



# **Tower Hamlets Health & Wellbeing Board: Community Mental Health Transformation**

26<sup>th</sup> July 2022

# Prevalence of mental health problems in Tower Hamlets



## (1) Adults

### Common mental illnesses (CMI)

- CMIs include depression (low mood), generalised anxiety disorder, panic disorder, phobias and obsessive-compulsive disorder, and post-traumatic stress disorder
- **Estimated prevalence of CMI:** 1 in 5 residents aged 16 years and older or ~**56,000** people (higher than London and England)
- **Depression:** More than **18,000** residents aged 18+ have a diagnosis of depression by their GP

### Severe mental illnesses (SMI)

- SMIs : mental illnesses that involve more complex/persisting needs (typically refers to bipolar affective disorder, psychoses, schizophrenia)
- **Estimated prevalence of SMI:** 1.33% or ~**4,675** people (among people registered with GP practices)
- **Inpatient stays in secondary mental health services:** 319 per 100,000
- **Premature death rate among people with SMI:** 146.9 per 100,000 (highest in London)

### Suicide and self harm

- **Annual rate of death by suicide:** ~8 people per 100,000
- **Annual rate of hospital admissions for intentional self-harm:** 70 per 100,000 (*rates are an underestimate as many don't present to A&E*)

## (2) Children and Young People

- 2.9% of primary school age children and 2.7% of secondary school age children are known to have social, emotional and mental health needs (higher than London overall and amongst the highest in England)
- It is estimated that ~**4,400** children and young people aged 5-17 have a diagnosable mental health conditions

Source: [fingertips.phe.org.uk](http://fingertips.phe.org.uk)



# Tower Hamlets Mental Health Strategy (2019-2024)

Overseen by the Tower Hamlets Mental Health Partnership Board.

## Tower Hamlets Adult Mental Health Strategy 2019-2024

Themes	Examples of actions
<b>1. Raise awareness and understanding of the importance of good mental health and wellbeing</b>	<ul style="list-style-type: none"> <li>- Promoting mental health and wellbeing literacy</li> <li>- Reducing stigma against mental health/illness</li> <li>- Improving social and physical environments (workplaces, community spaces, streets, air quality, housing, social inclusion/connections)</li> </ul>
<b>2. To ensure early help is available particularly in times of crisis</b>	<ul style="list-style-type: none"> <li>- Improvement of Talking Therapies / IAPT</li> <li>- Crisis services and suicide prevention</li> <li>- Analysis of needs of at risk groups</li> </ul>
<b>3. To ensure the provision of high-quality mental health care and treatment</b>	<ul style="list-style-type: none"> <li>- Community mental health transformation</li> <li>- Improving support for people who use drugs/alcohol</li> <li>- Co-production, involvement and peer support</li> <li>- Improving transition from CYP to adult services</li> </ul>

## Children and Young People Priorities

Strategy/Plan	Relevance
<b>Children and Families Strategy</b>	<ul style="list-style-type: none"> <li>• Priority 2 (Healthy Families) relates directly to mental and physical health and wellbeing</li> <li>• Priorities 1 (Aspiration to action) and 3 (Safe and secure) relate to social determinants of mental health</li> </ul>
<b>Children and Young People Mental Health Transformation Plan</b>	<ul style="list-style-type: none"> <li>• Advice, prevention, and early help</li> <li>• Goal based interventions for CYP with moderate to complex needs</li> <li>• Specialist support for CYP with complex needs and/or additional vulnerabilities</li> </ul>

