

DERBYSHIRE COUNTY COUNCIL**MEETING WITH CABINET MEMBER, HEALTH AND COMMUNITIES****17 March 2015****Report of the Director of Public Health****MENTAL HEALTH AND WELLBEING****1. Purpose of the report:**

To seek approval for grant funding to voluntary sector organisations to provide a programme of social prescribing and approval to procure a provider to deliver training related to mental health.

2. Information and analysis:

2.1 Public Health holds responsibility for the promotion of good mental health and wellbeing, prevention of mental health issues and early intervention. A lead for mental health was recently appointed to drive forward the agenda. Work is ongoing with colleagues in adult social care and across the Authority, with clinical commissioning groups and the voluntary sector to ensure that joint-working is a central strand of all approaches to provide the most appropriate method of prevention and support for those residents who may experience a level of mental distress. This approach aligns with the 2011 cross government strategy 'No Health without Mental Health', the Derbyshire Health and Wellbeing Strategy 2012-2015 and the local Derbyshire Adult Mental Health Strategy.

2.2 At some time in our lives 1 in 4 people experience a mental health issue. The most common conditions are anxiety and depression. 1 to 2 people in 100 will experience a severe mental illness. Accounting for 23% of the total disease burden in the UK, mental health problems cost the country an estimated £100bn per year through lost working days, lost tax and cost of treatment (MIND report October 2014).

Public Health are in the process of refreshing mental health data for the Joint Strategic Needs Assessment (JSNA) to better understand local need. Currently in Derbyshire we are similar to the national average with regard to self-reported wellbeing measures these include: an estimated 32,000 people (5.1%) have a low satisfaction score; 27,000 have a low worthwhile score (4.2%), 65,000 have a low happiness score (10.3%), and 139,000 have a high anxiety score (22.0%).

Mental Health charity MIND reported in October 2014 that mental health is underfunded by local authorities, amounting to an average of just 1.36% of a

Public Health budget. The report states that millions are invested in physical health, such as smoking cessation and obesity, but investment in mental health is a fraction of this with many authorities not having an identified budget. In Derbyshire a recurrent budget has been specifically identified to invest in promotion of mental health and wellbeing and prevention of mental ill health. Mental health and wellbeing is a key thread through many other services, such as the Wellbeing Service, Healthy Workplaces, Citizens Advice Bureaux (CAB), weight management, social isolation.

2.3 The '5 Ways to Wellbeing' is an approach based on evidence that suggests there are steps that we can all take to improve our mental wellbeing:

- **Connect** – connect with the people around you: your family, friends, colleagues and neighbours. Spend time developing these relationships.
- **Be active** – you don't have to go to the gym. Take a walk, go cycling or play a game of football. Find the activity that you enjoy and make it a part of your life.
- **Keep learning** – learning new skills can give you a sense of achievement and a new confidence. So why not sign up for that cooking course, start learning to play a musical instrument, or figure out how to fix your bike?
- **Give to others** – even the smallest act can count, whether it's a smile, a thank you or a kind word. Larger acts, such as volunteering at your local community centre, can improve your mental wellbeing and help you build new social networks.
- **Take notice** – be more aware of the present moment, including your feelings and thoughts, your body and the world around you. Some people call this awareness "mindfulness", and it can positively change the way you feel about life and how you approach challenges.

To further support, develop and strengthen the existing infrastructure for people to maintain good mental health and wellbeing and to therefore prevent mental ill health, also aligning with the Public Health led Healthy Communities approach, mechanisms to allow people to incorporate each of the 5 steps in their lives should be promoted and facilitated. Social Prescribing and Mental Health Training are two such mechanisms.

2.4 Social Prescribing is regarded as a non-clinical intervention to help build confidence and resilience in individuals who are identified as having the potential to benefit. This intervention is designed to be part of a preventative programme for people with sub-clinical or low level mental health issues and offered prior to diagnosis or referral to Improving Access to Psychological Therapies (IAPT) services. Social Prescribing will also help to increase the independence and prevent the deterioration of people with long term conditions

and their Carers, who are at higher risk of developing a mental health issue. Social prescribing may manifest in health and wellbeing support through activities; support to access or maintain employment, education or wider community participation; emotional and practical support; specific support for carers and volunteering opportunities. Better social and clinical outcomes for people with LTCs and their Carers.

