

07 November 2018 at 2.00 pm

Conference Room, Argyle Road, Sevenoaks



Health Liaison Board

Supplementary Agenda

At the above stated meeting, the attached presentation was tabled for the following item.

	Pages	Contact
4. Local Strategic Partnership Mental Health Task and Finish Group Update	(Pages 1 - 14)	Alan Whiting Tel: 01732 227446

If you wish to obtain further factual information on any of the agenda items listed above, please contact the named officer prior to the day of the meeting.

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Local Strategic Partnership Mental Health Task and Finish Group

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Alan Whiting, Community Planning and
Projects Officer

Agenda Item 4

How it was formed?

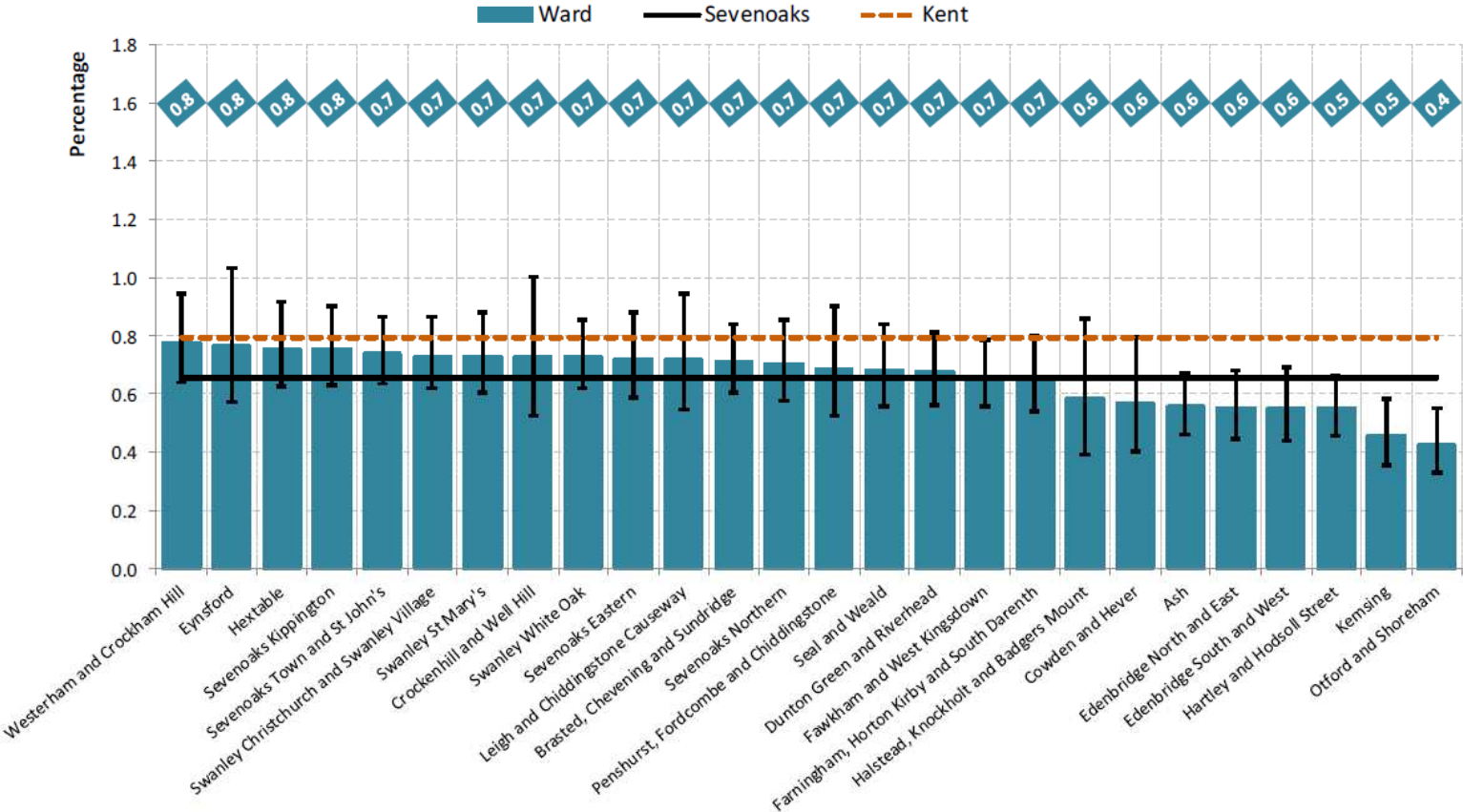
- On 29 November 2016, the Local Strategic Partnership held a discussion about the provision of mental health services
- Some of the key issues identified included:
 - The lack of crisis care facilities in the District;
 - The increase of referrals for serious mental illness;
 - Seeking parity of esteem of mental health with other health issues;
 - Needing to create community resilience around mental health issues;
 - Looking at how we can we enable all agencies to respond better to mental health issues.
- We agreed to set up a Mental Health Task and Finish Group to look at coordinating work around this area.

