



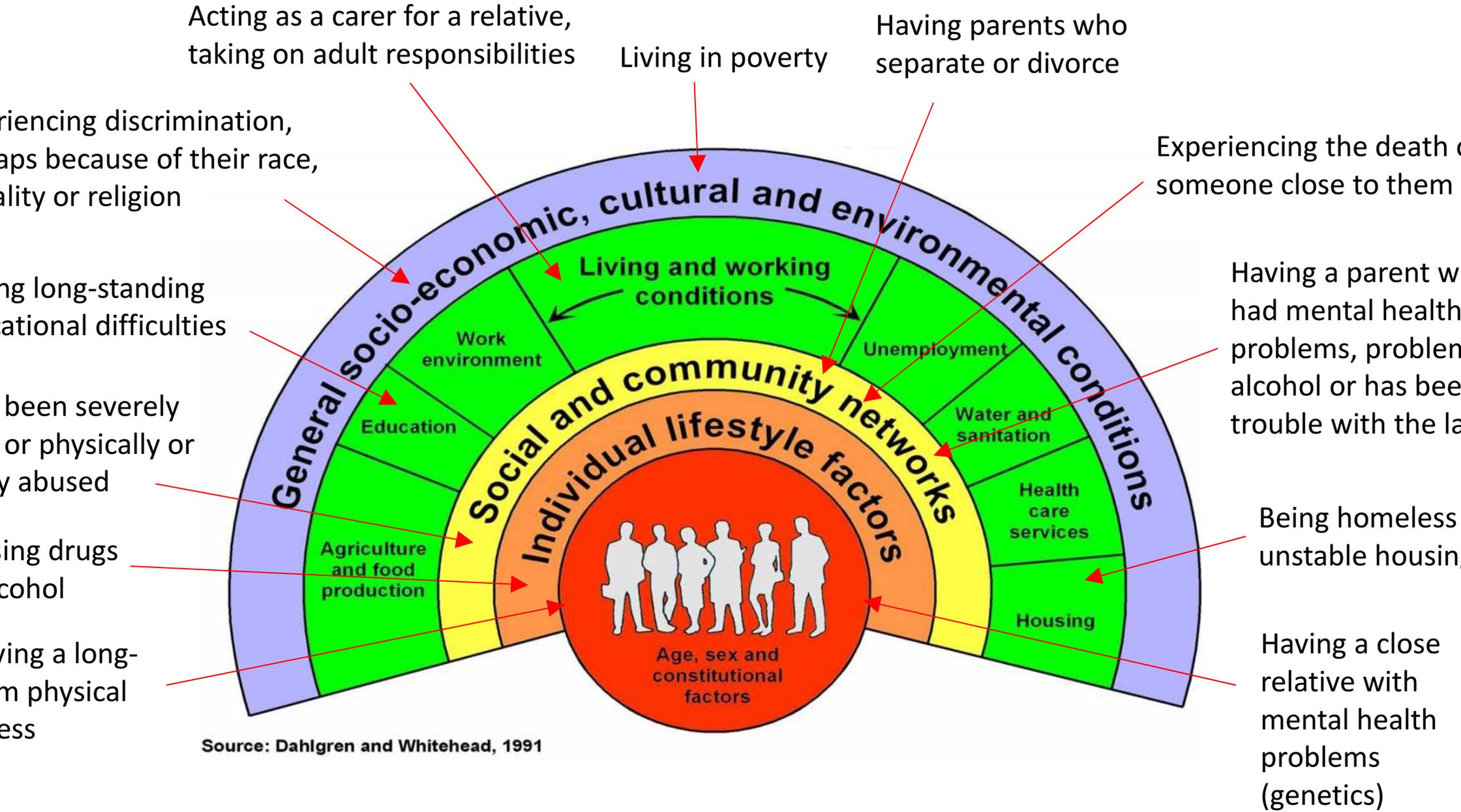
Mental Health in Trafford.

14<sup>th</sup> December 2016

# Based on the GM strategy, with a Life Course Approach to Mental Health and Emotional Wellbeing



Transitions, Vulnerable Groups, Cross cutting themes



Source: Dahlgren and Whitehead, 1991

# 1 - Families and Early Years



## WHY

- 0-2 is critical period for brain development
- Positive attachment leads to positive emotional development
- Insecure attachment predicts a range of mental health problems
- 10-20% of women experience perinatal mental health issues
- Parental mental health problems impact children's mental health

## WHAT

- Universal perinatal support
- Maternal mental health pathway
- Family nurse partnership
- Parenting programmes

