

Rutland Neighbourhood Mental Health Strategy 2023-2027



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Introduction

Wellbeing starts with people: our connections with family, friends and colleagues; the behaviour, care and compassion we show one another; the environment we create to live in together.

Mental health is integral to overall health, and recognised as being fundamental to growth, development, learning and resilience. Accordingly, the social, physical and economic environments in which people are born, grow, live, work and age have important implications for mental health. The support needs of people experiencing mental health difficulties therefore extend beyond health service provision and into wider public services.

This strategy aims to take a preventative approach by addressing the wider factors that influence mental wellbeing as well as ensuring that we have responsive high-quality services and support available. It covers all ages from birth to death, not only linking to the 7 Priorities within the Health and Wellbeing Board strategy, but also the Maternity transformation programme, enabling young people to grow into independent adults and positive citizens.

Wellbeing encompasses social, emotional, and mental wellbeing. It can be best summarised as feeling good and functioning well. Poor mental health is both a cause and consequence of overall health inequalities due to its associations with physical health, employment, housing, and lifestyle factors. People with severe and prolonged mental illness die 15-20 years earlier on average than others. At all ages traumatic experiences, poor housing, or homelessness, being part of a marginalised group, or having multiple needs such as a learning disability or autism are all associated with increased risk of mental health problems and may also limit access to support.

Physical and mental health are inextricably linked. Mental wellbeing and resilience are protective factors for physical health as they reduce the prevalence of risky behaviours such as smoking, substance misuse and unhealthy eating, which are often used as coping mechanisms in the absence of other support. Conversely, people with cancer, diabetes, asthma, and high blood pressure are at greater risk of a range of mental health problems such as depression, anxiety, and PTSD.

This strategy details how we aim to improve mental health and wellbeing in the community in Rutland for the next 4 years to 2027, through strong integration between health and social care, and the voluntary and community sector (VCSE). This is about supporting recovery, but also preventative measures including staying well and reducing further deterioration. Pooling knowledge and resources through collaborative working between health and social care is paramount, with a focus on local needs and a strength-based community approach.

The Rutland Mental Health Neighbourhood Group will bring partners together in Rutland to lead on driving, coordinating, and enabling mental health transformation within Rutland. The group will be responsible to deliver the new Rutland Mental Health Neighbourhood strategy by working towards an integrated neighbourhood-based approach to meeting mental health needs in Rutland.

We want the people in Rutland to live long and healthy lives. By ensuring that support for their mental health needs is met using the data already researched that shows any current need and gaps, as well as working closely with the local population, will be key to seeing this vision realised.

What do we mean by mental health and wellbeing?

Mental wellbeing includes both our feelings, such as contentment and enjoyment, and our ability to function well in our lives and to engage with the world. It could be summarised as living in a way that is good for us and for others.

Many factors can have a positive influence on mental wellbeing, these are considered protective factors and include things such as:

- Enhancing control
- Individual resilience, self-esteem, and confidence
- Being part of a safe and supportive community
- Involvement in meaningful activity, i.e., employment, volunteering
- Being socially included and supported
- Good physical health
- Economic security
- Equality of access to services
- Having supportive family and friends

No Health Without Mental Health defines mental wellbeing as “a positive state of mind and body, feeling safe and able to cope, with a sense of connection with people, communities and the wider environment.” Positive mental health is more than the absence of mental illness. ‘Mental wellbeing’ and ‘mental health’ are often used interchangeably, though mental health is more often used in a context where mental illness is being discussed, for example, to describe treatment services.

Other factors can have a negative impact:

- Long-term health problems or disability
- Adults with low education
- Poor English language skills
- Misuse of alcohol
- Use of opiates and/or crack cocaine
- Lone parent households
- Relationship breakdown
- People living alone
- Children leaving care
- Socio-economic deprivation

Stigma is a major issue for those with a mental health condition. This can lead to social isolation or exclusion which can impact on things such as relationships and employment. This adds to the barriers that those with mental ill health already experience. There are some groups which evidence suggests are more likely to experience poor mental health. These groups may benefit from targeted approaches to promote mental health and wellbeing.

