

NORTH YORKSHIRE COUNTY COUNCIL

CARE AND INDEPENDENCE OVERVIEW AND SCRUTINY COMMITTEE

DRAFT MENTAL HEALTH STRATEGY

2 JULY 2015

1.0 Purpose of Report

- 1.1. This report advises the Committee of the progress made with the proposed joint mental health strategy for North Yorkshire. This includes the approach to the development of the strategy, the proposed principles and key priorities within the Draft Strategy and timetabling of journey through approval processes.

2.0 Background

- 2.1 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.
- 2.2 This is the first Mental Health Strategy to be developed since the inception of the North Yorkshire Health and Wellbeing Board. 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. Working together to improve mental health and wellbeing will make a key contribution to improving the overall health and wellbeing of North Yorkshire residents.

3.0 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 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.

- 3.3 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.
- 3.4 People with enduring mental health needs are anxious about a recovery model which is focused on time bound interventions. However 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.
- 3.5 The strategy's aim is to provide a lifetime approach to mental health in North Yorkshire. It incorporates the Children and Young People's Emotional and Mental Health Strategy which was agreed in 2014.
- 3.6 It has benefited from a strong input from our Public Health Services, together 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. We have also invited input from partners in District Councils and the voluntary sector.
- 3.7 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.

4.0 Key messages and priorities

- 4.1 A one page summary of the draft strategy is attached as Annex 1.
- 4.2 The strategy sets out ten core principles which will underpin everything we do. These principles recognise the things that matter to people with mental health needs. They are intended to shape our behaviours and the support and services that are provided across the county.
- 4.3 The strategy also sets out the 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 responsive support and treatment they receive
 - Ensuring that people with mental health needs can achieve as much as possible in their lives.
- 4.4 The key messages from service users, carers and staff about what we can do better have been developed as 'supporting outcomes' to these priorities.

5.0 Next steps

- 5.1 The draft strategy was considered by the Health and Well Being Board in June. Partners welcomed the draft document and provided comments on it, including areas

they would want to see included in the final document, concerning commitment and actions. These commitments and action will now be developed in conjunction with partners and will be included in the Strategy as the 'Words into Action' chapter.

- 5.2 The current draft is being shared with wider stakeholders, during July and August, in particular through local forums and drop in sessions, with service users, carers and providers including the voluntary sector. We will be asking:
- whether they can support the themes in the strategy
 - whether we have missed anything or whether there is anything that will improve the strategy further
 - whether they would like to be involved in the implementation of the strategy.
- 5.3 The feedback from the consultation and the development of the 'Words into Action' will be incorporated into a final draft which will be taken to the Health and Wellbeing Board, for approval in September.
- 5.4 The aim is to launch the strategy on World Mental Health day on 10 October 2015.

6.0 Recommendations

- 6.1 Care and Independence Overview and Scrutiny Committee are asked to note the development of the joint Mental health Strategy and are invited to feedback any views on the development and the draft principles and priorities.

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"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)