

Surrey's Joint Health and Wellbeing Strategy:
turning strategic priorities into actions

Promoting emotional wellbeing and mental health

13 June 2013

Health and
Wellbeing
Surrey

Aim

The Health and Wellbeing Board are asked to:

- review the progress we have made so far in turning our strategic priorities into actions
- reflect and remind ourselves of the journey we have been on
- consider and discuss a set of proposed actions
- agree which actions should be taken forward as part of the next steps

The journey so far

October 2012 – development workshop of the ‘shadow’ Health and Wellbeing Board identified Mental Health as a potential priority

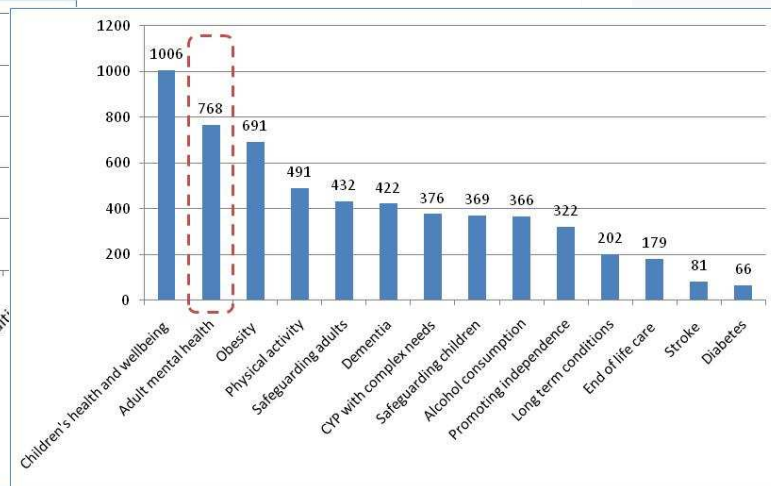
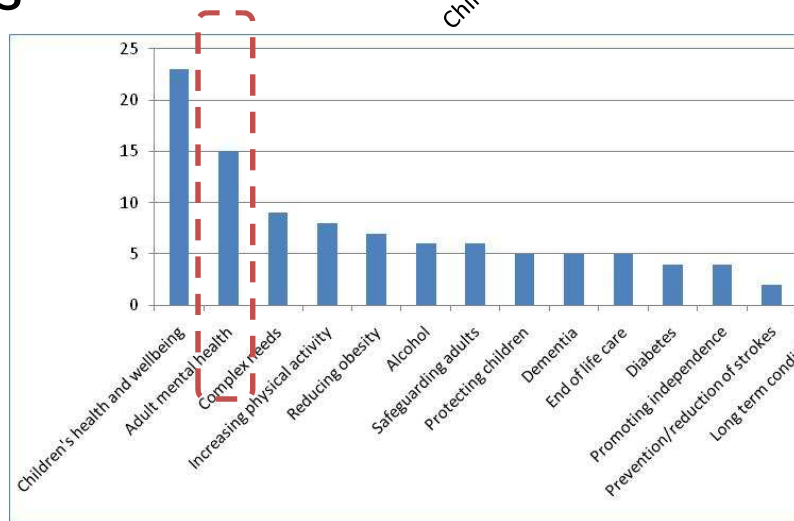
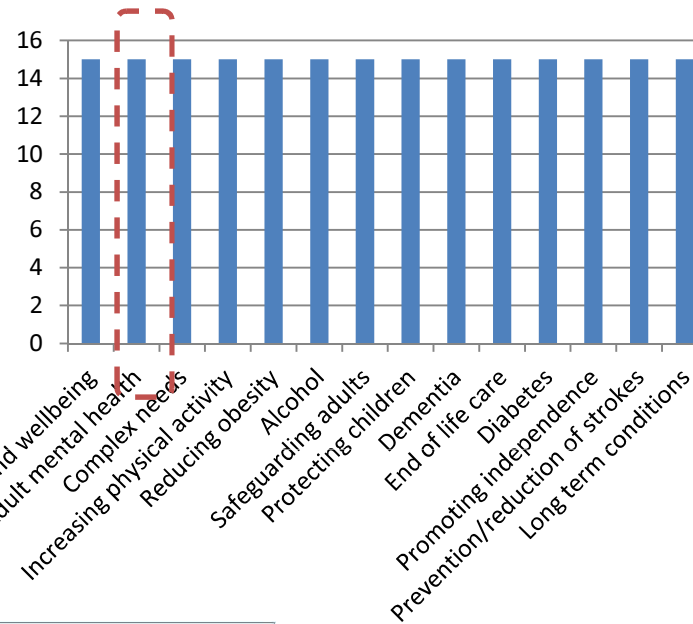
April 2013 – Surrey’s Joint Health and Wellbeing Strategy approved by the Health and Wellbeing Board with Emotional Wellbeing and Mental Health as one of five priority areas