Mental health and wellbeing can also be influenced by ‘wider’ factors such as employment, good housing, accessing green space, access to transport, good physical health and security and taking part in leisure activities. Caring responsibilities can also have an impact. In the ‘State of Caring Survey’, Carers UK 2018, 72% of carers have experienced mental ill health because of caring. Often, services, activities or interventions can support positive mental health outcomes without being identified as mental health interventions.

Mental illnesses include common conditions such as depression and anxiety as well as schizophrenia and bipolar disorder (which may also sometimes be referred to as severe mental illnesses).

Strategic context and governance

This strategy is focused on mental health and wellbeing and complements and expands on improving mental health and wellbeing which has been identified as a key priority for the Rutland Health and Wellbeing Board Strategy. This Strategy brings out key strategic and delivery themes across Rutland Health and Wellbeing workstreams to articulate a cohesive, population-based approach to promote wellbeing and improve mental health in Rutland.

Delivery of this strategy will be through the Rutland Mental Health Neighbourhood group who are responsible for monitoring detailed action plans to ensure that the strategy is delivered and makes a difference to people's lives. The Rutland Mental Health Neighbourhood group is accountable to the Rutland Health & Wellbeing Board, being a formal sub group of the Board.

The Rutland Mental Health Neighbourhood Group is also part of the Leicester, Leicestershire and Rutland Mental Health collaborative governance. Collectively, this brings together three Place-based Mental Health groups from Rutland, Leicester City and Leicestershire alongside the LLR Mental Health Collaborative Group. The collaborative governance feeds directly into the Integrated Care Board. The Place-based groups are not subordinates to the collaborative group but will work together to form the Mental Health Collaborative for the Leicester, Leicestershire and Rutland system.

LLR Mental Health Collaborative Governance

The NHS Long Term Plan (LTP) created Integrated Care Systems (ICS), giving a platform for partnership working and integration. Across the Leicester, Leicestershire and Rutland (LLR) system, we are approved as an ICS, consisting of the NHS bodies of the Integrated Care Boards (ICBs), the three local authorities: Leicester City Council, Leicestershire County Council, and Rutland County Council, and wider partners such as the voluntary and community sector and key provider agencies.



Our vision and identifying priority groups.

Mental health problems have very high rates of prevalence, estimated to affect around 1 in 4 people every year¹. They are often of long duration, even lifelong in some cases and have adverse effects on many aspects of people's lives. Our vision is for every resident in Rutland to have the best mental health that they can at every stage of their life. We will promote an approach that prevents and treats mental health problems with the same drive, passion, and commitment as for physical health problems, embedding mental health and wellbeing across the health, care and wider system. This approach recognises the importance of enabling everyone to feel good and function well throughout their everyday lives.

The aim is to not only meet the specific needs of different age groups, but also to reduce cumulative disadvantage associated with poor mental health and wellbeing and related risk factors. These strategies can be built into community initiatives and broader health promoting programmes, as well as into support and treatment services.

Like the HWB strategy, our vision is for safe, healthy, and caring communities where people start well and thrive together through their life. There are many areas we will adopt a Do, Sponsor and Watch approach. There will be specific areas we will lead on, whereas other areas we may sponsor or oversee a project or work or keep an oversight of what other groups are doing, even if no direct involvement is required.

Over the next 4 years, we will use a variety of data sources and demographics to identify cohorts of people to work with. This will include but not exclusively, the following sources: relevant data provided from public health, VCSE partners and specific identified health needs provided by ICB partners (for example, data obtained from the Neighbourhood Mental Health Café). We are also able to access LPT's secondary care data set, which we can refine to Middle Layer Super Output Area (MSOA) levels. We will look at data Rutland County Council have collected, which includes work set across the priorities within the Health and Wellbeing Strategy. There may be further specific LLR joint ventures or initiatives, as well as any identified data from commissioned services highlighting mental health needs that can be used.

There are existing reports where we will use relevant information, which include the Rutland Health Inequalities & Hidden Need report, Rutland County Council's Family Hub Consultation, Healthwatch Rutland's 'What Matters to You' report² 19th Aug 2021 and 'The Future Rutland Conversation'³ 2022, as well as identified priorities from the Joint Strategic Needs Assessment (JSNA). By using this data, we will be able to map what is already available in the community and identify the priority groups who we will work with.