# 2 - Children and Young People



## WHY

- 1 in 10 children have mental health issue needing treatment
- Adverse childhood experiences have a cumulative and lifelong impact on mental health
- Adolescence is an important transition with increased risk of certain MH problems
- Over 75% of all mental health problems emerge by age 20

## WHAT

- Mental wellbeing programmes in schools
- Bullying prevention programmes
- Mental health assessments for looked after children
- Early intervention in psychosis
- Neurodevelopmental pathway
- Eating disorders services

# 3 - Adulthood



## WHY

- Adults influence others as a partner, parent, co worker
- 1 in 4 adults will experience a mental health problem
- 70% of people with severe mental illness are economically inactive
- Poor mental health is associated with poor physical health

## WHAT

- Mental health literacy training
- Mindfulness
- Promote physical activity
- Support unemployed working age adults into high quality work
- Wider determinants: housing, debt, poverty
- Access to psychological therapies

# 4 - Later life



## WHY

- Over a third of the UK population is over 50
- Retirement can lead to isolation and lack of purpose
- Loneliness is bad for physical and mental health
- Depression can be overlooked in older people
- Dementia is a growing concern

## WHAT

- Befriending schemes
- Dementia friendly communities
- Timely access to memory clinics
- Campaign to End Loneliness
- Implement 5 year forward view to support older carers
- NICE public health guidance for mental wellbeing and older people

# Trafford Mental Health Partnership



## Trafford Mental Health Partnership: Core Functions

- Promoting excellence in mental health services
- Developing, implementing and overseeing the Trafford Mental Health & Wellbeing Strategy, and the development of other relevant strategies and work plans
- Increasing understanding of what works, service gaps and what people with mental health problems and their carers need and value most
- Promoting wider involvement and participation
- Consulting and communicating with wider stakeholders to aid priority setting
- Developing health and social care commissioning intelligence based on a balanced scorecard approach
- Ensuring effective handover and transition arrangements for young people and older adults
- Supporting Trafford's JSNA
- Supporting Public Sector Reform and locality planning.

