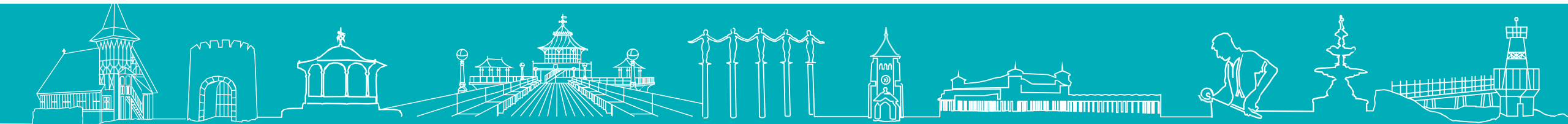


North Somerset Mental Health Strategy 2023-2028

Summary

Carole Whitelaw, Health Improvement Service Leader
Georgie MacArthur, Consultant in Public Health

North Somerset Mental Health Strategy Group



Aim and Background

- To provide a summary of the development, structure, themes and ambitions in the latest draft mental health strategy and next steps
- To highlight high level theme areas suggested for additional investment

The Health and Wellbeing Board are asked to:

- Contribute views regarding the overarching structure and any challenges and/or opportunities that could be reflected
- Suggest any additional forums for engagement around a final draft
- Comment on high level areas for funding being considered to address gaps in the action plan

Development

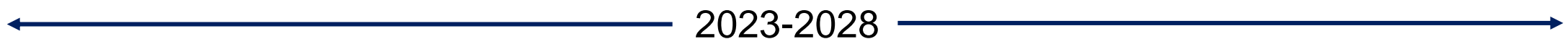
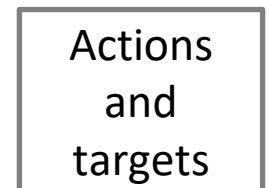
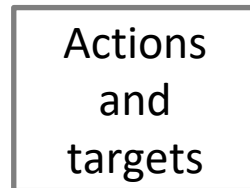
- Assessment of need for adults and CYP using qualitative and quantitative data
- Workshops – stakeholder groups and people with lived experience
- Meetings and forums
- Qualitative feedback from existing sources
- Tailored meetings to discuss and incorporate actions
- Oversight by Mental Health Strategy Group

Vision

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

Structure

Guiding principles



Context and service delivery

National context

- Future in Mind (2015)
- Five Year Forward View for Mental Health
- NHS Long Term Plan
- Community Mental Health Framework
- Prevention Concordat for Better Mental Health
- Advancing Mental Health Equalities Strategy
- Core20plus5

Local context, developments and achievements

- ICS mental health strategy and joint forward plan (& TI practice ambition)
- Locality Partnership strategic plans and integrated mental health teams
- Current services and service developments
- Relevant strategies e.g. Health and Wellbeing Strategy, Empowering Communities, Suicide Prevention Action Plan & others.

Themes and ambitions

Prevention: Strengthening action to prevent mental ill health before it arises and to promote protective factors to enhance wellbeing

Prevention

- **Ambition 1: Secure attachments develop between parents/ caregivers and children to provide a foundation for good mental health and emotional wellbeing.**
 - Pathways and interventions are in place that strengthen secure attachments and emotional wellbeing between parent/caregivers and CYP.
 - 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 es
- **Ambition 2: Inclusive and trauma-informed practice is embedded across North Somerset**
 - Trauma-informed training and practice is co-ordinated and embedded across North Somerset Council and partner organisations and settings.
 - A whole school approach to mental health and wellbeing is in place in North Somerset.

