

SLOUGH BOROUGH COUNCIL

REPORT TO: Health Scrutiny Panel
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PART I

FOR COMMENT & CONSIDERATION

PREVENTIVE MENTAL HEALTH SERVICES IN SLOUGH

1. Purpose of Report

This report provides the Health Scrutiny Panel with information on local commissioned services, and which promotes positive mental wellbeing and prevents mental ill health. The report is an update on services which have been developed through 2019 and which build on current services being implemented across Slough under the 'Enabling Town Slough' initiative.

2. Recommendation(s)/Proposed Action

The Panel is requested to note and comment on any aspects of the report.

3. The Slough Joint Wellbeing Strategy, the JSNA and the Five Year Plan

Improving mental health and wellbeing is one of the key priorities within the Slough Joint Wellbeing Strategy 2016-20. The Strategy notes the prevalence of mental health problems, with 1 in 4 people likely to be affected at some point in their lives. It also highlights the growing trend of social and lifestyle stresses impacting upon wellbeing, with a corresponding increase in problems ranging from mild anxiety through to depression and psychosis. The Strategy also highlights the heightened risk of social exclusion, unemployment, poor housing, isolation and poverty for people with a serious mental illness, alongside the risk of poor physical health. This report also focusses on preventive services for adults which contribute to tackling loneliness and isolation, which is noted as a key issue impacting upon health and wellbeing.

(a) Slough Joint Wellbeing Strategy Priorities

Slough Joint Wellbeing Strategy (SJWS): Priority 3: Improving Mental Health and Wellbeing.

The strategy notes the imperative to actively promote opportunities to improve mental wellbeing, particularly as a large proportion of residents do not seek help despite high levels of mental illness in Slough. Slough's ambitions to both prevent mental ill health developing, as well as respond effectively to any emerging mental health problems is noted as a key ambition.

(b) Five Year Plan Outcomes

Outcome 2 of The Five Year Plan 2017-21 describes how communities will be engaged in initiatives to support Slough residents to become healthier and to manage their own health, care and support needs. This will be done with recognition of inequalities which can impact upon health outcomes, as well as an understanding of the wider social determinants which can impact upon health and wellbeing.

4. Other Implications

(a) Financial

There are no immediate financial implications arising from this report, as it details services which are currently provided through existing commissioning arrangements.

(b) Risk Management

This report is for information only and there are no immediate risks to be considered.

(c) Human Rights Act and Other Legal Implications

There are no Human Rights Act Implications. All services are provided with respect to individuals' rights and preferences. Legal frameworks including Mental Capacity Act 2005 and Mental Health Act (1983, amended 2007) are applied where indicated.

(d) Equalities Impact Assessment

Equalities Impact Assessment is applied to all commissioned and established services where they are formally provided or commissioned by Slough Borough Council or Slough CCG.

(e) Workforce

An ongoing challenge to mental health service delivery is the shortage of appropriately qualified and /or registered health and social care practitioners, which is well known locally and nationally. Community and voluntary sector initiatives are a crucial element of the overall preventative offer in Slough and increasingly opportunities are being sought for joint approaches and innovative workforce solutions. Peer mentors and 'Experts with lived Experience' are also key roles within the new workforce.

5. Supporting Information

The importance of prevention in mental health

- (a) There is a wide spectrum of services available to Slough residents representing a mix of both reactive and preventative services.
- (b) Prevention is a crucial factor in creating sustainable modern mental health provision and is seen as the only way lasting change can be achieved. Prevention is a key foundation of current policy and legislation including the NHS Five Year Forward View 2016 and the Care Act 2014.
- (c) NHS England Mental Health Taskforce notes that 75% of people experiencing mental health problems are not using health services. This may be due to stigma, inadequate provision and people using their own resources to manage their mental health. In many cases, solutions are likely to be best provided outside mental health services, and the development of 'mentally healthy communities' depends upon contributions from, for example, workplaces, families, community groups and schools, and importantly with involvement of people with lived experience of mental ill health.

