

Suffolk Health and Wellbeing Board

A committee of Suffolk County Council

Report Title:	Mental Health in Suffolk
Meeting Date:	23 March 2017
Chairman:	Councillor Tony Goldson
Board Member Lead(s):	Abdul Razaq, Direct of Public Health, Suffolk County Council
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What is the role of the Health and Wellbeing Board in relation to this paper?

1. *People in Suffolk have the opportunity to improve their mental health and wellbeing forms Outcome 4 within the Joint Health and Wellbeing Strategy and is therefore a priority area for the Health and Wellbeing Board (HWB).*
2. At its last meeting in January 2017, the Board agreed to have a focus on mental health at its March meeting and in preparation for this the Chairman and Vice-Chairman agreed to host a workshop to inform the debate and discussion at the HWB meeting.

Key questions for discussion:

3. The key questions for discussion are:
 - What should the priorities be for a mentally healthy Suffolk?
 - Does Suffolk have a cohesive plan to improve mental health in Suffolk and deliver on Outcome 4?
 - Does a credible forum exist which the Board has confidence will deliver?

What actions or decisions is the Board being asked to take?

<p>The HWB is asked to:</p> <ol style="list-style-type: none"> 4. Develop a new Suffolk plan for mental health which brings together: <ol style="list-style-type: none"> a) The feedback from the Mental Health Workshop 6 March 2017. b) The Joint Mental Health Programme between Ipswich and East Clinical Commissioning Group (CCG)/West CCG and the Norfolk and Suffolk Foundation Trust (NSFT) based on the priorities approved by the Board in September 2016. c) Incorporates the strategic aims within the Annual Public Health report which focused on mental health.
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| <ol style="list-style-type: none">5. Task the Suffolk Commissioners Group with exploring the potential of pooled or aligned budgets to support mental health, including the need to invest in early intervention and prevention.6. Support the introduction of a Mentally Healthy Communities Board, recognising the importance of wider partners including the Voluntary and Community Sector (VCS). |
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Brief summary of report

7. This report will provide background information which outlines the priorities and action plans the HWB has agreed to date in relation to mental health and Outcome 4. It will also provide a summary of the content and feedback from the workshop held on 6 March 2017.

Main body of report

Background

8. The Joint Mental Health Adult Commissioning Strategy vision for mental health services is to provide excellent, safe, sound, supportive, cost effective and transformational services for people with mental health needs that in turn promote independence and are empowering wellbeing and choice that are shaped by accurate assessment of community needs.
9. The 5 year Joint Mental Health Commissioning Strategy, published in 2015, was developed between NHS West Suffolk Clinical Commissioning Group (CCG), NHS Ipswich and East Suffolk CCG, Suffolk County Council, Suffolk Constabulary and people who use mental health services on behalf of the people of Suffolk. All the named statutory bodies committed to co-production to support the delivery of the strategy and to develop their work with partners such as Healthwatch and Suffolk User Forum.
10. A subsequent action plan was developed and published in January 2016 underpinning the Joint Mental Health Adult Commissioning Strategy and the delivery of this is being monitored by the Suffolk Mental Health (MH) and Learning Disability (LD) Joint Commissioning Group (JCG). Attached at Appendix A. However, it is reported that the action plan is considered unwieldy by partners and it has not galvanised activity.
11. Subsequently it has been decided that the Suffolk Mental Health and Learning Disability JCG should be replaced by the Mentally Healthy Communities Board and will be the forum which brings together the system to deliver on Outcome 4. This is a new forum which will be co-chaired by the NSFT Director of Operations and Chief Director of Re- design from Ipswich and East and West CCGs.
12. The Strategy included links to work being progressed for Child and Adolescent Mental Health Services (CAMHS) and the Suffolk Learning Disability Strategy. A report in respect of progress for CAMHS as part of Outcome 1 was presented at the 21 July 2016 Suffolk Health and Wellbeing Board meeting. [Agenda Item 7 - Children and Young People's Emotional Wellbeing Transformation Plan \(EWB 2020\)](#)
13. In September 2016 Eugene Staunton, Associate Director of Re-design presented an update to the HWB [Agenda Item 9 - Update on Suffolk Joint Mental Health Adult Commissioning Strategy](#). The HWB agreed the recommendations in the report and the areas of focus outlined in the paper. Members noted that good

progress was being made. They particularly welcomed the fact that the police were now receiving support from psychiatric nursing staff to deal with incidents involving people with mental health problems.