Prevention

- **Ambition 3: 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**
 - 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.
 - 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

Prevention

- **Ambition 4: Community-based activities are available across North Somerset to support mental health and wellbeing and to reduce social isolation and loneliness**
 - 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
 - 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
 - People in North Somerset feel more connected and have a sense of belonging in their community
 - Adult unpaid carers (of adults) and young carers are supported in their caring role and their own health needs are met

Early intervention: Identifying mental health needs and responding to those needs at the earliest opportunity

Early intervention

- **Ambition 1: Timely support is available in a range of settings for people of all ages in North Somerset.**
 - Behavioural and mental health support is available for children aged <5 years.
 - CYP with mild to moderate mental ill-health can access mental health support in schools, online and/or in the community
 - 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
 - Women with perinatal mental ill-health are supported to have an optimal recovery.
- **Ambition 2: Evidence based support will be provided to young people and adults at risk of self-harm**
 - Resources are targeted effectively to provide support to CYP and adults at risk of mental ill health and/or self-harm

Early intervention

- **Ambition 3: Actions to prevent suicide are implemented through the life-course, in partnership with the North Somerset Suicide Prevention Steering Group**
 - Co-ordinated actions are in place to prevent suicide through a multi-agency approach across North Somerset

Supported and living well: Providing targeted opportunities and support to enable people with mental ill-health to live well and supported within their communities

Supported and Living Well

- **Ambition 1: 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**
 - Local residents are engaged in creating community networks and co-producing wellbeing activities using a strengths-based approach
- **Ambition 2: Physical health is improved among people with serious mental illness.**
 - Individuals with serious mental illness receive support for improved physical health.

Objectives: Supported and Living Well

- **Ambition 3: Support and care provided takes a proportionate universalism approach that tackles inequalities, builds on strengths, and is responsive to risk and mental health need.**
 - Services are targeted proportionately to where, or among whom, need is greatest.
 - 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
 - CYP in care and care experienced young people are emotionally supported and have their mental health needs met

Objectives: Supported and Living Well

- **Ambition 4: 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**
 - People with mental health needs receive holistic care and support that addresses their unique needs
 - 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
 - People living with mental illness will be supported to enter, or return to, employment

Actions

- ~90 actions for CYP and adults; reflecting actions led by BNSSG ICB, NSC (each directorate), Sirona, Localities, AWP (including CAMHS), Off the Record, VANS, NHS Talking Therapies, NS Drugs and Alcohol Partnership, Independent Mental Health Network
- Service delivery and improvement & different modes of support (CYP and adults)
 - IMHTs, peer support, workplace interventions, mental health training, trauma-informed practice, community interventions and social prescribing, communications & resources, new pathways (e.g. employment, dual diagnosis)
 - MHSTs, school environment, school-based interventions, assessment and referral, parenting support, transition services, group support
 - Data analysis & needs assessment (e.g. carers), review and audit, engagement and co-production

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

Governance

- Governance through the North Somerset Mental Health Strategy Group
- Updates will be provided to North Somerset Council's Corporate Leadership Team, Executive, and Health and Wellbeing Board
- Updates to be provided to other Boards and partner organisations as needed

Approval and sign-off

Mental Health Strategy Group

North Somerset Council (CLT, Executive)
Scrutiny Panels
Partners and boards

Public consultation

Health and Wellbeing Board
Autumn 2023

Funding – possible focus areas

- **£100K via Health and Wellbeing Strategy**
 - **Dual diagnosis** – enhanced mental health support for people with substance use dependence
 - **Peer support**
 - **Wider determinants of health:**
 - Support to enter/ re-enter employment
 - Mental health support for those at risk of housing problems/ crisis
 - **Support for engagement and co-production**
- **£20K funding for CYP** – proposal to keep aside, with part used for engagement.

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.**
- **Consider the above options and to contribute their views regarding the high-level theme areas (reflecting gaps) in which to boost investment.**

Thank you

With thanks to:

Carole Whitelaw, Helen Yeo – NSC public health

Lewis Peake, Finley Kidd – NSC (consultation and engagement)

NSC BI and BNSSG ICB (needs assessments)

Mental health strategy group

All contributors to the draft action plan

Georgie.macarthur@n-somerset.gov.uk