

DERBYSHIRE COUNTY COUNCIL

MEETING WITH CABINET MEMBER, HEALTH AND COMMUNITIES

24 November 2015

Report of the Director of Public Health

MENTAL HEALTH AND WELLBEING

1. Purpose of the report:

To request approval for funding allocation to projects associated with the prevention of mental ill health and suicide.

2. Information and analysis:

Upskilling key members of the workforce to enable comprehensive coverage is a long term aim to enable the prevention of mental ill health, and the early identification and early intervention of those at greater risk of mental ill health. There are specific target groups that would benefit from an increased preventative focus. This report outlines two of those groups; adolescents and middle aged men. It is evidenced that development of a mental health issue in adolescence means it is more likely to also exist in adulthood, and middle aged men form a high proportion of people committing suicide. This report supports the investment in three projects which contribute to a sustainable and developmental approach across the county.

Social Prescribing: Middle-aged men promotion programme

Allocation of grant funding was agreed at the Cabinet Member Meeting in March 2015 to begin a one year programme of social prescribing as a prevention mechanism for mental ill health. This engages people with low level mental health issues with the aim of raising self-esteem/confidence, providing social interaction and increasing employability, amongst other benefits.

Access to the social prescribing programme is for people with low level mental ill health identified by a health or social professional who refers them into the Voluntary Sector Single Point of Access (VSPA). The VSPA performs an administrative coordination role in assessing the individual and co-designing an approach with them to determine what interventions will best meet their needs. The individual is then supported to attend appropriate intervention(s). Their mental health and wellbeing is monitored at the point of entry and upon completion of the intervention. In addition to the process of engaging and referring individuals the VSPA

monitors trends of people referred and interventions attended. The VSPA ensures that there is an offer of appropriate interventions in each geographical area. Micro-commissioning/grant funding and personal budgets on a local level support the voluntary sector organisations that provide most of the interventions.

In 2013 there were 48 suicides in Derbyshire. Three quarters of suicides are males and the highest proportion occurs in the 40-60 year old age range. This cohort is a strategic priority in the Derby and Derbyshire Suicide Prevention Strategic Framework. Provisional data for 2014 indicates that there has been an increase in the number of suicides in Derbyshire. It is recognised that approximately three quarters of completed suicides are people not known to specialist mental health services.

Data from VSPA from May to August 2015 indicates that only 7% of referrals are for men in the 40-59 age range, this amounted to only 28 people. 75% of those middle aged men referred have a level of mental ill health. The most common interventions accessed were social activity and befriending. Volunteering is also a popular option, which has a double benefit as both an intervention for the individual and a productive community output.

To form part of a preventative approach to suicide and to provide added value to the VSPA, a targeted approach promoting engagement of middle aged men and specific interventions that may interest them is proposed. The VSPA will ensure that a range of suitable interventions (e.g. men focussed befriending and social schemes such as men in sheds) are available and will engage men at points of contact that they may engage with when confronted with a potential crisis, for example Job Centre, Food Bank, GP, Counselling Services, Benefits Offices, Housing Departments. Often a sudden crisis can quickly escalate into more serious mental ill health and in some cases suicide.

It is proposed to invest in this 1 year promotional programme to engage middle aged men who may be at high risk of a mental health issue and a parallel programme of intervention development to ensure that there is a suitable offer.

£31,650 North Derbyshire Voluntary Action
£18,350 South Derbyshire CVS

These amounts are proportionally weighted according to population coverage.

Self-Harm and Suicide Awareness Training Seminars in Chesterfield Schools

Data from Chesterfield indicates that rates of admissions for self-harm are higher than average in the 10-24 age range for both males and females.

Chesterfield Admissions for Self Harm 2013/14

Age	Male: Count and (Rate per 1000)	Female: Count and (Rate per 1000)
10-14	0 (0)	16 (6.0)
15-19	29 (8.7)	51 (16.2)
20-24	29 (9.9)	36 (11.9)

13 out of 19 wards in Chesterfield have higher rates of admission for self-harm than the national average and 11 of 19 are higher than the Derbyshire average.