May 2013 – Informal workshop of the Health and Wellbeing Board to generate and discuss ideas for actions the Board should take forward

Why we chose this as a priority

Emotional wellbeing and mental health scored highly during the board's prioritisation process

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Joint Health and Wellbeing Strategy

Priority 3: Promoting emotional wellbeing and mental health

Positive mental health is a foundation of individual and community wellbeing. The communities in which we live, the local economy and the environment all impact on an individual's mental health. We want to promote good mental health for the wider population, early intervention to support people with emerging mental health needs and effective treatment and support services for people with enduring mental health problems.

Our Joint Strategic Needs Assessment tells us that:

- An estimated 6,800 children and young people aged 5-16 have an emotional health issue
- Of the 145,860 children and young people aged 5 to 15, 10,356 (one in 14) have a mental health issue
- Generally, although rates of mental health disorders in children are lower in Surrey, some areas have a higher rate than the national average
- Nearly one in four adults is estimated to experience some form of mental distress. This would be 215,741 people aged 16+ in Surrey
- National stigma and discrimination studies indicate nearly nine out of ten people (87%) with mental health problems have been affected by stigma and discrimination
- Depression is the biggest form of mental illness in older people, with 24,000 people aged 65 and over (around one in seven) estimated to have depression or severe depression
- The World Health Organisation has projected that by the year 2030, depression will be the greatest cause of disease burden in high-income countries

Priority 3 - If we get this right we hope to see the following outcomes:

- More people (people means all people in this strategy - children and adults) will have good mental health
- More people with mental health problems will recover
- More people with mental health problems will have good physical health
- More people will have a positive experience of care and support
- Fewer people will experience stigma and discrimination.



Scoping the priority

A working group consisting of Donal Hegarty, SCC, Diane Woods, North East Hants and Farnham CCG and Ros Hartley, North East Hants and Farnham CCG scope the priority.

Four key themes were identified:

- An integrated systems pathway/strategy
- Accommodation & employment
- Inequalities and stigma
- Governance

Informal workshop – generating ideas

A successful workshop was run to generate ideas of how the EWMH priority could be implemented

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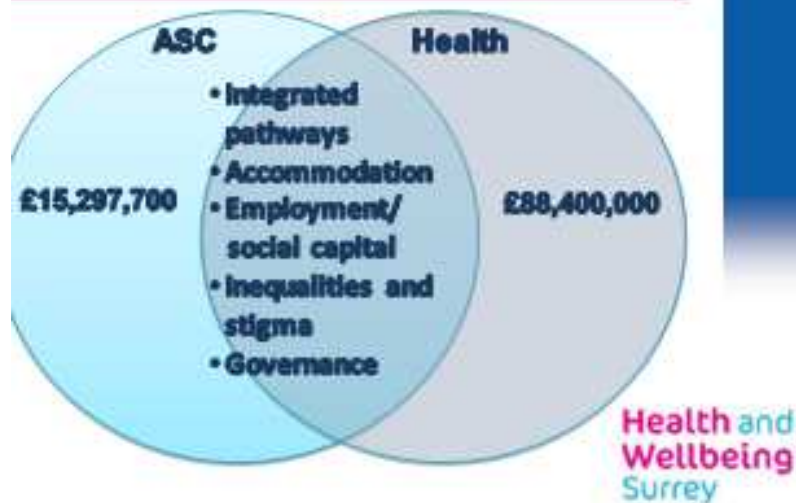
Why people supported mental health

