

# Briefing Note

**Title:** Adult Mental Health Joint Strategic Needs Assessment Update

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**Intended Audience:** Internal  Partner organisation  Public  Confidential

## 1.0 Aims

- 1.1 To provide Health and Wellbeing Together with an update on the findings of the Wolverhampton Adult Mental Health Joint Strategic Needs Assessment (JSNA).
- 1.2 To outline Adult Mental Health JSNA recommendations and areas of priority focus to improve adult mental health and wellbeing in Wolverhampton, as well as next steps in relation to work required to inform activities to address priority areas.

## 2.0 Background: Mental Health Policy Context

- 2.1 The Department of Health and Social Care (DHSC) will be publishing a [Major Conditions Strategy](#) and a separate Suicide Prevention Strategy 2023-2024. There will no longer be a standalone mental health strategy as in previous years as mental health will form part of the new 'Major Conditions Strategy' alongside diseases such as cancers; cardiovascular disease (including stroke and diabetes); chronic respiratory diseases; dementia; and musculoskeletal conditions. The Wolverhampton Joint Public Mental Health and Wellbeing Strategy (2018-2021) set out the strategic vision for every resident in the City of Wolverhampton to have the best mental health that they can at every stage of their life.

## 3.0 Adult Mental Health and Wellbeing in Wolverhampton

- 3.1 Wellbeing in Wolverhampton has historically been worse than in the West Midlands and England for happiness, feeling life is worthwhile and life satisfaction. Anxiety in Wolverhampton was previously reported to be much lower compared to regional and national levels, but the recent trend shows that self-reported levels of anxiety are increasing.
- 3.2 The Prevention and Promotion Programme for Better Mental Health 2021-2022 was a single year initiative overseen by the Office of Health Improvement and Disparities (OHID) designed to mitigate mental health impacts arising from the COVID-19 pandemic and reduce widening mental health inequalities by targeting at-risk and vulnerable groups. Several universal and targeted prevention and promotion interventions were delivered in Wolverhampton to improve mental health and wellbeing outcomes in 2021-2022. Information on programme outputs is available at <http://www.bettermentalhealthwolves.co.uk/>
- 3.3 The [#WolvesWellbeingandMe](#) City-wide survey of mental health and wellbeing 2021-2022 [report](#) highlighted that 'being mentally well' for people in Wolverhampton included: feeling

emotionally balanced; resilient and able to bounce back or cope with life challenges; feeling optimistic about the future, having good social connections and being able to access support when needed.

- 3.4 The #WolvesWellbeingandMe [evidence review](#) identified sub-groups of the population in Wolverhampton for whom COVID-19 was likely to have increased their risk of poor mental health across the life course, which included: children; children with Special Educational Needs and Disabilities (SEND) and their parents/carers; young, unemployed people; refugees and migrants; ethnic minorities; women; critical workers; older people with long-term physical health conditions or disabilities, and older people with a pre-existing mental health condition. Targeted engagement activities were undertaken with groups representative of those identified in the evidence review to improve mental wellbeing, as well as understanding risk and protective factors for mental health in Wolverhampton.

#### **4.0 Mental Health Joint Strategic Needs Assessment (JSNA) Frameworks**

- 4.1 OHID provide a set of JSNA frameworks for mental health which cover Environmental Factors, Population Factors and have sub-population JSNA activities on 'Perinatal Mental Health' and 'Children and Young People's Mental Health', along with 'Working Age Adults', 'Living Well in Older Years', and 'Suicide Prevention'.
- 4.2 This update focuses on the JSNA for Adults (Working Age Adults, Living Well in Older Years).
- 4.3 Alternative JSNAs and reviews are currently being completed in Wolverhampton for Children and Young People, and Perinatal Mental Health.
- 4.4 A Suicide Prevention JSNA is currently being undertaken to refresh the Wolverhampton Suicide Prevention Strategy. The JSNA is overseen by a Task and Finish Group which is a sub-group of Wolverhampton Suicide Prevention Stakeholder Forum (SPSF). A refreshed national suicide prevention strategy is expected to be published late 2023 with the Wolverhampton strategy to follow.
- 4.5 The One Wolverhampton Adult Mental Health Strategic Working Group (AMHSWG) has provided oversight of completion of the Adult Mental Health JSNA whilst receiving periodic updates on progress.
- 4.6 A multi-agency Adult Mental Health JSNA Task and Finish Group operated from October 2022 to May 2023 to collate and consider available data / information relevant to the Adult JSNA framework / data set. Membership of the Task and Finish group included the following organisations:
- Adult Social Care - City of Wolverhampton Council
  - Wolverhampton Voluntary and Community Action (WVCA)
  - Black Country Healthcare NHS Foundation Trust
  - NHS Black Country Integrated Care Board
  - One Wolverhampton
  - Healthwatch Wolverhampton
  - Royal Wolverhampton NHS Trust
  - University of Wolverhampton