¹ [https://www.mind.org.uk/information-support/types-of-mental-health-problems/statistics-and-facts-about-mental-health/how-common-are-mental-health-problems/#References:~:text=McManus%2C%20S.%2C%20Meltzer%2C%20H.%2C%20Brugha%2C%20T.%20S.%2C%20Bebbington%2C%20P.%20E.%2C%20%26%20Jenkins%2C%20R.%20\(2009\).%C2%A0Adult%20psychiatric%20morbidity%20in%20England%2C%202007%3A%20results%20of%20a%20household%20survey.](https://www.mind.org.uk/information-support/types-of-mental-health-problems/statistics-and-facts-about-mental-health/how-common-are-mental-health-problems/#References:~:text=McManus%2C%20S.%2C%20Meltzer%2C%20H.%2C%20Brugha%2C%20T.%20S.%2C%20Bebbington%2C%20P.%20E.%2C%20%26%20Jenkins%2C%20R.%20(2009).%C2%A0Adult%20psychiatric%20morbidity%20in%20England%2C%202007%3A%20results%20of%20a%20household%20survey.)

² <https://www.healthwatchrutland.co.uk/report/2021-08-19/what-matters-you-report>

³ <https://www.rutland.gov.uk/yoursay/future-rutland>

Strategic priorities

There are specific actions within the Rutland Joint Health and Wellbeing Strategy (JHWS) that the group will focus on when creating the Rutland Mental Health Neighbourhood strategy and Place-led plan.

Supporting good mental health is part of three cross-cutting themes, which interlink multiple priorities across the strategy, for example the priority 1 – the best start in Life. All seven priorities from the (JHWS) will be looked at when making decisions, although there has been a specific ask within the strategy for the neighbourhood mental health group to focus on the following actions:

- **Action 7.1.1** - Increase access to perinatal mental health support services.
- **Action 7.1.2** - Understand the gaps in service reported by service users where children and young people need help with their mental health.
- **Action 7.1.3** - Increasing local resource to respond to children and young people's mental health need.
- **Action 7.1.4** - Creating a local plan to better coordinate care for mental health across neighbourhood service areas.
- **Action 7.1.5** - Increased response for low level mental health issues.
- **Action 7.1.6** - Long-term objectives to deliver an integrated neighbourhood approach to mental health needs in Rutland are met.

Each of these actions include specific areas that we have been identified to focus on, which will be mapped out within a separate action plan to accompany this strategy. We will report on each action and the elements that are included within each point. The action plan will explain what we are looking to achieve, our measures to recognise how we know this has been successful, as well as any risks and mitigations that are in place.

This will be achieved through the following key objectives, drawing upon the wealth of skills and expertise across the Council, NHS, and partner organisations:

- Focus on mental health promotion including information, advice and guidance, mental illness prevention and recovery throughout the life course
- Promote resilience in individuals, families and communities through asset-based working and the wider social determinants of health
- Deliver timely, person-centred, effective services that align health and social care outcomes to provide integrated, responsive services and care
- Improve people's experiences of mental health and social care services
- Reduce inequalities in mental health and wellbeing and in access to care and support
- Challenge stigma and discrimination related to mental health problems.

Measurable outcomes

Outcome indicators will be compiled which will help to monitor progress to achieve our vision. To complement the impact of the strategy, periodic qualitative surveys of service users, carers, staff groups, voluntary sector organisations and other interested parties will be undertaken on behalf of the Rutland Mental Health Neighbourhood group.

We are looking to achieve measurable outcomes that demonstrates an understanding of local health inequalities and their impact on service delivery and transformation.

Outcomes

1. People will live longer and have healthier lives.
2. People will live full, active, and independent lives, including access to employment and education.
3. People's quality of life will be improved by access to quality services.
4. People will be actively involved in their health and their care.
5. People will live in healthy, safe, and sustainable communities.
6. People have timely access to support they need

Financial

The Rutland Neighbourhood Mental Health group will explore any funding opportunities where there are identified needs and look to agree decisions by consensus, which will be evidence-based or underpinned by the most relevant information we have at that point in time.

Review

The review of the strategy will take place annually to check the current scope, conduct, composition and effectiveness unless circumstances require a review more frequently.