Reasons for supporting mental health:

- Mental health should be given the same importance as physical health. It's not just about the individual but also about their family and friends.
- Large amount of time taken up in physical health care. Addressing mental health can reduce the amount of physical health care services time taken up.
- I believe it is under-researched and still falling behind other health areas. Causes of stigma and lack of knowledge.
- With the release of the new Health and Social Care Act in the summer, the public will see more mental health services and the main responsibility for services will be shared between the NHS and local authorities. This is a timely opportunity to focus on mental health. The National Health Service should be able to improve its services.
- Mental health is currently getting worse. Patients are spending too much time waiting to see specialists. It should be supported by mental health services.
- Mental health is an area that has a great impact on general and that there should be more emphasis on prevention.
- It seems to be very under-funded and doesn't attract the right attention it needs.
- So many people are affected and it has a major impact on our lives. It's not just about the individual but also about their family and friends. It's not just about the individual but also about their family and friends. It's not just about the individual but also about their family and friends.
- Mental health services should be a priority for the NHS. It's not just about the individual but also about their family and friends.



Potential areas for joint working



Discussions centred around the four themes identified by the working group.

Stigma and discrimination

Aim

To tackle the stigma, discrimination and inequalities experienced by people with mental health problems and their carers in Surrey.

Key Objectives

- Improve understanding of and positive attitudes towards mental health.
- Reduce the stigma, discrimination and inequalities experienced by people with mental health problems, their family and/or carers.
- Increase the confidence and ability of people with mental health problems, their families and carers to address discrimination and have equal access to employment and housing opportunities.

Stigma and discrimination

Proposed actions

- Promote 'Time to Change Surrey' message countywide with positive media coverage of mental health.
- Encourage individual and organisation pledges to tackle stigma and discrimination.
- Establish an employer accreditation scheme to promote good mental health at work.
- Support the pilot project in Merstham/Redhill to deliver a whole community approach which includes workforce mental health awareness training for local employers, establishing a local mental health ambassador scheme, drama based awareness in East Surrey College and community development project that tackles discrimination, stigma and inequalities.

Stigma and discrimination

What would success look like?

Year 1 – 2013

Increase in knowledge and awareness of positive mental health in the pilot area.

Reduction in stigma experienced by people with mental health problems and carers in the pilot area.

Year 3 – 2016

Programme of work and learning from pilot delivered in other areas of high mental health need to achieve measurable increase in positive attitude, awareness and reduction of stigma.

Established employer accreditation schemes across Surrey.

Year 5 – 2018

Established climate of positive change cross Surrey where discrimination, stigma and inequalities are not tolerated.

Whole systems pathway

Aim

The aim of developing an integrated strategy for emotional wellbeing and adult mental health in Surrey will be to have a coherent and systematic approach to:

promote good mental health for the wider population, early intervention to support people with emerging mental health needs and effective treatment and support services for people with enduring mental health problems

Whole systems pathway

Key Objectives

- Provide better mental health for all and to increase the amount of people recovering from mental illness
- Raise awareness of how everyone has a role in improving mental health locally; not just health and care services
- Outline what the new health and care system will mean for emotional wellbeing and mental health
- Set out how progress on delivering the strategy will be monitored and reported and how the range of outcome measures currently available will be built upon in future illustrating how improving mental health will help organisations meet their broader objectives
- Translate the strategy's vision into specific actions setting out a series of recommendations for local organisations to take forward.
- Detail a series of local commitments to support implementation.

