the Draft Health and Wellbeing Strategy and the core principles which have emerged from the consultations which inform the Mental Health Strategy.

3. Development of the draft strategy

3.1 The strategy has been drawn up following a number of conversations with people across North Yorkshire who use mental health services, their carers, and staff. It aims to reflect, and is driven, as much by what people tell us, as it is by national policy.

3.2 It incorporates the Children and Young People's Emotional and Mental Health Strategy which was agreed in 2014.

3.3 The strategy's aim is to provide a lifetime approach to mental health in North Yorkshire.

3.4 It has benefited from a strong input from our Public Health Services, with partners from health, police and the voluntary sector. The final drafting of the document has been overseen by a sponsoring group from the Health and Wellbeing Delivery Group, led by Richard Webb, Corporate Director North Yorkshire County Council and Vicky Pleydell, Chief Clinical Officer of Hambleton, Richmondshire and Whitby Clinical Commissioning Group. We have invited input from partners in District Councils and the voluntary sector

3.5 Because this is an overarching strategy some of the detailed plans to deliver the strategy will be held in supporting strategies. Some of these will be local delivery plans, which each Clinical Commissioning Group area will be responsible for. Others, such as the Crisis Concordat Action Plan will be overseen on a county wide basis.

4. Key messages

4.1 The current draft of the Strategy is attached as Annex 3. The strategy sets out three key areas where we need to work together to improve the opportunities for North Yorkshire residents to enjoy good mental health.

- Ensuring that individuals families and communities are able to develop resilience and an understanding of mental health
- Ensuring that people who develop mental health issues are helped to recover and achieve better outcomes as a result of the support and treatment they receive
- Ensuring that people with mental health needs can achieve as much as possible in their lives

4.2 The key messages from service users, carers and staff have been developed as 'supporting outcomes' to these priorities.

4.3 People with episodes of severe mental illness, tell us they experience stigma and discrimination and seek a better understanding of their difficulties and themselves as people. They want to be treated as equal partners in their care. They need better information about services and support to help

people early on. They prefer to be supported and treated in their own home, with seven day care and support for them and for their families. They want holistic care that addresses their social, mental and physical health needs.

4.4 Where people need hospital care they want facilities that are fit for purpose and services which are local, reducing the need to travel far from home to receive the care they need.

4.5 People with enduring mental health needs are anxious about a recovery model which is focused on time bound interventions. They want support that offers hope that they can live fulfilling and safe lives, which will offer useful occupation and a greater sense of self-worth.

5. Next steps

5.1 Feedback from the Health and Wellbeing Board will be considered and incorporated into the ongoing development of the strategy, and the original 'Writing Group' will be review final draft.

5.2 The document will be formatted for draft publication and there will be a further consultation with local communities, people who access mental health support, carers, staff and voluntary sector groups over the summer.

5.3 The consultation allow us to assess whether the strategy has focused on the issues that people have told us matters to them, and whether we have been ambitious enough in our priorities and plans.

5.4 A final version of the strategy will be brought to the Health and Wellbeing Board in the autumn.

6. Recommendations

Health and Wellbeing Board partners are asked to:

6.1 Comment on:

- Whether they are able to support the key elements of this strategy
- How the strategy can be further improved.
- How they would contribute to the implementation of the strategy

6.2 Agree that further consultation will be undertaken once the Writing Group has considered the final draft

6.3 Agree that the Mental Health Strategy will be considered by the Board, for approval, in September 2015

Authors of report:

Janet Probert

Director

Partnership Commissioning Unit

Kathy Clark

Assistant Director Commissioning – NYCC Health and Adult Services

ANNEX 1. North Yorkshire's Mental Health and Wellbeing Strategy in a page

"We will work together to ensure the people of North Yorkshire have the resilience to enjoy excellent mental health, whatever their age and background, supported by effective, integrated and accessible services, designed in genuine partnership with the people who need to make use of them and those who care for them."

The **ten core principles** we will adopt in everything we do:

1. **Whole Person** - focusing on **all** aspects of people's health as well as their wider circumstances
2. **Resilience** - building partnerships that enable people and communities to help themselves
3. **Participation** - enabling people with mental health needs to make a positive contribution to the design of services and the support they receive
4. **Community** - recognising that mental health is everybody's business and that different communities have different needs
5. **Accessibility** – services delivered in places and at times to suit people's needs
6. **Early Intervention** - tackling issues early
7. **Recovery** - a model based on helping people to get well and to stay well wherever this is possible
8. **Integration** - joining things up to make life simple
9. **Cost-effectiveness** - spending money wisely
10. **Respect** - keeping people safe, tackling stigma and eliminating discrimination

Our **three priorities** and **the supporting outcomes**:

(1) Resilience: individuals, families and communities with the right skills, respect and support

- Support for family, friends and carers embedded in all services
- Better public understanding and acceptance of mental health issues
- Effective campaigns to promote good mental health and wellbeing for all ages and all places
- Investment in prevention and early intervention for children and adults
- Targeted work with communities and settings, including employers
- Dementia friendly communities across North Yorkshire
- Strategies to combat the impact of rural isolation on mental health
- Better partnership working, especially with the voluntary and independent sectors

(2) Responsiveness: better services designed in partnership with those who use them

- Timely diagnoses for all conditions, especially dementia
- Better services for those experiencing a mental health crisis
- Evidence-based and personalised interventions including personal budgets
- Greater access to talking therapies
- Better transitions between services, eg children to adults
- Better outcomes for those detained under the Act
- Better services for vulnerable groups, eg veterans
- Better services for those with mental health and substance misuse needs
- Better Advocacy Services
- Services delivered at times and in places that suit people's needs







(3) Reaching out: recognising the full extent of people's needs

- Better understanding of the wider cultural aspects of mental health
- Better understanding of the links with physical health, leading to dual diagnoses
- Combating the particular pressures on young people, eg from social media
- Support for people with mental health needs to gain/maintain employment
- Support for people with mental health needs to gain/maintain housing
- More volunteering and other activities to promote wellbeing
- Mental health featuring in a wide range of partners' strategies
- Action to ensure that all our staff understand the importance of Safeguarding

(Maybe a suitably inspiring - or challenging - quotation from a service user)

ANNEX 2

Core principles in the Health and Wellbeing and Mental Health strategies

<u>Mental Health Strategy</u>	<u>Health and Wellbeing Strategy</u>
<ul style="list-style-type: none"> • Whole Person - <i>all aspects of people's health and wider circumstances</i> • Resilience - <i>helping people and communities to help themselves</i> • Participation-- <i>People with mental health needs will help design services and support</i> • Community - <i>mental health is everybody's business. Recognise where things are different</i> • Accessibility - <i>delivered in places and at times to suit people's needs</i> • Early Intervention - <i>Tackle Issues Early</i> • Recovery - <i>a model based on hope</i> • Integration - <i>Join things up to make life simple</i> • Cost-effectiveness - <i>Spend Money wisely</i> • Respect - <i>Keeping people safe</i> 	<ul style="list-style-type: none">  Make a positive contribution  Recognise when things are different  Tackle issues early  Join things up to make life simpler  Spend money wisely  Keep People Safe
<ul style="list-style-type: none"> • 	