- West Midlands Police

4.7 During the Adult Mental Health JSNA process, several engagement sessions have taken place with community organisations to iteratively sense-check the appropriateness of the JSNA framework being used in Wolverhampton, JSNA preliminary findings, and any additional considerations needed locally to capture specific issues related to mental health in Wolverhampton. Consultation for the JSNA has taken place at local forums including:

- Wolverhampton Suicide Prevention Stakeholder Forum (SPSF)
- Wolverhampton Mental Health Stakeholder Forum (MHSF)

4.8 The JSNA has also drawn on a previous mental health survey, evidence review and engagement and consultation activities completed during the Better Mental Health 2021-2022 programme.

## 5.0 Adult Mental Health JSNA: Findings and Recommendations

### 5.1 Wellbeing

Key findings	Recommendations:
<ul style="list-style-type: none"> <li>• Levels of self-reported happiness, feeling life is worthwhile, and life satisfaction have been worse in Wolverhampton compared to regional/national.</li> <li>• Self-reported levels of anxiety historically lower in Wolverhampton, but recent trend increasing.</li> <li>• All four areas of self-reported wellbeing are worse amongst groups at higher risk of poor mental health.</li> </ul>	<p>Improve mental health and wellbeing and awareness by:</p> <ul style="list-style-type: none"> <li>• Promoting mental health and wellbeing self-care resources, campaigns, and awareness of local, regional, and national support.</li> <li>• Making mental health and wellbeing training available to help reduce mental health stigma.</li> <li>• Increasing knowledge of how and where to access wellbeing support and reducing barriers to access.</li> <li>• Improving opportunities for social connections and access to green spaces.</li> </ul>

### 5.2 Understanding Place

Key findings	Recommendations:
<ul style="list-style-type: none"> <li>• Challenges to social factors which influence mental health include: <ul style="list-style-type: none"> <li>- Poor quality housing</li> <li>- Homelessness</li> <li>- Unemployment or unstable/unrewarding employment</li> <li>- Financial insecurity and debt</li> <li>- Crime</li> <li>- Deprivation</li> <li>- Lack of access to green spaces</li> <li>- Social isolation</li> </ul> </li> </ul>	<p>Improve the social factors which influence mental health by:</p> <ul style="list-style-type: none"> <li>• Becoming a Prevention Concordat for Better Mental Health signatory and developing a cross sector action plan to promote protective factors and reduce risk factors (including poverty, cold homes, domestic abuse, and unemployment).</li> <li>• Using evidence-based prevention and promotion approaches across universal, targeted and specialist areas to strengthen</li> </ul>

<ul style="list-style-type: none"> <li>Other risk factors known to impact mental health include smoking, obesity, physical inactivity, problematic drug and alcohol use.</li> </ul>	<p>opportunities for health promotion and reduce demand on acute services.</p> <ul style="list-style-type: none"> <li>Reduce the prevalence of other risk factors known to impact mental health.</li> </ul>
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### 5.3 Understanding People

Key findings	Recommendations
<ul style="list-style-type: none"> <li>Some population groups are more likely to experience challenges that can affect equitable access to healthcare and overall mental and physical health.</li> <li>Need for mental health service provision to flex to meet different people's needs.</li> </ul>	<p>Reduce knowledge gaps identified around inequalities in the Mental Health JSNA by:</p> <ul style="list-style-type: none"> <li>Understanding how the national picture of mental health race inequalities are experienced in Wolverhampton.</li> <li>Better understanding of mental health needs and assets of people who identify as LGBT+ and disabled people.</li> <li>Learning more about supportive transition pathways between Mental Health services.</li> </ul>

