

Wellness in Mind

The Nottingham City Mental Health and Wellbeing Strategy 2014-2017

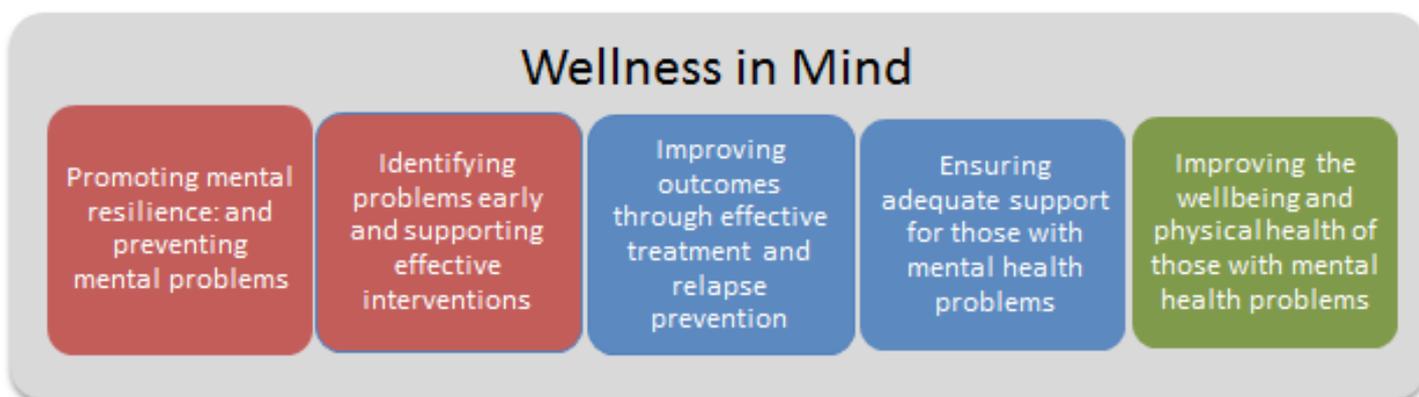


Wellness in Mind, Nottingham City's Mental Health and Wellbeing Strategy 2014-17, demonstrates the city's ambition to improve the mental health and wellbeing of all its citizens across the life course

OUR VISION FOR MENTAL HEALTH AND WELLBEING IN NOTTINGHAM

Nottingham aspires to be a city where good mental health is everyone's business and all citizens benefit from improved wellbeing. We aim to ensure mental health is given equal status to physical health. We want to inspire confidence in people and families using mental health services by ensuring that mental health services are safe and effective and promote recovery from mental health problems, so that all using the services will reach their full potential, be encouraged to live independently and have an enhanced quality of life.

THE FIVE PRIORITIES IN THIS STRATEGY HAVE CLEAR, AMBITIOUS AIMS TO IMPROVE CITIZENS' MENTAL HEALTH AND WELLBEING:



Key to the colour coding throughout the document

-  Improving the mental health and wellbeing of the whole population
-  Providing excellent treatment and support pathways to meet need
-  Improving the physical health and wellbeing of those with mental health problems

EXECUTIVE SUMMARY

Mental health is everyone's business

- There is no health without mental health. Mental health is fundamental to our physical health, our relationships, our education and our work.
- Mental health problems impact on individuals, families, carers, communities and society as a whole.
- Mental health problems are very common and often start in childhood or adolescence – it is estimated that up to half of all people will experience problems at some point in their life and one in six will have a common mental health problem at any one time. The majority of time off work due to illness is due to a mental health problem.
- Mental health and physical health are closely linked. People with mental health problems experience higher rates of physical illness and lower life expectancy but much of this is preventable. Physical illness can lead to mental health problems such as anxiety or depression that is often left untreated.
- People with mental health problems continue to experience stigma and discrimination. This contributes to many people being reluctant to seek help or talk about their experience.

'Parity of Esteem' = equal status for mental and physical health

- Nottingham City Health and Wellbeing Board have agreed that mental health is to be valued equally with physical health.
- The Health and Wellbeing Board have agreed to champion mental health through all member organisations, including Nottingham City Council nominating the portfolio holder for adults and health as their mental health champion to take a proactive lead in improving mental health and wellbeing in the city.

