

Healthy Communities Scrutiny Committee - Thursday 19 January 2017

Update on Joint Mental Health and Wellbeing Strategy for Southwark

1. Background

On 2 March 2016, the Education and Children's Services sub-committee and the Healthy Communities sub-committee carried out a joint enquiry into the development of the Joint Mental Health Strategy for Southwark. A joint report was produced as an outcome of this work. This included a detailed set of recommendations for both Southwark Council and Southwark Clinical Commissioning Group (CCG) to consider during the development of a Southwark Joint Mental Health Strategy.

The thirty-three recommendations covered a wide range of health and social issues that have an impact on mental health and well-being, including: early help and preventative interventions; the transition from children's to adult mental health services; the operation of health services, including Child and Adolescent Mental Health services (CAMHS); the role of schools and other education services in supporting children and young people and identifying mental health issues; the impact of housing and accommodation; social media and cyberbullying; equality of access to services, including for Black and other Minority Ethnic (BME) groups; the importance of reducing stigma and making sure our workforce are trained and supported in developing good mental health awareness.

These recommendations have been considered and were responded to by Cabinet on 13 December 2016. The Recommendations were also used to inform the development of the Joint Mental Health and Wellbeing Strategy.

2. Progress update on the development of a Joint Mental Health and Wellbeing Strategy

In August 2016, Southwark Council and CCG jointly commissioned Contact Consulting (Oxford) Ltd to undertake consultation and drafting of Joint Mental Health Strategy for Southwark. A national procurement process was undertaken and the panel included Cllr Helen Dennis, Deputy Cabinet Member for Mental Health. Contact Consulting began in September 2016. It is anticipated that a full draft joint strategy will be delivered in March 2017.

This strategy is intended to provide a locally informed framework to guide the journey of recovery from episodes of mental ill health as well as supporting Southwark residents to live well and thrive in their local communities. This will help us to build a resilient community, informed by the national *No Health without Mental Health* strategy as well as other legislative and policy drivers, including the Care Act 2014, the *Mental Health Five Year Forward View*

and the national children and young people's mental health and wellbeing strategy, *Future in Mind*.

The CCG and Council agreed a broad set of core priorities for the development of this strategy, including:

- Protection, promotion and prevention of mental health across the local population;
- The further development of Primary mental health care;
- Focus on how services across NHS, Council and the local Voluntary and Community sector can make better responses to complex needs;
- Better delivery of care and support for those living with long-term conditions;
- Better alignment of local policies and strategies to deepen local knowledge and approaches to the improvement of outcomes, e.g. for services for children and young people; and for older people with dementia;
- Ensure the NHS Mental Health 5 Year Forward View target of investment is achieved, in order to ensure there is local 'parity of esteem' between physical and mental health locally.

A comprehensive review of literature was undertaken with the support from Public Health, and included evidence and best practice guidance, public health data and intelligence, best practice guidance, and reviews of national and local policy. Interdependencies with other local strategies have been considered including the *Southwark Five Year Forward View for health and social care*; local Sustainability and Transformation Plans (STP), the Joint Southwark Children and Young People's Strategic Framework, and the Southwark Health and Wellbeing Strategy (2015-2020). Recent work undertaken by Southwark Healthwatch on consulting young people on mental health has also been taken into account. The recent work of Dr Sarah Teague on Young People's Health in Southwark, with a focus on risky behaviour, has also informed this work.

A Communications Plan was developed to raise the profile and awareness of mental health and wellbeing with stakeholders, including in related sectors (housing, employment, education, and criminal justice system), patients, service users and carers, and the public across Southwark.

A range of engagement approaches have been used to capture the insights of service users, carers, as well as professionals across health, council and the local voluntary and community sector. Methods included patient stories and user journeys, engagement events, Community Councils, Patient Participation Groups (PPG) in general practice settings, interviews and through social media including Facebook and Twitter (#Southwarkwellbeing).