Prevalence of mental health



Recorded prevalence of serious mental health conditions: by electoral ward

The percentage of patients recorded on GP QOF registers as having schizophrenia, bipolar affective disorder, other psychoses or on lithium therapy, modelled ward-level estimates, 2014/15-2016/17



Source: QOF, prepared by KPHO (MP), Nov-17

Some statistics

MENTAL HEALTH

Depression



8.7%

Of adults recorded by their GP as having depression

Emergency hospital admissions for serious mental health conditions

206
in 2016/17



Source: QOF, 2016/17; SUS, in 2016/17

Direct referrals to our services for mental health

One You and One You Your Home (Jan 18 onwards)	HERO (April 18 onwards)
35 referrals in for anxiety and depression and help with coping skills	6 referrals in for mental health
30 referrals out to mental health services	6 referrals out to mental health services

However, it is estimated that 90% of all clients seen by these services have an underlying mental health issue

Some more statistics

People with serious mental illness **face a shorter life expectancy** by an average of 15-20 years, 3 times more likely to smoke, 3½ times more likely to lose all teeth, at double the risk of obesity and diabetes and 3 times the risk of hypertension

Being lonely means you are 3.4 times more likely to suffer depression, 3.5 times more likely to need residential care, 1.8 more likely to end up visiting a GP and 1.6 times more likely to end up in Accident and Emergency

From 2014/15-2016/17, the recorded **dementia prevalence rate was 0.8% of patients on GP registers** (all ages). This is in line with the Kent average but represents an **increasing trend from 2012/13 (0.6% average for Kent)**

CSU daily tasking seen a high number of repeat frequent callers who are using the 999 or 101 system to talk to someone as they are feeling lonely and are not addressing their mental health services. 150 cases of repeat callers since April 2017

North West Kent Mind have dealt with over 100 cases in our northern areas and West Kent had 476 referrals, we know that this is not an accurate number as a number of young people and adults do not disclose mental health issues due to stigma

Training

Some of the work we have focussed on:



- We have increased the number of mental health advocates in partner agencies through Police and NHS run Connect 5 training facilitated by the Sevenoaks District Community Safety Partnership. Mental health is now a priority area within the Community Safety Partnership Action Plan 2018-19
- Collaboration between Public Health England and Health Education England.
- Increases the skills and confidence of front line staff in having conversations about health mental health and wellbeing
- Promotes self-help and aims to helping people better understand, manage and improve their mental health

Crisis Café Project

We identified a joint partnership project to provide crisis care mental health provision within the District.

