



Joint Public Mental Health and Wellbeing Strategy 2018 – 2021

City of Wolverhampton Council
NHS Wolverhampton CCG

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Foreword

Mental health is integral to overall health, and recognised as being fundamental to growth, development, learning and resilience. Accordingly the social, physical and economic environments in which people are born, grow, live, work and age have important implications for mental health. The support needs of people experiencing mental health difficulties therefore extend beyond health service provision and into wider public services.

This Joint Public Mental Health & Wellbeing Strategy for Wolverhampton follows a life course approach, covering all tiers of service provision and support for all ages. In addition, it sets out key programmes and strategies acting on the wider social, environmental and economic determinants of health to create mentally healthy places and keep people well.

The aim is to not only meet the specific needs of different age groups, but also to reduce cumulative disadvantage associated with poor mental health and wellbeing and related risk factors.

The Strategy brings out key strategic and delivery themes across Council and CCG workstreams to articulate a cohesive, population-based approach to promote wellbeing and improve mental health in the city.



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Vision and values

Our vision is for every resident in the City of Wolverhampton to have the best mental health that they can at every stage of their life.

We will promote an approach that prevents and treats mental health problems with the same drive, passion and commitment as for physical health problems, embedding mental health and wellbeing across the health, care and wider system. This approach recognises the importance of enabling everyone to feel good and function well throughout their everyday lives.

This will be achieved through the following key objectives, drawing upon the wealth of skills and expertise across the Council, NHS and partner organisations:

- Focus on mental health promotion, mental illness prevention and recovery throughout the life course
- Promote resilience in individuals, families and communities through asset-based working and the wider social determinants of health
- Deliver timely, person-centred, effective services that align health and social care outcomes to provide integrated, responsive services and care
- Improve people's experiences of mental health and social care services
- Reduce inequalities in mental health and wellbeing and in access to care and support
- Challenge stigma and discrimination related to mental health problems