Self-harm can be a way of coping with, or expressing mental or emotional distress. The number of young people aged 10-24 in Derbyshire reported to self-harm is between 15,662 and 19,577, with prevalence in young women aged 16-24 years at 17.6%. Half of all people who die by suicide have a history of self-harm.

Following a procurement exercise in spring 2015 Rural Action Derbyshire (RAD) have been commissioned to deliver Suicide Awareness Training across Derbyshire over the next two years. This is mainly for professionals, the public and voluntary sector and is focussed towards adults.

The sister organisation of RAD in Leicestershire have developed a seminar which covers self-harm, as well as suicide. This is aimed at teachers and school staff. This seminar has proven to be highly valued by participants. The Derbyshire version and proposal is supported by Derbyshire Healthcare Foundation Trust, with local development from Keith Waters who is Clinical Advisor for Suicide Prevention at East Midlands Academic Health Science Network and other local experts.

In order to test the best way to reduce self-harm RAD will pilot a suite of seminars within two schools in Chesterfield. The seminars will target different cohorts involved in the prevention of mental ill health and self-harm.

RAD will explore the development and delivery of;

- A self-harm and suicide awareness seminar aimed at teachers and school staff
- A self-harm and suicide awareness seminar aimed at parents

- A self-harm and suicide awareness seminar aimed at teenagers (13+)

These seminars will be designed specifically for the target audience. Teenagers attending the seminars will be supported by an existing workforce infrastructure of Specialty Community Public Health Nurses (School Nurses), Primary Mental Health Nurses and local counselling services. The pilot will be evaluated to determine the effectiveness and what benefits participants reported.

£7,200 Rural Action Derbyshire (RAD)

Mental Health First Aid Training

Building on basic mental health awareness training, which is targeted at public facing staff, it is recognised that further staff development is required to strengthen the infrastructure to support the prevention and early identification of mental ill health. Mental Health First Aid (MHFA) is a more in-depth and practical skillset for nominated staff to be able to identify signs and symptoms of mental ill-health; raise the issue of mental ill health; proactively support peers, colleagues and friends to access appropriate support and act as a champion for mental health.

Standard MHFA is designed for staff, family or friends who come into contact with adults who may have mental ill health. Youth MHFA is designed specifically for people who teach, work, live with or care for young people aged 11 – 18.

Participants learn how to:

- Spot the early signs of a mental health problem
- Feel confident helping someone experiencing a mental health problem
- Provide help on a first aid basis
- Help prevent someone from hurting themselves or others
- Help stop a mental illness from getting worse
- Help someone recover faster
- Guide someone towards the right support
- Reduce the stigma of mental health problems

These courses are promoted and sold by the training provider as a 2 day training course costing £300 per person per course.

With this cost in mind, it is proposed to train 4 instructors within the Derbyshire County Council Adult Education Department; 2 to become instructors in Standard Mental Health First Aid and 2 to become instructors in Youth Mental Health First Aid. They will deliver training courses across the county for Council workers who are in contact with people who are at high risk of developing a mental health issue. Any spare places for each course can be offered to external organisations at a market rate.

The training is accredited by the Royal Society for Public Health and provides the tools needed to run successful training courses. This will enable delivery of the training from an in-house source in the future, rather than having to procure a provider at a much higher cost.

Each course of 15 people provided by a commercial training provider would cost £4500. It is anticipated that with in-house delivery this cost would be significantly lower at approximately £500-£700 per course for 15 people.

All proposals will be taken forward in accordance with Council procurement procedures

3. Financial Considerations:

These costs will be met from the 2015/16 Public Health budget.

Grant funding for Social Prescribing: Middle Aged Men Promotion Programme:

£31,650 North Derbyshire Voluntary Action

£18,350 South Derbyshire CVS

Grant funding for the Self-harm and Suicide Awareness Seminar pilot:
£7,200 Rural Action Derbyshire

Internal funds transfer for Mental Health First Aid Training:
£27,800 Derbyshire County Council Adult Education

Total: £85,000

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, human resources, environmental, health, property, and transport considerations.

5. Background papers:

Mental Health and Wellbeing: Cabinet Member Report 17 March 2015
Suicide Prevention: Cabinet Member Report 22 December 2014

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 recommendation:

That approval is given to fund the three projects set out in the report.

Elaine Michel
Director of Public Health