

## Scrutiny Commission 31<sup>st</sup> January 2023

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| <b>Report Title</b>  | Development of the North Northamptonshire Public Mental Health Strategy   |
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- Appendix A – Northamptonshire Mental Health Prevention Concordat**
- Appendix B – Northamptonshire Mental Health Concordat Action Plan**
- Appendix C – Northamptonshire Refreshed Suicide Prevention Strategy**

### **1. Purpose of Report**

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- 1.1. This paper describes the population health approach to the development of a strategy to improve public mental health in North Northamptonshire.

### **2. Executive Summary**

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- 2.1 At any one time at least one person in six is experiencing a mental health problem. This not only costs the individual but is a cost to society and the economy.
- 2.2 Mental wellbeing is associated with a wide range of improved outcomes in health, education and employment, as well as reduced crime and antisocial behaviour.
- 2.3 Mental disorder starts at an early age, with about half of all mental health issues developing before the age of 14 years and can have lifetime consequences. Opportunities to promote and protect good mental health begin at conception and continue throughout the life-course, from childhood to old age.
- 2.4 In November 2022, Integrated Care Northamptonshire became a signatory to the national Office for Health Improvement and Disparities Mental Health Prevention Concordat.

- 2.5 The Mental Health Prevention Concordat will feed into the North Northamptonshire Public Mental Health Strategy and associated Action Plan, and further informed by the recommendations from the Mental Health Joint Strategic Needs Assessment (JSNA).

### **3. Recommendations**

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- 3.1 It is recommended that the Scrutiny Commission:
- a) Note the progress in the programme of work to improve public mental health, which will inform the North Northamptonshire Public Mental Health Strategy.

### **4. Report Background**

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- 4.1 There is increased public and political recognition of the importance of mental health and wellbeing in recent years, together with a wide acknowledgement of negative psychological and social impacts of the COVID-19 pandemic. This has provided an opportunity to rethink our approach to mental health and to develop solutions as a whole system.
- 4.2 Promoting the mental health and wellbeing of North Northamptonshire people is everyone's responsibility. There is a commitment of all partners across the system to improve the mental health of local people with the aim of:
- Having a common understanding of what it means to improve public mental health
  - Maximising the opportunities to promote mental health and prevent mental ill health within North Northamptonshire through:
    - Taking a life course approach to promoting mental health
    - Promoting a more holistic approach to physical and mental health
    - Integrating mental health into all aspects of our work
    - Creating environments which support mental health and tackle the stigmas associated with mental ill health
- 4.3 The Integrated Care Northamptonshire (ICN) Mental Health Prevention Concordat sets out the strategic, preventive, population health approach to mental health and wellbeing in the area. It recognises the social, economic and environmental determinants of both positive wellbeing and mental ill-health.

The Concordat was signed off by the North Northamptonshire Health and Wellbeing Board last Summer 2022.

- 4.4 The Concordat is based on the Five Domain Framework for Local Action:
- Understanding local need and assets
  - Working together /partnership and alignment
  - Taking action on prevention/promotion of mental health, and to reduce mental health inequalities
  - Defining success/measuring outcomes

- Leadership and Direction

4.5 The detailed Concordat Action plan describes key programmes, initiatives and activities under each of the domains including:

- Engaging with partners and local communities to understand available data and information, mapping local services and assets, identifying gaps in local services (**All-age JSNA and Audit of Coroner's Closed Suicide Cases**)
- Enhanced partnership working and joining up services across partners and local communities at system, place and local area partnerships. Aligning strategies and plans (e.g., ICN and Health and Wellbeing Strategies, Place Development Programmes, Health Inequalities Plan, etc) to ensure **service delivery at community level is responsive to individual needs.**
- Developing approaches to increase awareness of and support for positive mental health and well-being and reducing stigma related to mental illness. Work to improve quality of life in people with mental illness (**e.g., all age mental health awareness and training for all who live and work in Northamptonshire**)
- Supporting the implementation of the Health Inequalities Plan, **contributing to reducing health inequalities in people with severe mental illness and specific community groups (minority groups, homeless, those misusing drugs and alcohols, etc)**
- Agreeing, measuring and reporting on identified outcomes, in line with the ICN Outcomes Framework and based on evidence of what works to improve mental wellbeing (**e.g., school-based approach, frontline practitioners trained, and reducing suicide by 10% across the county by 2025 and self-harm admissions in 15–19-year-olds**)
- Strategic and operational countywide leadership and partnership provided by the **Mental Health and Learning Disabilities and Autism (adults) and Children and Young People Collaboratives**, reporting to the ICN Partnership Board, Health and Wellbeing Boards, Place Development programme boards.

4.6 The Northamptonshire Public Mental Health and Wellbeing Strategy will be developed to bring the above programmes and other initiatives together, once the JSNA is completed.

## 5. Issues and Choices

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5.1 We are developing a population-wide approach to improve mental wellbeing and prevent mental ill-health in North Northamptonshire by:

- Promoting wellbeing and tackling the causes of poor mental health and wellbeing
- Mitigating the impact of poor mental health and wellbeing
- Preventing worsening mental health in those already affected

5.2 Our approach is informed by international and national strategies and policies including:

- Faculty of Public Health & Mental Health Foundation (2016) Better Mental Health for  
A public health approach to mental health improvement  
[http://www.fph.org.uk/better\\_mental\\_health\\_for\\_all](http://www.fph.org.uk/better_mental_health_for_all)
- World Health Organisation (2014) Mental health: a state of well-being. Available  
[http://www.who.int/features/factfiles/mental\\_health/en/](http://www.who.int/features/factfiles/mental_health/en/)
- HMG/DH (2011) No Health without Mental Health. Available online at  
[https://www.gov.uk/government/uploads/system/uploads/attachment\\_data/file/213761/dh\\_124058.pdf](https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/213761/dh_124058.pdf)
- Public Health England (2016) PHE's approach to improving the public's mental health and wellbeing. Available online at <http://www.nspa.org.uk/wpcontent/uploads/2016/02/PHE.pdf>
- Report, "Preventing suicide in England: Fifth progress report of the cross-government outcomes strategy to save lives," [Suicide prevention in England: fifth progress report - GOV.UK \(www.gov.uk\)](http://www.gov.uk/government/uploads/system/uploads/attachment_data/file/213761/dh_124058.pdf).