Key strategic and policy drivers

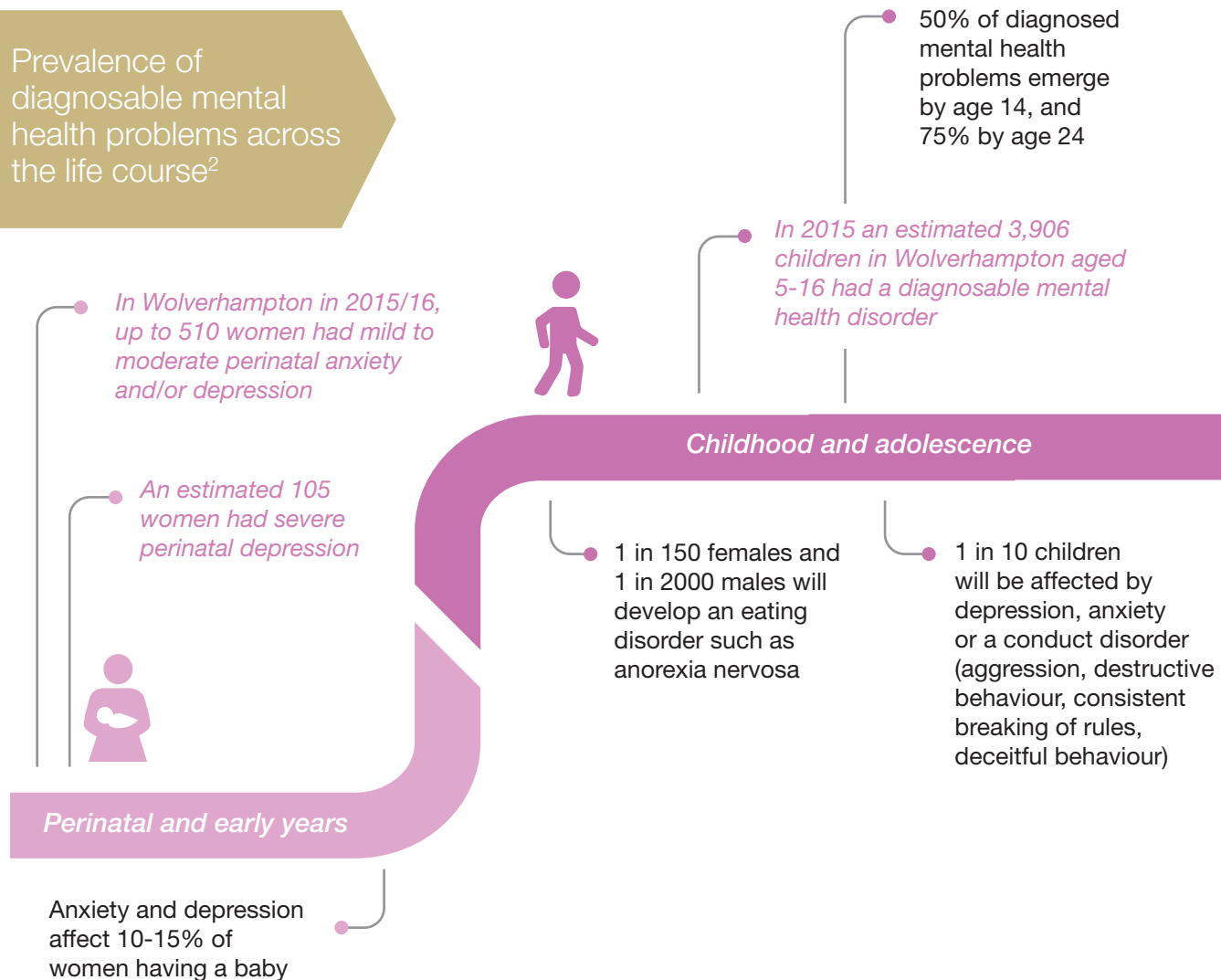
- **Five Year Forward View for Mental Health (2016)** emphasises the need for a shift towards prevention and better integration of care in order to improve outcomes and experiences for people with mental health problems and their carers, and reduce health inequalities.
- **Prevention Concordat for Better Mental Health (2016)** advocates a prevention-focused approach to mental health improvement in populations through evidence-based planning and commissioning. It also acknowledges the active role played by people with lived experience of mental health problems.
- **Care Act 2014** places statutory duties on Local Authorities to promote wellbeing, ensuring personal dignity; physical and mental health and emotional wellbeing; protection from abuse and neglect; control by the individual over their day-to-day life; participation in work, education, training or recreation; social and economic wellbeing; domestic, family and personal domains; suitability of the individual's living accommodation; and the individual's contribution to society.
- **No Health Without Mental Health:** a cross-government outcomes strategy (2011) that sets out ambitions for mental health to be given equal priority to physical health ('parity of esteem'), and to become 'everyone's business' – that is, for health services, local authorities, education, employers, third sector organisations and communities to work in partnership to address the causes and consequences of poor mental health and promote mental wellbeing in populations.
- **Better Care Fund (BCF)** is a programme spanning both the NHS and local government which seeks to join-up health and care services, so that people can manage their own health and wellbeing, and live independently in their communities for as long as possible.
- **Transforming children and young people's mental health provision: a green paper (2017)** sets out the ambition that children and young people who need help for their mental health are able to get it when they need it.
- **Suicide Prevention Strategy for England (2012)** sets out plans for reducing suicide rates and supporting people affected by suicide.
- **Being mindful of mental health – the role of local government in mental health and being (2017)** of the Local Government Association aspires to the creation of "mentally healthy" places for people of all ages across their whole life-course.
- **Distinctive, Valued, Personal (ADASS, 2015): Why Social Care matters – the next five years** describes the distinctive role and value of social care in taking a whole-person approach to supporting people with complex needs.
- **Thrive Mental Health Commission (WMCA, 2017): An Action Plan to drive better mental health and wellbeing in the West Midlands** sets out key actions for working in partnership to reduce the impact of mental ill health across the region.

