

Report on Wiltshire's Mental Health Strategy

Purpose of report

1. To present an update to the Committee on the work of Public Health to produce a joint Mental Health Strategy for the County with the Clinical Commissioning Group (CCG).

Background

2. Wiltshire Council's vision is to create stronger and more resilient communities which are inclusive and in which everyone is able to achieve their potential, lead a high-quality life and is protected from harm.
3. To achieve this vision it is necessary to narrow the achievement and aspiration 'gap' between people from vulnerable groups and to ensure those who require support have control over their daily lives and can shape services around their needs and aspirations. We aim to deliver Public Services to support people of all ages to take responsibility for not only their own physical wellbeing, but their mental wellbeing.
4. Without action, the demand for health, social care and mental health services is predicted to increase substantially, putting strain on carers and public services. Wiltshire's retirement-age population is predicted to increase from 21.5% of the population in 2011 to 29.8% in 2026. By 2020 the number of older people with dementia will double and the number with long-term health conditions will triple.
5. Population data shows that 25% of us will experience poor mental health at some point in our lives, with 15% of us experiencing this at any one time, giving an indication of the chronic nature of poor mental health for those affected. We aspire for a sense of mental wellbeing for everyone in our communities, young or old, with or without a previous period of poor mental health, and whatever their economic and social situation.
6. Measures to improve mental health will not only make our communities more resilient but, through early intervention work, we have the opportunity to reduce the incidence of and cost of mental health. The Department of Health currently estimates that for every £1 invested in early diagnosis and treatment of depression at work, total economic returns of £5.03 and for every £1 invested in early intervention in psychosis, total economic returns of £17.97.
7. To realise its vision of stronger communities in which everyone is able to achieve their potential Wiltshire Council is working with the Clinical Commissioning Group to produce a five year joint mental health strategy to

support all those who live and work in Wiltshire to achieve and sustain good mental health and wellbeing.

8. The Council and CCG are committed to joint commissioning for mental health. This will be a new way of working, enabling a more co-ordinated, efficient and therefore responsive and cost-effective service that allows for enhancing quality of life for all.
9. In line with our Business Plan, our Joint Health and Wellbeing Strategy 2014-2015, and Wiltshire CCG's Five Year Plan 2014-2019, we seek to design and deliver a mental health and wellbeing strategy to ensure that people in the county are supported to live healthily and independently, are listened to, involved and kept safe from harm.

Position, April 2014

10. The model being proposed through this five year strategy, in line with all health and wellbeing in Wiltshire, is community centred and will be delivered through:
 - a) strengthening social capital via the community area boards, education and local partners;
 - b) enhanced seven day primary care and community based solutions with improved multidisciplinary services wrapped around general practice rather than being acute care or hospital centric;
 - c) a single point of access for health and social care and for these multidisciplinary teams to share data and information with increasing use of shared technology to avoid duplication in assessments;
 - d) encouraging personal responsibility; and
 - e) addressing the wider determinants of poor mental health and wellbeing especially in vulnerable individuals, groups and communities.
11. Work has been undertaken to include key messages from international and national organisations such as the World Health Organisation, Department of Health, Royal Colleges, national reports including those from national mental health charities and our own strategic direction over the next five years.
12. Stakeholder meetings have taken place with the wide variety of local professionals and partners who work within the field mental health, and with our service users via the Wiltshire Service User Network (WSUN).
13. We enter this next five year period in a strong position there are aspects of care in Wiltshire that have recently seen significant enhancement:
 - a) We now have three places of safety, available 24/7, for all ages, spread across the county for those needing urgent assessment under section 136 of the mental health act.
 - b) We have significantly increased investment in liaison psychiatry in all three of our acute hospitals. Our self referral community psychology service 'LIFT'

- is consistently in the top ten Improving Access to Psychological Therapies (IAPT) services in the country.
- c) Where possible, individuals with mental health problems are treated in the community as this supports long term recovery, is more cost effective, preferred by patients and allows for building of community resilience and reduction of stigma and discrimination.
 - d) In a national well-being annual population survey 81.2% of respondents said they were satisfied with life.
14. The strategy will focus on improving partnership working, continuing to build robust safeguarding mechanisms for those that are particularly vulnerable, providing support and education to build life skills, and recognising and responding to the factors that contribute to poor mental health. A new approach will also allow ensure better signposting to resources and education, that our services are accessible, an assessment of our current accommodation needs and provision, and whether transport is a barrier to people getting jobs and thus sustaining their mental wellbeing.

Next stages

- 15. The draft Wiltshire Mental Health Strategy is due to be discussed with the CCG team and will be submitted to Cabinet for approval.
- 16. The Strategy will then be submitted to the Health Select Committee for comment.
- 17. A period of public consultation will then be undertaken before the final Strategy is published and a new model of working instituted.

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