Towards a 2019/24 Mental Health Strategy for Tower Hamlets
What is mental health?

• Mental health is “a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community.” (WHO)

• Mental illness refers to diagnosable mental disorders involving
  – significant changes in thinking, emotion, and or behaviour
  – distress and/or problems functioning in social, work or family activities

• Mental health problems include depression, anxiety, sleep disorders, eating disorders, personality disorders, mania, bipolar conditions, psychosis, schizophrenia

• A mild mental health problem is when a person has a small number of symptoms that have a limited effect on their daily life.

• A moderate mental health problem is when a person has more symptoms that can make their daily life much more difficult than usual.

• A severe mental health problem is when a person has many symptoms that can make their daily life extremely difficult.

• A person may experience different levels at different times.
### Mental health in Tower Hamlets Headlines and determinants

<table>
<thead>
<tr>
<th>Life circumstances</th>
<th>Impact on mental wellbeing</th>
<th>Estimated prevalence of mental health conditions*</th>
<th>Service, issues, activity and outcomes*</th>
</tr>
</thead>
</table>
| • Poverty          | • Foundations of mental wellbeing relate to core needs around  
|                    |                           | • Prevalence of wellbeing? (9% report low happiness)  
|                    |                           | • 650 to 1,300 with mental health problems in pregnancy  
|                    |                           | • 4,300 of 5-16 year olds with mental health disorders (1st)  
|                    |                           | • 31,000 with common mental health disorders  
|                    |                           | • 16% of practice population report depression and anxiety (1st)  
|                    |                           | • 6.4% report long term mental health problems (4th)  
|                    |                           | • 4,200 recorded as having severe mental illness (7th)  
|                    |                           | • High incidence of new cases of psychosis (3rd but data old)  
|                    |                           | • 1100 with dementia  
| • Adversity and vulnerability in childhood |                           |                                                |
| • Crime            |                           |                                                |
| • Violence         |                           |                                                |
| • Substance misuse |                           |                                                |
| • Housing conditions |                         |                                                |
| • Overcrowding     |                           |                                                |
| • Unemployment     |                           |                                                |
| • Job insecurity   |                           |                                                |
| • Social isolation |                           |                                                |
| • Migration        |                           |                                                |

* = compared to London
The Headlines - Mental Health Need in Tower Hamlets

- Tower Hamlets has a **high level of prevalence** of both common mental illness and severe mental illness:
  - Highest levels of self-reported depression and anxiety in London
  - 6th highest proportion of people with severe mental illness on our GP registers in London.
  - 3rd highest incidence of first episode psychosis across London

- Tower Hamlets has a disproportionately young population and high levels of mental health problems indicating **future increase in need**
  - Highest in London for **estimated** prevalence of mental health disorders in population age 5-16
  - Amongst highest in London for school pupils with social, emotional and mental health needs

- High levels of mortality for people with SMI

- Amongst highest levels of secondary mental health service use for adults in the country, high number of emergency admissions
The last Tower Hamlets Mental Strategy took a life course approach to mental health and wellbeing:

- A whole person approach.
- Mental is everybody’s business.
- Focus on quality.
- Commissioning with commitment.
- Building resilience: mental health and wellbeing for all
- High quality Treatment and Support.
- Improving access
### 2014/19 Mental Health Strategy Outcomes: A life course approach to mental health and well-being

<table>
<thead>
<tr>
<th>Building resilience: mental health and wellbeing for all</th>
<th>High Quality Treatment &amp; Support</th>
<th>Living well with a mental health problem</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fewer people will experience stigma and discrimination</td>
<td>People in general settings like schools and hospitals will have access to mental health support</td>
<td>People will feel that mental health services treat them with dignity and respect, and inspire hope and confidence</td>
</tr>
<tr>
<td>People will have access to improved information on what services are available</td>
<td>People will have access to high quality mental health support in primary care, including GP practices and primary care psychology</td>
<td>People will have access to support from peers and service user led services</td>
</tr>
<tr>
<td>Mental health awareness across our communities, schools and employers and in the health, social care and education workforce will improve</td>
<td>People will receive a diagnosis and appropriate support as early as possible</td>
<td>People will be able to make choices about their care, including through personal budgets</td>
</tr>
<tr>
<td>People will have access to a range of preventative and health promotion services</td>
<td>People will have timely access to specialist mental health services</td>
<td>People will feel supported to develop relationships and connections to mainstream community support</td>
</tr>
<tr>
<td>Families and carers will feel more supported</td>
<td>People will be able to access timely crisis resolution, close to home</td>
<td>People will have access to support to find employment, training or education</td>
</tr>
<tr>
<td>People will experience smooth transitions between services</td>
<td>When they need to access multiple services, people will feel that they are joined up</td>
<td>People will have access to accommodation that meets their needs, in the borough</td>
</tr>
<tr>
<td>At risk communities will have access to targeted preventative support</td>
<td>People with a mental health problem will have high quality support with their physical health</td>
<td></td>
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</tbody>
</table>

