

Cabinet Meeting on Wednesday 15 March 2023

Mental Health and Mental Wellbeing Strategy 2023-2028



Councillor Julia Jessel, Cabinet Member for Health and Care said,

“Having good mental health is important for everyone, and we need to build strong and resilient communities and individuals who are in control of their own mental well-being.

“This new strategy, which has been produced with the NHS, local communities, mental health professions and those who use the service and their carers, aims to help everyone improve and maintain their mental well-being, and help people of all ages with severe long-term mental health issues to live productive and fulfilling lives.”

Report Summary:

Staffordshire County Council and the Integrated Care Board (ICB) have jointly developed a final draft of a new Mental Health and Mental Wellbeing Strategy 2023-2028 titled ‘Good Mental Health in Staffordshire’. This replaces the previous Mental Health Strategy ‘Mental Health is Everybody’s Business. Cabinet is asked to consider and approve the proposed joint Mental Health & Mental Wellbeing Strategy: ‘Good Mental Health in Staffordshire’ 2023-28.

Recommendations

I recommend that Cabinet:

- a. Approve the proposed joint Mental Health & Mental Wellbeing Strategy: ‘Good Mental Health in Staffordshire’ 2023-28.
- b. Endorse the proposal for the Health and Wellbeing Board to monitor delivery of the associated action plan.

Cabinet – Wednesday 15 March 2023

Mental Health and Mental Wellbeing Strategy 2023-2028

Recommendations of the Cabinet Member for Health and Care

I recommend that Cabinet:

- a. Approve the proposed joint Mental Health & Mental Wellbeing Strategy: 'Good Mental Health in Staffordshire' 2023-28.
- b. Endorse the proposal for the Health and Wellbeing Board to monitor delivery of the associated action plan.

Local Member Interest: N/A

Report of the Director for Health and Care

Reasons for Recommendations:

1. Staffordshire County Council and the Integrated Care Board (ICB) have jointly developed a final draft of a new Mental Health and Mental Wellbeing Strategy 2023-2028 titled 'Good Mental Health in Staffordshire'. This replaces the previous Mental Health Strategy 'Mental Health is Everybody's Business.'
2. The strategy takes into account recent national policy changes, the impact of the Covid pandemic on people's mental health, and related local strategies and plans to improve mental health and wellbeing and mental health services – including:
 - a. Staffordshire and Stoke on Trent Mental Health Implementation Plan 2019 – 2024
 - b. NHS Community Mental Health Framework Transformation (CMHT)
 - c. Staffs Joint Health and Wellbeing Strategy 'Health is everyone's business' 2022-2027
 - d. Staffordshire and Stoke on Trent approach to children's and young people's mental health 'Starting well, living well, supporting well' 2018 -2023
 - e. Staffordshire Public Health Delivery Plan 'Resilience Through Health' 2021 – 2026
 - f. Staffordshire and Stoke on Trent Suicide Prevention Partnership Plan 2022 – 2024
 - g. All Together for Carers: A Carer's Strategy for Staffordshire 2019 – 2023

h. The aims of the Mental Health Covenant (Stafford) of which SCC were founding members.

3. The strategy has been co-produced by the Council and NHS along with mental health professionals, partner agencies, the voluntary sector, people with lived experience, carers, and the wider public. Nearly 700 people have contributed.

'Good Mental Health in Staffordshire'

4. The primary focus of the strategy is adults in Staffordshire. However, it is recognised that there are opportunities in people's early lives to positively influence their future mental health and wellbeing, and it is important to consider this in setting strategic outcomes for adult's mental health and mental wellbeing. In particular for young adults who may continue to need support for their mental health problems as they prepare for and move into adulthood. There are number of related strategies and plans referenced in 2. above, which will share some similar aims and ambitions for improving mental health and this strategy intends to support the delivery of those rather than replace them.

5. The ambition is "Building strong and resilient communities and individuals who are in control of their own mental wellbeing"

6. The strategy sets out six main outcomes:

- a. Everyone can look after their own mental wellbeing and find support in their communities when they need it
- b. People have access to services when needed
- c. A timely response to crises
- d. There is equal access to support to improve mental wellbeing and services to manage mental health problems
- e. People with severe mental illness are supported to live in the community and have good quality, integrated care
- f. More integrated, good quality services for young people that focus on achieving independence in adulthood

7. The approach to achieving these outcomes will be:

- a. Help people to help themselves by offering good information about how to maintain their mental wellbeing and where to go for support.
- b. Minimise medicalisation by strengthening people's personal resilience and helping them develop lifelong skills for good mental health.
- c. Build and use community capacity to support people with mental health problems.

- d. Promote independence by offering support and services to people as close to home as possible and the least restrictive care options
- e. Co-produce support and services, working with individuals and communities.
- f. Encourage and enable our workforce to learn and grow, develop their skills and maintain their own mental wellbeing.
- g. Embrace technologies to improve people's mental wellbeing, access to services and quality of care.

Proposed Next Steps

8. An overview of the strategy, its outcomes and approaches was presented to the Health and Wellbeing Board on 1st December.
9. The strategy was considered by Informal Cabinet on the 7th December 2022 and recommendations were made regarding approval of the strategy and monitoring of its delivery.
10. The strategy was considered by Health and Care Overview and Scrutiny Committee on the 13th February 2023. The Committee's comments will inform the development of the associated action plan, with particular reference to the links with physical health, access to green spaces, workplace mental health support for small businesses and lone workers, and clear and accessible information for people about support and services. The action plan, once produced end of June 2023, will be considered by the Health and Care Overview and Scrutiny Committee.
11. The ICB will consider the Strategy through their formal governance processes from Mid-November 2022 to March 2023.
12. The Strategy is expected to commence from April 2023. An associated action plan will be co-produced by end of June 2023 to support implementation of the strategy.
13. Appropriate governance arrangements will be put in place by SCC and the ICB to monitor delivery of the action plan.

Legal Implications

14. There are no legal implications anticipated from the strategy itself as both the Council's relevant current statutory responsibilities and potential future legislative and national policy changes have been considered in its development. There are no expected contractual implications.

Resource and Value for Money Implications

15. There are no expected financial implications arising from the strategy. The associated action plan will be delivered within existing resources.

Climate Change Implications

16. Whilst it is not anticipated that the strategy will have significant climate change implications, there are a number of areas that relate to the environment that have been identified through the Community Impact Assessment. This includes:

- a. Encourage access to green spaces and spending time outdoors to help people look after their own mental wellbeing,
- b. The strategy includes the outcome for people with severe mental illness to be supported to live in the community in good quality homes of their own, influencing the planning of suitable high quality, affordable housing.
- c. Ensure everyone can look after their own mental wellbeing and find support in their communities when they need it, including workplaces that are more conducive to good mental health

List of Background Documents/Appendices:

Appendix 1 - Good Mental Health in Staffordshire: 2023-28

Contact Details

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