Whole systems pathway

Proposed actions

- Establish a governance structure in Surrey for emotional wellbeing and mental health that will oversee the development and monitoring of the joint commissioning strategy
- Each partner organisation to nominate a person to lead the development and implementation of the emotional wellbeing and mental health strategy
- Workstreams, timeframes and resource requirements for developing the strategy to be agreed and established
- Preparation work for development of strategy which includes bringing together information from the Mental Health Needs Assessment, review of current service pathways, a review of whole system spend and stakeholder views to be completed

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Whole systems pathway

What would success look like?

Year 1 – 2013

By the end of 2013 there will be a Surrey joint commissioning strategy for Emotional Wellbeing and Adult Mental Health

Year 3 – 2016

By 2016 Surrey will be able to see a % increase in the number of:

- People who will have good mental health
- People with mental health problems who have recovered
- People with mental health problems who have good physical health
- People who have had positive experience of care and support
- People experiencing stigma and discrimination

Year 5 – 2018

By 2018 Surrey will be able to see a further % increase in the number of:

- People who will have good mental health
- People with mental health problems who have recovered
- People with mental health problems who have good physical health
- People who have had positive experience of care and support
- People experiencing stigma and discrimination

Accommodation and employment

Aim

To increase the access to and sustainability of people with mental health problems in relation to employment and secure accommodation.

Key Objectives

- Increase the numbers of people with mental health problems into full time employment.
- Support people with mental health problems to retain employment.
- Promote the value to employers of recruiting and retaining people with mental health problems.
- Increase access to appropriate accommodation for people with mental health problems.
- Work with landlords to reduce evictions for people with mental health problems.

Accommodation and employment

Proposed actions

- Mental health awareness training for all Borough Housing Department staff.
- Agreed protocols between Borough Housing Departments and Health & Social Care Services to reduction evictions.
- Better understanding locally for general practitioners (GPs) of the range and criteria for accessing accommodation.
- Ensure that information sharing is robust and available to all partners supporting an individual with mental health problems.
- Establish apprenticeship schemes for people with mental health problems and creating access to existing schemes in Surrey County Council.
- Extend the existing 6 months NEETS Scheme to include people with mental health problems with applications, subject to general practitioner (GP) recommendation.
- Promote the benefit of employing people with mental health problems through work with Job Centre Plus.

Accommodation and employment

What would success look like?

Year 1 - 2013

Better understanding of professionals across the whole system on the processes to access accommodation locally.

Promotion of schemes that promote employment opportunities for people with mental health problems.

Year 3 – 2016

Reduction in the eviction rate of people with mental health problems

Housing staff are trained to support people with mental health problems in a whole system approach.

Employers recognise the value of employing and retaining people with mental health problems.

Year 5 – 2018

People with mental health problems contribute to the workforce of organisation, both public and private, across Surrey.

People with mental health problems have access to local accommodation that supports their community integration and mental wellbeing.

Governance

Aim

To ensure structures are set in place locally and county wide to carry out the development, implementation and monitor progress of the emotional wellbeing and mental health strategy