5.3 Work is ongoing through local authorities, Integrated Care Board, voluntary and community sector organisations, primary care networks and hospital trusts to support public mental health and overall wellbeing. The Concordat (and Public Mental Health Strategy when developed) will build on this work and identifies the areas and priorities that the system has agreed to collectively support, through enhancing existing approaches and initiatives and developing new ones.

5.4 We are developing a Mental Health JSNA taking a life-course approach, which will improve our understanding of local needs and services and assets, and with particular focus on priority and vulnerable groups.

The JSNA has 4 chapters:

- Perinatal and infant Mental Health
- Children and Young People
- Working Adults
- Older People

The Children and Young People and Older People chapters are nearly completed.

5.5 Key current and emerging areas of public mental health need include:

- Improved understanding of current prevention and early intervention services and support to:
  - address the wider determinant that support positive mental wellbeing (housing, financial support, environment, social isolation, transport, etc,) and;
  - adequately respond when need arises (including in the voluntary and community sector, Youth Service and self-help groups).

- Multiple providers with single service pathways. Services and support need to be better aligned and integrated across the Council and in the wider system, so that people (in particular, children and young people and their families) do not have to repeat their story to different organisations.
- Key priority outcome areas requiring urgent actions include:
  - Reducing self-harm in 15–19-year-olds and working age adults
  - Reducing waiting times for Children and Adolescent Mental Health Services
  - Improving physical wellbeing of people with severe mental illness
  - Improved access to talking therapies

5.6 Significant progress is being made in implementing the Northamptonshire Refreshed Suicide Prevention Strategy including:

- Real time surveillance of suicides supporting more timely reporting and analysis of suicides and ensure appropriate support for those affected.
- Completed the Coroner's Audit involving 225 closed suicides cases in the period, September 2018 and March 2022.
- School Support Package has been created to provide guidance for schools in Northamptonshire in the event of a suspected death by suicide in a school community. The package incorporates lessons learnt from the review of a local suicide case in 2022.
- Work programme being developed to reduce the rates of self-harm which is a key indicator of suicide risk

5.7 An All-Age Mental Health Awareness and Training Framework has been developed with the following aims:

- Raising mental health literacy for individuals, organisations and communities living and/or working in Northamptonshire.
- Providing opportunities to improve knowledge and build skills both within the workforce and local population
- Promoting positive mental health and wellbeing, reducing stigma, self-help, mental health awareness, suicide prevention and support for people with mental health problems.
- Improving the individual ability to appropriately signpost and refer people with mental health issues to relevant services and support

## **6. Implications (including financial implications)**

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### **6.1 Resources, Financial and Transformation**

- There will be financial implications arising from implementing initiatives to improve mental wellbeing in North Northamptonshire.
- They include recruiting a Public Mental Health Lead and funding for more prevention and early intervention support, for example for mental health awareness and training of local population and workforce.

- It is expected that much of the funding will be provided by the Council (Public Health), NHS (ICB and MHDLA), and Health Inequalities Fund for targeted actions on specific groups and topics.

## 6.2 Legal and Governance

- The recommendations in this report do not include any specific legal obligations, other than North Northamptonshire Council working with local partners and communities to:
  - promote positive mental wellbeing;
  - reduce risk of mental health problems in at risk populations; and
  - improve the quality of life of people with severe mental illness.

## 6.3 Relevant Policies and Plans

- The North Northamptonshire Public Mental Health Strategy will be part of the whole system approach to support local people to *'Live their Best Life'*.
- The focus is on what actions can be taken to promote mental health, prevent mental illness and improve the lives of people with mental health problems. Work with organisations, agencies, and partnership groups in:
  - promoting positive public mental in local communities
  - engaging with people with lived experience of mental ill-health and those providing services and support to them
  - providing support on the wider factors that promote and support good mental health and wellbeing (e.g., poverty, education, housing and leisure)
- The strategy will have explicit links to other local plans including:
  - Integrated Care Northamptonshire Strategy
  - North Northamptonshire Health and Wellbeing Strategy
  - North Northamptonshire Place Development Programme
  - Northamptonshire Integrated Care Children and Young People Emotional and Mental Health Transformation Plan

## 6.4 Risk

- There are no significant risks arising from the proposed recommendation in this report.

## 6.5 Consultation

- The North Northamptonshire Public Mental Health Strategy will be co-produced by a wide range of local partnerships and agencies, local people including those with lived experience.

## **6.6 Equality Implications**

- The strategy will include an overview of inequalities related to population characteristics such as deprivation, maternity, LGBTQ, ethnic minority groups, age and gender and specific at-risk groups.

## **6.7 Climate Impact**

- There are no climate/environmental impact that may arise from the strategy and action plan.

## **6.8 Community Impact**

- The strategy will give considerations to community impact and details specific actions to address priority groups and places, including Local Area Partnerships.

## **6.9 Crime and Disorder Impact**

- There are no crime and disorder impact that may arise from the strategy and action plan.

## **7. Background Papers**

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