

# Approaching good mental health in Harrow.

## Health and Wellbeing Board November 2020

1. Burden of mental health and Covid-19
2. Policy context
3. A broad approach to MH across the Life Course
4. Schools and young people
5. Community Mental Health Services

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- 1:4 adults Common Mental Health Disorder
- 50% of long-term mental health problems emerge by the age of 14
- 30,000 people with a Common Mental Health Disorder, most <65 years
- 13,000 people registered with depression
- 2,800 people registered with a Serious Mental Illness.
- Approximately 1:8 children (5-19) have at least one mental disorder
- 20% of 10-19 year olds say they need mental health support or know someone who does

Poor mental health is correlated to similar population characteristics as severe infection with Covid – 19;

Age, occupation, long term conditions, and of great relevance to Harrow, BAME (refugee/asylum seekers, and Somali, Afghan, Tamil populations)

## Impact of Covid19 on mental health service delivery

- Nationally the reported rates for people experiencing depression, anxiety and mental distress is double what they were at the same point last year
- However in March 2020 across the country there were 220,000 fewer referrals for psychological therapy services than in 2019
- In July, NHS data indicated CAMHS receiving the largest number of referrals on record
- Young Minds survey of children with a history of mental problems reported that 32% had much worse MH
- Kooth (digital provider) reported 58% increase in activity compared to the previous year
- Between 2020 and 2029 we could expect the following increases, an extra 1,400 people with a Common Mental Health Disorder (to 28,000), and an extra 1,300 on the CPA (to 16,300)

Harrow mental health services need to adapt and plan for this new deterioration in people's wellbeing across the wider population

- Policy history leading to the 2019 NHS Long Term Plan and the ambitions of the Five Year Forward View:
  - Perinatal Mental Health,
  - Children and Young People’s (CYP) Mental Health,
  - Adult Common Mental Illnesses (IAPT),
  - Adult Severe Mental Illnesses (SMI) Community Care,
  - Mental Health Crisis Care and Liaison,
  - Therapeutic Acute Mental Health Inpatient Care,
  - Suicide Reduction and Bereavement Support,
  - Problem Gambling Mental Health Support,
  - Rough sleeping Mental Health Support.
- 2020 in Harrow:
  - Health and Wellbeing Strategy
  - Harrow Borough Plan
  - Out Of Hospital / Recovery Plan and integrated care

# A broad approach to Mental Health across the Life Course

Tier 4 and 5 Tertiary,  
Specialist & Acute services

Tier 3 Secondary  
Community Mental Health  
Services

Tier 2 Primary Care

Indicated Tier 1 Individual  
support / targeting those  
with symptoms

Selective / Early help for  
people in groups,  
demographics or  
communities at risk

Universal for everyone  
where there is an  
opportunity such as schools  
or workplaces



## Early years 0-5 / best start in life.

GP's, SEN, Healthy Child Programme, safeguarding

## Children and young people 6-19 / education and development.

CAMHS, Educational Psychologists, Childrens social care, Substance Misuse, Sexual health, transition

