



An update on Positive Mental Health: A joint Strategy for Somerset

1 Purpose

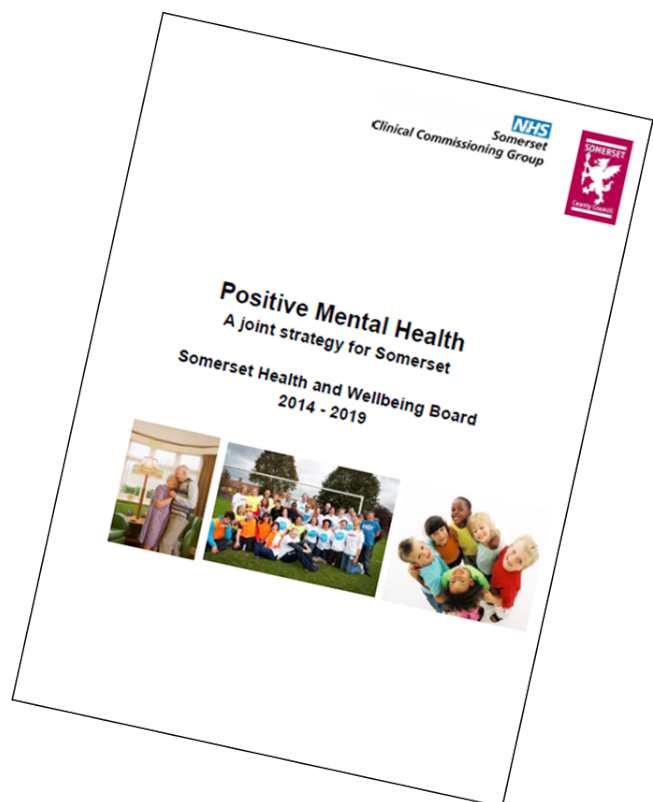
The purpose of this document is to provide an update to the Health and Wellbeing Board on the **Positive Mental Health: A joint Strategy for Somerset**, 2014-2019.

- 2** Positive Mental Health: A joint Strategy for Somerset, was published in 2013, and set the strategic direction of mental health support service for 2014-2019. The Health and Wellbeing Board have overseen the delivery of this strategy, which was ahead of its time in many regards and has achieved a considerable amount since it was published.

The vision of the strategy was that...

“People in Somerset are supported to maintain their mental health and wellbeing and are always able to access the right help, treatment and support when needed to maintain their independence and increasing their resilience, recovery and wellbeing”.

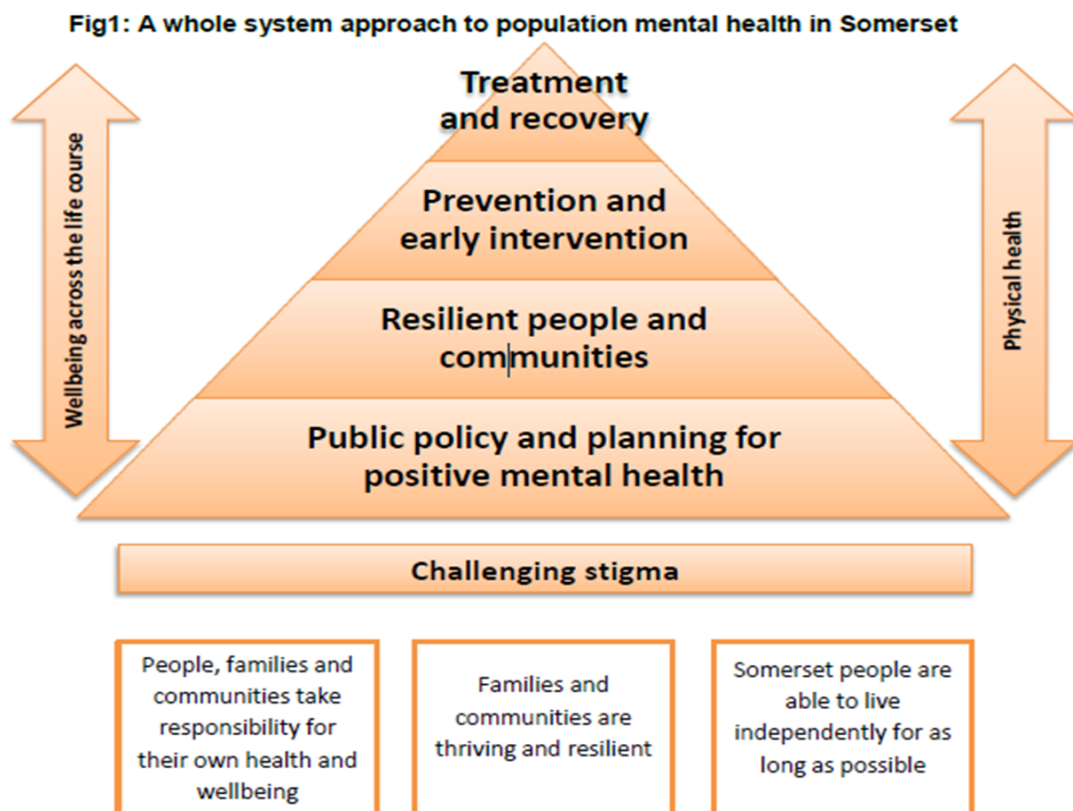
The document presented an analysis of the mental health needs assessment of the County and presented a range of approaches to address the identified deficits, including:



- Tackling stigma;
- Developing resilient people and communities;
- Targeting the emotional health and wellbeing of children, young people and families;
- Commissioning for quality and the best outcomes; and
- Promoting service delivery to ensure the right service was provided at the right time and in the right place.

The Strategy's whole system approach to mental health, (presented in the graphic below), was a tiered approach to support (the pyramid) supported by 'wrap around' enablers including: integration of physical health; all age approaches; challenging stigma; individual resilience and independence in the context of families and communities.

All of these elements remain as relevant today as when they were first agreed.



Much progress has been made since the strategy was first published.

Mental health has a much higher profile in Somerset and society as a whole. This is reflected in Government policy and initiatives, including the following

- Parity of Esteem for mental health

- Five Year Forward View
- Five Year Forward View for Mental Health
- The Prevention Concordat for Better Mental Health
- Future in Mind
- The pending Adult Social Care Green Paper
- Green Paper for C & YP MH
- The Long Term Plan and its references to mental health support

Locally some highlights of progress include

- Stronger Communities agenda is promoting community assets that promote mental health including the use of greenspace.
- Tackling stigma agenda through initiatives such as Councillor Mental Health Champions, SCC Wellbeing at Work programme and Time To Change Community Champions and active events
- CAMHS Investment has seen the creation of a single point of access, more community and crisis support together with the setting up of specialist services such as Eating Disorders and regional Forensic CAMHS.
- CAMHS SHARE project was a new approach focusing on promoting emotional health and wellbeing in the school setting working closely with the Public Health Schools Wellbeing Framework. Over sixty schools have signed up to this approach.
- More children and young people are being seen by Liaison Psychiatric Nurses in both Yeovil and Musgrove District Hospitals
- The number of re-referrals into CAMHS within 12 months has decreased by - 70%
- Increase in non-elective and emergency attendances at the County's two acute trusts for individuals with acute mental health needs
- IAPT service has been overhauled and includes self-referral and group work sessions as well as Talking Therapies. The number of referrals went up by 14.9% in 2018.
- Patients on a Care Programme Approach followed up with 7 days after discharge exceeds the national ambition of 95%

Going Forward...

In addition to national factors that require consideration, there are a number of locally identified drivers as to why mental health support locally requires a refocus in light of changes since the 2014-2019 strategy was published. These include the following.

- Changes introduced by the Care Act and gaps in the provision of social care locally resulted in the decision in that social care be brought back into SCC from Somerset Partnership.
- In line with the national picture, Somerset's services have seen an increase in demand and increasing complexity of people presenting with mental health needs. Current demand far outstrips capacity within existing service models. This relates to all ages and conditions.

- There is a need to put greater emphasis on mental health promotion and prevention of mental illness. As a County we need to create the right conditions for good mental health and wellbeing, and on ensuring early interventions are in place when things start to go wrong.
- There is a growing trend of increasing non elective and emergency attendances at the County's two acute trusts for individuals with acute mental health needs.
- There is a need for greater engagement with the people who access services and their carers.
- Somerset has historically under invested in mental health services when compared to other comparable localities. This includes both adult and children and young people services. Despite this underinvestment Somerset Partnership has generally been able to meet the required service performance standards and targets. This performance has however masked the reality of the strain placed on a number of services in the locality and quality and safety concerns are being identified. Also, the delay in the pending adult social care green paper has left underinvestment and a lack of earmarked funding for Mental Health within local government. Whilst the NHS has been given some ring fenced mental health funding to address parity of esteem issues this has not been the case for social care and prevention.
- There is a lack of quality accommodation and support for people with complex mental health and drug and alcohol needs.

The Board Workshop session on the 7th March is focusing on mental health; particularly on where we are now and where do we need to be. The recommendations from the workshop will be included in the presentation to the Board on the 21st March