### 5.4 Healthy Adults

Key findings	Recommendations
<ul style="list-style-type: none"> <li>People with a severe mental illness (SMI) die on average 15 to 20 years earlier, often due to preventable causes.</li> <li>Wolverhampton is worse than England overall for premature mortality in adults with SMI.</li> </ul>	<p>Reduce premature mortality and improving the quality of life in people with severe mental illness (SMI) by:</p> <ul style="list-style-type: none"> <li>Improving uptake of and outcome from an annual SMI Physical Health Check.</li> <li>Ensuring people with SMI access cancer screening in line with national targets.</li> <li>Supporting development of tobacco dependence pathways for people using mental health services.</li> <li>Ensuring equitable access to welfare rights, benefits and finance for people with SMI and their families/ carers.</li> </ul>

### 5.5 Healthy Ageing

Key findings	Recommendations
<ul style="list-style-type: none"> <li>Identified risk factors that can result in a decline in independence and wellbeing in older people.</li> <li>Priority areas to focus on in the prevention of mental health problems in older people include loneliness and social isolation, frailty and falls, and carers.</li> </ul>	<p>Support the mental health of people with long-term conditions, reduce isolation and strengthen opportunities for social connections by:</p> <ul style="list-style-type: none"> <li>Ensuring physical health services consider the need to promote mental health and wellbeing.</li> <li>Improving universal opportunities for social connectedness, reducing isolation across</li> </ul>

<ul style="list-style-type: none"> <li>Older people with mental health problems often present with physical health problems, which can result in unmet mental health needs.</li> </ul>	<p>the life-course with a focus on those people using social care services and carers.</p>
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## 5.6 Services

Key findings	Recommendations
<ul style="list-style-type: none"> <li>Engagement with co-creation groups identified challenges with access and ongoing mental health support</li> </ul>	<p>Ensure implementation of community mental health service transformation to:</p> <ul style="list-style-type: none"> <li>Place people at the heart of service design to ensure flexibility in terms of when, where and how services can be accessed</li> <li>Ensure availability of culturally appropriate services including access to interpreters, ease of booking and reduced waiting times.</li> <li>Ensure that a range of voices of experts by experience are central to the design and delivery of services.</li> <li>Provide targeted support for people with co-existing substance misuse and mental health problems.</li> </ul>

## 6.0 Next steps: Mental Health Priority Activity Workshops

- 6.1 Mental Health Priority Activity Workshops will be coordinated with local stakeholders via the Wolverhampton MHSF. Workshops will discuss gaps in knowledge identified by the JSNA, how to mobilise action to progress against priority areas, what systems or services we have currently, what stakeholders feel will work to improve priority outcomes, what does not work currently, challenges that are likely to be encountered regarding priority area improvements, and any partnership approaches/ activities which may need to be collectively mobilised.

## 7.0 MHSF Governance Arrangements

- 7.1 In partnership with Black Country Healthcare NHS Foundation Trust (BCHT), City of Wolverhampton Council (CWC) have secured an external facilitator from the Centre for Mental Health to work with MHSF members to strengthen existing forum governance arrangements, chairing, ways of working and relations between partner organisations. These facilitated activities will enable the MHSF member organisations to galvanise collective momentum in making an impactful contribution towards ideas for addressing local mental health priorities.

## 8.0 Prevention Concordat for Better Mental Health

- 8.1 Health and Wellbeing Together has committed to becoming a Prevention Concordat signatory and developing a cross sector action plan to facilitate local action to prevent mental health problems and promote good mental health and wellbeing. Completion of various Mental Health JSNAs will support Concordat application and provide an overarching framework for approaches to improve mental health and wellbeing within Wolverhampton.

## **9.0 Mental Health Strategy for Wolverhampton**

- 9.1 DHSC intends to publish an interim report on the major conditions strategy in the summer of 2023 including outcomes following consultation on the [Mental health and wellbeing plan: discussion paper and call for evidence - results - GOV.UK \(www.gov.uk\)](https://www.gov.uk/government/consultations/mental-health-and-wellbeing-plan-discussion-paper-and-call-for-evidence-results). This will provide an indication for the new national framework to improve population mental health and wellbeing and will underpin the knowledge realised by the Adult Mental Health JSNA to inform local strategy development.

## **10.0 Recommendations**

- 10.1 That Health and Wellbeing Together note the Adult Mental Health JSNA findings and future areas of priority focus.
- 10.2 That Health and Wellbeing Together note the proposals to work with local partner organisations, including statutory and voluntary sector groups, to determine activities and interventions required to address priority areas for mental health identified by the Adult Mental Health JSNA.

## **11.0 Appendices**

- 11.1 Appendix 1 – Wolverhampton Joint Strategic Needs Assessment: Adult Mental Health Needs Assessment 2023.