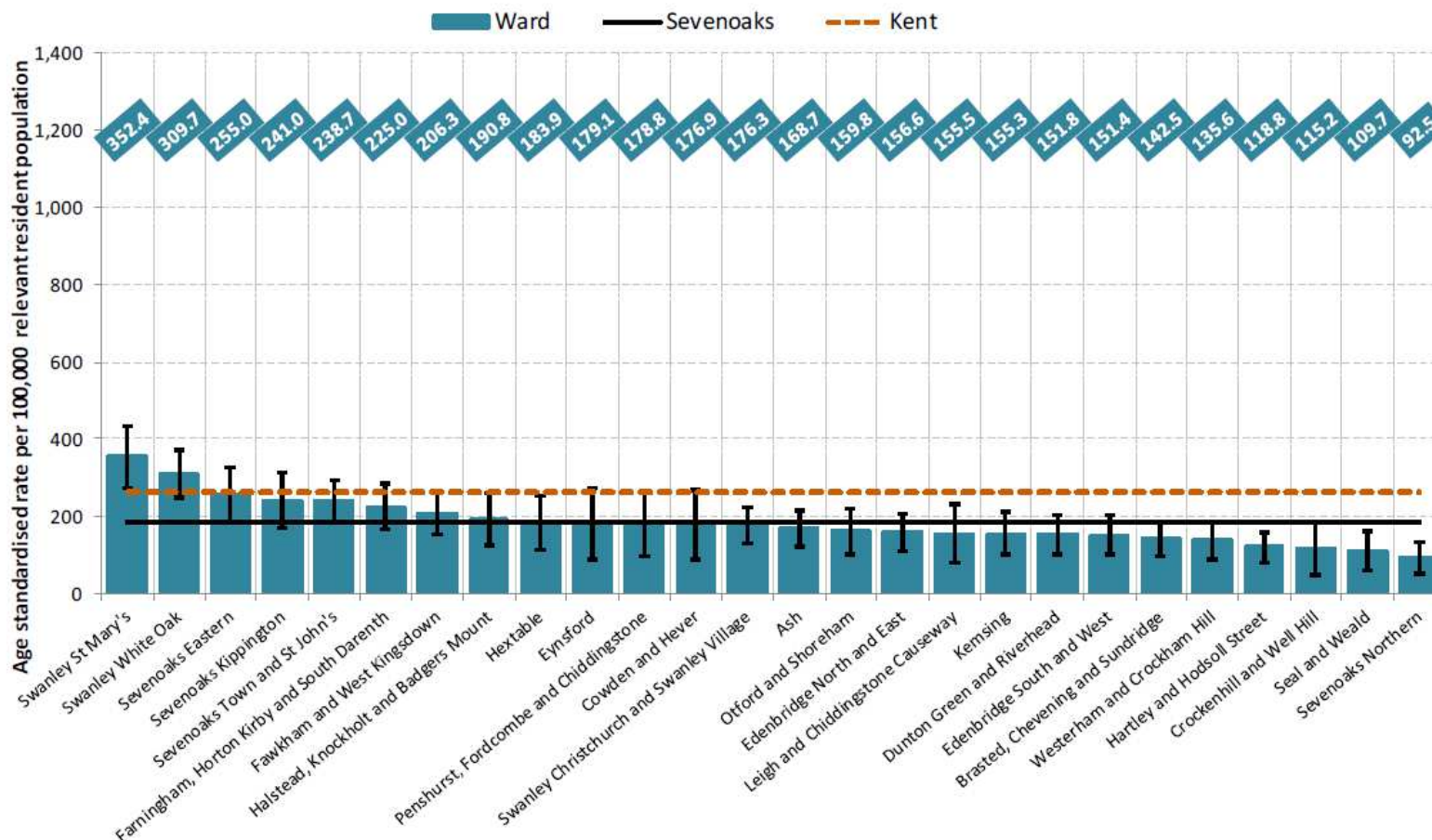
- There are no mental health crisis services within the District
- Community Safety have reformed their approach to anti-social behaviour to take into account a wider range of issues, including mental health concerns.
- In 2011, Mind commissioned an independent inquiry into acute and Crisis mental health services recognising benefits of peer support and other third sector providers;
- During weekends there is significant reduction in wellbeing and mental health provision. GP's and community services are normally closed leading to a gap in care for those experiencing a mental health crisis;
- Evidence shows that people have been attending A&E departments or calling other emergency statutory services, which comes at significant cost and added pressure of increased demand on these services.

Why Swanley - hospital admissions



Hospital admissions for mental health conditions: by electoral ward

Age standardised rate per 100,000 resident population, ICD 10: F (primary diagnosis) , 2012/13-2016/17



Source : Hospital Episode Statistics (HES), NHS Digital, ONS, prepared by KPHO (ZC), Nov-17

Evidence of success elsewhere

- Based on evidence of success elsewhere:
- Solace Café in Tonbridge – 500 attendances between August 2017 and January 2018, of which 399 return attendances.
- Of the people who attended:
 - 419 felt listened to and supported
 - 413 reported improved mood, mental health and wellbeing
 - 271 received advice and information
 - 393 would recommend to others (Provided by West Kent MIND)

What do we hope to achieve?

Young people

- Train 2 young people as Mental Health Ambassadors
- Provide weekly counselling sessions for staff and students
- Improve feelings for wellbeing (GAD score)
- Provide client feedback and case studies
- Deliver drop in crisis cafes and refer onto to appropriate service

Adults

- Number of people using crisis cafe as an alternative to A&E
- Number of volunteer hours' support provided
- Number of people supported by the project
- Number of people supported to attend other services, e.g. HERO, SuperHERO, One You