## Adults 25-64 / risk, work, parenting.

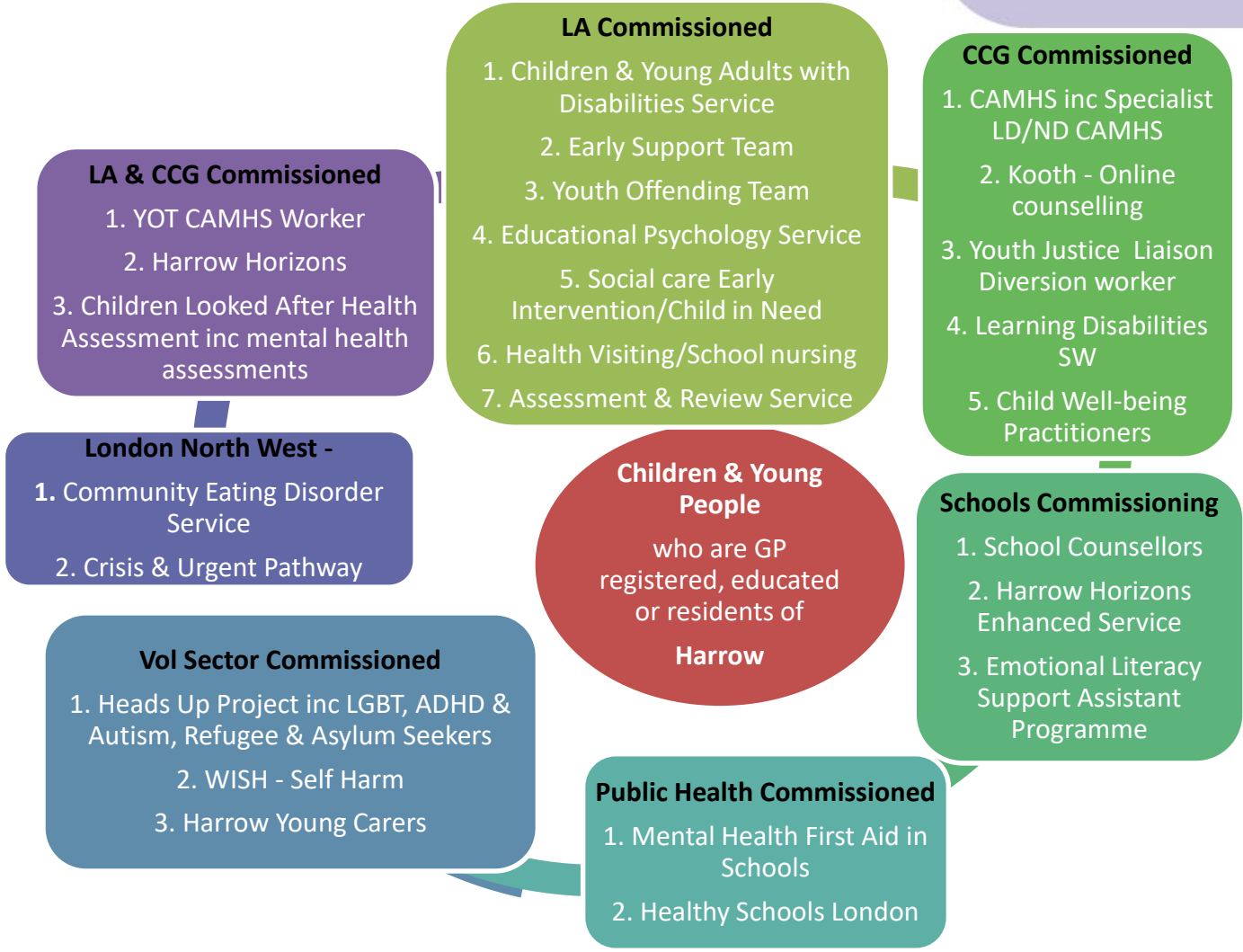
Adult social care, primary care pathways, early intervention in psychosis, work programme, suicide prevention, workplace wellbeing, carers

## Older people / physical health, housing.

Dementia, LTC, social isolation, financial exploitation, transition

- Good social, emotional and mental well-being are the basis of adopting healthy behaviours and preventing mental health problems.
- Schools have identified areas of focus such as training for staff, mental health & well-being policies and access to specific workshops, for example resilience programmes and parent workshops.
- A whole school approach recognises that a pupil's well-being is impacted by aspects of school life beyond learning and that schools are not only there to provide targeted support for vulnerable individuals.
- Harrow has been successful in their application to be part of the 2020-2021 waves of the NHSE Mental Health Support Teams in schools
- A complex picture of provision for young people...

# Provision for young people



# Mapping services to the Thrive Model

- Early support hubs
- School provision
- Educational Psychology service
- Young Harrow Foundation
- Harrow Young Carers
- Heads Up
- MHST
  
- CAMHS
- Inpatient
- Youth Offending Team
- Youth Justice Liaison and Diversion



- Kooth
- Harrow Horizons
- Heads Up
- MH ST
  
- CAMHS
- Community facing eating disorder service



## Scope of Commissioning Review

- A. The efficiency and effectiveness of the current recovery pathway experienced by people with mental health support needs; and
- B. The extent to which both the Council directly provided and commissioned services maximised people's independence and social inclusion i.e.
  - The Bridge
  - Wiseworks
  - Look Ahead and Rethink Floating support services
  - 7 & 14/15 Kenton Road
  - Rethink Supported Housing
  - Family Carers
  - CNWL S75 Spot purchased placements
  - Personal budget allocation

# Key Findings

Silo working by and within organisations –The absence of a whole system approach inhibits creative solutions

Provider services creating Dependency rather than enabling Independence- requires a transition from a building-centred focus to a person-centred focus to increase people's access to personalised support in their local community

Few people moving to their own home-needs a redesign of the supported accommodation portfolio and pathway to facilitate people achieving more independence

Lack of recognition of the full potential of the voluntary sector as a key strategic partner in the recovery and prevention pathway

Carers support - is the offer truly aligned with the principles contained within the Care Act 2014?