Local and national context

Mental health problems have very high rates of prevalence, estimated to affect around **1 in 4 people every year**. They are often of long duration, even lifelong in some cases and have adverse effects on many aspects of people's lives.

Nationally, poor mental health is estimated to cost the economy approximately **£105 billion per year**, including **£34 billion on dedicated mental health support and services**.

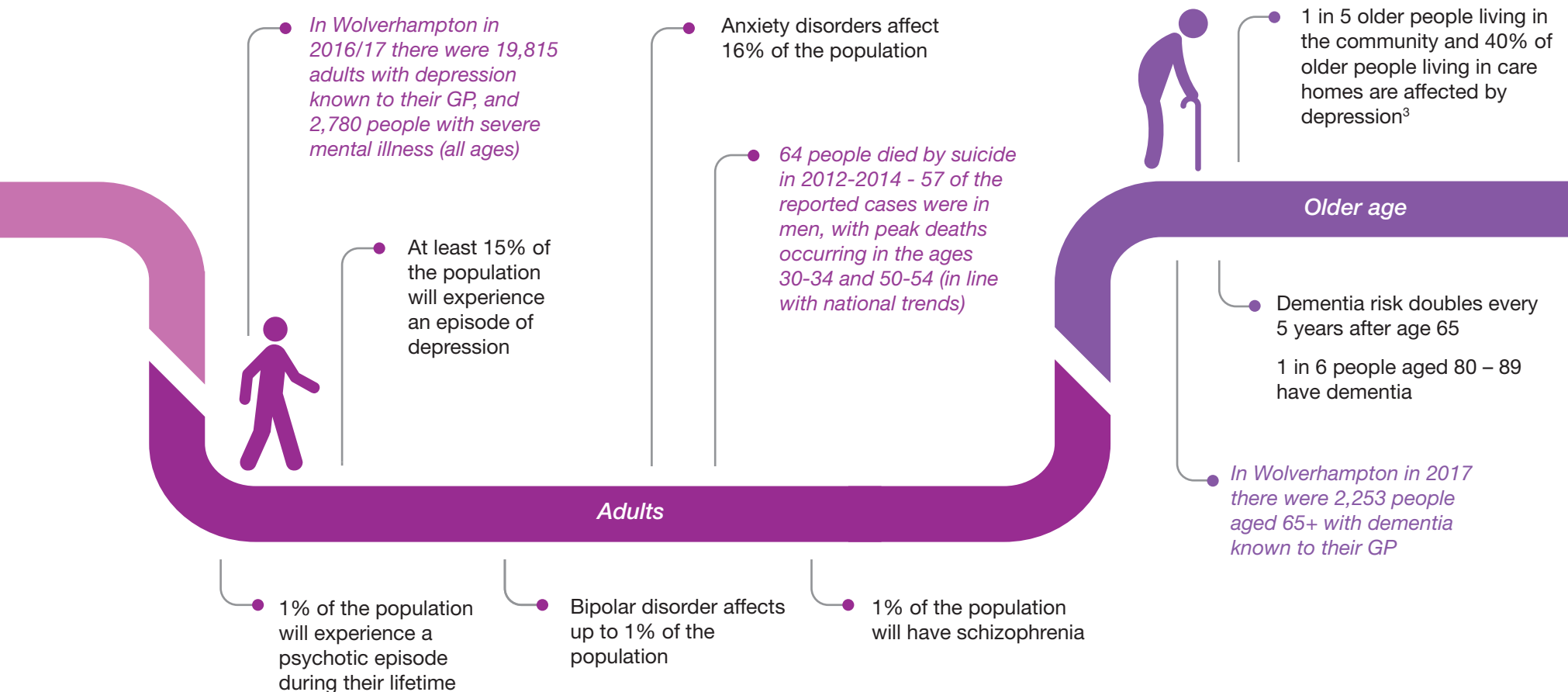
Prevalence of diagnosable mental health problems across the life course²



¹ NHS England internal analysis – Five Year Forward View for Mental Health (2016).