# What is being done in Trafford?

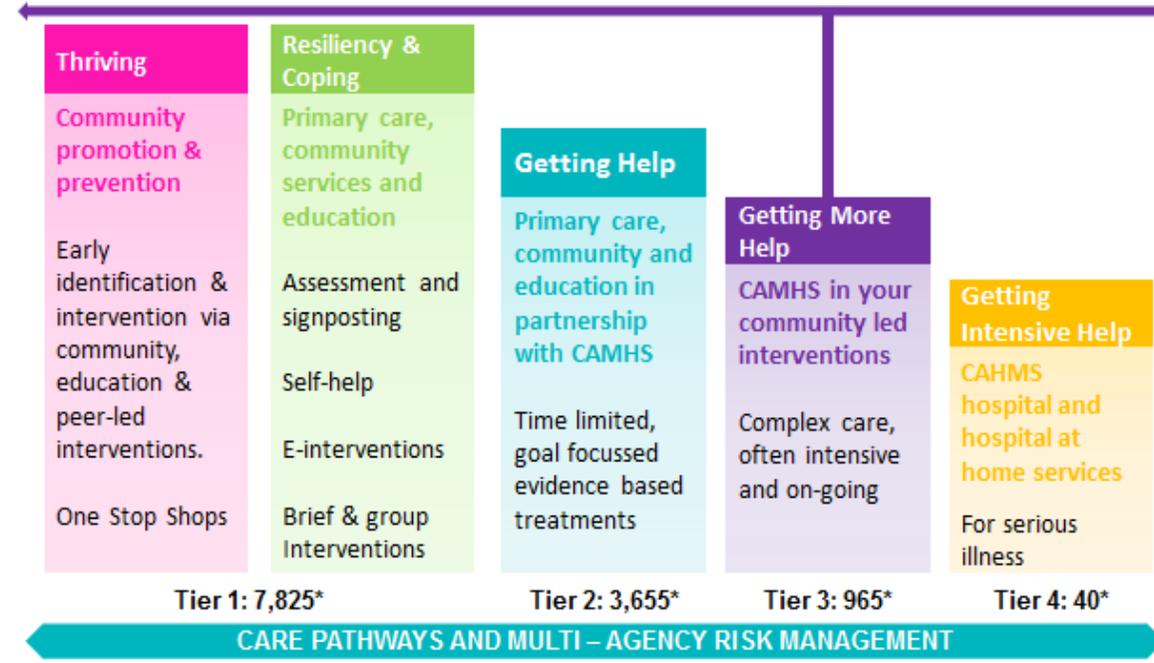
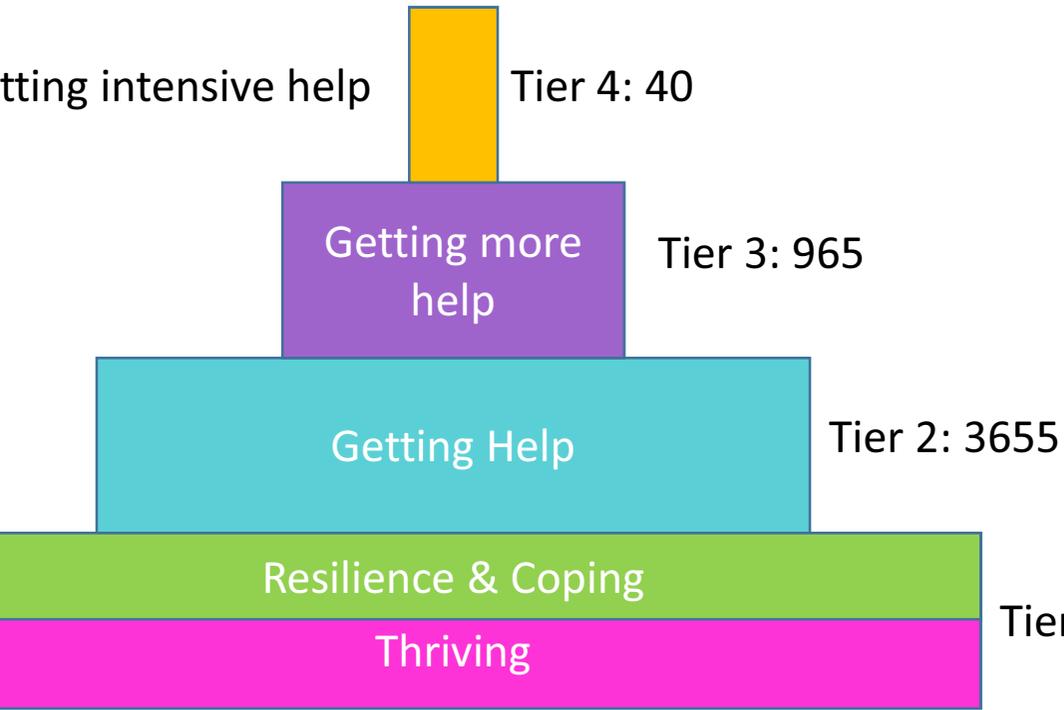
- MH services delivering against target generally
- Basic offer of support is sound
- Future mind funding for children's mental health
- Rich mix of 3<sup>rd</sup> sector and tertiary services (non-statutory provision)
- Lots happening in secondary care
- Long term plan for CAMHS, joining things up with adult services
- RAID services providing support for A&E
- Adult IAPT service
- Strong partnership working
- Innovation e.g. crisis care concordat, sanctuary, blue sci, carer centre
- How narrative will get into JSNA – locally help knowledge

# Perinatal Mental Health



- Newborn behaviour observation screening and the Newborn assessment scale are implemented, with further health visitor training planned.
- Edinburgh Postnatal Depression Scale is completed for all women; approximately 90% of women are assessed within 6-8 weeks from birth.
- PIMH pathway implemented, with four pathways depending on identified need.
- A post-natal depression group hosted by HVs rotates across Trafford's four neighbourhood localities.

# Children's mental health



\*Expected level of demand in Trafford



**1 in 8 children and young people will experience mental health problems**

# CAMHS Service Review 2015/16



## Recommendations:

- reduction in waiting times;
- increased support for professionals;
- improved systems and processes;
- better information on services;
- emphasis on prevention;
- need for a new service model

Adoption of Thrive Model and Choice & Partnership Approach

Service restructure to increase capacity and skill mix

# Suicide Prevention

Key messages:

We all have a role to play in suicide prevention; it's everyone's business

One suicide is one too many

It is common for people to have suicidal thoughts; this is perfectly normal

Building strong, resilient communities is a powerful antidote to suicide

It's important to talk about suicide to tackle stigma

If you are feeling suicidal and/or are struggling to cope, help is available in Trafford

## **What happens next:**

Draft Strategy and Trafford plan has been written

Consultation, engagement and sign off is now required

Action Plan to be developed following engagement/co-production at Mental Health Partnership Board

# Dementia

- Developing Dementia Strategy for Trafford
- Based on and linked to the evolving Dementia United work across GM
- Local multi agency partnership
- Includes prevention, treatment and research
- Community based risk reduction and mitigation approach
- Informed by and supporting service users and carers
- Development of 'Dementia Friendly' areas