

# North Somerset Council

## REPORT TO THE HEALTH AND WELLBEING BOARD

**DATE OF MEETING:** 5 July 2023

**SUBJECT OF REPORT:** North Somerset Mental Health Strategy 2023-2028

**TOWN OR PARISH:** All

**OFFICER PRESENTING:** Dr Georgie MacArthur, Consultant in Public Health

**KEY DECISION:** No

**REASON:** Paper for information and discussion

### **RECOMMENDATIONS:**

The Health and Wellbeing Board are asked to review the summary of the mental health strategy and next steps and to:

- (i) Contribute views regarding the overarching structure, themes and ambitions and any additional challenges or opportunities that could be reflected.
- (ii) Note the timeline and next steps for engagement, approval and publication, including plans for the formal consultation.
- (iii) Suggest any additional groups or forums with which dedicated engagement should be completed regarding the final draft.
- (iv) Consider the high-level theme areas suggested for funding and share their views on where this fixed-term investment could most effectively be targeted to address gaps in support.

## **1. SUMMARY OF REPORT**

The joint Health and Wellbeing Strategy 2021-24 included actions to develop mental health needs assessments for (i) adults and (ii) children and young people, and an action to build on these findings to develop an all-age Mental Health Strategy for North Somerset. With oversight and input from a multi-agency Mental Health Strategy Group, a draft strategy and action plan has been developed, which responds to findings of the mental health needs assessments and stakeholder engagement. The strategy and action plan are now close to being finalised, providing the opportunity to update the Health and Wellbeing Board around progress and next steps.

This paper intends to provide the Health and Wellbeing Board with an overview of the structure, ambitions and actions included in the strategy and the next steps regarding finalisation, approval and publication.

The Health and Wellbeing Board are asked to consider the summary provided and to contribute views regarding the structure, themes and ambitions; next steps; and any additional engagement required before consultation and finalisation.

## **2. DETAILS**

### **2.1. Background**

The development of the Mental Health Strategy was informed by both the Children and Young People (CYP) (0-18 years) and Adult's (> 18 years) Mental Health Needs Assessments. The needs assessments used quantitative and qualitative data to highlight needs, priorities, and recommendations for areas where greater action is required. The needs assessments will be published alongside the mental health strategy.

In addition, the strategy is underpinned by stakeholder engagement which was conducted between September 2022 and January 2023 to capture the views of a range of stakeholder groups. This included two stakeholder workshops representing 24 organisations/groups, discussion with North Somerset Council's staff forums, and attendance at specific groups such as meetings of Town and Parish Councils and North Somerset Together. Feedback captured during development of the Health and Wellbeing Strategy, from BNSSG's Have Your Say survey (2022) and engagement conducted in relation to BNSSG's community mental health framework were also considered, alongside national survey and qualitative data and findings from local focus groups with CYP. Lastly, individual meetings with a range of partners and service providers have taken place to capture views about gaps and actions to be included and to ensure alignment with the forthcoming Bristol, North Somerset and South Gloucestershire (BNSSG) mental health strategy.

The mental health strategy group, chaired by the public health consultant lead for health improvement, has provided continued input to development of the strategy. The group includes representatives from each directorate of North Somerset Council, locality partnerships, primary care, the VCFSE sector, lived experience and mental health services.

### **2.2. Alignment with strategies and programmes in North Somerset and the integrated care system**

The strategy builds on national policies and strategies including: the five year forward view for mental health, NHS Long Term Plan, Community Mental Health Framework and Core20Plus5.

The strategy also takes into account a range of local related strategies such as the North Somerset Suicide Prevention Action Plan (2023 - 2028); Empowering Communities Strategy; Social Isolation and Loneliness Strategy (2019), forthcoming BNSSG mental health strategy and commitment of the Bristol, North Somerset and South Gloucestershire (BNSSG) ICS to be a trauma-informed ICS, as well as service

developments such as integrated mental health teams in locality partnerships and mental health support in schools.