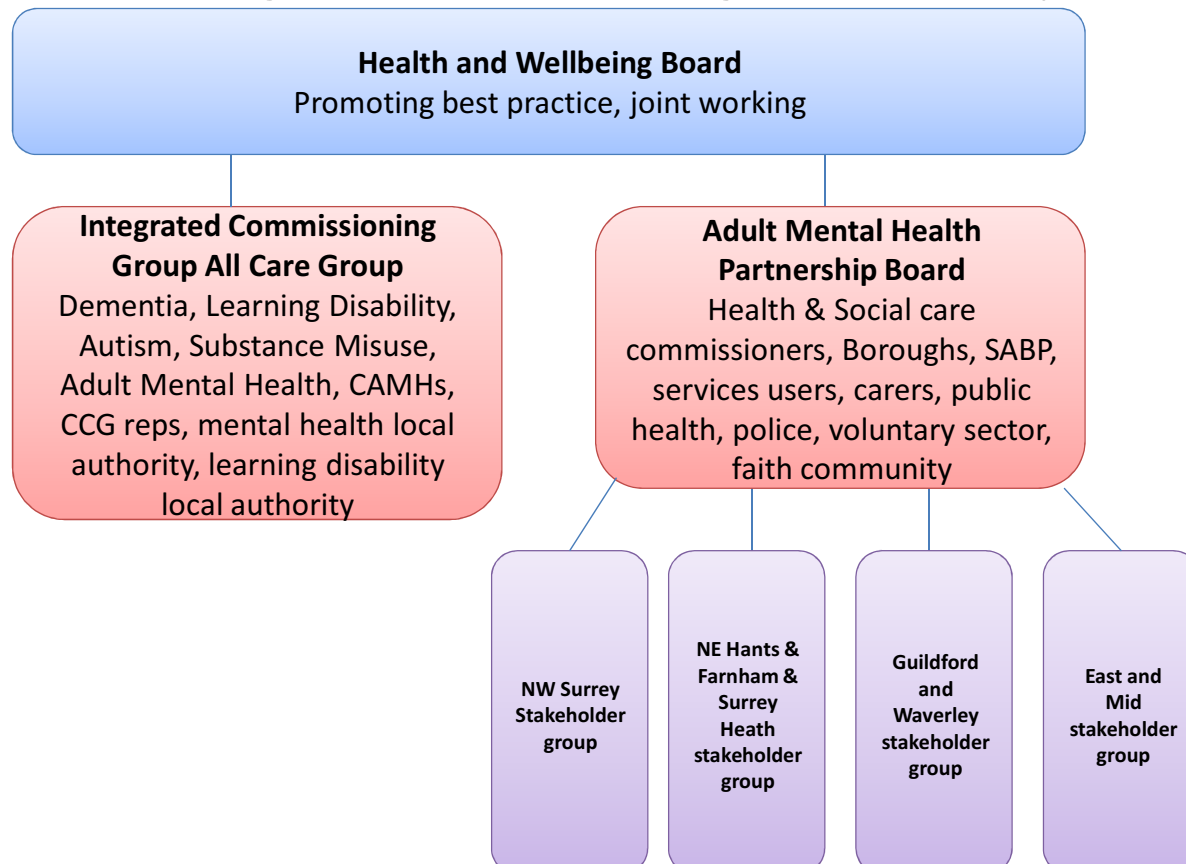
Key Objectives

- Governance structures assist in defining *expectations*, harnessing leadership, and verifying performance against key indicators.
- Assure the investment in Emotional Wellbeing and Adult Mental Health generate business value and mitigate the risks that are associated with Emotional Wellbeing and Mental Health.
- Ensure emotional wellbeing and mental health is part of everyone's business and is not just a siloed area of activity
- Ensure that quality is at the heart of the indicators developed
- Comprehensive multi level communication approaches to gain involvement and support engagement

Governance

Proposed actions

- Support for the governance structure illustrated below
- Establish an Emotional Wellbeing/Adult Mental Health Partnership Board
- Establish an Integrated Commissioning All Care Group



Governance

What would success look like?

Year 1 - 2013

In 1 years time (end of 2013) there will be clear structures in place that have engaged the right people and organisations to reflect a whole system and partnership approach of putting emotional wellbeing and mental health as one of their key priorities to improve

Year 3 – 2016

In 3 years time (2016) the structures will have had success in monitoring and evaluating the partnerships key deliverables

Year 5 – 2018

In 5 years time (2018) the governance arrangements will have ensured that the planning and initiation of future plans have taken place to continue supporting the improvement of peoples emotional wellbeing and mental health

Next steps

- Board decision today about which proposed actions to take forward
- Engagement of key partners and stakeholders
- Agree resources and contributions from all partners to implement the priority
- The working group lead the planning of agreed actions.

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