Outcomes include;

- Improvement in mental health and wellbeing across the population
- Reduced and more cost efficient and effective use of NHS and social care resources
- Introduction to a range of Voluntary and Community Sector (VCS) services and support, with a wider, more diverse and responsive local provider base
- Increased awareness of skills, activities and behaviours that improve and protect mental wellbeing
- Increased uptake of arts, leisure, education, volunteering, sporting and other activities by vulnerable and at risk groups
- Increased independence and levels of social contact and social support among marginalised and isolated groups
- Reduced levels of inappropriate prescribing of antidepressants for mild to moderate depression and reduced waiting lists for counsellors and psychological services

The most appropriate mechanism to deliver a social prescribing programme in Derbyshire is to link it with the voluntary sector single point of access (vSPA) that CCG's invest in to provide countywide coverage for access to voluntary services. Funding of £75,000 will be proportionally allocated according to the adult population to the North Derbyshire vSPA and the South Derbyshire vSPA. For the purposes of population and funding allocation, the North vSPA includes Erewash. The vSPA will stimulate local service providers and allocate funding on an uptake basis. Local service providers are mainly community and voluntary sector organisations, but also include Authority-run schemes such as books on prescription and arts grants. Clear links will be made to these services. Services include interventions such as emotional support, arts, education and employability, physical activity, stress management, confidence training, peer support and volunteering. Uptake will be reviewed after 6 months. To invest in the existing vSPA, grant funding is the only mechanism that assures funding will go to the current vSPA providers to utilise and strengthen existing infrastructure and to add capacity to the voluntary sector providers.

2.5 Mental Health Awareness Training is designed to give participants an understanding of the issues that arise for people suffering from mental distress and illness. The course is aimed at non-mental health trained staff working in a variety of settings at both a managerial and service level. The aim of these courses is to develop participant understanding and knowledge of:

- what is meant by mental health and mental illness
- the impact of mental illness on the individual, family and friends
- the impact of the stigma and assumptions that are widely held
- Information and support services available in Derbyshire and nationally

Mental Health Awareness Training has been funded by CCG's and some Public Health Localities through the county over a number of years. An opportunity presents to extend provision in a more consistent and sustainable way. The demand for the training always exceeds supply. It is proposed that 20 training courses are delivered to a total of 400 people in public facing organisations and roles. Approval is sought to procure a provider to deliver training.

2.6 Review and evaluation of the Social Prescribing programme will be performed. This may include measures such as feedback from the VCS / Service providers / Service users / Referrers, return on investment, economic and social benefits, reducing hospital episodes, reducing prescribing costs and impact on health service and social care. Performance will be reviewed throughout the year.

Evaluation of the Mental Health training will be based on number of people trained, number of organisations trained, feedback from attendees and the impact of the training.

3. Financial Considerations

These costs will be met from the Public Health budget.

Grant Funding for Social Prescribing (investment in vSPA and voluntary services):

North Derbyshire Voluntary Action (NDVA)	£47,723
South Derbyshire CVS (SDVA)	£27,277

Funding for procurement of a provider for Mental Health Awareness Training:
£25,000

Total	£100,000
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4. Other considerations:

In preparing this report the relevance of the following factors has been considered; legal, prevention of crime and disorder, equality of opportunity, environmental, human resources, property and transport considerations.

5. Background papers:

No Health Without Mental Health – Government Strategy
Derbyshire Health and Wellbeing Strategy 2012-2015
Joint Vision and Strategy for Mental Health in Derbyshire County 2014-2019
CabCo Report September 2014: Proposal for the Implementation of the Healthy Communities Approach in Derbyshire

6. Key Decision:

No

7. Call-in:

Is it required that call-in be waived for any decision on this report?
No

8. Officer's Recommendations:

- 1) To approve grant funding for the social prescribing programme at a cost of £75,000.
- 2) To approve funding to procure mental health training at a cost of £25,000.
- 3) To receive a future report evaluating the impact of social prescribing.

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