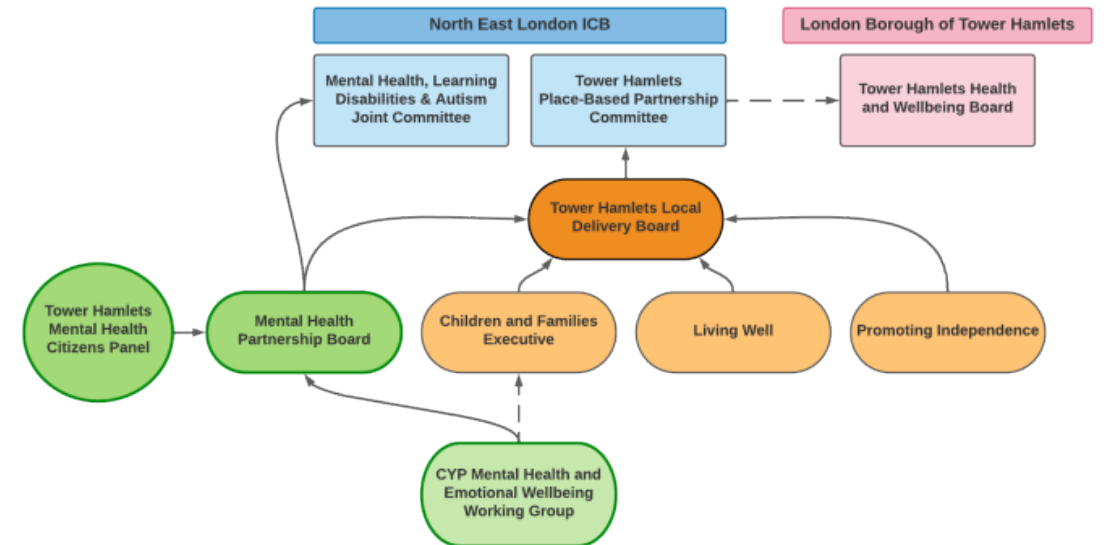
## Tower Hamlets Mental Health Partnership Group

### Role of the group

- Newly forming place-based, adult-focused governance group
- Oversee decisions related to mental health and wellbeing, autism and learning disabilities (including delivery of the Adult Mental Health Strategy)

### Proposed structure of the group

- Accountable to the Tower Hamlets Together Delivery Board and the North East London Integrated Care Board (ICB)
- There will be a 'Citizens Panel' to enable shared decision making with residents with lived experience (e.g. service users, carers)



# Agenda

No	Item	Lead	Time
1	<b>The Policy Background and Our Work So Far</b> <ul style="list-style-type: none"><li>• The NHS Long Term Plan and the Community Mental Health Framework for Adults and Older Adults</li><li>• How we approached this Transformation in Tower Hamlets, and what some of the key changes have been</li></ul>	Jamie Stafford	5 mins
2	<b>The Role of the Voluntary Sector</b> <ul style="list-style-type: none"><li>• What the voluntary sector brings and could bring to the Transformation – and the potential of the Community Mental Health Alliance</li></ul>	Phil Warburton	5 mins
3	<b>The Role of Community Connectors</b> <ul style="list-style-type: none"><li>• What does a Community Connector do, and what difference does it make?</li></ul>	Shakila Ali, Safia Jama	10 mins
4	<b>Questions and Discussion</b>	Jamie Stafford	15 mins