² Sources: Public Health Profiles: Mental Health, Dementia & Neurology; Mental Health Foundation.

Approximately 1 in 4 people in the UK will experience a mental health problem each year



³ 5 Year Forward View for Mental Health (2016)





Wellbeing

Wellbeing encompasses social, emotional and mental wellbeing. It can be best summarised as **feeling good and functioning well**.

A recent report by the Mental Health Foundation (2017) found that that only 13% of people in England consider themselves to have good mental health. This highlights the importance of improving mental health and wellbeing at population level, beyond the prevention of diagnosable or definable conditions.



Creating the conditions for mental health and wellbeing

Poor mental health is both a cause and consequence of overall health inequalities due to its associations with physical health, employment, housing and lifestyle factors. People with severe and prolonged mental illness die 15-20 years earlier on average than others – two thirds of these deaths are due to avoidable physical illness, including heart disease and cancer linked to smoking.

At all ages **traumatic experiences, poor housing or homelessness**, being **part of a marginalised group**, or having **multiple needs** such as a learning disability or autism are all associated with increased risk of mental health problems, and may also limit access to support.⁴

⁴Prevention Concordat for Better Mental Health (2016)



Best start in life

- Adverse Childhood Experiences (ACEs) describe childhood trauma through abuse, neglect and difficulties in the home environment. ACEs are linked to poorer health and social outcomes, including smoking, substance use and incarceration.
- Children in care are 4 times more likely than their peers to have a mental health difficulty, which may be exacerbated with placement breakdown.
- Resilience factors such as feeling loved and having good social support network can help protect against the effects of childhood trauma.
 - We are developing ways to systematically capture information on ACEs, and intervene early to reduce the occurrence and impact of ACEs and prevent intergenerational problems as part of the **Early Years Strategy** and Healthy Child Programme.



Education

- School ethos, bullying and teacher wellbeing all have an influence on children's mental health. In an average classroom of 30 15-year-old pupils, 3 could have a mental health problem, 7 are likely to have been bullied, and 6 may be self-harming.⁵
- Exclusions from school are increasing, and have a detrimental impact on mental wellbeing and educational outcomes, including longer term.⁶
- The **Social, Emotional & Mental Health (SEMH) Plan** for schools sets out actions for identifying and responding to SEMH needs. This includes workforce development and training, and off-site and on-site enhanced or alternative provision for pupils with identified SEMH needs.

⁵ Lavis P (2015). Promoting children and young people's emotional health and wellbeing: A whole school and college approach. London: Public Health England.

⁶ Ford T, Parker C, Salim J, et al. (2018). The relationship between exclusion from school and mental health: a secondary analysis of the British Child and Adolescent Mental Health Surveys 2004 and 2007. *Psychol Med.* 2018 Mar;48(4):629-641.



Employment

- As of November 2017, there were 12,010 Employment Support Allowance (ESA) claimants living in Wolverhampton.
- It is estimated that approximately 5,525 of these are due to mental health problems.⁷
- We are strengthening pathways across health and employment services to improve access to employment for people with mental health problems.



Housing

- Among people in contact with secondary mental health services, only 27% in Wolverhampton live in stable and appropriate accommodation (2016/17).
- This is lower than both the regional average (45%) and national average (54%).
- We are actively working to improve the quality of rented accommodation, and to reduce homelessness - working in partnership with mental health services – as part of the **Housing Strategy**.

⁷Data from 2016 identified 46% of ESA claimants cited mental illness as the reason for being unable to work.



Community

- Just 50.9% of adult social care users and 25.2% of adult carers in Wolverhampton report having as much social contact as they would like (2016/17).
- We are developing a system to measure social isolation locally, and mobilise the community to meet these needs (e.g. through social prescribing).
- Young offenders are known to be a key group at increased risk of mental health issues. Our Reducing Gangs & Youth Violence Strategy will be incorporated into a wider **Exploitation Strategy** in 2019.