The mental health strategy builds on the guiding principles<sup>1</sup> and structure of the joint Health and Wellbeing Strategy 2021-2024 with a view across the lifecourse and a vision that:

*People in North Somerset are enabled and supported to have the best possible mental health and wellbeing and to live well in their communities, via a focus on prevention and early intervention and targeted action to reduce inequalities*

Overarching themes for the strategy are:

**(i) Prevention** – actions to prevent mental ill-health or to prevent worsening of mild mental illness (primary and secondary prevention)

**(ii) Early intervention** – identifying mental health disorders and intervening early with the right support.

**(iii) Supported and Living Well** – focusing on providing mental health support and support related to the wider determinants of health, such as employment and housing, to improve quality of life.

### **2.3. Partnership, oversight and governance**

Governance for the strategy will be via the Mental Health Strategy Group with annual review by the Health and Wellbeing Board and scrutiny by the Health Overview and Scrutiny Panel.

Each action includes a target and timeline. Evaluation of progress towards targets for actions and the overall impact will be led by North Somerset Council's public health team with a review of impact to be conducted using the same measures captured in the mental health needs assessments. Nationally available data from OHID regarding self-reported wellbeing (scores for anxiety, worthwhile, happiness and satisfaction) and prevalence of depression and mental disorders may provide overarching indicators among adults; with social, emotional and mental health needs among school pupils for children and young people (CYP) and the rate of hospital admissions for self-harm among CYP, to be assessed alongside progress towards each action's target.

### **2.4. Summary of ambitions and objectives**

A summary of the action plan is provided in Table 1 below and illustrates the themes, ambitions and objectives of the strategy, under which are nested the actions.

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<sup>1</sup> The six guiding principles include: partnerships and collaboration; addressing health inequalities; taking a place-based approach; a life course perspective; building on data, insight and continued learning; and empowering communities.

Table 1. Overview of themes, ambitions and objectives

<b>North Somerset Mental Health Strategy Action Plan at a Glance</b>	
<b>Theme 1</b>	<b>Prevention: Strengthening action to prevent mental ill health before it arises and to promote protective factors to enhance wellbeing</b>
<b>Ambition 1</b>	<b>Secure attachments develop between parents/ caregivers and children to provide a foundation for positive mental health and emotional wellbeing.</b>
<b>Objective 1</b>	Pathways and interventions are in place that strengthen secure attachments and emotional wellbeing between parent/caregivers and CYP.
<b>Objective 2</b>	A public health system wide approach to parenting is available in North Somerset, working in partnership and drawing on best practice from neighbouring local authorities
<b>Ambition 2</b>	<b>Inclusive and trauma-informed practice is embedded across North Somerset.</b>
<b>Objective 3</b>	Trauma-informed training and practice is co-ordinated and embedded across North Somerset Council and partner organisations and settings
<b>Objective 4</b>	A whole school approach to mental health and wellbeing is in place in North Somerset
<b>Ambition 3</b>	<b>Evidenced based training and support is available for volunteers and professionals to promote their own mental wellbeing and to optimise the support provided to others</b>
<b>Objective 5</b>	Volunteers and professionals working within the field of mental health have access to good quality evidence-based training and information to support others' mental health and wellbeing
<b>Objective 6</b>	Workplaces in North Somerset, including those with employees in occupations associated with higher levels of stress, mental ill health, and suicide, are supported to optimise the mental health and wellbeing of their workforce
<b>Ambition 4</b>	<b>Community-based activities are available across North Somerset to support mental health and wellbeing and to reduce social isolation and loneliness</b>
<b>Objective 7</b>	Locally available, community-based activities, including those involving green infrastructure, art and culture, and physical activity, are available across North Somerset to support mental wellbeing
<b>Objective 8</b>	Parents, carers, residents and professionals in North Somerset are aware of available groups and services and sources of support and have the relevant information to enable them to self – select services and groups which meet their needs
<b>Objective 9</b>	People in North Somerset feel more connected and have a sense of belonging in their community
<b>Objective 10</b>	Adult unpaid carers (of adults) and young carers are supported in their caring role and their own health needs are met
<b>Theme 2</b>	<b>Early intervention: Identifying mental health needs and responding to those needs at the earliest opportunity</b>
<b>Ambition 1</b>	<b>Timely support and early intervention are available in a range of settings for people of all ages in North Somerset.</b>