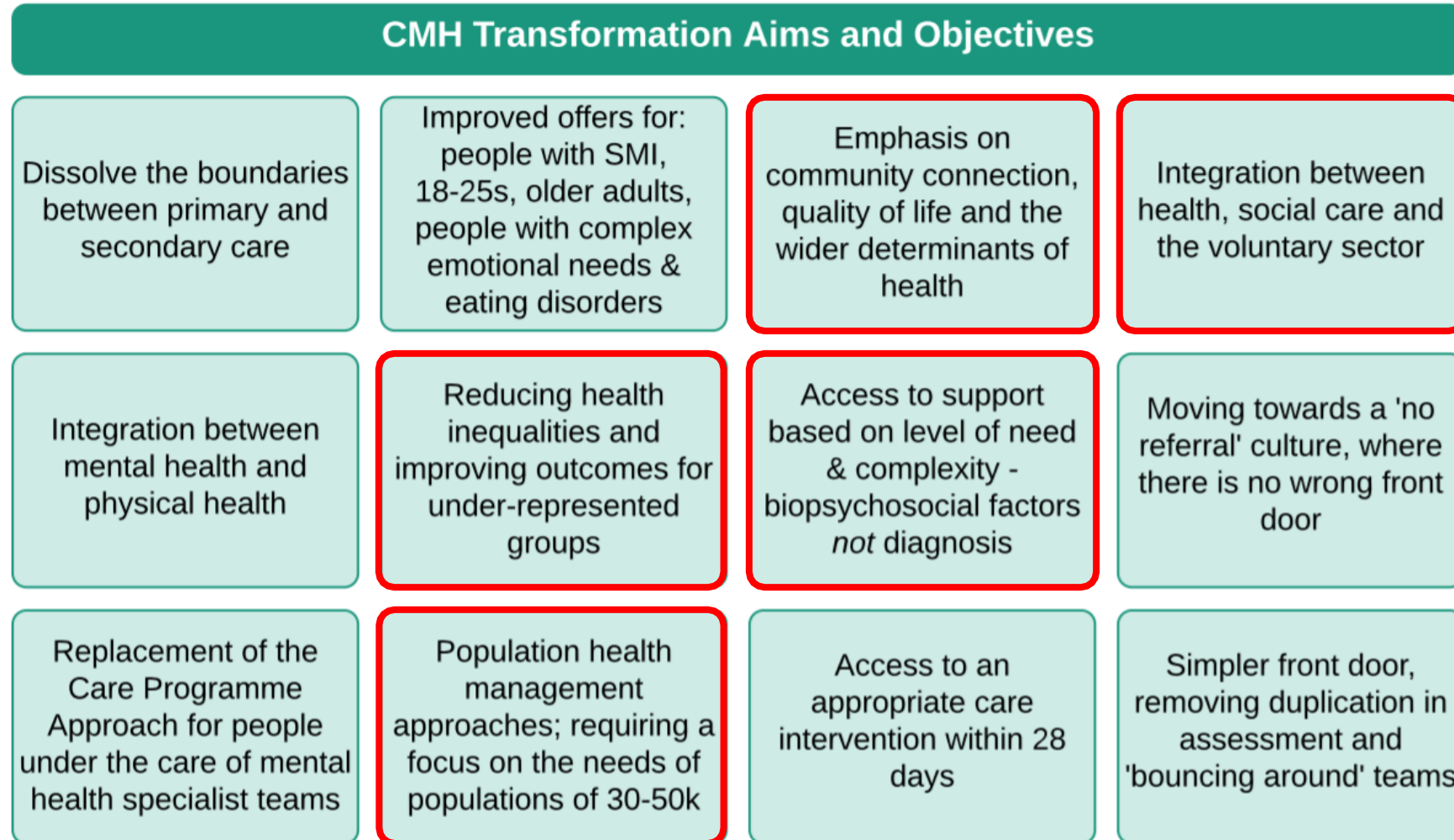


# **The Policy Background and Our Work So Far**

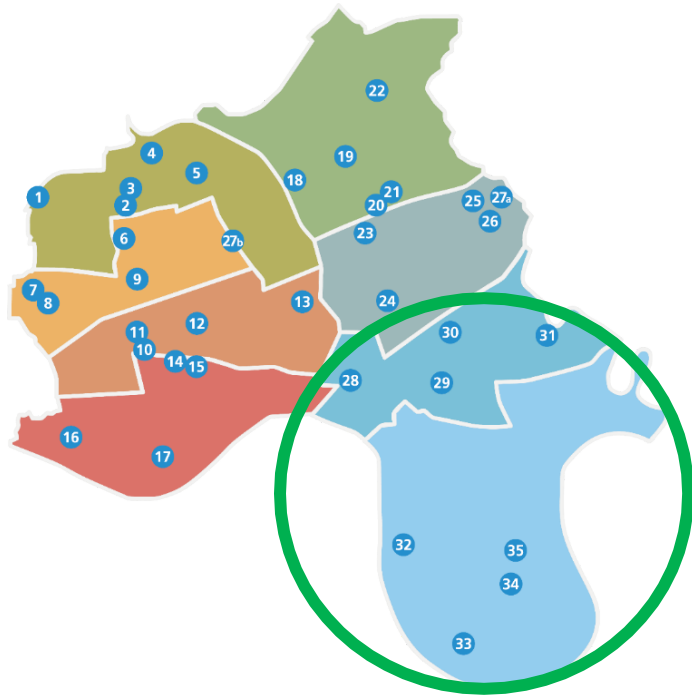
Jamie Stafford – East London NHS Foundation Trust

# Community Mental Health Framework for Adults and Older Adults and funding settlement

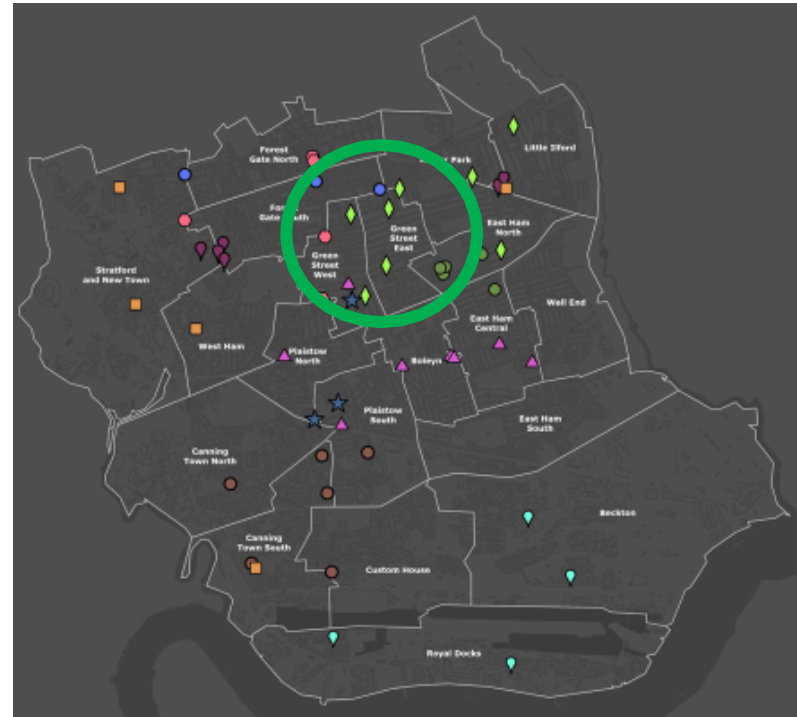
NHS England published a new [Community Mental Health Framework for Adults and Older Adults](#) in November 2019. While it is likely that full implementation of the Framework will take a number of years (up to 2024), our programme will test the concepts, and lay the foundations.