Environment

- Access to green spaces has a lasting positive effect on mental wellbeing for all ages and socioeconomic groups. However, these spaces are not equally distributed and are not always safe or accessible within deprived areas.⁸
- We are working to improve access to green spaces for wellbeing and physical activity through the **Open Spaces Strategy and Action Plan**.

⁸ Better Mental Health For All: A Public Health Approach to Mental Health Improvement (2016). London: Faculty of Public Health and Mental Health Foundation.



Physical health problems

Physical and mental health are inextricably linked. Mental wellbeing and resilience are protective factors for physical health as they reduce the prevalence of risky behaviours such as smoking, substance misuse and unhealthy eating, which are often used as coping mechanisms in the absence of other support. Conversely, people with cancer, diabetes, asthma and high blood pressure are at greater risk of a range of mental health problems such as depression, anxiety and PTSD.

People with long term physical health conditions are more likely to have poor mental health compared with the general population, indicating a need to ensure approaches



to improve mental wellbeing are integrated into physical care pathways.

- 30% of the UK population live with one or more long-term health conditions. Of these, approximately 27% will also have a mental health problem.⁹
 - This means that approximately 20,664 people in Wolverhampton with a long-term health condition also have a mental health problem.¹⁰
- In Wolverhampton smoking prevalence in people with severe mental illness is 46.5%, compared with 16.5% in the general population. This is similar to the national average.

⁹ Naylor C et al (2012). Long-term conditions and mental health – The cost of co-morbidities. London: The King's Fund & Centre for Mental Health.

¹⁰ Based on mid-year population estimate of 255,106 (ONS)



Access to and experience of services

Mental Wellbeing in Wolverhampton – an assessment of needs (2017) reported evidence from responses to a survey of users about their experiences of mental health service highlighted the following:

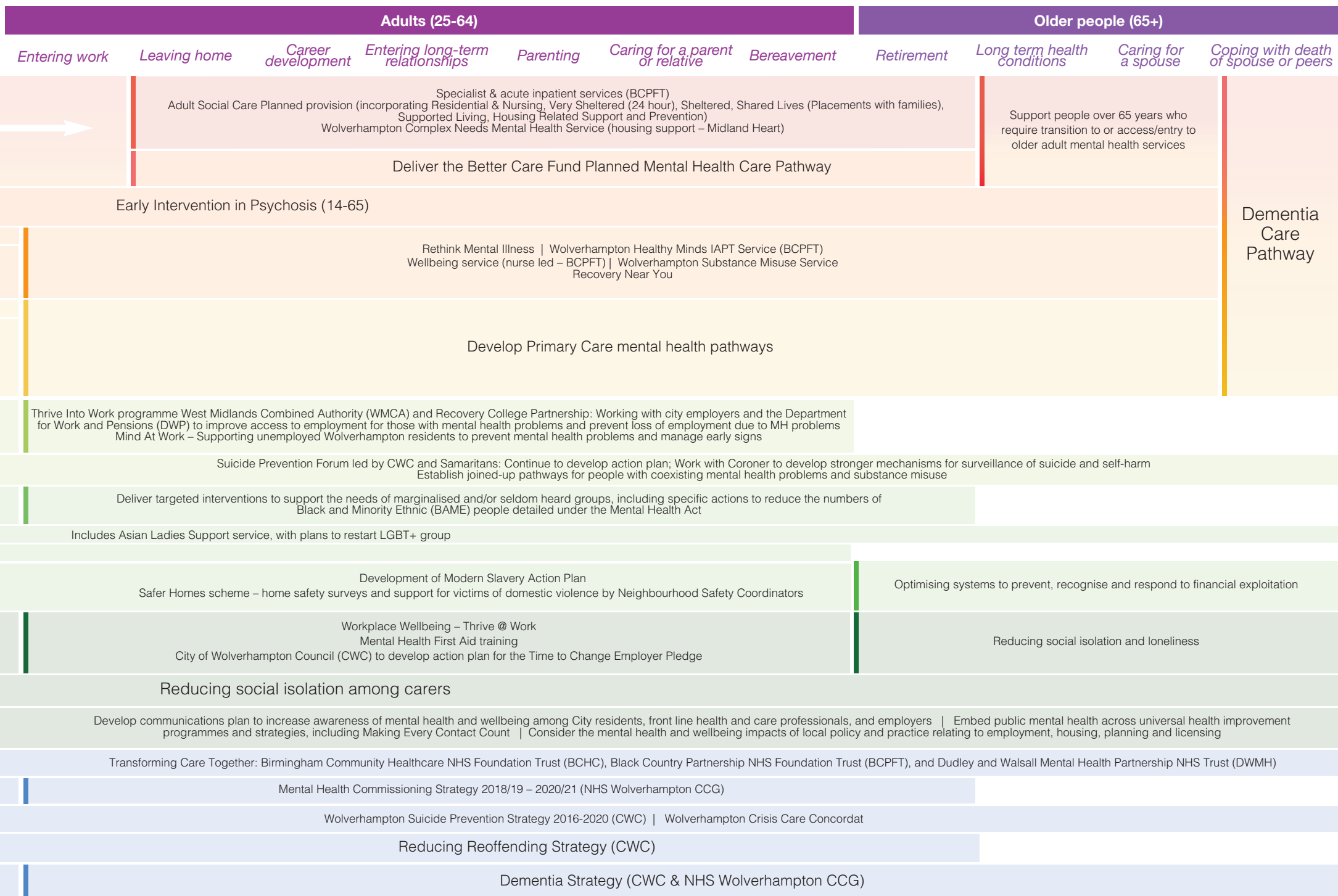
- **Groups at higher risk of poor mental wellbeing** - unemployed, lesbian, gay, bisexual and transgender (LGBT+), homeless, Black and Minority Ethnic (BAME) groups, refugee and migrants, students, ex-offenders, carers
- **Key issues highlighted:** isolation, access to support groups, housing employment, financial stability, physical health
- **Stigma:** lack of understanding from front line services, lack of support for coming back into work.

