

North Somerset Council

REPORT TO THE HEALTH OVERVIEW AND SCRUTINY PANEL

DATE OF MEETING: 13 OCTOBER 2022

SUBJECT OF REPORT: ADULT MENTAL HEALTH NEEDS ASSESSMENT AND MENTAL HEALTH STRATEGY DEVELOPMENT

TOWN OR PARISH: ALL

OFFICER/MEMBER PRESENTING: GEORGIE MACARTHUR, CONSULTANT IN PUBLIC HEALTH

KEY DECISION: NO

REASON: FOR INFORMATION AND DISCUSSION

RECOMMENDATIONS

Members of the Health Overview and Scrutiny Panel are asked to review the findings and recommendations of the Adults Mental Health Needs Assessment and to provide feedback about their implications in relation to development of North Somerset's forthcoming Mental Health Strategy.

1. SUMMARY OF REPORT

The Adults Mental Health Needs Assessment focuses on mental health need for the population aged over 18, with a specific scope regarding common mental health disorders, severe mental illness (schizophrenia, bipolar disorder and other psychoses) and suicide. Consideration is given to risk factors for mental ill-health, prevalence of mental health conditions, health service use and morbidity and mortality (incorporating links between mental health and physical health). Twenty recommendations are made on the basis of the data and feedback analysed, all of which are being considered during development of the Mental Health Strategy and, using evidence and guidance, collaboratively translated into relevant actions that will effectively address the needs identified.

The Health Overview and Scrutiny Panel are invited to review the data and recommendations and to provide feedback to be considered during development of the Mental Health Strategy and Action Plan.

2. DETAILS

The North Somerset Mental Health Strategy will focus on all stages of the lifecourse from the early years through to older age and it is anticipated that it will have a five-year timeline of 2023-2028. Development of the strategy is being informed by a combination of:

- Adult-focused and children and young people-focused needs assessments

- The findings of consultation and engagement with North Somerset residents, people with lived experience, and a range of partners and stakeholders
- Review of evidence and best practice for the actions and interventions that will deliver the greatest benefit for improving mental health outcomes and reducing inequalities.

Consultation and engagement activity is underway.

The needs assessment focuses on the prevalence of common mental health disorders, severe mental illness, and suicide, as well as risk factors for mental ill-health and associated morbidity and mortality, with the aim of highlighting areas of unmet need and recommending areas for action to address those needs. The quantitative data analysed incorporated local, regional and national datasets, while qualitative input was obtained from previously held consultations, including those conducted to support development of the joint North Somerset Health and Wellbeing Strategy and the Community Mental Health Framework, as well as Healthwatch.

Key findings (with data presented for 2019/20 unless otherwise indicated), include the following:

- The prevalence of diagnosed depression in adults was 13.7%, equivalent to 24,600 people, which is higher than the South West and England average, and a rising trend is evident.
- The prevalence of self-reported anxiety symptoms consistent with high anxiety in North Somerset was 22%, which is similar to the South West and England averages (21 and 22%, respectively). The prevalence was relatively consistent to 2019/20.
- The prevalence of severe mental illness in people of all ages was 0.78%, equivalent to 1,749 people, which is slightly lower than the South West and England averages (0.87% and 0.93%, respectively).
- The rate of emergency admissions for self-harm are higher than for the South West and England with a rising trend over recent years.
- The rate of suicide is 10/100,000 population, which is similar to the South West and England average, and the rate has been similar over recent years. The rate of suicide is approximately three-fold higher among males compared to females.
- Rates of hospital admissions due to alcohol-related conditions are higher than the South West and England averages.

In relation to inequalities, the needs assessment demonstrates that:

- For many outcomes, geographical inequalities were evident, with the prevalence of mental illness, and risk factors for mental ill-health, being higher in Weston-super-Mare, compared to other areas of North Somerset.
- Residents with a diagnosed mental health condition were more likely to smoke, use substances and have physical co-morbidities compared to the general population.

Consultation and engagement highlighted the importance of:

- Prevention and early intervention.
- Locally available, accessible support and the value of co-developed activities and peer support.
- Interventions that follow a trauma-responsive approach.

- Services that are fully joined-up, visible and that allow for signposting between services.
- Addressing stigma and unconscious bias across services.
- Support that is family-focused, addressing the relationship between parental and child mental wellbeing, where appropriate.
- Working life that protects from stress and anxiety.
- The need to address the risk of digital exclusion.

Recommendations in the needs assessment address the above points and are being mapped against overarching themes and emerging objectives in the strategy's developing action plan, using evidence to guide the development of interventions to those that deliver the greatest benefit. It is anticipated that overarching themes may map to those in North Somerset's joint Health and Wellbeing Strategy 2021-2024, including (i) Prevention, (ii) Early Intervention and (iii) Supported and Living Well, including a focus on the lifecourse and action to address health inequalities.

3. FINANCIAL IMPLICATIONS

The Health and Wellbeing Board approved allocation of joint funding from the local authority public health grant and Bristol, North Somerset and South Gloucestershire (BNSSG) Integrated Care Board (ICB) to support implementation of the mental health strategy, totalling £100K for actions relating to adults and older adults and £100K for actions relating to children and young people. During development of the strategy, a targeted prioritisation and funding process will be developed to allocate funding to priority interventions.

4. LEGAL POWERS AND IMPLICATIONS

Development of the strategy is overseen by the Mental Health Strategy Board, and approval of the strategy will be sought from the North Somerset Health and Wellbeing Board.

5. CLIMATE CHANGE AND ENVIRONMENTAL IMPLICATIONS

Climate change and environmental implications will be considered during development of the action plan.

6. RISK MANAGEMENT

Risks will be discussed and mitigated in partnership with the Mental Health Strategy Board and identified to the Health and Wellbeing Board, as appropriate, for discussion and resolution.

7. EQUALITY IMPLICATIONS

Development of the action plan will incorporate consideration of how to most effectively address inequalities in lived experience and outcomes relating to mental health and wellbeing. A proportionate universalism approach may be most appropriate to ensure universal action, but weighted to where, and among whom, need is greatest.

8. CORPORATE IMPLICATIONS

Attention will be given to ensuring that the Mental Health Strategy and action plan reflects North Somerset Council's vision of being open, fair and green, through inclusion of consultation and engagement and a central focus on reducing health inequalities. The Mental Health Strategy will also link with a range of North Somerset strategies and care will

be taken to ensure that the strategy reflects and/or dovetails with existing strategy and action via the Council and the wider system.

AUTHOR

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APPENDICES

Appendix 1: Summary powerpoint presentation

BACKGROUND PAPERS

None