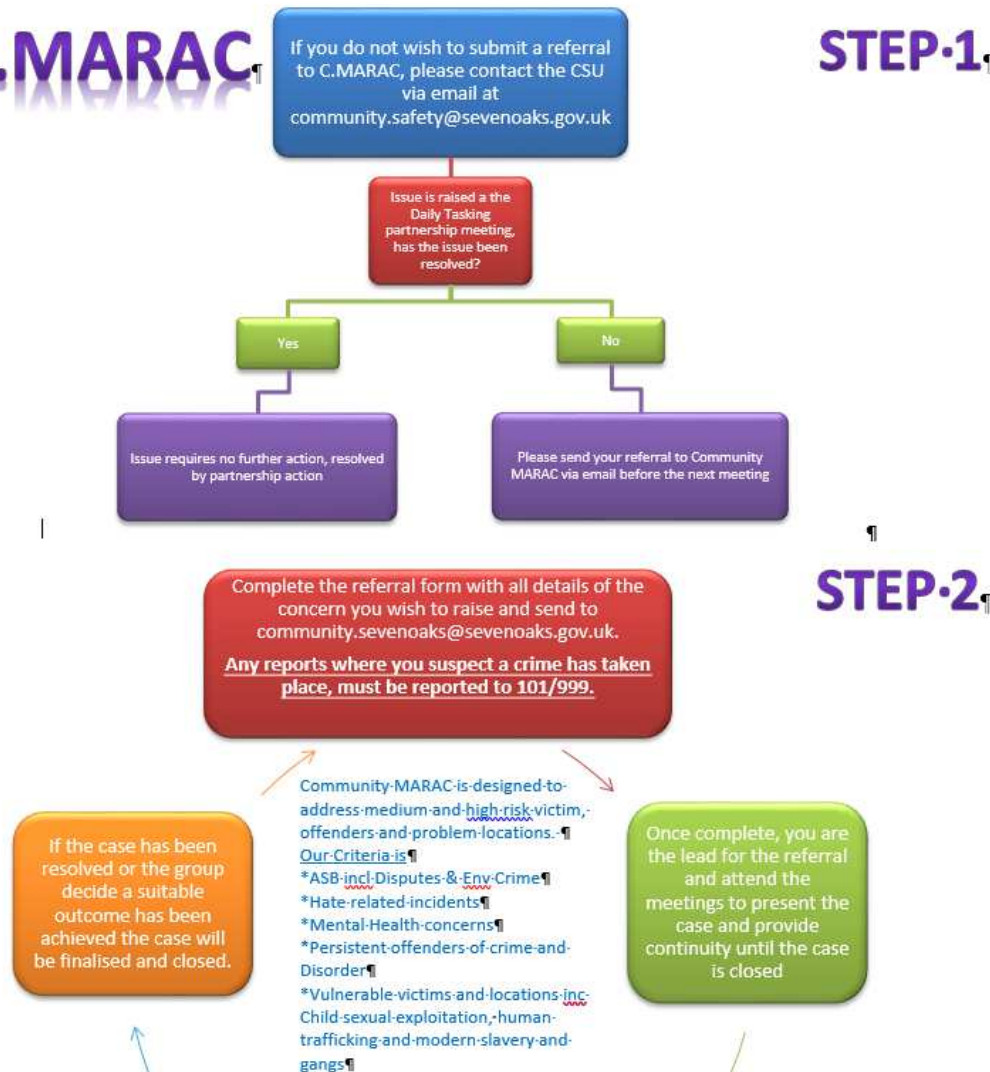
How will we deliver it?

Concept

- SDC lead agency and North Kent MIND to deliver the scheme;
- A cafés to operate in Swanley on a Saturday evening between 18:00hrs –21 :00hrs (3 hours but allow one hour set up clear down);
- Plan to use to new North Kent CAB building in Swanley;
- Work closely with partners in the area, including SupaJam;
- So far £11,666 from the Police and Crime Commissioner, £5,000 from Sevenoaks District Council and £10,000 submitted to the LSP Delivery Fund (decision awaited);
- Develop an outreach service using youth bus (funding dependent).

A community MARAC

C.MARAC



- Implementing a new Community MARAC (Multi-Agency Risk Assessment Conference), which replaced the Anti-Social Behaviour Task Group.
- The Sevenoaks District Community Safety Partnership investigated and implemented the Community MARAC as a more holistic model, which now includes a consideration about mental health concerns alongside anti-social behaviour.
- First community MARAC was held on 20 September 2018 and has been well received by partners

Better Care Fund and innovation



Innovation in Housing and Health
Putting the customer at the heart of our services



PS Breastfeeding
Increasing breastfeeding and reducing the number of children and young people attending A&E for accidents in the home offers the NHS significant savings.
The Supporting Parents at **Home Project** will support new parents with breastfeeding issues while looking at home safety issues to prevent accidents in the home.
The project is expect to carry out over 100 home visits.

West Kent MIND
2% - 5% of adults in the UK have symptoms of a hoarding disorder.
The New Beginnings Project expects to work with around 50 people with hoarding issues and improve their mental health though the work of a Declutter Buddy.
It will aim to ensure that that 90% of people will complete 12 week decluttering and group therapy.

Better Care Funded Projects

Citizens Advice North & West Kent
Poor housing has a significant impact of health and housing.
Citizens Advice North & West Kent hope this project will help them assess the needs of over 250 people, and support them to access grants to help them remain independent in their own homes by carrying out home visits and assessing clients' health and housing needs.

Age UK Sevenoaks & Tonbridge
For every £1 spent on befriending services, around £3.75 is returned in reduced spending on mental health services and general improvements in health.
The Pop Up Pop In project aims to reach over 1000 older rurally and socially isolated older people, providing access to housing and health support, reducing isolation and improving independence.

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