There was concern around people wanting support but not meeting the threshold for accessing services, and accessing difficulty in getting timely access to appropriate services. The report also indicated a need to raise awareness of where the public can get help, whether signposts or more information on mental health issues.

A life course approach to population mental health and wellbeing

This Strategy places mental health care and support within a broader Public Mental Health & Wellbeing framework, taking into account activity across the wider system to improve population wellbeing across the life course. This includes initiatives across a regional or Sustainability and Transformation Partnership (STP) footprint as well as local provision.

		Early years (0-5)			Children & young people (6-19/24)					
Major life changes & milestones		Acquiring language skills	Developing impulse control	Entering school	Learning to read & write	Developing social skills	Entering puberty	Forming friendships & relationships	Further/ higher education	Developing independence
Health & care system	Tier 5+ Specialist & Acute services					Children's Social Care				Support young people under 18 years who require transition to adult mental health services
	Tier 4: Tertiary Mental Health Services					Child and Mental Health Service (CAMHS) Crisis and CAMHS Inpatient				
	Tier 3: Secondary Community Mental Health Services					Children's Social Care				
	Tier 2: Primary Care / Primary Care facing Services	Specialist Perinatal Team (Black Country and West Birmingham STP)				CAMHS: Core CAMHS – Children and Young People in Care, Inspire (Learning Disability), Eating Disorder service (14+), CAMHS Crisis Develop an all age approach across the service model that incorporates the needs of young people under 18 years who require transition to adult mental health services				
Prevention	Indicated (Tier 1) For people with early detectable signs of mental health stress or distress; targeting people at the highest risk of mental health problems	Develop a local Prevention Concordat	Special educational needs support if in nursery or school		Children's Social Care Educational Psychologists					
			Voluntary organisations – mental health specific and wider support		Headstart, GPs/Health Visitors/School Nurses, Substance Misuse/ 'The Way' Base 25, Believe 2 Achieve, Strengthening Families, Pupil Referral Units, Counselling in schools, Pastoral support provided in schools, Family Support Workers, EWO/Special Educational Needs Co-ordinator, 10-12 Universal plus offer from Headstart, A&E, Paediatric Assessment Units, Community Paediatrics, Family Nurse Partnership, Substance Misuse, COT (Disability), Youth Offending Team/YOT Nurse/Worker, CAMHS link workers (Headstart), Intensive Therapeutic Family Support (Barnado's) BEAM: Emotional Health and Wellbeing Service					
					Headstart, GPs/Health Visitors/School Nurses, Substance Misuse/ 'The Way' Pastoral support in schools/Teachers/Education Welfare Officers (EWO)					
					Develop a Substance Misuse Strategy and resurrect the Substance Misuse Alliance					
			Strengthening Families Hub Submit bid for funding to identify and support children of parents with alcohol dependence, in partnership with Commissioning, Children's services and Strengthening Families team							
					Wolverhampton Social Hub (Starfish Health & Wellbeing):					
					Support provided by Citizens Advice and Refugee & Migrant Centre					