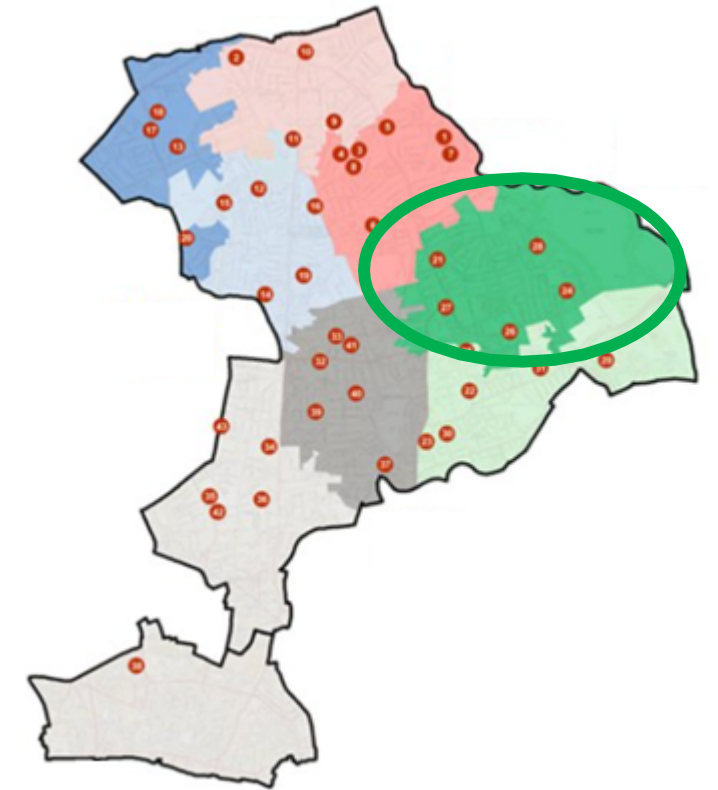
# Our Pioneer Phase and Then Scaling Up



**TOWER HAMLETS**  
35 GP practices,  
across 7 Primary Care Networks



**NEWHAM**  
54 GP practices,  
across 10 Primary Care Networks



**City & Hackney**  
43 GP practices,  
across 8 Neighbourhoods

## **The formation of Neighbourhood Mental Health Teams**

- Organising our core community mental health teams around four neighbourhoods (which align to social care localities and Primary Care Networks)
- New ways of working which bring together professionals daily in these footprints to collaborate in providing care, and shift focus towards population health across the neighbourhood

## **The introduction of new professional roles**

- Community Connectors – *Focus on connecting people to their communities*
- Clinical Associates in Psychology (CAPs) – *A new Psychological profession in applied psychology*
- Mental Health Practitioners (through ARRS Programme) – *Jointly funded roles spanning primary care and mental health*
- GP Mental Health lead – *The Primary Care voice in Neighbourhood Mental Health*

## **New and expanded service offers**

- Recovery College learning streams for Community Inclusion and Young Adults
- New Complex Emotional Needs Pathway and new Adult Eating Disorder Service

## **Additional investment into Voluntary, Community and Social Enterprise sector to tackle inequalities**

- Grant schemes to tackle inequalities and build resilience
- New partnerships and projects to improve access, experience and outcomes for local communities





# **The Role of the Voluntary Sector**

Phil Warburton – Rethink Mental Illness & Citizens UK

“Mental health cannot be tackled by any organisation working in isolation. Councils, the NHS, education, and the voluntary and community sector (VCS) must come together with people who use services (children, young people and adults), carers and advocates to ensure that each area has a joined-up and coherent strategy and that services and approaches are delivered in an integrated way.”

<https://www.local.gov.uk>

“Must know: Is your council doing all it can to improve mental health?”



# Phil Warburton

Community Organiser

Tower Hamlets Community Mental Health Alliance

***citizens***<sup>uk</sup>



# The Value of the Voluntary & Community Sector (VCS)



System Leadership in the “joining up” of services



Promoting equality and anti-racist approaches



Public health and prevention - tackling the social determinants of health



Provision of wider services that support wellbeing, e.g. Idea Stores, leisure services & green spaces.



Overview and scrutiny of mental health provision



Commissioning of voluntary and community services that support good mental health, including advocacy.