<b>Objective 1</b>	Behavioural and mental health support is available for children aged <5 years
<b>Objective 2</b>	CYP with mild to moderate mental ill-health can access mental health support in schools, online and/or in the community
<b>Objective 3</b>	Individuals with mental ill-health who may be below the threshold for access to secondary care, awaiting services and/or between services, receive appropriate support
<b>Objective 4</b>	Women with perinatal mental ill-health are supported to have an optimal recovery.
<b>Ambition 2</b>	<b>Evidence based support will be provided to young people and adults at risk of self-harm.</b>
<b>Objective 5</b>	Resources are targeted effectively to provide support to CYP and adults at risk of mental ill health and/or self-harm
<b>Ambition 3</b>	<b>Actions to prevent suicide are implemented through the life-course, in partnership with the North Somerset Suicide Prevention Steering Group</b>
<b>Objective 6</b>	Co-ordinated actions are in place to prevent suicide through a multi-agency approach across North Somerset
<b>Theme 3</b>	<b>Supported and living well: Providing targeted opportunities and support to enable people with mental ill-health to live well within their communities</b>
<b>Ambition 1</b>	<b>Services and service developments are co-produced with people with lived experience of mental ill-health and members of local communities and build on data, intelligence and engagement</b>
<b>Objective 1</b>	Local residents are engaged in creating community networks and co-producing wellbeing activities using a strengths-based approach
<b>Ambition 2</b>	<b>Physical health is improved among people with serious mental illness</b>
<b>Objective 2</b>	Individuals with serious mental illness receive support for improved physical health
<b>Ambition 3</b>	<b>Support and care provided takes a proportionate universalism approach that tackles inequalities, builds on strengths, and is responsive to risk and mental health need.</b>
<b>Objective 3</b>	Services are targeted proportionately to where, or among whom, need is greatest
<b>Objective 4</b>	Mental health support is available for people with a dual diagnosis, i.e. those with a mental health need and high-risk substance use or substance use dependence
<b>Objective 5</b>	CYP in care and care experienced young people are emotionally supported and have their mental health needs met
<b>Ambition 4</b>	<b>Holistic support is provided for people living with mental ill-health that incorporates consideration of the wider determinants of health such as financial pressures, employment, and housing</b>
<b>Objective 6</b>	People with mental health needs receive holistic care and support that addresses their unique needs
<b>Objective 7</b>	People most affected by the cost-of-living crisis are supported in relation to income maximisation and sources of advice and guidance to address mental health and wellbeing needs
<b>Objective 8</b>	People living with mental illness will be supported to enter, or return to, employment.

**The Health and Wellbeing Board are invited to contribute views regarding the overarching structure, themes and ambitions and any additional challenges or opportunities that could be reflected.**

Approximately 90 actions are currently incorporated from North Somerset Council's Children's Services, Adult's Services, Place, Corporate Services, and Public Health and Regulatory Services directorates (across multiple teams), Sirona CiC, BNSSG ICB and Locality Partnerships, AWP Mental Health NHS Trust (adults services and CAMHS), Off the Record, VANS, NHS Talking Therapies, North Somerset Job Centre and the Independent Mental Health Network. Actions reflect:

- Service delivery and service improvement (e.g. integrated mental health teams, mental health support teams, transitions between services, delivery of group support for young people, tailored support etc) as well as community based support (e.g. peer support), deep-dive data analysis regarding mental health-related hospital admissions, engagement and co-production, and mental health training, among others.
- A range of different types of support (e.g. assessment and referral; new service pathways; community programmes and social prescribing; 1:1 and group support; tailored health services, workplace-based action, training, parenting support, school-based action, service review or audit, trauma-informed practice etc)
- Bespoke actions for specific populations (e.g. unpaid carers, mothers and fathers in the perinatal period, children in care, individuals with serious mental illness, people with long-term conditions, people with substance dependence) from infancy to adulthood and older age.