					Actively working to reduce homelessness, working in partnership with mental health services Syrian Vulnerable Person Resettlement Programme No Recourse to Public Funds policy and protocols					
					Healthy Child Programme 6-19: Health & wellbeing reviews HeadStart (10-16 year olds – universal offer)					
					Developing the 'Community Offer' and asset-based approaches to promoting and supporting wellbeing in local communities, including asset mapping of community and voluntary sector support Develop a City-wide evaluation plan to monitor and assess the impact of the Strategy on population mental health and wellbeing					
Strategic context			Autism Strategy (CWC) Shaping Futures – Changing Lives - People Directorate Commissioning Strategy 2018-2021 (CWC) Open Spaces Strategy & Action Plan (CWC) Housing Strategy (CWC)							
			Child & Adolescent Emotional Health & Wellbeing Refresh (NHS Wolverhampton CCG) Early Help Strategy Thresholds of Need and Support in Wolverhampton							
			Wolverhampton Suicide Prevention Strategy 2016-2020 (CWC) Wolverhampton Crisis Care Concordat			Violence Against Women & Girls Strategy (CWC)				
			Early Years Strategy (CWC)			Social, Emotional & Mental Health Needs in Schools Plan (CWC) Reducing Gangs and Youth Violence Strategy(CWC) – to be replaced by wider Exploitation Strategy April 2019				



Outcome measures

An overarching evaluation and monitoring framework will be developed as part of this Strategy. This will include indicators relating to wider determinants, vulnerable groups, service activity and outcomes.

Wider determinants

Reduce the number of 16-18 year olds not in employment, education or training

Increase use of green spaces for physical activity

Increase self-rated population wellbeing scores

Vulnerable groups

Reduce number of permanent exclusions from schools

Increase access to employment for people with mental health problems

Increase numbers of people with mental illness and/or disability in settled accommodation

Reduce episodes of violent crime

Reduce the number of first time entrants to the youth justice system

Increase carers' ratings of their own wellbeing

Reduction in foster care placement breakdowns

Service activity

Improve access to and satisfaction with mental health and support services

Increase rates of completed treatment and recovery, including drug and alcohol treatment

Reduce inequalities in access to treatment and support

Reduce emergency admissions due to mental health problems, including substance misuse

Reduce in-year bed days for mental health

Health and care outcomes

Reduce the incidence and prevalence of mental health problems, and inequalities in the population

Reduce inequalities in physical health outcomes between people with mental health problems and the general population

Reduce the number of suicides

Recommendations

1. Work in partnership across agencies, service users and their carers via the Wolverhampton Mental Health Stakeholder Forum to implement integrated approaches to mental health promotion, support, care and recovery.
2. Continue to co-ordinate activity to improve mental health and wellbeing outcomes through multi-agency partnerships, including the Suicide Prevention Forum, Better Care Fund (BCF) Mental Health Workstream, and Black Country & West Birmingham STP Mental Health Work Programme.
3. Develop a Prevention Concordat for Wolverhampton to facilitate local and action around preventing mental health problems and promoting good mental health.

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