

IMPACT SUMMARY



Improved health and wellbeing

FOCUS AREAS

- Enabling children, young people, adults and elderly with mental health issues to access the right help and resources
- Supporting the emotional wellbeing of mothers and families throughout and after their pregnancy
- Preventing isolation and enabling support for those who do feel isolated

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WHO IS LEADING THIS?

**Priority sponsor:** Giles Mahoney, Director of Integrated Care Partnerships - Guildford and Waverley CCG

**Accountable Executive(s):** Andy Erskine, Director of Effectiveness, Innovation and Social Work – Surrey and Borders Partnership NHS Foundation Trust

**Programme Manager:** Chris Tune, Policy and Programme Manager, Surrey County Council

What will be different for people in Surrey?

The community vision for Surrey describes what residents and partners think Surrey should look like by 2030: *By 2030 we want Surrey to be a uniquely special place where everyone has a great start to life, people live healthy and fulfilling lives, are enabled to achieve their full potential and contribute to their community, and no one is left behind.*

In light of the new community vision and the vital role people and organisations in the health and care system play in its delivery, the strategy sets out Surrey’s priorities for improving health and wellbeing across the population and with targets for the next 10 years. It identifies specific groups of people who suffer higher health inequalities and who may therefore need more help. And outlines how we need to collaborate so we can drive these improvements at the pace and scale required.

Priority two of the Health and Wellbeing Strategy focuses on enabling the emotional wellbeing of our citizens by focusing on preventing poor mental health and supporting those with mental health needs. It sets out to empower people to seek out support where required to prevent further escalation of need, but this priority is also about creating communities and environments that support good mental health.

Priority two cuts across three focus areas including:

- Access and resources for people with mental health issues
- Emotional wellbeing of mothers and families throughout and after pregnancy
- Social isolation

In 10 years, we will have:

- Identified and supported more people with dementia and anxiety earlier
- Supported people to reduce levels of mental ill health
- Improved access to good information, advice, and support that is relevant and timely
- Reduced stigma around mental health
- Supported people to recover and live well in the community
- Fostered partnerships that ensure employee health and wellbeing is valued in the workplace
- Supported an environment whereby mothers and families feel safe, positive, and empowered throughout and after pregnancy
- Supported the protection of mothers and families from Domestic Abuse
- Reduced the number of people in Surrey feeling isolated
- Given people easier access to good and relevant information
- Helped tackle the stigma of speaking up about loneliness
- Supported people so that they feel they have social capital that they can contribute to the area in which they live



## WHAT WILL PRIORITY TWO DELIVER?

### Accessing the right help and resources

- Develop preventative mental health in-reach offer with schools
  - Map and develop preventative mental health support access for Older People
  - Scale up anti-stigma work, including rollout of the Time for Change training programme
  - Expand work to improve the links between physical and mental health
  - Supporting wellbeing at work through the development of a Wellbeing Charter for businesses
  - Develop new integrated models of care to support people at risk of admission to secondary mental health services
  - Mapping of Dementia services and develop partnership responses to system opportunities, to support people and carers to live independently for as long as possible
  - Develop system-wide aligned plans for people with mental health issues who need support in prisons or the criminal justice system
- Enable effective system-wide planning, ensuring safe discharge into suitable accommodation for people upon hospital discharge
- Suicide prevention work to be scaled up with existing partners, supporting out zero suicide ambition

### Emotional wellbeing of mothers and families throughout and after pregnancy

- Develop offer around the emotional wellbeing of mothers through First 1000 days planning lens
- Develop a pregnancy Healthy Behaviours framework
- Further development of wraparound care and support through Perinatal services
- Support the new, targeted provision delivered through Family Centres
- Domestic Abuse support/prevention offer around wellbeing of mothers throughout and after their pregnancy
- Alcohol and Substance Misuse prevention offer in place prior to pregnancy
- Evaluation and implementation of family support tools

### Social isolation

- Further develop and accessible community transport offer that supports people's social connections
- Develop youth social isolation approach, including bullying prevention and social media offer, with schools
- Support for Surrey Dementia Action Alliances in establishing Dementia Friendly communities
- Establish business links to prevent isolation and unlock the potential of underutilised community space
- Undertake engagement to scope out partnership project supporting the emotional wellbeing of Carers
- Develop a wraparound, holistic bereavement support offer
- Ensuring meaningful work and volunteering opportunities for those at risk of mental ill health and social isolation

## HOW WILL WE KNOW IT IS MAKING A DIFFERENCE?

The following areas will be measured to ensure that priority two is on-track to meeting its deliverables:

- Percentage of people expected to have dementia locally who have a diagnosis of dementia
- Emergency admissions of those with dementia, rate per 100,000 population
- Percentage of those estimated to have anxiety or depression who are entering IAPT (improving access to psychological therapies) services
- Self-reported wellbeing - people with a high anxiety score
- Proportion of children receiving a 12 month review with their health visitor (proxy measure for mothers' mental health)
- Reducing isolation through employment of people with mental illness or disability