## **2.5. Next steps and the timeline for completion and approval**

Following final approval by delivery leads of all actions included by early July, a final draft will be shared with the mental health strategy group, North Somerset Council Corporate Leadership Team, Directorate Leadership Teams and Executive; Health Overview Scrutiny Panel, Locality Partnership Boards and key partners.

It is anticipated that the public consultation will then be run over a 6-week period between August and October, allowing updates to be made in late October, before a final version is shared with the Health and Wellbeing Board in the meeting in November 2023. We are conscious that response to a public consultation may be limited in August, so will ensure that the consultation is open throughout September to provide sufficient time to respond.

## **3. FINANCIAL IMPLICATIONS**

As part of the Health and Wellbeing Strategy Phase 2 funding £200K was allocated for adult and CYP mental health. As previously noted to the Board, £80K of this funding has been allocated to fund programmes for children and young people via a mental health grant scheme that was focused on trauma-informed practice and preventing and addressing self-harm. The two projects funded include:

1. A Wellbeing Practitioner (for an 18-month period) with Off the Record to deliver the MindAid and Shameless group workshops, based on CBT principles, with young people in secondary schools who may be self-harming and for those impacted by low self-esteem and poor body image.
2. Embedding of a trauma-informed approach in primary and secondary schools via training; topic-specific seminars; peer supervision; a pilot programme in two schools and a dedicated role to co-ordinate this work. Led by North Somerset Council Children's Directorate.

In response to findings of the needs assessment and engagement, as well as via discussions with the mental health strategy group around gaps remaining following development of the action plan, proposed priority areas to support with the remaining funding (£120K) include:

**Adults (£100K):**

- Dual diagnosis:
  - Enhanced mental health support for people with substance use dependence which has been a recognised need. It should be noted, however, that this funding is non-recurrent and any action implemented would need to be sustainable.
- Peer support
  - A need for enhanced peer support has been identified particularly in Woodspring locality and could provide lower threshold support in the community.
- Support around employment and/or in relation to housing:
  - Additional funding of programmes to provide support and/or enable people to enter/ re-enter employment and/or mental health support for those at risk of housing problems/crisis.
- Funding to support engagement and co-production
  - Allocation of funding for in-depth engagement and co-production of interventions. This was considered an essential element of the strategy implementation among the mental health strategy group.

**Children and young people (£20K):**

- Part of this remaining funding could be used to support engagement and co-production to shape interventions for children and young people, with part of this funding kept aside at present.

**The Health and Wellbeing Board are asked to consider the above options and to share their views on the high-level theme areas where this fixed-term investment could be focused for greatest benefit.**

**4. CLIMATE CHANGE AND ENVIRONMENTAL IMPLICATIONS**

The strategy includes actions to promote positive mental health via physical activity and engagement with green space. Enhanced service delivery may have

implications in terms of increased travel, but it is intended that many services are provided in existing settings (e.g. schools, workplaces) or in a place-based way within communities, mitigating some of this risk.

## **5. RISK MANAGEMENT**

Delivery and implementation of the strategy and action plan will be overseen by the Mental Health Strategy Group. Any risks around implementation and progress will be discussed with this group and resolved or escalated to the Health and Wellbeing Board. Updates will be provided to North Somerset Council's Corporate Leadership Team, Executive, Health and Wellbeing Board, and other partners as appropriate, throughout the period of strategy implementation.

## **6. EQUALITY IMPLICATIONS**

The Mental Health and Wellbeing Strategy takes a proportionate universalism approach, with actions across the local authority area but with the majority of actions targeted towards groups or areas where health needs are comparatively greater to address inequalities. The draft action plan includes a proposed action regarding engagement and co-production with people from diverse population groups and with those with lived experience of mental ill-health to inform and shape policies, programmes and/or services.

## **7. CORPORATE IMPLICATIONS**

Development of the Mental Health Strategy was included as an action in the joint Health and Wellbeing Strategy. Using a similar overarching structure as the Health and Wellbeing Strategy, the Mental Health Strategy reflects North Somerset Council's current vision of being open, fair, and green via the focus on consultation, engagement and inclusion of community-focused action and targeted action to address health inequalities.

## **AUTHOR**

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## **APPENDICES**

None

## **REFERENCES**

N/A