14. The HWB also recognised that although the trends were positive, “parity of esteem” for mental health was not yet a reality and joined-up services had not yet been fully achieved. For example, there was insufficient integration of the services for people with mental health issues who also had problems relating to drug and alcohol misuse. Members noted that this particular gap was to be discussed by the Suffolk Commissioners Group.
15. At the meeting of the HWB in January 2017, the Director of Public Health launched his annual report which was themed on mental health. This was welcomed by the HWB. [Agenda Item 7 - Suffolk Minds Matter - Annual Public Health Report 2016](#)
16. On 9 March 2017 NHS England produced a report [Five Year Forward View for Mental Health: One Year On](#). This sets out a number of priorities and areas of action. Most notably that Public Health England is working with partners to develop a Prevention Concordat Programme for Better Mental Health. The programme aims to galvanise local and national action around the prevention of mental illness and promotion of good mental health; and facilitate every local area to put in place effective prevention planning arrangements by the end of 2018.
17. Specifically it refers to “*Local plans, led by health and wellbeing boards, local authorities and CCGs, will enable every area to use the best data available to plan and commission the right mix of provision to meet local needs. In the first year of the programme, Public Health England is creating a suite of Prevention Concordat resources to support local areas*”.

Workshop

18. A workshop was held in preparation for the HWB meeting and its purpose was to take the opportunity to gain the views of stakeholders on the progress being made in relation to mental health in Suffolk, confirm support for existing priorities and/or identify areas of improvement which could inform the debate at the HWB.
19. In total 103 people attended. This included service users and practitioners from across the public and voluntary and community sector. A number of the HWB members also attended the event.
20. An external facilitator was engaged to host the session which incorporated a visual artist which captured the conversation. This will be displayed at the HWB meeting.
21. The programme included contributions from Ezra Ewing from Suffolk Mind and Natacha Bines from the Knowledge and Intelligence function in Public Health. Sara Blake, Head of Localities and Partnerships gave an input in relation to community and person centred approaches based on the *Realising the Value* programme commissioned by NHS England. Rebecca Driver from Waveney and Great Yarmouth CCG also gave a reflection on what is working well and the challenges from her perspective.
22. Great Yarmouth and Waveney Clinical Commissioning Group’s mental health programme for 2016/17 includes the following summary areas of work:

- Carrying out an ongoing review of all CCG and joint funded packages of care
 - Monitoring and reviewing mental health contracts
 - Implementing a Dementia Post Diagnostic Pathway for Suffolk
 - Reviewing mental health waiting times standards
 - Working with Norfolk and Suffolk NHS Foundation Trust and adult social care to review the continuing care service at Carlton Court and exploring new models of working
 - Working towards an increase in dementia diagnosis rates
 - Conducting a clinical review of the Early Intervention in Psychosis (EIP) Service
23. The CCG is reviewing priorities for 2017/18 with key themes likely to include maintaining the IAPT recovery rate, increasing dementia diagnosis, ongoing review of packages of care and the standard for EIP assess to treatment.
24. Following on from the priorities agreed by the HWB in September 2016, Brian Parrot from NSFT and Richard Watson, Chief Redesign Director gave an update in relation to the priorities within the Joint Mental Health Programme of Work. The slides which accompanied the presentations are attached at Appendix B.
25. The second half of the session was a facilitated workshop. Although the brief requested that the stakeholders were given the opportunity to reflect on what is working well and what needs to be improved, the facilitator decided to focus on vision and priorities for the next 12 months, moving from the aspiration of participants for mental health in Suffolk to what can realistically be achieved. The report produced by the facilitator is attached at Appendix C.
26. Prior to leaving the session, participants were given the opportunity to prioritise the activity proposed. The following were the top three areas of focus:
- a) Portal to the community – creating more opportunities to bridge the community and person centred activity in the voluntary and community sector with clinical/social care practitioners. The example given was primary care and care farms.
 - b) Early intervention and prevention, working with the VCS – Recognising the importance of prevention and early intervention and the opportunities within the VCS. This included how to invest in prevention.
 - c) Partnership – creating more spaces for people to come together, strategically and in localities, to improve mental health.

Key Questions

- What should the priorities be for a mentally healthy Suffolk?
- Does Suffolk have a cohesive plan to improve mental health in Suffolk and deliver on Outcome 4?
- Does a credible forum exist which the Board has confidence will deliver?

Actions/decisions recommended

27. It is recommended that the HWB agree to:
1. Develop a new Suffolk plan for mental health which brings together:
 - a) The feedback from the Mental Health Workshop 6 March 2017.
 - b) The Joint Mental Health Programme between Ipswich and East CCG/West CCG and NSFT based on the priorities agreed by the Board in September 2016.
 - c) Incorporates the strategic aims within the Annual Public Health report which focused on mental health.
 2. Task the Suffolk Commissioners Group with exploring the potential of pooled or aligned budgets to support mental health, including the need to invest in early intervention and prevention.
 3. Support the introduction of a Mentally Healthy Communities Board, recognising the importance of wider partners including the VCS.

Why this action/decision is recommended

28. The recommendations are informed by the feedback from stakeholders in relation to one of the priorities of the HWB.

Alternative options (if appropriate)

29. Progress with the activity already identified in the current Outcome action plan and not adopt the additional recommendations emerging from stakeholder engagement workshop session and the Joint Mental Health Programme.

Who will be affected by this action/decision?

30. All Suffolk residents.

Sources of further information

No other documents have been relied on to a material extent in preparing this report.

