REPORT OF INTEGRATED COMMISSIONING

TO CABINET
ON 8th JANUARY 2019

TITLE: Mental Health All Age Integrated Commissioning Strategy

RECOMMENDATIONS: For Cabinet to approve the strategy document

EXECUTIVE SUMMARY:

The all age integrated commissioning strategy sets out our commissioning approach to mental health across the life course over the next five years. The strategy is based on a full mental health needs assessment completed in 2018 by Salford Public Health, which was also supported by engagement with local people and staff and clinicians from across the system, including the voluntary, community and social enterprise sector.

There are eight key objectives outlined within the strategy:

1. Develop an observable culture shift towards person centred mental health care
2. Build resilience in childhood to improve the ability to manage emotional wellbeing throughout their lives and through to older age
3. Ensure that ‘health’ includes an equal importance on mental and physical health
4. Identify as early as possible when people need more support to maintain good health and wellbeing
5. Achieve the targets set out in the NHS 5 Year Forward View for Mental Health (5YFV)
6. Ensure equality of access and promotion of mental health and mental wellbeing services
7. Review and redesign mental health care pathways across the life course
8. Improve how we work together.

BACKGROUND DOCUMENTS: Please see strategy document.

KEY DECISION: YES / NO
The Mental Health Commissioning Strategy is underpinned by engagement work with people who have lived experience of mental health needs, carers, staff and communities, in addition to a mental health needs assessment developed by Salford Public Health. There is a balance of focus on the objectives set out in the 5 Year Forward View and the wider determinants of mental health. The strategy is an ‘all age’ plan, looking at mental health across the life course.

Mental health conditions can affect everyone and do not discriminate by age, ethnicity, background or social status. The Five Year Forward View for Mental Health (5YFV) outlines the need for parity of esteem between mental health and physical health (meaning that they should be equally as important as each other). There is a role for public services, educational settings, members of the local community, voluntary, community and social enterprise sectors and local businesses to create a supportive community, with a focus on emotional wellbeing, building resilience and promoting good mental health.

Salford’s Locality Plan describes a relationship with local people, which is less about delivering services (except for acute and emergency situations) and more about recognising that most of the solutions lie with people. This is an asset based approach, meaning that people’s strengths and skills are recognised and supported as a way of improving wellbeing, rather than just focusing on the challenges that people face. As part of the engagement work for Salford’s Locality Plan, local people said that they wanted a focus on mental health throughout their lives, from birth (and planning pregnancy) until death. This strategy builds on these discussions and takes an ‘all-age’ approach to mental health, removing potential barriers and building resilience as early as possible, as recommended in a report by Healthwatch Salford.

This strategy is based on the principles of person-centred approaches, putting people and their families at the centre of their own care and wellbeing and recognising that for many people and communities, they already have the solutions to their needs. This strategy aims to describe a further movement from treatment to prevention where possible, and places the focus on individual needs, with a fundamental shift in how we organise our mental health care system and workforce, underpinned by high quality, timely and supportive clinical services for those who need them.

This strategy aligns with other Salford strategies such as the Suicide Prevention Strategy, the Dementia Strategy, Salford Carer’s Strategy and the Anti-Poverty Strategy. Working collaboratively across these other identified strategies will ensure a holistic approach to emotional wellbeing and mental health needs in Salford, creating large scale impact and real-life improvements in the experiences of local people. This strategy will help us to develop our partnerships, build on our co-production with local people and the VCSE sector and will ensure that the actions we are undertaking are held to account. This strategy aims to encourage other organisations, partners and communities to develop their own responses to the key priorities outlined in the action plan, to ensure that the approaches are embedded throughout the wider systems in Salford.

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VISION

We are talking about supporting the young person who has lots of friends online but feels lonely because they don’t really know anyone close to where they live. We are talking about getting help to the neighbour down the road who is hearing voices and needs some support. This strategy includes the new father who is learning to bond with his baby and the person receiving a diagnosis of dementia. We are thinking about the adult who has schizophrenia and wants to return to work and the person managing lots of difficult life situations who may be experiencing problems with their emotional wellbeing. Our plans include the older person who is feeling depressed and needs someone to talk to as well as the person with a physical health diagnosis that may impact on their mental health. We are talking about the mum who is learning about being a parent before her baby arrives. We are talking about a young person struggling to cope with the changes of becoming an adult. We are talking about everyone in Salford.

Our vision is that Salford is a city where good mental health, a good start in life, a family approach to mental wellbeing, the ability to adapt and manage adversity and recognition of the wider factors affecting mental health are supported throughout the life course; from preparing for a new baby, into adulthood and throughout older age.

We want Salford to be a city where people, families and communities are encouraged to develop skills and behaviours which help people to recover from challenges, mitigate against those situations which have a negative impact on mental health and help to reduce isolation. We want to increase the social value offered by organisations and communities.

3.4 We want to make sure that mental health is valued as equal to physical health. This means that for both physical and mental health care:

- We want to have equal access to effective and safe treatment
- We want to have an equal focus on improving the quality of care
- We want to focus equal time, effort and resources
- We want to have an equal focus on healthcare education and practice
- We want to be able to measure health outcomes equally
- We want to have an equal attitude to talking about mental health and mental health problems.

This approach helps us to offer a ‘whole person response’ to people’s needs, with a recognition that poor mental health is linked with a higher risk of physical health problems and poor physical health is linked with poor mental health4.

For those people experiencing mental illness and mental health issues, we want to increase the level of control they have over their lives and their care, building on person centred approaches and redesigning our mental health provision through the use of new, innovative and collaboratively designed models. We want to talk more about understanding individual needs, with mental health needs achieving parity of esteem with physical health needs.

We recognise that timely access to effective and needs led services are an important part of supporting people with mental health issues towards recovery. Our vision is for Salford to be a city where more local people are able to access the high quality services they need as quickly as possible. We want to improve the offer to people in mental health crisis, making sure that they receive swift, appropriate support in a compassionate environment, supported by a skilled, flexible workforce.

4 https://www.mentalhealth.org.uk/a-to-z/parity-esteeem
Too many people are made to feel ashamed or isolated because they have a mental health problem. The Time to Change campaign was set up by Mind and Rethink to improve public attitudes and behaviour towards people with mental health conditions and reduce the discrimination that people may face. We want to build on national and local campaign work to improve attitudes towards people with mental health conditions in Salford.

Underpinning this ambition, a strong public health and communications approach is needed to facilitate conversations around mental health needs, emotional wellbeing and resilience within the wider community to ensure that we all do as much as we can to improve and maintain our mental health. We will also need our local organisations and communities to think about how they can embed the priorities of the mental health strategy into their day to day work, creating a culture whereby mental health has the same level of importance as physical health.

KEY COUNCIL POLICIES: Aligned to key policies including: Suicide Prevention Strategy, Dementia Strategy, Anti-Poverty Strategy, Housing Strategy and Domestic Violence Reduction Plan.

EQUALITY IMPACT ASSESSMENT AND IMPLICATIONS: To ensure that equality related risks are fully considered and responded to, equality impact assessments will be an integral part of actions and work streams arising from the strategy.

ASSESSMENT OF RISK: Low

LEGAL IMPLICATIONS Supplied by: N/A

FINANCIAL IMPLICATIONS Supplied by: N/A The strategy is fully costed and aligned to mental health budgets. All work programmes have been identified in Salford’s financial planning.

PROCUREMENT IMPLICATIONS Supplied by: N/A

HR IMPLICATIONS Supplied by: N/A

OTHER DIRECTORATES CONSULTED: People’s Directorate

1 https://www.time-to-change.org.uk/about-us