Two large-scale "open space" listening events took place in November 2017 which were attended by more than 150 key stakeholders from across health (including South London and the Maudsley (SLaM) NHS Foundation Trust) and social care, with the active participation of service users and carers and those with a lived experience of the issues of living with mental ill-health locally.

Engagement work also involved emotional wellbeing mapping in schools and targeted engagement with vulnerable groups including children and young people with special needs, young offenders and young carers.

3. Governance

A Strategy Reference Group was established in October 2016 and includes representation across health and social care commissioning, Public Health, as well as Cllr Dennis. Strategic alignment was agreed at the Joint Commissioning Strategy Committee in October 2017.

The engagement approach was endorsed by the Engagement Advisory Board in November 2016, which has representation from Southwark Council's Community Participation Team and Southwark CCG Engagement Team and GP clinical leads.

A progress update is due at the Serious Mental Illness (SMI) Commissioning Development Group on 26 January 2017. The Reference Group will meet in February and the beginning of March 2017 to finalise the Draft Strategy, prior to going through the governance processes of Southwark CCG and Council. This final draft version of the joint mental health strategy will be presented to both Scrutiny sub-committees. The endorsement of the Health and Wellbeing Board will also be sought.

4. Emerging Themes

A broad range of themes from these engagement activities are currently being cross-referenced with the recommendations of the sub-committees and against interdependent local strategies to ensure there is strategic alignment in the draft strategy. There are a very broad range of issues that have been brought to engagement events that reflect the different understandings and priorities that exist in relation to mental health and well-being. There appear to be strong consensus around the following themes:

4.1 Prevent and identify mental ill-health through building resilient communities, promote well-being and provide education and training across the whole system including schools, the workplace and maternity services;

4.2 Improve access to timely services for everyone (including LGBT and BME groups) to prevent escalation to more complex, longer-term needs and personal crisis, including the development of A&E solutions, to reduce pressures on acute hospital trusts and provide treatment within appropriate, accessible care settings. The importance of locally meeting the access targets set out in the Mental Health 5 Year Forward View, including two weeks for first episode of psychosis, and also CAMHS access to treatment and eating disorder targets;

4.3 Greater and improved partnership working to generate better outcomes, through delivery of whole system transformation across health, housing and leisure/green spaces, social care, specialist mental health, learning difficulties, alcohol and substance misuse, domestic violence, suicide prevention and homelessness. Plan for the impact of legislative and other national changes, such as Universal Credit;

4.4 Greater community focus and empowerment of people to ensure that services reflect the needs of Southwark's diverse population through co-production, self-management, community participation and engagement; to deliver the scale of transformation set out in

the Southwark Five Year Forward View and through implementation of new models of care, including an enhanced primary care offer;

4.5 Achieve parity of outcomes for people who experience mental ill health; to reduce the mortality gap and ensure wherever possible that recovery is encouraged and strived for across the health and social care system, so that people are able to live independently in the community rather than institutional settings;

4.6 Reduce social isolation and loneliness amongst the older people in Southwark and groups who may be experiencing low self-esteem, through the development of more opportunities for peer support and social support networks, to encourage greater social engagement and opportunities for employment.

The engagement events were broadly welcomed. The point was often made that continuing engagement and collaboration is required for the delivery of the priorities that will be set out in the strategy. This will be delivered, using Southwark Council's *'Coproduction - Nothing about you without you'* (2014) as a guide to inclusion.

5. Timescale for completion

The Draft Joint Wellbeing & Mental Health Strategy is on track for delivery by March 2017, and a joint approval process will then be undertaken. Further work will be required to translate the recommendations set out in the strategy into implementation (action) plan over the course of the next five years. It is intended that the Strategy will be owned by the Partnership Commissioning Team of NHS Southwark CCG and Southwark Council.

6. Summary

Good progress has been made since September 2016 in establishing local engagement of a broad range of stakeholders and capturing the key local themes. The process has benefited from the independence, as well as the experience and capacity, that Contact Consulting have brought to this task. These are now being developed into a set of findings and recommendations to be taken through the respective governance routes of Southwark Council and CCG.