**Shared values: a whole person approach**

- Mental health is everybody’s business
- Focus on quality improvement
- Commissioning with commitment
Key Achievements and developments over the last 5 years

- Accommodation resettlement and rehabilitation pathways
- Est London Foundation Trust rated as Outstanding
- Recovery and Wellbeing model and Recovery College
- Crisis Pathways and Crisis House
- Dementia pathways, dementia cafes and diagnosis rates top 3 in London
- Primary Care mental Health Services
- Increased peer support offer and coproduction
- Improved Children’s Mental Health and services, training for schools, new crisis response for CYP and CYP Eating disorders service.
- New Adults Eating Disorders Service
- Reduced waiting times
- Challenging Stigma and increasing awareness –time to change
- Increased access to perinatal services
- Increased access to talking therapies
Developing a new Plan – The Must Do’s

- Early intervention and Prevention for children and young people and adults
- Increased access to psychological therapies and increased number of people recover
- More women access specialist perinatal mental health care
- 70,000 more children will access evidence based mental health care
- 24 hour support available for those in crisis
- 10% reduction in suicide by 2020
- Increased access to and sustained employment for adults with SMI
- Focused improvement on physical health for those with SMI
- Increased community provision and support in schools for children and young people
- Increased access to and sustained employment for adults with SMI
What people with lived experience have told us is important to them over the coming 2 years.

- Long Term (maybe life long) access to continuous support without constant reapplication. E.g. a person with life long conditions or in crisis may need support 3 or 4 times a year.
- Crisis out of hours support duty weekend support from GP, Psychiatrist. NOT A&E focused.
- Psychiatry referrals instant. EPC every 3 months – more regular contact with people who can support./follow up support whilst in-between support
- Better Wait times for Therapy appointments
- When we are involved (consultation/co-production) in strategic decision making feedback and acting on that engagement needs to happen. – e.g. present somewhere about experiences we don’t hear back.
- Understanding empathy about how other medical conditions can impact mental health and taking responsibility on routine appts and not referring back to MH practitioner or GP
- Training for health care professionals in mental health
Our involvement

When we are involved e.g co-production consulted etc it is essential that we are told

• What was done with the ideas
• What you are doing about them
• Why you are not doing anything

Involved through co-production in plan design implementation and review of the changes they bring.

We have a lot of lived worked and trained experience to offer.
Developing a new MH plan – further issues to consider

- NHS Five Year Forward View for Mental Health and New NHS Plan

- **Parity of esteem** between mental and physical health for all.

- **Thrive London** – Thrive LDN is a citywide movement to improve the mental health and wellbeing of all Londoners, supported by the Mayor of London

- **Dementia** - continues to be an area of need.

- **Employment** - Need to improve employment outcomes for people with a mental health issue

- **Stigma** – Continued need to raising awareness and reduce stigma.

- **Resilience and self management** – Building resilience and wellbeing particularly in children and young people.

- **Separate CYP Transformation Plan** - Continued focus on transformation of CYP pathways and services – strong links to schools
Developing a new MH plan - Draft Timescales

**High level plan** - supplemented by a more detailed annual action plan, overseen by the Mental Health Partnership Board.

<table>
<thead>
<tr>
<th>Adults Mental health Plan</th>
<th>Children and Young People Transformation Plan</th>
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<tbody>
<tr>
<td>Needs assessment carried out</td>
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</tr>
<tr>
<td>Engagement and coproduction with partner agencies, residents and stakeholders</td>
<td>November – March 2019</td>
</tr>
<tr>
<td>Final draft for approval</td>
<td>June 2019</td>
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