Mental Health and Wellbeing are a strategic priority for Nottingham City

This strategy also supports the delivery of a number of other strategies, including

[The Nottingham Plan to 2020.](#)

[Nottingham City Joint Health and Wellbeing Strategy](#)

[Working together for a healthier future - the Nottingham Clinical Commissioning Group Strategy](#)

[The Nottingham Children and Young People's Plan](#)

Mental wellbeing in Nottingham

- Mental wellbeing in adults is measured in Nottingham in the annual citizens' survey.
- Overall levels of wellbeing are similar to England
- However, there are groups who have lower levels of mental wellbeing, particularly the unemployed and those with a disability or long term illness.
- In the national wellbeing survey fewer people in Nottingham score highly on life satisfaction and feeling worthwhile than in the UK.

Mental health problems in Nottingham

- Nottingham City has high levels of risk factors for poor mental health for both children and adults.
- At any one time in Nottingham, there are estimated to be over 51,000 people (aged 16+) with a mental health problem, of whom 41,000 will have common mental health problems such as depression or anxiety, about 7,000 will have post-traumatic stress disorder and 3,000 people will have severe mental health problems such as psychosis or personality disorder.
- It is estimated that there are 3,437 school age children (aged 5-15 years) experiencing mental health problems in Nottingham. Emotional and behavioural problems are the most common and these vary by age and gender.
- High levels of deprivation, high levels of unemployment, low educational attainment, high levels of domestic violence, a high rate of looked after children, and unhealthy lifestyles (high smoking, poor diet and low physical activity) all have an influence on mental health and health inequalities.

PRIORITY 1: PROMOTING MENTAL RESILIENCE AND PREVENTING MENTAL HEALTH PROBLEMS

Promoting mental resilience and preventing mental health problems

– by working with communities to promote the factors that contribute to mental wellbeing and prevent mental health problems, aligning local services to include mental wellbeing at the centre of their aims, and supporting individuals to adopt healthy lifestyles.

TO ACHIEVE PRIORITY 1 WE SHALL:

- Promote population wide good mental wellbeing and reduce stigma by raising awareness and understanding of mental health problems.
- Promote good attachment between mother and baby.
- Provide effective mental health promotion interventions targeted at those groups who are most at risk.
- Align policy, strategy and services across health, care and the wider determinants such as housing, planning, leisure and employment to improve their impact on mental health and wellbeing.
- Build resilient communities where citizens have greater control of their lives, promote opportunities for participation, reduce isolation and encourage healthy lifestyles.
- Encourage the development of healthy working environments that promote wellbeing and guide employers to the best practice and interventions for those with mental health problems.
- Work with schools and partners to ensure the social and emotional health needs of children and young people are addressed.

PRIORITY 2: IDENTIFYING PROBLEMS EARLY AND SUPPORTING EFFECTIVE INTERVENTIONS

Identifying problems early and supporting effective interventions

- by promoting awareness, reducing stigma, improving screening, suicide prevention, improving access to early management such as social and psychological interventions.

There is a need to raise awareness of mental health issues, to dispel myths, and to support a wide range of professional groups to spot problems early and ensure that they feel confident in referring on or signposting to other services. Clear pathways are needed to help service users, carers and professionals navigate to the right mental health services quickly for people.

TO ACHIEVE PRIORITY 2 WE SHALL:

- Work with universal services (GPs, health visitors, schools and school nurses) to identify children and young people who are at risk of developing mental health problems and provide support and referral into Child and Adolescent Mental Health Services (CAMHS).
- Increase access to treatment by psychological therapies for a broad range of mental health problems, particularly for those groups who are identified as being at higher risk.
- Involve citizens, particularly those with mental health problems, their families and carers, in the coproduction of pathways for assessment, advice and support of common mental health problems.
- Increase the ability of healthcare professionals and other front-line staff to identify mental health problems, particularly in groups at highest risk, to understand how to reduce stigma and to make appropriate referrals.
- Raise awareness across a wide range of services including housing providers, police, educational establishments and emergency services so that they better understand the needs of those experiencing mental health problems and how they can support and signpost citizens to receive the best care.
- Improve opportunistic screening for individuals to reduce suicide risk.
- Work with employers to reduce the risks of unemployment due to mental health problems.
- Link adult and childhood mental health work more closely. Future mental health work should consider how strategies could be even better aligned across the life course to create a clear pathway from pre-conception in to older age. This may include systematic mental health support for children and young people whose parents are diagnosed with a mental health problem.

PRIORITY 3: IMPROVING OUTCOMES THROUGH EFFECTIVE TREATMENT AND RELAPSE PREVENTION

Improving outcomes through effective treatment and relapse prevention

– by clinicians, commissioners and providers working together to provide the *right care* and support in the *right place*, and improve understanding amongst patients and professionals of what is most effective to improve mental health outcomes.