## Interdependencies

1. CNWL/PCN Community Hub model
2. Person-centred strength based community approach
3. Harrow Out of Hospital Strategy/Recovery Pathway
4. Integrated Care Partnership

## Drivers for a New model of Community Support Services

- Creating a new holistic and sustainable whole system support offer co-produced with Harrow residents
- Maintaining people's health and wellbeing during the Covid pandemic from new ways of working
- Growing the service offer to begin to provide advice and support options for residents suffering mental ill health as a result of unemployment, financial stress or bereavement
- Maintaining a service offer to clients with high support needs in a virtual way
- Developing the provider position as part of a recovery/ resilience service model

## We start with the person



And co-ordinate the required support services at the right time and in the right place around them

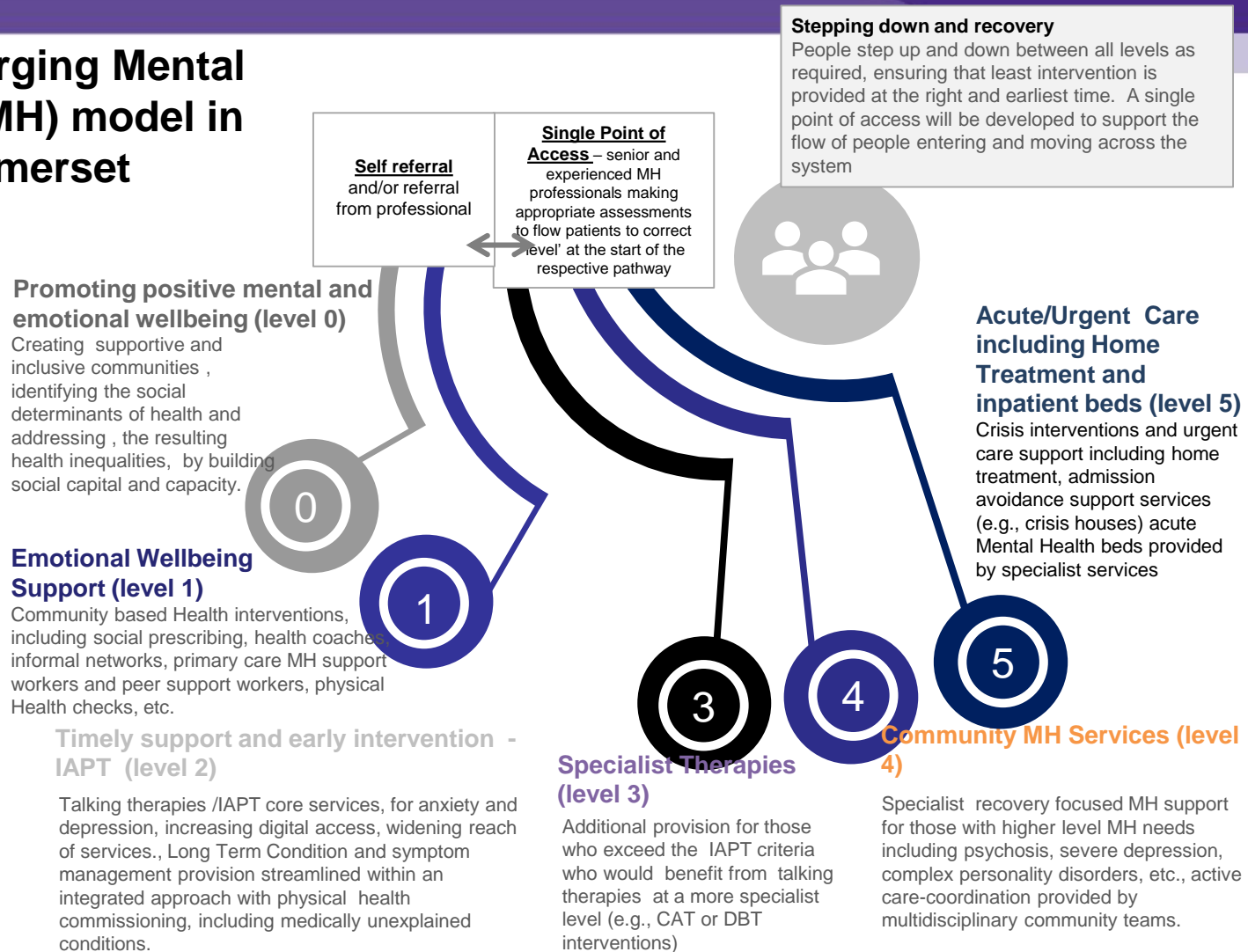
# Developing a Community Model

What does a whole system approach to mental health and well being look like?



The Commissioning Mental Health framework for adults and older adults (NCCMH September 2019)

# The emerging Mental Health (MH) model in Somerset



## Next Steps in Harrow

### Establish

Establish a co-production group with membership from all stakeholders

### Redesign

Redesign of the community support service network as part of a whole system approach to recovery and resilience

### Develop

Develop the OOH recovery pathway that provides a holistic response that enables people to safely transition from inpatients to their own home

**Refresh of S75 Partnership agreement  
between Harrow Council & CNWL**

- Mental health impacts all of us all of the time  
Understanding key risk points in life helps design the partnership response
- Universal awareness and promotion of mental health is essential
- Tiered provision for more acute needs should have clear pathways and access points
- Appropriate design starts by engaging the individual