Statutory duties and powers related to mental health



## Local Authority Mental Health Role

***The Tower Hamlets Community Mental Health Alliance & THCVS can partner and support the LA to fulfil these roles***

No  
Wrong  
Door



**OPEN**

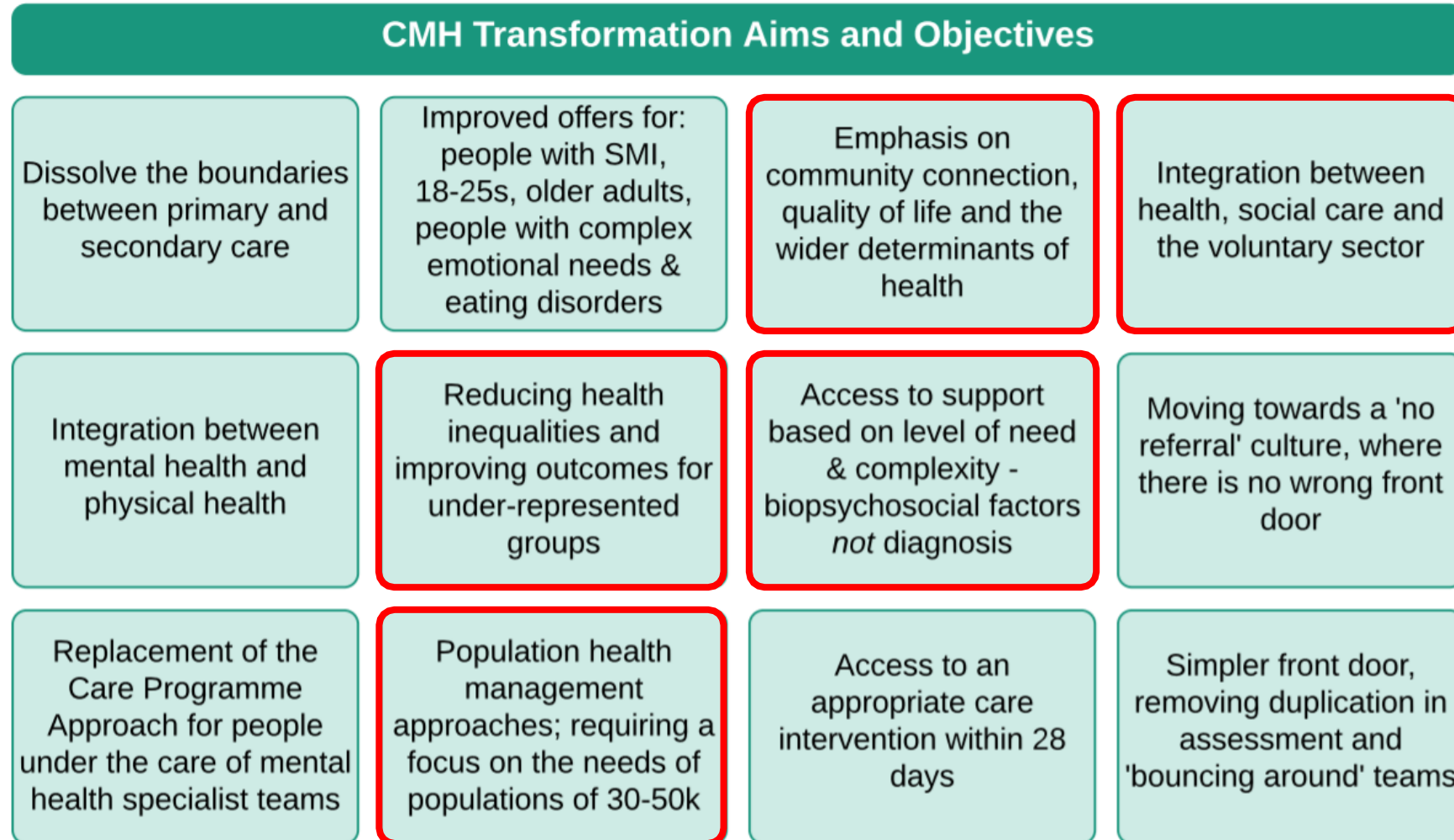


# **The Role of Community Connectors**

Shakila Ali and Safia Jama – Women's Inclusive Team

# Community Mental Health Framework for Adults and Older Adults and funding settlement

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# Questions and Discussion

How can we develop this service further?