

HEALTH AND ADULT SOCIAL CARE OVERVIEW AND SCRUTINY COMMITTEE

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MEDWAY ADULT MENTAL HEALTH STRATEGY 2018 TO 2023

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Summary

The Medway Adult Mental Health Strategy 2018 to 2023 has been developed by NHS Medway Clinical Commissioning Group and Medway Council. It sets out our vision for improving outcomes for people with mental health problems in Medway over the next five years.

1. Budget and Policy Framework

- 1.1 The Medway Adult Mental Health Strategy 2018 to 2023 supports the delivery of Council Plan priorities, in particular 'Supporting Medway's people to realise their potential' and 'Healthy and active communities'.
- 1.2 This is a key local strategy and will be presented to Cabinet for approval following consideration at the Health and Adult Social Care Overview and Scrutiny Committee and the Health and Wellbeing Board.
- 1.3 An action plan outlining the key aims, actions, leads and outcome measures has been developed alongside this strategy and will be finalised once the strategy has received authorisation from Cabinet.

2. Background

- 2.1 The Medway Adult Mental Health Strategy 2018 to 2023, as set out in Appendix 1 to the report, was developed with NHS Medway Clinical Commissioning Group and Medway Council.
- 2.2 The strategy sets out our vision for improving outcomes for people with mental health problems in Medway. This strategy is for adult mental health only and does not include children and younger people, Dementia, ASD/ADHD or Learning Disabilities.

2.3 The strategy sets out how, over the next five years, NHS Medway Clinical Commissioning Group, Medway Council and other local partners will:

- Commit to achieving parity of esteem for mental health.
- Promote mental health and well-being in our communities.
- Focus on early intervention and preventing Medway residents from developing significant mental health problems.
- Ensure that when people do need help that they can access the appropriate intervention quickly; services are of the highest possible quality and will proactively support people to recover and remain well.
- Recognise the need for services to be integrated and work together to deliver high quality services close to home.
- Improve mental health provision in primary care, allowing specialist secondary care mental health services to focus on complex and specialist interventions.

2.4 Medway has a population of circa 278,542 residents and this is expected to grow by 10% to 307,300 by 2026. A Mental Health needs assessment has been undertaken, which outlines that the population is predicted to grow and the age of that population is increasing as people live longer.

2.5 Mental health problems account for our largest burden of ill health. It is estimated that up to 1 in 4 adults will suffer from a mental health problem at some point in their life, which would equate to circa 69,635 people in Medway.

2.6 The demographic data, gaps in service provision and stakeholder feedback arising from the Mental Health needs assessment and gap analysis, is summarised in section 6.1 of the Strategy. The demographic data evidences the increasing numbers of people living in Medway with mental health problems as well as the increasing severity of need. In 2017, 28,000 18-64-year olds in Medway had a common mental health disorder (CMD) such as depression, anxiety and obsessive-compulsive disorder. This increased to 31,053 in 2018, representing 15.8% of Medway's population.

3. Options

3.1 Option 1 is to do nothing, which would mean that there is no local strategic framework for the development of Mental Health services to meet the needs outlined in the strategy. This option is not recommended.

3.2 Option 2 to implement the strategy, which is designed to improve the outcomes for people with mental health problems in Medway. This is the recommended option.

4. Advice and analysis

4.1 This strategy brings together the following five priorities:

1. Mental Health promotion, early help and prevention of mental illness
2. Supporting people with mental health illness to live fulfilling lives
3. Improving targeted and responsive crisis support
4. Supporting people with Severe Mental Illness (SMI) including 'parity of esteem
5. Developing and implementing a Workforce Development Strategy

4.2 In addition to the above five priorities, there are seven cross cutting themes that will underpin all activity in implementing the Mental Health Strategy. They are:

- To improve the physical health of those with mental health problems.
- Achieve parity of esteem for mental health.
- Obtaining the commitment of Social care, Health and other partners such as housing and the VCS to work together to promote mental and well-being in our communities.
- Co- produce services and support in conjunction with service users and carers.
- Adopt integrated mental health support service that removes traditional tiered approaches and ensures emotional, physical and mental health and well-being are addressed as one.
- Mental health services and support are to be accessed in a timely, responsive and equitable way.
- Transition between children and adult's mental health services takes place in a timely and co-ordinated way ensuring continuity of care.

4.3 The Model for Delivery: The Medway Model is a new way of transforming local health and care services so that, where appropriate and possible, they can be delivered closer to people's homes and delivered in an integrated way across all partner agencies across six locations in Medway.

5. Risk management

5.1 A Diversity Impact Assessment is included at Appendix 2.

5.2 The Strategy is not requiring additional financial investment but seeking to improve ways of working by:

- Focusing on early intervention and preventing Medway residents from developing significant mental health problems.

- Ensuring that when people do need help that they can access the appropriate intervention quickly; services are of the highest possible quality and will proactively support people to recover and remain well.
 - Recognise the need for services to be integrated and work together to deliver high quality services close to home.
- 5.3 Failing to do so poses a risk of increasing burden on acute services and long term packages of care.

6. Consultation

- 6.1 A range of workshops were held to capture feedback from stakeholders including people with mental health needs. Strengths, Weaknesses, Opportunities and Threats (SWOT) analysis was compiled using the feedback from the workshop telling us what local people think about mental health services in Medway.

7. Financial implications

- 7.1 There are no financial implications for Medway Council arising directly from this report although implementation of the Strategy would need to be done within existing resources.

8. Legal implications

- 8.1 There are no legal implications for Medway Council arising directly from this report.

9. Recommendation

- 9.1 The Health and Adult Social Care Overview and Scrutiny Committee is asked to comment on the draft strategy prior to its consideration by the Health and Wellbeing Board and presentation to Cabinet for approval.

Lead officer contact

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Appendices

Appendix 1 - Medway Adult Mental Health Strategy 2017 to 2022
Appendix 2 – Diversity Risk Assessment

Background papers

None.