6. Prevention Initiatives: national and local

- (a) A Prevention Alliance was convened by Public Health England (PHE) in 2016, representing a broad spectrum of voices, including a strong representation from community sectors and agencies. The Alliance will continue to evolve, and the Mental Health Foundation has been commissioned to summarise the available evidence in relation to preventive mental health.
- (b) Public Health England is also leading on the development of a Prevention Concordat for Better Mental Health. Similar to the Crisis Care concordat, this will involve multi-agency stakeholders, and a key set of actions across a local area which are selected on the basis that they can make a lasting impact to prevention and mental health promotion.
- (c) Locally, Slough Public Health team has promoted many initiatives including training in Mental Health First Aid, access to MH4Life materials, and some local workplaces have signed up to initiatives such as 'Time to Change' a movement aiming to address stigma and discrimination for those experiencing mental illness.
- (d) In line with the Care Act 2014, 'Prevention planning' has become a key element of adult social care and mental health care, with advice and signposting to individuals to address primary and secondary prevention. This includes asset based conversations and an increase in the use of direct payments and personal budgets. Slough has successfully introduced this methodology alongside the Slough Recovery College and which has allowed for bespoke learning opportunities to be developed and delivered.

7. Slough Borough Council Commissioned Services for MH Prevention

Slough Borough Council commissioned Hope Recovery College in 2015 in partnership with Berkshire Healthcare Foundation Trust (BHFT). A Recovery

College is a place where service users can attend courses and workshops which are co-facilitated and co-created by people with lived experience, in order to learn how to better manage their mental health problems. It uses an educational paradigm which complements traditional treatment approaches (Ashcraft and Anthony, 2005). Recovery Colleges were born out of the recovery movement which has a strong focus on the service users own personal journey. Information on the college has been submitted to the panel previously and this report further captures developments since the last presentation to the panel.

The college further expanded during 2019 with the integration of another Slough community mental health psychological service called EMBRACE. Over the last six years, Slough Mental Health Services have been developing an innovative and comprehensive pathway for the population of Slough, by creating an 'Enabling Environment' which aspires to meet the needs of all those requiring mental health services. This is a 'whole-town' approach, which is founded on Therapeutic Community principles of attachment, safety, respect, communication, interdependence, relationship, participation, process, balance and responsibility. The approach also aims to tackle loneliness and isolation, a common cause for poor mental health.

The key to the Slough 'therapeutic community' is co-production and relational practice, which includes Hope Recovery College, EMBRACE, Hope House, and Peer Mentors working across health, social care, the voluntary sector, and supported living provides too. The approach we are developing challenges the health deficit model and utilises a positive community asset-based methodology that normalises people's troubled experience, and is not specific to any particular population of mental health service users.

EMBRACE is currently going through evidenced based accreditation with the Royal College of Psychiatry and who are very enthused and complimentary about the 'community with a difference' that we are developing in Slough. It is also worth noting the Slough model won recognition at the National Awards for Positive Practice in Mental Health Services in October 2019, the award was given for addressing inequality in mental health services, and we have also been invited to present at the 2020 International Conference on Integrated Care in April this year.

Another initiative which encompasses all of the above has been developed in partnership with and funded by Slough Public Health. This is a new coproduced website called 'Enabling Town Slough' which is for the mental health community and is both informative and inclusive from design, content and implementation. The website will be launched in March 2020 and its ambition is to create a unique mental health forum. We have recruited Experts with lived Experience to lead on the coproduction of the project to ensure we truly follow the values we uphold in Slough.

8. Comments of Other Committees

The report has not been submitted to any other committee

9. Conclusion

The report captures the Slough phased approach to preventative mental health service developments, and which integrates each part of development. The methodology being used builds opportunities for people using mental health

services and contributes to dynamic and positive outcome for individuals and groups of people. The model has proven to be effective, and is recognised by East Berkshire Clinical Commissioning Group (CCG) and Berkshire Healthcare NHS Trust. It is worth noting once again the national recognition of the model which is working with the wider determinates that contribute to mental ill health, and in conjunction with clinical treatment has proven to be productive and cost effective for both the health and social economy. As a nationally awarded model, the Enabling Town Slough strategy is being replicated by other areas in the country.

10. Appendices Attached

None.

11. Background Papers

None.