TO ACHIEVE PRIORITY 3 WE SHALL:

- Implement a new emotional health and wellbeing pathway for children and young people in light of recommendations of the health needs assessment and the CAMHS pathway review.
- Ensure that transition of children into adult care services allows for continuity of care and meets the needs of young adults.
- Work with people with mental health problems and their carers to improve services based upon their experience of care.
- Continue to support joint work through local groups of clinicians with expertise in adult mental health, and child and adolescent mental health care, in order to implement changes in best practice.
- Improve integration of health and social care to support effective care pathways.
- Ensure that shared care arrangements between primary and secondary health services are effective and responsive.
- Ensure that pathways of care are flexible enough to provide opportunity for patients to access care at the most appropriate point for their needs and move throughout the system quickly as their condition changes.
- Consider how local pathways need to support people with on-going problems who may be known to services elsewhere such as students, travelling communities and those who are homeless.
- Understand the cultural needs of particular at risk groups to reduce barriers and improve outcomes.
- Continually review outcome measures and quality incentive schemes for hospital care as a way of focusing on recovery and improving outcomes.
- Review referrals to make sure that care is as far as possible given at the right place and time.

PRIORITY 4: ENSURING ADEQUATE SUPPORT FOR THOSE WITH MENTAL HEALTH PROBLEMS

Ensuring adequate support for those with mental health problems

- supporting recovery and rehabilitation by ensuring pathways are in place to provide appropriate care, housing, employment support and a place in society.

Some people are likely to have a continuing need for care. In each case, each person should be a partner in the planning and delivery of support that is orientated towards opportunities for their recovery. This should include access to appropriate care, housing and employment to help each person to find a place in society, and to live according to their needs, choices and preferences. Families and carers often play a significant role in ensuring that these goals can be met.

TO ACHIEVE PRIORITY 4 WE SHALL:

- Ensure that children and young people accessing CAMHS are supported with evidence-based interventions that are focused on outcomes.
- Identify carers and ensure their needs are assessed and appropriate support in place.
- Commission appropriate support to empower individuals, their families and carers to cope with the challenges on the path to recovery.
- Address social factors that promote recovery, and work with providers of services such as police, housing, employment support, benefits support and advice, education and training to help them better understand and meet the needs of those with on-going mental health problems.
- Help those with mental health problems find support for issues such as housing and financial advice.
- Support people with mental health problems to remain in work or begin working.
- Maximise opportunities for effective partnership working across agencies to provide adequate support for vulnerable adults, including sharing of information where appropriate.
- Continue to monitor and promote the flexibility and choice of accommodation and social support that is available for citizens with on-going needs.
- Ensure that services are provided in a way that enhances choice and control for the user, whilst also meeting the needs of the local population.
- Continue to review the placement of people with mental health problems in residential mental health care settings to ensure that their needs are met in the best way possible whilst maximising best use of NHS rehabilitation services.

PRIORITY 5: IMPROVING THE WELLBEING AND PHYSICAL HEALTH OF THOSE WITH MENTAL HEALTH PROBLEMS

Improving the wellbeing and physical health of those with mental health problems

- by ensuring good physical care for people with mental health problems. This includes physical health promotion and ill health prevention strategies, particularly in relation to heart disease and smoking.

Physical health and mental health are closely linked. The factors that affect poor physical health can also contribute to poor mental health and vice versa. These can include social factors, such as homelessness, domestic abuse, deprivation and unemployment, stressful life events, and health related behaviours, such as smoking, alcohol or substance abuse. Smoking has been highlighted as a key area for improvement. People who have mental health problems smoke at higher levels than the general population, and experience greater health problems as a result.

TO ACHIEVE PRIORITY 5 WE SHALL:

- Increase understanding and awareness of the factors that influence the poor physical health outcomes for people with mental health problems.
- Prevent physical health problems by ensuring health promotion and screening include a focus on people with mental health problems, particularly focussing on smoking and other cardiovascular risk factors.
- Ensure health services identify physical health problems in people with mental health problems and that appropriate treatment is accessible.
- Keep the ‘parity of esteem’ approach central to the commissioning of all health and care services to ensure both mental and physical health aspects are taken into account.

Further Information

If you would like to read the full strategy document please see the Nottingham Insight Website

www.nottinghaminsight.org.uk

If you would like any further information about Wellness in Mind please contact Nottingham City

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